



# Chili Bowl



a  
Cook Book



Recipes from

Citizens United to Protect the  
Maurice River and Its Tributaries'  
Annual Eagle Festival Chili Dinner

**Citizens United to Protect the Maurice River and Its Tributaries, Inc.**

# Annual Chili Bowl

## Chili Recipes

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**Our thanks to our contributors: Renee Brecht, Rob Feldman & Bill Grubb, Sue Fenili, Leslie Ficcaglia, Jane Morton Galetto, Laura Johnson, Barbara Ann Logan & Gene MacMurray, Suzy Merighi, Gerry Moore, Donna Pio, Janis & Stan Traas, and Donna Vertolli.**

## Finding Unusual Ingredients

**Buffalo meat (aka bison meat)** is available at most supermarkets, in the meat section, usually near the beef.

**Chile pepper** is often confused with **chili powder**. When a recipe refers to chile pepper, this means pure chile pepper. The most commonly used is the ancho pepper in its ground form. A chili powder, on the other hand, is a mixture of ingredients: sweet ancho chile pepper, cumin, garlic, powdered Mexican oregano, and red pepper. Medium chili powder adds cayenne pepper; hot chili powder adds cayenne and hot crushed red pepper. McCormick Gourmet Collection offers some of these peppers and powders; Penzeys, another popular brand of chili powders, is available online at <http://www.penzeys.com/>

**Chipotle peppers in adobo sauce** are available canned in the Goya or Hispanic section of your local supermarket.

**Dried chile peppers** are available, bagged, at most stores catering to Hispanic clientele. These are generally re-hydrated by boiling, and then pureed. There are several of these stores in Vineland, NJ, as well as Eatmor in Rosenhayn, NJ.

**Mexican chorizo** is a fresh spicy sausage made from ground fatty pork and seasoned with various spices including chilis. It is available in the meat section of many supermarkets.

Many other unusual items, such as dried corn or hominy, can be found in the Goya or Hispanic section of the supermarket, or again, in a store that caters to Hispanic clientele.

## **Hot Artichoke Dip**

Chef: Donna Pio

### **Ingredients:**

1 cup mayo (light)  
1 cup sour cream (light)  
1 cup parmesan cheese  
1 pkg. cream cheese (light)  
1 tsp. garlic powder

### **Instructions:**

Blend together. Add 1 jar marinated artichoke hearts drained and chopped. Stir into mix. Bake at 350 degrees in a round pyrex pie plate about 25 – 35 min until top gets a bit brown and until mixture is bubbly.

## **Bean Dip Recipe**

Chef: Donna Vertolli

### **Ingredients:**

#### **Salad:**

1 can black beans  
1 can black-eyed peas (drained, plain – no seasoning)  
1 can white shoepeg corn  
1 diced green pepper  
Diced red onion to taste (about half of a medium size)  
1 jar diced pimento  
Avocado to taste, diced (two is good)

#### **Dressing:**

4 Tbls Tiger Sauce  
¼ cup oil (1/8 grapeseed, 1/8 extra virgin olive oil)  
¼ red wine vinegar  
¼ sugar  
Salt and pepper to taste.

### **Instructions:**

Mix together all salad ingredients. In a separate bowl, mix together ingredients for dressing. Toss salad with dressing. Refrigerate until ready to serve. Can be made a day in advance. Serve with Tostitos "Scoops" corn chips. Makes a lot!

**Jane Galetto's Version:** Add **1/2 cup of chopped cilantro; juice of one lemon - will keep avocado and mango from discoloring over night in refrigerator; 24 oz jar or 2 fresh mango (if you use the jarred mango some juice from it might be substituted for the lemon, but the lemon does add a nice flavor as well.)**

### **Parmesan Biscuits**

From *Baking with Passion* by Dan Lepard and Richard Whittington

**Chef:** Laura Johnson

#### **Ingredients**

335 Grams (2  $\frac{3}{4}$  cups) flour  
300 Grams (10  $\frac{1}{2}$  ounces) Parmesan, freshly grated  
300 grams (21 Tablespoons or 10  $\frac{1}{2}$  ounces) unsalted butter,  
chilled and diced  
1/3 teaspoon cayenne pepper  
1 teaspoons salt  
1 teaspoon coarsely ground black pepper  
1-2 tablespoons chilled bottled water

#### **To Finish**

1 egg, lightly beaten  
2 tablespoons sesame seeds  
2 tablespoons black sesame seeds

#### **Instructions:**

Put the flour, freshly grated Parmesan cheese and chilled diced butter in a food processor with the cayenne, salt and black pepper. Whiz to a crumb, and then slowly add the cold water through the feed tube until the dough forms into a ball.

Scrape out on to a lightly floured surface, divide in half and roll into two cylinders. You will cut the biscuits from this, so size the rolls accordingly. Wrap in plastic wrap and refrigerate at least four hours or overnight.

Remove from the refrigerator, brush the cylinders with beaten egg and roll in the mixed sesame seeds to coat all over. Wrap and chill for another hour.

Preheat the oven to 350 degrees. Cut the cylinder into 5mm (1/4 inch) slices and lay these on non-stick cookie sheets, leaving space around them. Bake for 20-25 minutes or until golden brown. Transfer to a rack to cool.

**Note:** This recipe comes from an English cookbook and is therefore in metric measurements. I have converted them for you, but if you have a scale that measures metric it is much easier to weigh the ingredients than to measure out in cups the way we always do. It is wonderful to have a cylinder of these in the freezer for unexpected guests. Just take them out of the freezer, slice off as many as you need and put the rest back. I hope you enjoy them! Laura S. Johnson

**Barbara Ann's Corn Pudding**  
*Perfect with Chili!*

Chef: Barbara Ann Logan

**Ingredients:**

2 eggs  
1-15 oz. can whole kernel corn, undrained  
1-14 oz. can cream-style corn  
1-8.5 oz box corn muffin mix  
1 cup sour cream  
½ cup melted butter  
1 teaspoon kosher salt  
1 teaspoon ground cumin  
1-4.5 oz can diced green chilies, optional

**Instructions:**

Whisk eggs in a large bowl. Add remaining ingredients and mix well. Pour into a buttered 2 qt. baking dish. Bake at 350° for 1 hour or until set. Makes 8 servings.

## Buffalo Bill Chili (2008)

Chef: Renee Brecht

### Ingredients:

1 tablespoon vegetable oil  
2 pounds ground buffalo meat  
½ medium onion, chopped  
1 red bell pepper, seeded and chopped  
1 green bell pepper, seeded and chopped  
1 Poblano or Anaheim pepper, seeded and chopped (optional; Anaheim is less spicy)  
1 jalapeno pepper, seeded and chopped  
2 cloves garlic, minced  
¼ teaspoon ground cumin  
½ teaspoon dried oregano  
¼ teaspoon ground coriander  
1 tablespoon ancho chile powder  
Sea salt, to taste  
Ground pepper, to taste  
1 can (14.5 ounce) crushed fire roasted tomatoes  
2/3 cup low sodium beef broth  
½ tablespoon brown sugar  
1 tablespoon Worcestershire sauce  
1 can (7 ounce) chipotle sauce or 2 tablespoons of adobo sauce from a can of chipotles in adobo  
1 bay leaf  
1 can black beans, drained and rinsed  
1 can red kidney beans, drained and rinsed  
Green onions and sprigs of cilantro for garnish

### Instructions:

In a medium sized pot (about 4 quart capacity) with a lid, heat the oil over medium heat and add ground buffalo to brown, breaking large chunks into smaller ones. Cook for about 5 minutes or until all meat is browned. Remove from pot, and discard excess fat, leaving about 1 tablespoon in the pot.

Bring back to medium heat, add onions, red bell pepper, green bell pepper and Poblano or Anaheim (if using) pepper and cook over medium heat for about 5 minutes, scraping bottom from time to time to get all the browned bits of meat folded in with the vegetables. Add the jalapeno pepper, cook for another 3 minutes stirring from time to time. Add garlic, cook for another minute and then add cumin, oregano, coriander, 1/2 teaspoon salt and pepper to taste. Let spices cook for another minute, stirring.

Return the cooked meat. Stir in the tomatoes and beef broth, brown sugar, Worcestershire sauce, adobo sauce and bay leaf, stir and raise heat and bring to a boil. Once boiling, taste sauce and adjust salt and pepper to taste. Lower heat to a slow simmer, cover with a lid and cook for about 30 minutes. Add beans, continue simmering, covered, for another 10 minutes or until beans are warmed through.

Serve in bowls and garnish with chopped cilantro and green onions.

**Recipe Variation:**

To add a smoky depth of flavor, you can roast the Poblano or Anaheim pepper before adding. Using tongs, hold the pepper over a high heat gas flame, charring all over for about five minutes. You want the pepper skin to have a very dark color on all sides. When done, place in an airtight container and let stand to "sweat" for about five minutes. Using plastic gloves to protect your fingers, rub the skin off and discard. Open the pepper and remove veins and seeds and discard the top or stem. Chop and add to recipe along with the jalapeno pepper.

**Caribbean Black Bean Chili**

Chefs: Gene & Barbara Ann MacMurray

**Ingredients:**

- 3 cans black beans
- 2 cans (14.5 oz) diced tomatoes (I like Muir Glen Organic tomatoes)
- 1 diced chipotle chili pepper (from a jar of chipotles in adobo sauce)
- 1-2 T olive oil
- 2 lb. very lean ground beef (less than 10% fat)
- 1 large red onion, very finely diced
- 1 T or more regular chili powder (I used Penzeys; other brands may say New Mexico chile powder or Mexican chile powder)
- 1 T or more ancho chile powder (also Penzeys, ancho chile powder adds great flavor, but can use more regular chile powder)
- Pinch ground chipotle chile powder (also from Penzeys. Chipotles are smoked jalapenos, and the powder is very hot so use sparingly)
- 2 tsp. ground cumin, or more
- 2 cups homemade beef stock or 1 can beef broth
- 1-2 T tomato paste (I used Amore tomato paste which comes in a tube)
- ¼ cup + ¼ fresh lime juice (about 4 limes)
- 1 bunch cilantro, chopped
- 2 avocados, finely diced
- Salt and fresh ground pepper to taste (I didn't use any salt)



## **Instructions:**

Drain 2 cans black beans into colander and rinse well, until no more foam appears. Let beans drain while you use a food processor to puree the third can of undrained beans, diced tomatoes and liquid and the diced chipotle chile pepper. Process the beans and tomatoes about 2 minutes, until they are fairly smooth.

In bottom of heavy soup pot, heat 1-2 tsp. olive oil and brown the beef, using the back of the turner to break it into small pieces. Remove beef to bowl, then add a bit more olive oil and half the onions (about 1 cup). Lower heat a little and cook onions until they are softened but not starting to brown. Add all the chile powders and cumin and sauté about 30 seconds.

Add beef stock, browned ground beef, pureed bean mixture, drained beans from colander and tomato paste and simmer, uncovered, 30 minutes or longer. (I actually simmered my chili at very low heat for nearly two hours. Halfway through the cooking time, taste to see if you want additional chile powder. I think chile powder is something you need quite a bit of in a dish like this.)

While chili simmers, dice avocado and place in plastic bowl with  $\frac{1}{4}$  cup fresh lime juice. Rinse and finely chop the cilantro. Mix rest of the chopped onion (about 1 cup) and half the chopped cilantro (about  $\frac{3}{4}$  cup) into the avocado-lime juice mixture. (This can be kept in the refrigerator while the chili cooks, but be sure to mix the lime juice with the avocado as soon as you cut it to keep the avocado from turning brown.)

Just before serving chili, stir in the other  $\frac{3}{4}$  cup chopped cilantro and  $\frac{1}{4}$  cup lime juice and cook about 5 minutes. Taste and season with salt and black pepper if desired. Serve chili hot, with a generous scoop of avocado salsa on top of each serving.

## **Ch-Ch-Ch-Chili (Chicken, Chorizo & Chipotle Chili)**

Chef: Janis Traas - Cape May Court House, NJ

### **Ingredients:**

1 large onion  
1 red bell pepper  
1 green bell pepper  
3 cloves garlic  
1 - 1 1/2 lbs boneless skinless chicken breast, cubed  
1 lb fresh chorizo sausage, remove skin & crumble  
1 qt chicken stock  
1 large can (28oz) crushed or diced tomatoes  
2-3 Tbs. tomato paste  
4-6 cans of beans, depending on can size (15-19 oz.) - Use one kind or a mix – black, pinto, light red kidney, dark red kidney, white cannelloni, or any other beans.  
Seasonings – see below.

### **Instructions:**

Chop all veggies and sauté in a heavy skillet with a little oil until tender.

Move cooked veggies to a large stockpot.

Sauté chicken & chorizo in the skillet until browned on the outside, but not cooked through. Add to veggies in stockpot.

Add the quart of chicken stock, canned tomatoes and tomato paste to the stockpot and bring to a boil. Reduce to simmer.

Add seasonings (see below) and simmer for about half an hour.

Add all the canned beans and simmer another half hour.

Adjust seasoning to taste if needed.

Seasonings: Entirely up to you of course. Here's what I used.

1. Chipotle (smoked red jalapeño) peppers – 1 to 2 peppers. Very hot, use sparingly to your own taste and heat tolerance. You can use either dried chipotles, soaked in warm water for 30 minutes and chopped; OR canned chipotles in adobo sauce, chopped; OR dried chipotle powder.
2. Chili Powder – 2 to 4 Tbs. This is a blend of spices, and the heat level and flavor can vary widely depending on the brand and ingredients. I use one with no salt and little heat, which contains only: Ancho chili pepper, cumin, garlic powder, and Mexican oregano. Most of the heat in this chili comes from the chipotle peppers. You can use store bought chili powder or make

- your own – just be careful if you use a very spicy chili powder *and* chipotles – it'll be HOT!
3. Salt – to taste (I go pretty light.)

Enjoy!

### **Dog Breath Chili (2007)**

Chef: Renee Brecht

#### **Ingredients:**

6 ounces regular breakfast sausage  
2 teaspoons vegetable oil  
3 pounds tri-tip beef, cut into small pieces or coarse ground  
1 medium onion, finely chopped  
1 can (14 1/2 ounces) beef broth  
1/4 teaspoon oregano  
3 tablespoon cumin  
7 cloves garlic  
2 tablespoons regular chile powder  
1 tablespoon hot chile powder (*I used McCormick Hot Mexican-Style Chile Powder*)  
1 tablespoon mild chile powder (*I substituted McCormick Gourmet Ancho Chile Pepper and added another tablespoon of McCormick Gourmet Chipotle Chile pepper*)  
5 tablespoons red chile powder (*Red chile powder is made from hot red chiles that have been dried and ground. Don't confuse chile pepper with **chili powder**, a mixed spice for making chili.*)  
**Substitutes:** *cayenne pepper OR paprika (milder) OR chile oil*  
1 can (8 ounces) tomato Sauce  
1 can (10 ounces) Ro\*Tel® Diced Tomatoes and Green Chilies  
2 Dried New Mexico chile peppers, boiled and pureed  
7 Dried Cascabel chile peppers, boiled and pureed  
1/2 teaspoon cayenne pepper  
1 can (14 1/2 ounces) chicken broth  
1 teaspoon Tabasco® Pepper Sauce  
1 teaspoon brown sugar  
juice of one lime  
salt to taste

#### **Instructions:**

Brown the sausage, dry, and set aside. Heat oil in a pot, and brown the beef. Add the cooked sausage to the pot. Add the onion and beef broth to cover the meat. Boil for 15 minutes. Add oregano and half of the cumin. Reduce heat to a light boil, and then add the garlic. Combine the chile powders into a mixture, then add half of that mixture, and cook 15 minutes. Add the tomato sauce and Ro\*Tel®

with the puree from the dried peppers. Add the chicken broth for the desired consistency. Cook for one hour, stirring often. Add the remaining chile powder mixture and the remaining cumin, and simmer for another 25 minutes on low to medium heat. Turn up the heat to a light boil, and add the Tabasco®, cayenne pepper, brown sugar, lime juice and salt.

## **Giant Corn Chili**

Chefs: Bill Grubb and Ron Feldman (Adapted from Inquirer Magazine)

### **Ingredients:**

#### **For the preliminaries:**

1 pound bag Goya brand dried giant white corn  
4 bay leaves  
1 pound dried black beans  
½ pound dried chickpeas

#### **For the final cooking:**

½ c. olive oil  
2 medium onions, chopped  
1 pound carrots, peeled and diced  
¼ c. chopped garlic  
1 (28 ounce) can Italian style crushed tomatoes  
1 large celery root, peeled and diced  
1 large rutabaga, peeled and diced  
1 or 2 canned chipotle chilies, minced with 1 tablespoon of liquid (see notes)  
2 teaspoons ground allspice  
2 tablespoons oregano flakes  
2 tablespoons toasted cumin powder  
¼ c. kosher salt

### **Instructions:**

#### **Preliminaries:**

Soak the giant white corn, black beans and chickpeas in cold water overnight, in separate bowls.

The next day, drain, rinse corn and cover with 2 quarts cold water. Add bay leaves and bring to boil. Cover and reduce to a simmer. Cook 2 hours until firm but cooked through. Drain, remove bay leaves and reserve.

Drain, rinse and cook beans and chickpeas in separate pots according to times on packages. Drain and reserve.

#### **Final cooking**

Heat olive oil in a very large Dutch oven or heavy-bottomed pot. Add the onion and carrot and cook until tender-crisp. Add the garlic and cook a few

minutes longer. Add the canned tomatoes, celery root and rutabaga, and bring to a boil.

Add chipotles, allspice, oregano, cumin and salt and stir to mix. Add the beans and corn. Bring the mixture to a boil. Cover and cook for 20 minutes, stirring occasionally, until the chili is thickened. Taste for seasonings, adding salt if needed.

*Notes: For shortcut, substitute 2 (16 ounce) cans hominy or posole, drained for the dry corn; for black beans and chickpeas, substitute 2 (16 ounce) cans of each, drained. Proceed to final cooking.*

*Chipotles can be very potent. Look for El Mexicano brand, which is milder. Half the carrots can be replaced with ½ peeled and diced butternut squash; add to the chili with the rutabaga. For thinner chili, add some canned tomato sauce.*

## **Ground Hog Chili**

Chef: Stan Traas, Cape May Courthouse

### **Ingredients:**

- 1 ½ lbs. Ground Pork (sirloin is excellent, shoulder is fine)
- 1 ½ lbs. Pork shoulder, butt or shanks (bones are always desirable)
- 2 Tbsp. Canola Oil
- 1 Red Bell Pepper - rough chopped
- 1 Green Bell Pepper - rough chopped
- 2 medium to large Onions (yellow, sweet, or one of each) - rough chopped
- 6 - 8 cloves Garlic - fine chop to minced
- 2 cans Red Kidney Beans
- 2 cans Pinto Beans
- 2 cans Black Beans
- 1 14 oz. can of Crushed Tomatoes
- 1 - 1 ½ Qts. Chicken Stock

**Seasonings:**     *All quantities approximate- season to your own taste!*

- 1 Tbsp. Tomato Paste
- 1 Tbsp. Molasses
- 3 Tbsp. Blended Chili Powder
- 1 Tsp. Ground Mustard Seed
- 1 Tbsp. Black Pepper
- 1 Tsp. Cayenne
- 1 Tbsp. Kosher Salt
- 3 12 oz. Beers (preferably Dogfish Head 60 Minute IPA)

**Instructions:**

1. Open 1<sup>st</sup> beer, read recipe and gather ingredients together.
2. Add 1 Tbsp. Canola Oil to 8-10 qt. heavy bottomed pot over medium high heat, add peppers & onions. Sauté 5-7 minutes, adding a tsp. or so of garlic, a pinch of salt and a few grinds of black pepper after 3-4 minutes, then transfer to a bowl. Drink some beer.
3. Add +/- 1 Tbsp. canola oil to the pot, turn heat down to medium-low & add ground pork. Break up pork, keep it moving & brown gently, adding 2 tsps. of garlic and some black pepper as browning develops. Add 1 tsp. of the salt & finish browning.
4. Add sautéed veggies back to pot & stir to mix well & add Chicken Stock, Crushed Tomatoes, Pork on bone & seasonings, bring quickly to a robust boil, then turn heat to low and simmer gently 1 to 3 hours until pork falls away from bones. Finish 1<sup>st</sup> beer.
5. Remove pork pieces to a cutting board, remove all good meat from the bones & return it to pot, discarding bones, fat, etc.
6. Open 2<sup>nd</sup> beer. Add all beans, mix well and continue simmering for 20-30 minutes.
7. Adjust seasonings, taste, & repeat to your liking. Cleanse palate with beer in between tasting. Turn off heat and finish 2<sup>nd</sup> beer while allowing chili to rest 20-30 minutes.
8. Fill your Chili bowl, open 3<sup>rd</sup> beer & enjoy!

Created for CU's Chili Bowl, Groundhog Day 2008 by Stan Traas - Cape May Court House, NJ

## Oakwood Feed Store Chili (2008)

Chefs: Renee Brecht & Gerry Moore

### **Ingredients:**

1 lb bacon, chopped  
3 lb lean beef chuck roast, cubed  
1 1/2 lb regular hamburger, preferably chuck  
2 lb pork roast, coarsley ground (Boston butt)  
4 T prepared garlic in oil  
3 large onions  
4 oz canned chopped chilies (El Paso brand)  
6 fresh Jalapeno chilies, chopped  
5 T freshly ground DRY Mexican chilies, Anaheim if possible  
2 T freshly ground DRY Ancho chilies  
2 T good quality chili pepper  
1 1/2 T Hungarian paprika  
4 T fresh ground cumin seed  
1 T fresh ground black pepper  
1 T Tabasco sauce  
2 T Worcestershire sauce  
1 pt beef stock  
1 pt canned tomatoes

### **Instructions:**

Fry bacon in a heavy pot till crisp and the fat is rendered. Remove and reserve bacon. Pour off most of the bacon fat into a heavy cast iron skillet, leaving a small amount in the pot. Brown the meat and garlic in the skillet.

Sauté onions in the fat remaining in the pot until soft. Add the meat, bacon, ground chilies, dried spices, the sauces, green chilies, Jalapenos, stock and tomatoes. Simmer for two hours.

Allow the chili to sit in the refrigerator for 24 hours to give the spices a chance to intensify.

For garnishes, serve fresh chopped Jalapenos, chopped raw onions, shredded Monterey or sharp Cheddar cheese, and saltines.

## Vegetarian Chili

Chef: Sioux Fenili

### Ingredients:

4 tbsp. oil  
3 cups chopped celery  
3 cups chopped green pepper  
2 cups chopped onion  
6 cloves garlic, minced  
1 cup thinly sliced carrots  
1 chipotle pepper in adobo sauce (finely chopped) -- more if you like things hot  
1 tbsp. plant protein (from a health food store)  
4 28 oz. cans tomatoes, cut up  
2 16 oz. cans black beans  
6 16 oz. cans red kidney beans, drained  
½ cup red wine vinegar  
2 tbsp. chili powder  
2 tbsp. fresh parsley  
1 tsp. salt  
3 tsp. basil  
3 tsp. oregano  
3 tsp. ground cumin  
2 tsp. ground allspice  
1 tsp. paprika  
1 1/2 tsp. ground pepper  
2 bay leaves  
--- OPTIONAL --- Uncooked Bulgur --- boil 1 cup water – add ¾ cup uncooked bulgar. Cover, remove from heat and set aside

### Instructions:

In a large pot, heat oil then add onions, peppers, carrots, celery, protein, spices, and chipotles. Cook, stirring every few minutes until tender, but not brown. Add garlic and wine, cook 5 (or more) minutes.

Add tomatoes, beans, and water. Stir well. Bring to a boil; reduce heat and simmer covered for approx. 1 ½ hours. Adjust for salt. Stir in bulgur. Cook 5 more minutes.

Add more water if not loose enough. You must allow for water absorption and evaporation during storage and service.

Remove bay leaves

To serve: sprinkle grated cheddar cheese on top, then add a dollop of sour cream, and enjoy.



## Venison Stew

Chef: Leslie Ficcaglia

### Ingredients

Onions  
Peppers  
Chili powder  
Cumin  
1-2 bay leaves  
Venison stew meat  
Canned kidney beans  
Chopped tomatoes  
Corn  
Sugar (optional)

### Instructions:

Sauté onions and peppers along with chili powder and cumin and a bay leaf or two, take as much venison stew meat as you'd like, add a proportional amount of canned kidney beans, chopped tomatoes, and some corn, and cook for several hours, adjusting the seasoning with more chili powder and some sugar to taste.

**Note:** I normally don't measure when I cook. When making this for the family I would use approximately two lbs. of cubed deer meat, one large onion, two chopped Cubanelle peppers (since that's what's in our freezer from our garden, but any other type will do), three or four (or more) 15 to 16 oz. cans of kidney beans, depending on taste – some prefer a higher proportion of beans and some a lower one – and a 28 oz. can of chopped or crushed tomatoes. The spices and corn are added to taste. I like to add probably about two tablespoons of sugar to enrich the flavors.

## **Venison / Pork and Olive Chili (optional spaghetti sauce)**

Chef: Jane Morton Galetto

### **Ingredients:**

2-3 large sweet yellow onions

2 Tlbs. olive oil

2 Tlbs. butter

2 lbs. ground venison/pork (2/3 venison)

2 - 8 oz. cans pitted black olives

2 - 8 oz cans pitted green olives (pitted without pimentos can usually be found in Hispanic Section)

Salt and pepper to taste

(you may use chili powder and/or cayenne pepper; for the CU dinner I let folks add their own heat)

6lb. 6 oz. can crushed tomatoes

Bay leaves

### **Instructions:**

Chop up onion and sauté in butter and oil until caramelized.

In separate pan cook and rice (break up to the consistency of flakes of rice) the chopped meat.

Then combine the above in a large pot. Rinse, drain and chop olives (I use food processor with blade utility) and mix olives into meat and onions.

Add large can of crushed or chopped tomatoes to desired thickness.

Optional spaghetti sauce– Sauté garlic in with onions, combine the meat, olives and add tomatoes till desired thickness. If you like a fuller tomato taste you can add some tomato paste. Add 2-3 cups chopped parsley.

### Notes:

Cook on low heat all day. Tastes best the following day.

Okay, here is the bad news: I don't normally measure any of the ingredients so the quantities are guesses. I like the bulk of the meat and olives to look about equal, and if not more meat. I salt and pepper the onion and meat the amount I would if I was eating only that item by itself. I add crushed tomatoes until it is the desired thickness. The chili is better thicker than the spaghetti sauce option.

## Lemon Pound Cake

Chef: Suzy Merighi

### Ingredients:

2 1/4 cups all purpose flour  
2 cups sugar  
pinch of salt  
1/2 teaspoon baking soda  
1 teaspoon grated lemon rind  
1 teaspoon vanilla  
1 cup unsalted butter  
1 cup sour cream  
3 large eggs

### Instructions:

Bring all ingredients to room temperature. Combine all ingredients in a large bowl and beat with a mixer at medium speed for 4 minutes. Pour into a 12 cup (10 inch) tube pan that has been buttered and floured on the bottom and up the sides.

Bake at 325 degrees F for 60-70 minutes or until the top springs back when touched lightly in the center.

Cool the cake upright in the pan, then run a knife around all edges and unmold onto a serving plate. Sprinkle with powdered sugar.

*The following two desserts were made by Cindy Bloom-Cronin, who coordinated the Bayshore Heritage Byway, for the Bayshore Heritage Byway Press Conference:*

### Danish Puff

1/2 Cup butter or margarine, softened  
1 cup all-purpose flour  
2 Tablespoons water  
1/2 cup butter or margarine  
1 cup water  
1 teaspoon almond extract  
1 cup all-purpose flour  
3 eggs

Heat oven to 350\*. Cut ½ cup butter into 1 cup flour. Sprinkle 2 tablespoons water over mixture; mix. Round into ball; divide in half. On ungreased baking sheet, pat each half into strip, 12" x 3". Strips should be about 3" apart.

Heat ½-cup butter and 1-cup water to rolling boil in medium saucepan. Remove from heat and quickly stir in almond extract and 1-cup flour. (Do not let this mixture cool before adding the flour.) Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove from heat. Beat in eggs (all at once) until smooth and glossy.

Divide in half; spread each half evenly over strips. Bake about 60 minutes or until topping is crisp and brown. Cool. Topping will shrink and fall, forming the custardy top of this puff. Frost with Confectioners' Sugar glaze and sprinkle generously with nuts.

### **Confectioners' Sugar Glaze**

Mix 1 ½ cups confectioners' sugar, 2 Tablespoons butter or margarine, softened, 1 ½ teaspoons vanilla and 1 to 2 Tablespoons warm water until smooth and of spreading consistency. (I actually omit the water and use almond extract rather than vanilla)

### **Fudge Brownies**

1 cup sugar  
1/2 cup butter  
2 cup (12 oz package) semi-sweet chocolate chips (divided)  
3 eggs  
1 1/3 cup flour  
1 teaspoon vanilla extract  
1/4 teaspoon baking soda  
1/3 c chopped nuts

Heat sugar and butter in medium saucepan over low heat, stirring until butter is melted. Remove from heat. Add **1 1/4 cup chocolate chips(not the whole 2 cups)**; stir until melted. Stir in eggs. Stir in flour, vanilla, and baking soda until combined. Spread into greased 13" x 9" baking pan.

Bake in preheated 350\* oven for 18-22 minutes or until wooden pick inserted in center comes out slightly sticky.

Sprinkle with remaining chocolate chips and nuts while still hot. Cover with foil; chill in pan until completely cooled. Cut into bars. (Not necessary to do the chips and the nuts if you don't want to but I do cover it with foil while the bars are cooling.

