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Sent: Saturday, September 28, 2002 11:51 AM
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Subject: PA Link & Recipes

<http://www.pagenweb.org/resources.html>

KILLER PANCAKE HOISIN TURKEY WITH ROASTED PINE NUTS IN LETTUCE CAPS

1/2 c. pine nuts
1 lb. ground turkey
1 tsp cornstarch
7 oz hoisin sauce
2 1/2 c cooked wild rice
8 iceberg lettuce leaves
Preheat the oven to 400
On a rimmed cookie sheet, toast the pine nuts for 5 to 10 min or until golden brown. Set aside

In a lg. skillet, saute' the ground turkey over med high heat, stirring, until it changes color and is cooked through.
Drain well and return to the pan.
Sitr in the cornstarch and hoisin sauce.
Heat and stir over med. heat until bubbly.
Add the pine nuts and rice and stir until heated through

Spoon 1/3 c of hot turkey mixture into each lettuce leaf.
Serves 8 as an appetizer.

GRAND MARNIER CRANBERRY MUFFINS

1 1/4 c. orange juice
1/4 c. Grand Marnier Liqueur
3/4 c. canola oil
2 c. chopped cranberries
2 1/2 c. all purpose flour
1 c. whole wheat flour
1 1/2 c. sugar
2 T baking powder
1/2 tsp salt
1 1/2 T chopped orange zest
4 egg whites
Preheat the oven to 400
Combine the orange juice, Grand Marnier, and the oil; set aside while you prepare the batter.
In a large bowl, combine the all-purpose flour, whole-wheat flour, sugar, baking powder, salt, and orange zest.
In another large bowl, beat the egg whites until frothy
Combine the juice mixture with the beaten egg whites.
Add the egg mixture and the cranberries to the flour mixture, stirring just until moist.
Using a 1/4 c measure, divide the batter among 24 muffin cups that have been fitted with paper lines.
Bake for 25 min or until golden brown and puffed
Makes 24

VANILLA-FROSTED FUDGE COOKIES

3/4 c all-purpose flour
1/2 c unsweetened cocoa powder
1 tsp baking powder
1/4 tsp salt
1/4 c canola oil
1 c sugar

1 1/2 tsp vanilla extract
4 egg whites, unbeaten
2 c confectioner's sugar
2-3 T skim milk, approx.
additional unsweetened cocoa powder
Preheat the oven to 350
Spray lg nonstick cookie sheet with veg oil spray

Sift the flour, cocoa, baking powder, and salt together; set aside.
Mix together the oil, sugar, 1 tsp of the vanilla, and the egg whites until well combined.
Sift in the flour mixture.
Chill one hour.
Using 1/2 T measure, scoop the dough into the cookie sheet, leaving 2 inches between cookies.
Bake for 8-10 min or until cookies are puffed and cooked through.
Do not over cook.

Transfer cookies to rack and cool completely.
Mix together the confectioners' sugar, skim milk, and remaining 1/2 tsp vanilla until pasty.
Add skim milk if necessary.
Spread a small amount of vanilla frosting on each cookie.
Put the cookies back on the rack, dust lightly with cocoa powder, and allow the frosting to dry.
Makes 4 dozen cookies.

WHAT-TO-DO-WITH-ALL-THE-EGG-YOLKS BREAD

2 1/2 tsp (1 1/4 oz envelope) active dry yeast
1/4 c sugar
1/4 c warm water
3/4 c skim milk
1/4 c butter, melted
1/2 c canola oil
1 T chopped orange zest
1 tsp salt
4 egg yolks, lightly beaten
3 1/2 to 4 c all-purpose flour
3/4 c. sundried cranberries
1 c chopped pecans

Butter a 10 inch tube pan; set aside.
In a large mixing bowl, combine the yeast, one tsp of the sugar, and warm water.
Set aside for 10 min.
Combine the milk, butter, oil, zest, remainder of the sugar, and salt. and stir into the yeast mixture.
Add the egg yolks, stirring well.
Add the flour 1/2 cup at a time, stirring well after each addition to incorporate the flour thoroughly.
Knead 5 to 10 min until the dough is smooth, elastic and satiny.
Knead in the cranberries and pecans.
Put the dough back in the bowl, cover the bowl, and let the dough rise at room temp until it is doubled in bulk.
Using a wooden spoon, beat down the risen dough for about a minute.

Place the dough into the buttered tube pan and allow it to rise at room temp until doubled.

Preheat the oven to 375
Bake the bread for 45-50 min or until it is dark golden brown and sounds hollow when tapped.
Place on a rack to cool or serve warm.
Once cooled, the bread is also excellent sliced and toasted.
Makes 1 large loaf

LOWFAT FETTUCCINE ALFREDO WITH ASPARAGUS

2 T finely chopped red onion
1 1/2 c diagonally sliced asparagus with tight tips (tough ends of stalks removed)
1 tsp (about 2 cloves) mashed and chopped BAKED garlic (see note)