

labbie1

From: Jim Garrett [jgarrett@labradorconsulting.com]
Sent: Thursday, September 26, 2002 8:58 PM
To: Yvonne Garrett
Subject: Recipes #2 The Main Corpse

The Main Corpse c.1996

CHOCOHOLIC COOKIES

2 c. rolled oats
2 c. (1 12 oz pkg) semisweet chocolate chips
1 c. (2 sticks) unsalted butter, softened to room temp
1 c. firmly packed dark brown sugar
1/2 c. granulated sugar
1 1/2 c all-purpose flour
1/2 tsp baking soda
1/2 tsp salt
1/4 c unsweetened cocoa, preferably Hershey's Premium European Style
2 lg eggs, slightly beaten
1 T milk
1 1/2 tsp pur vanilla extract
9 oz (3 3-oz bars) "white chocolate," preferably Lindt Swiss White Confectionery Bar
1 1/2 T solid vegetable shortening such as Crisco

Preheat oven to 350

Butter 2 cookie sheets

DO NOT ALTER THE ORDER IN WHICH THE INGREDIENTS ARE COMBINED.

In a large bowl, beat together the butter and sugars until creamy. Sift together the flour, baking soda, salt, and cocoa, then add to the butter mixture, stirring until thoroughly combined.

The batter will be very stiff.

Stir the milk and vanilla into the eggs, then stir this mixture into the butter mixture until thoroughly combined.

Add the chips and oats; stir until well mixed

Using a two tablespoon scoop, drop batter 2 inches apart on cookie sheets.

Bake 9-12 min until cooked through.

Cool on pan 1min; transfer to wire racks to cool completely

Melt the white chocolate with the solid vegetable shortening in the top of a double boiler over simmering water.

Holding a cooled cookie between your thumb and forefinger, dip the edge into the warm white chocolate to cover the top third of the cookie.

Place on a rack over wax paper to dry completely.

Store between layers of wax paper in an airtight container in a cool place.

Makes 5 dozen.

PLANTATION PILAF

3 T olive oil
8 oz. (1 1/4 c.) onion, halved and very thinly sliced
3 garlic cloves, pressed
1 1/4 c. rice
2 c. homemade low-fat chicken stock (recipe is in KILLER PANCAKE) or use 2 cups canned chicken broth
3/4 c. tomato juice
1/4 c dry sherry
3/4 tsp paprika
1/2 tsp salt
1 qt water
1 T old Bay Seasoning
24 Med. or large raw Easy Peel shrimp (8-10 oz. of frozen raw shrimp)
1 c. canned pineapple chunks, thoroughly drained and patted dry on paper towels.
1 c. frozen baby peas

In a nonstick skillet, heat 1 T olive oil over med. heat.
Add onions and cook until they are translucent.
Add garlic, stir, and lower heat.
Cook very briefly, only until garlic is also translucent.
Do not brown the onions or the garlic.

In another wide skillet, heat the remaining 2 T olive oil over med heat.
Add rice and saute' until golden brown.
Add cooked onions and garlic, stock, tomato juice, sherry, paprika, and salt.
Cover the pan and cook 20 to 30 min or until juices are absorbed.

While the rice is cooking, bring to quart of water to a boil. Add the Old Bay seasoning and the shrimp.
Cook just until the shrimp has turned pink.
Drain immediately and discard seasoned water.
Do not overcook the shrimp. Peel, devein and set the shrimp aside until the rice is cooked.
Remove the cover from the rice and add the shrimp, pineapple, and peas.
Raise the heat to med. and cook, stirring, until the peas are just cooked and the mixture is heated through.
Serve immediately.

Serves 4

NOTE: delete Bay Seasoning and Shrimp. Sub. chicken cooked in garlic or garlic seasoning.

SOUR CREAM CHERRY COFFEE CAKE

1/4 pound (1 stick) unsalted butter
1 c. granulated sugar
2 lg eggs
1 c. fat free sour cream
2 cups all-purpose flour (high altitude: add 2 T)
1 tsp baking powder
1 tsp. baking soda
1/4 tsp salt
1 tsp. pure vanilla extract
1 T finely chopped lemon zest
1/2 c. best quality cherry preserves
Preheat oven to 350

Butter 2 8 inch square cake pans.

In a large mixer bowl, beat butter with sugar until well combined.

Add eggs one at a time and beat well.

Add sour cream and mix thoroughly.

In a small bowl, mix together the flour, baking powder, baking soda and salt.

Add the dry ingredients to the butter mixture.

Batter will be stiff.

Stir in the vanilla, zest, and cherry preserves.

Spread batter in pans.

Bake 20 to 30 min. or until a toothpick inserted in the center comes out clean.

Makes 2 cakes.

4 1/2 c all-purpose flour
1 3/4 c. sugar
5 tsp baking powder (high altitude: 4 1/2 tsp)
1 3/4 tsp salt
1 3/4 c mashed ripe banana
1/4 c. canola oil
2 lg. eggs
1 1/3 c. nonfat milk
1 3/4 c. pecan halves (do not chop)

In a large bowl, mix together the flour, sugar, baking powder, and salt.

Set aside.

In another large bowl, mix together the banana, canola oil and eggs.