

*Keep on Tuckin'*

# cooking for cancer

... for life, for good!

2023 RECIPES



## *About* THRIVE for Life Foundation

Founded in May 2019, the THRIVE for Life Foundation is a non-profit charitable organization registered with the Pennsylvania Bureau of Charitable Organizations. THRIVE is solely dedicated to raising funds in support of the Penn State Cancer Institute CARE (Cancer Assistance and Resource Education) Center and its whole person care initiatives. The Foundation hosts three signature fundraising events each year, including: Cooking for Cancer, Croquet for Cancer, and GOLF4THRIVE. Event proceeds are donated to the PSCI CARE Center located on the campus of Milton S. Hershey Medical Center, Hershey, Pa. to provide needed support for patients diagnosed with cancer.

To support the THRIVE for Life Foundation, you are welcome to make a secure charitable donation online at [thriveforlife.me](https://thriveforlife.me) – thank you, as always, for your generosity.



# Starters

## Summer Gazpacho

Deepa Sekhar & Jay Raman

### Ingredients:

28 ounce can whole/crushed tomatoes or 2 pounds fresh tomatoes  
1/2 green pepper diced  
1/2 English cucumber diced  
1/2 red onion diced  
1 clove of garlic  
jalapeno added to desired level of spice  
3 tablespoons extra virgin olive oil  
2 teaspoons sherry vinegar  
salt and pepper to taste  
cherry tomatoes, fresh chives, fresh basil, fresh dill, and/or jalapeno  
slices to garnish

### Directions:

1. Combine all ingredients in a blender until smooth
2. Chill 3-4 hours
3. Serve cold garnished with any of the above toppings alongside fresh bread

Serves: 4



# Eggplant Caponata on Crostini

Vicki & John-Paul Caloiero

## Ingredients:

- 1 medium eggplant cut into 1-inch pieces
- 1 cup finely chopped celery
- 1 cup finely chopped red onion
- 4 large plum tomatoes (peeled, seeded and chopped)
- Salt and pepper
- 1/4 cup olive oil
- 1/3 cup red wine vinegar (plus 1 tsp of sugar dissolved in it)
- 2 tablespoons drained capers
- 3 tablespoons fresh basil cut in ribbons.
- 1/4 cup pitted Sicilian green olives - chopped
- 1/4 cup chopped fresh Italian parsley
- 2 teaspoons tomato paste

## Directions:

1. Place eggplant in a colander, sprinkle with salt and allow bitter juices to drain. This should take approx. 30 minutes. Rinse and pat dry.
2. Over medium heat, in a skillet sauté celery and onion in half the olive oil. Season with salt and pepper. Stir occasionally, for 10 minutes,
3. Place in a bowl. Add remaining olive oil to the skillet over medium heat. When hot, add eggplant and cook for 8 minutes or until lightly browned. Stirring occasionally.
4. Add celery/onion mixture to skillet, tomatoes, vinegar mixture, capers, tomato paste, basil and salt and pepper to taste.
5. Simmer, partially covered for 15 minutes while stirring occasionally.
6. Stir in olives, parsley, salt and pepper to taste. Let cool and refrigerate covered overnight.

Bring back to room temperature and serve on toasted bread rounds.

# Ovo-vegetarian Scotch Eggs

John & Tasha Messmer

## Ingredients:

(Quantities of flour, and bread crumbs. are not given as it can vary depending on the cook)

6 hard boiled and shelled eggs

1 pound plant based "sausage"

Flour

1-2 lightly beaten eggs

Panko bread crumbs

## Directions:

1. All ingredients should be cool to cold. After the eggs are hard boiled and cooled to room temperature and peeled, make a patty of the "sausage" and fold it around the peeled egg, smoothing it to cover it and seal it snugly. Set aside each egg for the next step.
2. Arrange 3 bowls: one with flour, one with beaten egg and one with panko crumbs.
3. Roll each egg/"sausage" in flour, then dip into the beaten egg and then roll in the panko.
4. If using a deep fryer, heat oil to 375 degrees. For an air fryer, preheat the fryer to 375° F

## Air Fryer

Arrange the eggs with enough room for air to circulate. Spray with cooking spray to lightly coat. Cook for about 12 minutes, and turn the eggs halfway through. When cool, cut in half with a sharp knife.

## Deep Fryer

Preheat a regular oven to 375 degrees. Fry the prepared eggs until golden brown, then bake in the preheated oven for 10 minutes (to be sure the "sausage is cooked.")

Serve with sauces of your liking

# Bella Pasta Salad

Jody K. Reyes & Amber Branchi

**Ingredients:** *Quantities to your liking*

Sliced cherry tomatoes  
Sliced black olives  
Feta cheese  
Gazebo Room® salad dressing  
Mini pepperonis  
Cooked spinach  
Cooked pasta

**Directions:**

Combine ingredients and serve.

# Mirza Ghasemi Recipe

Behjat Noori & Michaellean McCormick

*Authentic Iranian dish (Gilan province)*

## Ingredients:

6 medium eggplants	1 tablespoon tomato paste
2 medium tomatoes	1/2 tablespoon turmeric
2 medium eggs	2 tablespoons oil
4 cloves Garlic	salt and black pepper to taste

## Directions:

1. Grill the eggplants- use the stove flame or charcoal grill. (In traditional restaurants in Rasht, charcoal is used to grill eggplants.) Grill the eggplants well so that the skin of the eggplants burns completely.
2. If you do not like the smoky taste of grilled eggplant, you can cook the eggplants boiled. After grilling the eggplants, let them cool a bit, then gently peel them.
3. Pour the eggplants into a large bowl after peeling, then mash them thoroughly to separate the texture. Next, put the eggplants aside and prepare the tomatoes.
4. Put the tomatoes in a pot of boiling water for 5 minutes to peel them easily. After 5 minutes, remove the tomatoes from the boiling water and after they have cooled down a bit, peel them easily.
5. Put a suitable pan on the heat and add 1 tablespoon of oil. Then grate the garlic and fry in oil for 1 minute until soft and light, then add some turmeric to the garlic and fry well until the garlic is smooth with the turmeric.
6. At this stage, add the eggplants and fry for about 20 minutes, then add the tomatoes to the pan in a very fine or grated way and fry well until the excess water of the tomatoes evaporates.
7. Adding tomato paste to Mirza Ghasemi is optional. Still, if you want Mirza Ghasemi to have a better taste and color, you can also add 2 tablespoons of tomato paste to Mirza Ghasemi at this stage. Roast the tomato paste for 5 minutes until completely browned.
8. At this stage, collect Mirza Ghasemi ingredients on one side of the pan. Break the eggs into the empty part of the pan, and after the eggs are well cooked, mix them with other Mirza Ghasemi ingredients until they are completely homogeneous with the other ingredients.
9. Finally, add the desired amount of salt and black pepper and let Mirza Ghasemi sit. To decorate Mirza Ghasemi, you can cook an egg in a small round pan and place the egg on Mirza Ghasemi after putting Mirza Ghasemi on the plate.
10. Serve it as a dip or appetizer with pita chips.

Serve with sauces of your liking

# Beef

## Italian Meatballs

Ben & Lisa Barletta

### Meatball Ingredients and Directions:

4-5 pounds ground 80-85% beef/chuck/or meatloaf mix (beef/pork/veal)  
2-3 cups of Italian Bread crumbs  
4-5 eggs  
2 -3 cloves of fresh garlic  
2 tablespoons dried oregano  
2 tablespoons bottled basil  
2 tablespoons of dried mint  
1 cup grated Parmesan/Romano cheese  
Pepper to taste

1. Mix all ingredients thoroughly. (add more bread crumbs to firm consistency)
2. Form into 1 ½ inch balls
3. Fill a frying pan (or electric fry pan) with ¾" olive oil, heat to about 350 degrees
4. Fry meatballs until brown, and 150-160° F
5. Drain oil on a paper towel
6. Toss into sauce
7. Cook for about 2 hours

### Sauce Ingredients and Directions:

extra virgin olive oil  
4 cans of crushed tomatoes (Furmano's)  
1 small Vidalia onion  
2-3 cloves of fresh garlic  
1 bunch of fresh basil (stems removed, and leaves chopped)  
¼ cup sugar (or to taste)  
1/8 cup fresh ground pepper

1. In a large stock pot, cover the bottom with olive oil (not too thick) and turn on medium heat
2. Finely chop 1/4 cup of onion, and put into olive oil, fry until onion is clear, then add crushed garlic
3. Let garlic simmer for a few minutes, then add basil
4. Let basil simmer until it starts wilting then pour in cans of tomato
5. Pour water into cans, and get residual tomato, then pour about 1 can worth into sauce
6. Pour in sugar and pepper
7. Heat on medium heat until bubbles start forming, stirring often
8. Reduce to low heat and cover, stirring occasionally





# Ricotta Gnocchi with Braised Short Rib Ragu

Maria McFadden & Milton Hershey School Students

## Ricotta Gnocchi Ingredients and Directions:

- 32 ounces whole milk ricotta cheese  
drained in a colander in the fridge overnight (if you have time)
- 7 ounces grated pecorino Romano cheese
- 3 whole eggs
- 17 ounces flour (4 cups)- may need more if too sticky.
- 1 tablespoon salt and ½ tablespoon black pepper

1. Put flour into the bottom of a large bowl
2. Add remaining ingredients, mix until combined. It should be soft but not super sticky Only work enough to bring it together, do not overwork
3. Place dough onto a well-floured surface and pat down so it is about 1 inch tall
4. Cut dough into ¾ inch thick slices, roll into ropes
5. Cut the ropes into pieces about an inch long
6. Roll down a gnocchi board, fork, or with your hand to create a little divet
7. Cook off in salted, boiling water a few minutes, until floating

## Braised Short Rib Ragu Ingredients and Directions:

- |                                  |  |
|----------------------------------|--|
| 3 pounds beef short rib          | 3 sprigs rosemary                                |
| 1 carrot peeled and large diced. | 3 sprigs thyme                                   |
| 1 onion, peeled and cut into 4   | 1 gallon beef stock                              |
| 2 stalks celery, large diced.    | 1-28 ounce can plum tomatoes,<br>crushed by hand |
| 6 cloves garlic, peeled.         | 1/2 cup olive oil                                |
| 2 cups red wine                  | Salt and pepper to taste                         |
| 3-8 ounce cans tomato paste      |  |

1. Season the short rib liberally with kosher salt and pepper
2. Heat a large, wide sauté pan with olive oil. Add short rib and sear until browned on all sides. Remove from pan and set aside.
3. Add vegetables to same pan, sauté 5 minutes
4. Add tomato paste to pan, sauté 2 more minutes
5. Deglaze pan with red wine, scraping the bottom to get the brown bits and reduce wine by half
6. Add can of crushed plum tomatoes, heat until boiling
7. Scrape the vegetables, tomato, wine mixture into the bottom of a large baking dish
8. Place short ribs and herbs in the pan, top with beef stock
9. Bake at 350° F for 3 hours, until beef falls apart tender
10. Remove the beef and sauce to cool, once cooled shred beef
11. Remove the herb stems, and scoop off some of the fat that rose to the top during baking
12. Puree the sauce, then add the shredded beef back to the sauce. Season to taste with salt and pepper
13. Add cooked gnocchi into the sauce and cook for two minutes!  
Serve garnished with pecorino Romano cheese

# Semur Daging

Colette Pameijer & Lisa Sinz

Source: Charmaine Solomon *The Complete Asian Cookbook*

## Ingredients:

- 3 pounds beef
- 6 tablespoons oil
- 3 onions, finely chopped
- 6 cloves garlic
- 1 ½ teaspoons salt
- 3 teaspoons fresh ginger
- 1 ½ teaspoons black pepper
- 2 ½ teaspoons spice mix (cardamom, cinnamon, nutmeg, cloves)
- 9 tablespoons soy sauce
- 3 tablespoons brown sugar
- 6 tablespoons lime juice
- 3 cups hot water

## Directions:

1. Heat oil in saucepan and fry until onion soft
2. Add garlic, salt and ginger and fry until onion starts to turn brown
3. Add meat and fry until no longer red
4. Add spices, soy sauce, sugar, lime juice, and water
5. Bring to boil, lower heat, cover and simmer until meat is tender, about 1½ hours. Uncover for last 15 minutes to reduce liquid

# Hummus with Spiced Meat

David Goldenberg & Renee Flax-Goldenberg

## Hummus Ingredients:

1-2 cups dried chickpeas (garbanzo beans)  
2 garlic cloves, minced  
salt  
cumin  
1 cup raw tahini paste  
1/4 cup olive oil  
pine nuts roasted

## Directions:

1. **Dry Chickpeas:** You must soak and cook them beforehand. Add 1-2 cups of dried chickpeas to a bowl and cover with plenty of water. Add a teaspoon of baking soda. Soak overnight. Drain water, add them to a pot, and cover with fresh water. Add teaspoon of baking soda, bring to a boil, reduce heat and simmer for 1-2 hours, until tender. Skim off floating skins. Reserve bean Broth for thinning the hummus.
2. **Mix in a food processor:** Chickpeas drained (liquid reserved) garlic, salt, cumin, tahini, and olive oil until smooth. Add small reserved bean liquid, water or olive oil if too thick. Taste and add additional salt if needed.

## Spiced Meat Ingredients

½ pound to 1 pound ground beef, ground lamb or 50-50 mix  
olive oil  
1 chopped onion  
2 cloves of Garlic Chopped  
cumin 1 tablespoon  
1/2 teaspoon baharat  
1 teaspoon paprika  
1/2 teaspoon tumeric  
salt to taste  
pepper  
1½ tablespoons tomato paste

## Directions:

1. Sauté onions and garlic till brown, then add beef. Sauté for 2 minutes on medium heat. Season with spices, tomato paste, salt and pepper and cook for a couple more minutes.
2. **Assembly:** Using a large serving spoon, place a heaping dollop of hummus in the center of the plate. Try to create roughly the shape of a circle.
3. Spoon meat filling into the center of the hummus. Drizzle with olive oil, then garnish with herbs, spices and roasted pine nuts.

It can be served warm or cold with pita bread

# Park

## Hawaiian Fried Rice

Christa Lenk & Milton Hershey Culinary Students

### Hawaiian Fried Rice Ingredients:

2 quarts raw jasmine rice	1 ½ pound white onion, diced
11 ounces pineapple juice	1 pound ham, small diced
8 ounces tamari	¾ pound peas & carrots (frozen)
2 ½ tablespoons curry powder	1/2 pound chopped peanuts
18 ounces liquid egg (12 whole eggs)	1 ounce scallions, thinly sliced
4 ounces sesame oil	

### Directions:

1. Steam white rice until fully cooked.
2. Scramble the eggs, set aside.
3. Mix together pineapple juice, tamari, and curry powder.
4. Sauté the onion and ham in the sesame oil in a sauté pan
5. Add in the peas and carrots
6. Add in cooked rice and curry sauce, mix and heat until 165 degrees
7. Scoop into 1-2 inch pan
8. Garnish with chopped peanuts and scallions

## Polynesian Pulled Pork Tacos

Christa Lenk & Milton Hershey Culinary Students

### Ingredients:

Serve with 3 packs of 6 inch flour tortillas, 1 pint cilantro lime sour cream, and 1 quart grilled pineapple cabbage slaw

### Taco Ingredients:

- 5 pound pork butt
- 3 pound pineapple tidbits and juice
- 1.5 cups water
- 3 ounces jalapeno, chopped.
- 12 ounces white onion, diced.
- 16 ounces ketchup
- 16 ounces tamari
- 1 ounce ginger peeled and minced

### Spice Rub Ingredients:

- 1 tablespoon canola oil
- 1 teaspoon allspice
- 1 teaspoon black pepper
- 1 teaspoon dry mustard
- 1/2 teaspoon cinnamon
- 1/2 teaspoon garlic powder
- 1/2 teaspoon coriander
- 1/2 teaspoon ground ginger
- 2 ounces brown sugar
- 1/2 teaspoon onion powder
- 1 teaspoon cumin
- 1 tablespoon kosher salt

### Directions:

1. Mix the ingredients for the spice rub together and rub all over the pork.
2. Put pork and remaining ingredients in a pot bring to a boil, reduce to a simmer, and braise covered for a few hours until fall apart tender.
3. Remove the pork, shred up, and add back into the sauce to coat.



# Piggy Mac

Sarah & Brady Kirby

## Piggy Ingredients:

1 - 6 pound pork shoulder

### Dry Rub Ingredients

3 tablespoons paprika

1 tablespoon garlic powder

1 tablespoon brown sugar

1 tablespoon dry mustard

3 tablespoons coarse sea salt

2 tablespoons fresh cracked black pepper

### For the smoker

apple wood chips

2 small cans fruit juice

(apple or pineapple)

## Directions:

1. Heat smoker to 225° F
2. In a small bowl, mix together all dry ingredients
3. Sprinkle rub evenly over the meat
4. Pat the dry rub into pork shoulder - DO NOT rub it in
5. Set aside until smoker is up to temp
6. Place wood chips and liquid into smoker containers
7. Spray smoker rack with nonstick spray, place pork on rack and insert the thermometer probe into center of meat
8. Close door of smoker
9. Smoke pork for 1 hour per pound. Once the internal temperature reaches 160 degrees. remove meat from smoker
10. Place pork in a metal pan
11. Pour approximately ¼ cup of fruit juice into pan and cover tightly with foil
12. Place back in the smoker.
13. Continue to cook until internal temperature reaches 190 degrees
14. Pull meat from smoker and let rest for 30 minutes
15. Uncover and “pull” pork using 2 forks. Drizzle on drippings from pan for extra flavor

## Notes:

1. You do not need an electric smoker for this recipe. You can use your gas grill. Use small metal containers for wood chips and liquid. Monitor the temperature to keep it at 225° for the whole smoking process.
2. Use whatever type of wood chip you'd like. I just happened to have apple chips and they added a nice flavor to the pork.
3. If you do not have a metal pan, the pork can be wrapped in heavy duty foil for the last cooking time.

*Piggy Mac Recipe continues on next page*

## Piggy Mac continued

### Macaroni & Cheese Ingredients:

- 16 ounces uncooked large elbow macaroni, large shells, or cavatappi pasta
- 6 tablespoons salted butter
- 1/4 cup grated yellow onion
- 2 teaspoons dry mustard
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon freshly grated nutmeg
- 1/8 teaspoon cayenne pepper
- 6 tablespoons all-purpose flour
- 3 1/2 cups milk
- 1 3/4 cups heavy cream
- 2 teaspoons Worcestershire sauce
- 4 ounces extra-sharp yellow cheddar cheese, shredded (about 1 cup),  
plus 4 oz. diced (about 1 cup), divided
- 4 ounces sharp white cheddar cheese, shredded, (about 1 cup),  
plus 4 oz. diced (about 1 cup), divided

### Directions:

1. Preheat oven to 350°F. Prepare pasta according to package directions for al dente
2. Melt butter in a large saucepan over medium
3. Add next 6 ingredients; cook, stirring, 30 seconds
4. Add flour, and cook, stirring, until golden, 2 minutes
5. Gradually whisk in milk and cream
6. Bring to a boil, whisking occasionally
7. Reduce heat to medium-low; simmer, whisking, until slightly thickened, 5 minutes
8. Stir in Worcestershire sauce
9. Remove from heat; stir in 3/4 cup each of shredded Cheddar cheeses until melted (Reserve remaining 1/4 cup each of shredded cheeses.)
10. Stir in pasta and diced cheeses
11. Pour into a lightly greased 13- x 9-inch (3-quart) baking dish
12. Bake on a rimmed baking sheet in a preheated oven until bubbly and golden, 30 minutes.
13. Remove from oven; increase oven temperature to broil.
14. Sprinkle with reserved shredded cheeses; broil 6 inches from heat until cheeses are melted and golden, about 2 minutes.
15. Remove from the oven; cool slightly on a wire rack, about 15 minutes.

# Coach K's Dizzy Pig Pork Shoulder

Sue & Paul Kreider Source: [biggreenegg.com/recipes](http://biggreenegg.com/recipes)

## Ingredients:

- One 7 to 8 pound pork butt, fat cap trimmed off
- 2 tablespoons vegetable oil
- Big Time BBQ Rub (Recipe below)
- ½ cup apple juice
- 2 cups Dr. BBQ's Carolina Barbecue sauce (Recipe below)
- 12 hamburger buns

## Directions:

1. Rub the meat with the oil and then sprinkle liberally with the rub. Put in the refrigerator for at least a half hour and up to 12 hours.
2. Set the EGG for indirect cooking at 275°F/135°C using hickory and cherry smoking wood for flavor. Put the butt in the EGG and cook until the internal temperature is 160°F/71°C; this should take 6 to 8 hours. Lay out a big double piece of heavy-duty aluminum foil and put the pork butt in the middle. As you begin to close up the package pour the apple juice over the top of the butt and then seal the package, taking care not to puncture it put it back in the EGG and cook until the meat reaches an internal temperature of 195°F/91°C; this should take another 2 to 3 hours.
3. Remove the package from the EGG to a baking sheet. Open the top of the foil to let the steam out and let it rest for ½ hour. Using heavy neoprene gloves or a pair of tongs and a fork transfer the meat to a big pan. It will be very tender and hard to handle. Discard the juices as they will be quite fatty. Shred the meat, discarding the fat and bones; it should just fall apart. Continue to pull the meat until it's shredded enough to make a sandwich. Add 1 cup of the sauce and mix well. Reserve the additional sauce for serving on the side. Serve on fluffy white buns topped with coleslaw.

## Big Time BQ Rub Ingredients & Instructions:

Combine all ingredients, mix well, and store in an airtight container.

- |                                |                            |
|--------------------------------|----------------------------|
| ½ cup salt                     | 2 tablespoons chili powder |
| ½ cup turbinado sugar          | 2 tablespoons black pepper |
| ¼ cup granulated brown sugar   | 2 teaspoons cayenne        |
| 1 tablespoon granulated garlic | 1 tablespoon thyme leaves  |
| 1 tablespoon granulated onion  | 1 tablespoon ground cumin  |
| 2 tablespoons paprika          | 1 teaspoon nutmeg          |

## Dr. BBQ's Carolina Barbeque Sauce Ingredients:

Combine all ingredients, mix well, and store in an airtight container.

- |                   |                              |
|-------------------|------------------------------|
| 1 cup vinegar     | 1 teaspoon salt              |
| 2/3 cup catsup    | 1 teaspoon Worcestershire    |
| 2 teaspoons sugar | ½ teaspoon red pepper flakes |

Source: "Dr. BBQ's Big Time Barbecue Cookbook" by Ray Lampe.

# Hale Mahi 'Al aka Farmhouse Ham Balls

John Feeman & John Sheetz

## Ham Ball Ingredients:

- 1(12 ounce) can SPAM Classic
- 1/4 cup plus 1/3 cup chopped green onions, divided
- 1/2 cup green bean sprouts, chopped and well-drained
- 2/3 cup dry breadcrumbs
- 1/4 cup green bell pepper, finely chopped
- 1/2 teaspoon divided ground ginger
- 1/2 cup tomato juice

## Directions:

1. Heat oven to 425° F
2. In a food processor, blend the SPAM until finely chopped or grind by hand.
3. In a bowl, combine the SPAM, breadcrumbs, bean sprouts, 1/4 cup onions, 1/4 teaspoon ginger, and the black pepper; mix together well.
4. Using about 1 tablespoon for each meatball, shape the mixture into 24 balls.
5. Place on a wire rack in a shallow baking pan and bake for 15 minutes, then cool to room temperature.

## Sweet & Sour Sauce Ingredients:

- 3 tablespoons cornstarch
- 2 cups pineapple juice
- 6 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 6 tablespoons hoisin sauce
- 1 cup sugar
- 2 (20 ounce) cans pineapple tidbits or pieces with juice
- 1/2 cup peppers – green and red bell peppers

**Directions:** *Use a french skillet then transfer to a crock pot or roaster pan*

1. Combine ham balls ingredients and shape into 2-inch balls
2. Fry meatballs in a small amount of avocado oil in a French Skillet. They may stick a little bit.
3. Add 1/4 cup water and cover. Sauté the ham balls in batches until browned.

## Sauce and finishing:

1. Combine the sauce ingredients in a separate container and pour over browned meatballs in the French skillet. Stir gently to coat.
2. Remove the meatballs to a separate bowl and bring remaining sauce to a boil.
3. Make a cornstarch slurry by mixing cornstarch and water, add to the sauce in the pan and stirring constantly and cook for one minute longer.  
NOTE: Sauce thickens as it cools.
4. Add the meatballs back into the skillet and let simmer for 5 minutes then transfer to Crock Pot and set to low and then to warm after a few hours.
5. Remove the meatballs to a serving dish and serve with Basmati Rice.

## Basmati White Rice:

Made in a rice cooker with equal parts water and rice.



# Desserts

## Double Chocolate Biscotti

Linda Geraci & Barb Hayes

Source: [onceuponachef.com/recipes/double-chocolate-biscotti.html#tabrecipe](http://onceuponachef.com/recipes/double-chocolate-biscotti.html#tabrecipe)

### Ingredients:

- 1  $\frac{3}{4}$  cups plus 2 tablespoons all-purpose flour, spooned into measuring cup and leveled-off
- $\frac{1}{4}$  cup plus 2 tablespoons Hershey's natural unsweetened cocoa powder
- 1 teaspoon baking soda
- $\frac{3}{4}$  teaspoon salt
- 1 stick (8 tablespoons) unsalted butter, at room temperature
- $\frac{3}{4}$  cup plus 2 tablespoons granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup semi-sweet chocolate chips

### Directions:

1. Preheat oven to 350° F. Line a baking sheet with parchment paper
2. Whisk flour, cocoa powder, baking soda, salt in small bowl and set aside
3. In a separate bowl cream butter and sugar with electric mixer until light and fluffy. Scrape down the sides of the bowl with a rubber spatula
5. Add the eggs, one at a time, mixing well after each addition
6. Beat in the vanilla
7. Add dry ingredients and chocolate chips and stir on low speed until combined
8. Dust a work surface with flour
9. Using a rubber spatula, scrape the sticky dough out onto the work surface and dust the top of the dough lightly with flour
10. Using your hands, shape the dough into a rough ball (if it's still too sticky, dust with a bit more flour) and cut in half
11. Form the dough pieces into two short logs by rolling back and forth
12. Place the logs onto the prepared baking sheet and shape into longer logs about  $\frac{3}{4}$ -inch high and 12 inches wide
13. Allow enough space for the logs to spread a few inches while they bake
14. Bake for about 35 minutes, until firm to the touch
15. Let cool on the pan for about 5 minutes, or until just cool enough to touch (if you wait any longer, the biscotti will be difficult to cut); then, using a sharp knife, slice the logs on the diagonal into  $\frac{3}{4}$ -inch slices (I do this right on the baking sheet). They will crumble a bit
16. Turn the biscotti on their sides (so that the cut sides are down) and place back in the oven for 10 minutes to dry and crisp up.
17. Let cool on the pan for a few minutes, then transfer to a wire rack to cool completely.

### Freezer-Friendly Instructions

The dough can be frozen up to 3 months: Shape the dough into logs, wrap each log in plastic wrap, and place a sealable bag. When ready to bake, remove from the freezer, thaw dough until pliable, and proceed with recipe. To freeze after baking: After the cookies are completely cooled, double-wrap in aluminum foil or plastic freezer wrap. Thaw overnight on the countertop before serving



# Lemon Biscotti

Linda Geraci & Barb Hayes

Source: [laughingspatula.com/lemon-biscotti/#recipe](http://laughingspatula.com/lemon-biscotti/#recipe)

## Ingredients:

- 5 tablespoons butter room temperature
- 1/2 cup white sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1 lemon zested about 2 teaspoons zest
- 1 lemon juiced about 2 tablespoons juice
- 2 cups all-purpose white flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons Turbinado sugar also known as Sugar in the Raw
- :

## Directions

1. Preheat oven to 350° F
2. Line a large baking sheet with parchment paper
3. In a large mixing bowl add softened butter and sugar. Using an electric mixer combine until blended
4. Add eggs, one at a time
5. Add vanilla, lemon zest and lemon juice
6. Mix for one minute
7. Add flour and baking powder to mixture
8. Beat on low until just combined, being careful to not over mix
9. Form into a ball.
10. Place on cookie sheet and shape into log that is 11" long and 1/2" thick
11. Sprinkle with Turbinado sugar (optional)
12. Bake at 350° for 20 minutes
13. Cool
14. Using a serrated knife carefully cut into 1/2" slices
15. Re-bake for 20 minutes
16. Check for crispness. If you prefer a softer cookie, remove from the oven.  
If you prefer a crisper cookie, continue to cook for 10 more minutes. Cool.

## Glaze ingredient:

- 1cup confectioner sugar
- 1 teaspoon lemon zest
- 2 tablespoons fresh lemon juice

## Glaze Directions:

1. Mix all ingredients in small bowl
2. Using a fork drizzle over cooled biscotti

## Cook's Notes:

- Store in an airtight container for up to 3 weeks.
- Freeze an additional 3 months in freezer bags after that.

# Original Nestlé® Toll House Chocolate Chip Cookies

Craig & Marianne Hillemeier

## Ingredients:

- 2 ¼ cup flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup butter, softened
- ¾ cup sugar
- ¾ cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cup semi-sweet chocolate chips

## Directions:

1. Preheat oven to 375° F
2. In a small bowl, combine flour, baking soda, and salt
3. In a large bowl, beat butter, sugar, brown sugar, and vanilla extract until creamy
4. Add eggs, one at time, beating well after each addition
5. Beat in flour mixture gradually
6. Stir in chocolate chips
7. Drop onto ungreased baking sheets by rounded tablespoons
8. Bake for 9 to 11 minutes or until golden brown
9. Cool on baking sheets for 2 minutes, then remove to wire racks to cool completely

# Aunt Eloise's Cream Cheese Almond Cookies

Kate Konkle & Karen Ostrander

## Ingredients:

- 1/4 cup Margarine (1 stick)
- 3 oz cream cheese
- 1 cup sugar
- 1 cup flour
- Pinch of salt
- 1/2 cup of sliced almonds

## Directions:

1. Cream together margarine and cream cheese using an electric mixer
2. Add sugar, flour and salt
3. Mix well
4. Add almonds and mix until evenly incorporated. Dough will be soft.
5. Shape into a log on parchment paper, freezer paper or plastic wrap
6. Place in the freezer and freeze until hard - several hours or overnight
7. When ready to bake, preheat the oven to 325° F
8. Slice into thin slices (about 1/8 inch) and place on a baking sheet lined with parchment paper
9. Bake until the edges are brown (about 10-15 minutes depending on the baking sheet)
10. Allow to cool until they begin to firm, then move to a cooling rack to cool completely

# Mom's Sand Tarts

Kate Konkle & Karen Ostrander

## Ingredients:

- |                    |                           |
|--------------------|---------------------------|
| 1/2 cup butter     | 1 teaspoons vanilla       |
| 1 cup sugar        | 2 teaspoons baking powder |
| 1 egg, well beaten | Cinnamon sugar            |
| 1 1/2 cup flour    |                           |

## Directions:

1. Cream butter and sugar
2. Add egg and mix
3. Add vanilla and mix
4. Mix dry ingredients
5. Add to wet mixture
6. Chill dough
7. Roll into logs and cut
8. Top with cinnamon sugar
9. Baked on a greased pan; 350° F for 10-15 minutes

# Bread

## Anadama Bread

Dan & Terry Wolpaw

Adapted to the method described by Ken Forkish  
in the book “Flour, Water, Salt, Yeast”

### One Recipe Ingredients:

- 1/2 cup cornmeal
- 2 cups water
- ½ cup molasses (175 grams)
- 1.5 ounces butter (3 tablespoons)
- 1 tablespoon salt
- 1 tablespoon dry yeast
- 1/2 cup warm water
- 675 grams (about 4.75 cups) white flour (unbleached)

### Double Recipe Ingredients:

- 1 cup cornmeal
- 4 cups water
- 1 cup molasses (350 grams)
- 3 ounces butter (6 tablespoons)
- 2 tablespoons salt
- 2 tablespoons dry yeast
- 1 cup warm water
- 1350 grams (about 9.5 cups) white flour (unbleached)
- 1/2 cup warm water
- 675 grams (about 4.75 cups) white flour (unbleached)

### Directions:

1. Bring water to a boil, then slowly add the cornmeal avoiding lumps (This is the hardest step!)
2. Add the cornmeal VERY slowly while sifting continuously to avoid lumps. An electric or hand-held sifter works well, but can also add slowly from a strainer – stirring constantly. Oven gloves are very helpful.
3. Cover the cornmeal mixture and set aside to cool and soak – it will be a cream of wheat consistency. (If you don't cover it will crust on the top. Transferring to a large bowl (and covering) can speed the cooling and facilitate adding the other wet ingredients.
4. As the cornmeal cools, add molasses, butter (melted or it can melt in the warm mixture), and water (does not need to be warm – cooler water will speed up the cooling of the cornmeal – and combine with a whisk)
5. Measure the flour to a large mixing bowl or container
6. Add salt and yeast to the flour and combine with your hand or a whisk



## Anadama Bread Continued

7. Add the cornmeal/liquid mixture to the flour/salt/yeast combination – mixing with your hand (consider a medical glove if you don't like it sticking to the hair on the back of your hand).
8. Continue to work the dough using the pincer method and folding (around page 72 in the Ken Forkish book). Do this for at least 5 minutes.
9. Fold three to four times over the next 90 minutes – 15 - 20 minutes apart.
10. Let rise until about 3X size – can rise fairly quickly depending on the starting temperature of the cornmeal mix – often less than 2 hours
11. Prepare proofing baskets with flour. I sometimes spray the baskets first with a cooking oil like Pam. For one recipe I use 2 baskets, for two I use 3 baskets.
12. Transfer to the counter and do the regular Forkish folding and boule formation (see book). Think about patting the folds with your floured hands when doing the folds – allows the seams to spread nicely during baking giving a great naturally split top.
13. Liberally flour the seam side of the finished boule shape, then plop into the proofing basket. Sprinkle flour over the top of the dough + visible sides of the basket all around.
14. Clover proofing baskets – I use saran wrap lightly over the tops and a towel(s) over that.
15. Put 4-5 quart Dutch ovens in the oven and heat to 375° F when you start the proofing (2 for single recipe, 3 for double).
16. Allow to rise about 1 hour in proofing baskets – finger test + eyeball rise – should be about 2X original size.
17. Using oven mitts or preferably gloves, carefully remove the Dutch ovens from the oven and place the risen dough into the hot containers. Replace the lids.
18. Bake for 45-50 minutes at 375° F . Take the Dutch oven lids off after 30 minutes. If you use a larger Dutch oven for a larger loaf, make the time at least 50 minutes. Can test with a cake tester.
19. Remove to a cooling rack and try to wait 20 minutes before tasting!





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