



EXPRESS LANE COOKING

2012 LCLD FELLOWS  
HOLIDAY RECIPES



EXPRESS LANE DRINKS

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HOLIDAY RECIPES

# Omar Alaniz's Holiday Cosmo

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*I never need an excuse to make cosmos. But the red color of this drink helps bring out the holiday cheer.*

4 oz	Premium vodka
1.5 oz	Triple Sec (Cointreau or Grand Marnier)
3 oz	Cranberry Juice Cocktail (I like Cran-Raspberry)
2 tbsp	Lemmon
1 cup	Ice

## **Directions:**

Chill martini glass in the refrigerator or pour water over ice in the martini glass for a fast chill. In a shaker bottle, combine ice, vodka, triple sec, cranberry juice, and lemon. Shake vigorously. Strain cocktail in chilled martini glass. Serves 2.

# Corey Lee's Apple Cider Manhattan

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*Great easy recipe when you are tired of hot toddy's but need to use cider.*

2.5 oz	Manhattan Rye
1.25 oz	Vermouth
2.5 oz	Apple Cider
	Bitters
	Cinnamon
	Apple slice and rosemary for garnish

## **Directions:**

Start by adding the rye, vermouth, apple cider, bitter, and cinnamon to a shaker filled with ice. Shake well and strain into a waiting glass with a single massive ice cube. Garnish with an apple slice and the sprig of rosemary. Serve and enjoy!

# Patricia Palacios's Cuban Egnog

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*Crema de Vie (aka Cuban eggnog)*

For the simple  
syrup:

2 cups	Sugar
2 cups	Water

For the drink:

4 pasteurized	Egg yolks
1 tbsp	Vanilla extract
2 cups	Rum
1.5 cans	(Total 21 oz) sweetened condensed Milk

Directions:

For the simple syrup, add the sugar and water to a small saucepan over medium heat. Bring to a boil and let sugar dissolve. Let it cool and refrigerate (ideally this step is done a day or two in advance).

Mix the simple syrup in a blender with all the remaining ingredients, let chill in the refrigerator for a few hours and serve! (Note: If you're uncomfortable with raw egg yolks, you can heat up the condensed milk and temper the egg yolks before mixing in all the ingredients.)





EXPRESS LANE APPETIZERS

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# Zohra Tejani's Chickpea Salad

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*Several items below probably are in your pantry or fridge.*

2 Cans	Chickpeas (washed, drained) (can size 15-16 oz)
1/3 to 1/2	Bunch of fresh cilantro, finely chopped
2 tbsp	Fresh basil, finely chopped
2 tbsp	Fresh Italian parsley, finely chopped
1.5 – 2	Limes, juiced
2-3 tbsp	Extra virgin olive oil
1/4 tsp	Garlic paste
2/3 cup	Crumbled feta
1/2 tsp	Course kosher salt
1/4	Red onion, chopped

## **Directions:**

Mix everything in a bowl. I suggest using mini food processor for all chopping. Allow to sit for several hours (overnight is better) in the fridge before serving



# Erin Hess's Hot Crab Dip with Old Bay

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*Crab is good anytime!*

8 oz	Cream cheese, softened
1/2 cup	Mayo
2 tsp	Old bay seasoning
1/2 tsp	Ground mustard
1 lb.	Lump crab meat
1/2 cup	Shredded Cheddar
	Crackers or toasted French bread

## **Directions:**

Preheat oven to 350 degrees. Mix cream cheese, mayonnaise, Old Bay Seasoning and ground mustard in medium bowl until well blended. Add crab meat; toss gently. Spread mixture in shallow 1 1/2 -quart baking dish. Sprinkle with Cheddar cheese and additional Old Bay Seasoning, if desired. Bake 30 minutes or until hot and bubbly. Serve with assorted crackers or sliced French bread

# Anthony Gay's Mushroom Fricassee

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*Here's one of my favorite recipes. If someone tries, I'm sure they will enjoy it.*

3 to 4 tbsp	Butter
12 oz	Fresh mushrooms, sliced
1 small	Onion
1/2 tsp	Salt
2	Egg yolks
1 tbsp	Parsley, chopped
1 tbsp	Chives, chopped

## **Directions:**

Melt the butter in a heavy skillet and sauté the mushrooms and chopped onion. When liquid begins to form from the mushroom and onion mixture, add the salt. In a small bowl or cup, beat the egg yolks, parsley, and chives together. Add some of the hot mushroom liquid to the eggs, herbs. Stir the egg mixture into the mushrooms, stirring constantly but gently. Heat until slightly thickened, but do not allow the fricassee to boil or the sauce will curdle. The mushrooms may be served as a vegetable, as a garnish with meat, or as a filling for omelets. They make a delicious luncheon dish when served with toast points. Serves 2 to 4.

# Annita Riddick's Super Cheat Butternut Squash Appetizer

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*Biggest challenge is timing the cooking, so that you can put it on the table*

*hot.*

1 pkg.	Butternut Squash filled Ravioli (I like Rana, Organic)
1/4 tsp	Garlic
3 tbsp.	Extra virgin olive oil
Pinch	Salt and pepper to taste
	Topping: Scallions, Chili flakes, Shaved Parmesan cheese

## **Directions:**

Cook the Ravioli the night before. Cooks in about 4 minutes. Be careful not to overcook. Drain well and place in fridge, after it cools down (you can place wax paper in between the Ravioli pillows to keep them from sticking). Before serving the next day, lightly oil pan with the (olive oil, garlic and salt and pepper). Bring to med-high heat (whatever temp. you normally sear food). Sear both sides of the Ravioli. Plate, add scallions, additional pinch of salt and pepper, chili flakes & generous shaved parmesan cheese to top. Must serve from skillet to table.



# Jaimala Pai's Sweet Spicy Pecans

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*These are addictive!*

1	Large egg white (using the egg white about /2 tbsp)
1 tbsp	Water
2 cups	Unsalted pecan halves
1/4 cup	Sugar
1/2 tbsp	Ground cumin
1/4 tsp	Cayenne pepper (or more to taste)
1/2 tsp	Ground cinnamon
	Kosher salt to taste

## **Directions:**

Preheat oven to 250 degrees. Beat egg white with 1/2 tablespoon of water in a large bowl until foamy. Add pecans, sugar, cumin, cayenne, cinnamon, and 1/4 teaspoon of salt, and mix well. Spread the mixture on a parchment or silpat lined baking sheet. Bake until pecans are mostly dry but still slight sticky, about 30 minutes. Remove sheet from oven and stir. Reduce temp to 200 degrees and return to oven, baking until crisp, about 20 mins. more. Stir to loosen pecans from baking sheet; cool completely.

# Marlon Fetzner's Grilled Stuffed Zucchini

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*A fan favorite of Marlon's from The Full Fridge!*

- 1 Zucchini per person
- 1 Tomato (or your favorite sauce)
- Shredded Mozzarella
- Alouette
- Garlic
- Herbs
- Creamy cheese (found in small round plastic containers)

## **Directions:**

Slice the Zucchini lengthwise (optional, add some salt and pepper to the slices; I'm not adding anymore because the cheese and sauce adds enough flavor). Grill the Zucchini slices (it also works if you cook it using an iron skillet) 2-3 min each side. Preheat oven to 375 degrees. Lay each slice down and place 1 to 2 teaspoons of Alouette cheese at the end of the slice. Roll up the Zucchini slice. Place all rolls in a dish. Top it with sauce and Mozzarella. Bake it for 3 to 5 minutes (until the Mozzarella melts).

## Ron Sia's Vegan Black Bean Dip

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*This recipe can be easily modified to include cheese, sour cream, and other ingredients of your choosing!*

1 cup	Dried black beans (rinsed and soaked in 2 cups of water overnight in fridge)
2 cubes or ½ tsp	Vegetable bullion (or chicken/fish/beef bouillon—your preference)
1 tsp	Cooking oil
1 tbsp	Chopped fresh cilantro (or Curley or Italian parsley)
1	Fresh jalapeno, diced
1/2	Large Vandalia or sweet onion, diced
1 cup	Cherry tomatoes, quartered or red bell pepper diced
1	Fresh lime

### **Directions:**

- Add soaked beans, oil, bullion to a pot and bring to a low boil and let it simmer uncovered for 45 minutes to an hour till beans start to look softness up or use a pressure cooker for about 15 minutes. The soaked beans should have absorbed about half the water overnight.
- let sit to cool for 10 minutes.
- use immersion blender or traditional blender and lightly pulse the cooked beans for 3 or 4 times for 5-10 seconds. You don't want it puréed, unless you prefer it really whipped then don't hold back on the blending.
- add salt, pepper to taste. And some garlic or onion powder if it's a more adventurous crowd.
- scoop or pour the blended beans into a bowl. Add chopped onions, chopped garnish, and chopped tomatoes / red pepper on top for holiday colorings.
- Squeeze half the lime over the top of bean dish and toppings.
- with remaining lime cut into small pieces and use for your beer or shot of tequila of choice.

# Demetra Liggin's Crawfish Tail Dip

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*Yum, Yum!*

1	Stick of butter
18 oz	Cream Cheese
1 tsp	Garlic
1 tsp	Cayenne pepper
1 tbsp	Garlic salt
1 pkg	Frozen Crawfish tails with juices (found in frozen seafood section)
1 bunch	Chopped green onions

## **Directions:**

Sauté onions in butter. Add minced garlic and seasonings. Stir in cream cheese until smooth. Fold in crawfish tails with juices. Serve warm with toasties or chips.



EXPRESS LANE DESSERTS

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# Lily Chinn's Passion Fruit Mousse

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*This is a quick and easy dessert that is light, creamy, and tart. It is a favorite of all the kids that have tried it.*

- |               |  |
|---------------|--|
| 1 package     | Passion Fruit Pulp<br>(readily available in frozen section of Latino groceries stores) |
| 1 cup         | Heavy Cream  |
| 1 can (14 oz) | Sweetened Condensed Milk   |
| 1 envelope    | Knox Unflavored Gelatin  |

## **Directions:**

Mix gelatin with a small amount of hot water until dissolved. Add all other ingredients into blender along with dissolved gelatin. Blend until smooth. Pour into individual cups or a large serving bowl and chill for at least 2 hours or until set. If desired, add whip cream or berries on top. Serve cold.



# Andrea Ciota's Easy Fruit Cobbler

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*A break from the winter blues!*

3/4 cup	Flour
1/2 cup	Sugar (may be reduced to 1/2 if desired)
3/4 cup	Milk
3/4 stick	Butter
2 tsp	Baking powder
2 cups	Sliced peaches
1/4 cup	Blueberries
Dash	Salt

## **Directions:**

Combine flour, 1/4 cup of sugar, baking powder, salt, and milk into batter. Melt butter in deep pie dish. Pour batter into middle of butter – spread out a bit but do not stir together. Pour peaches, blueberries, and remaining sugar into the middle of the batter – spread out a bit but do not stir together. Bake just under an hour at 350 degrees

# Cassandra Headrick's Monster Cookies

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*A few more ingredients but "it's really easy (even I can make it)!"*

1/2 cup	Margarine
1 cup	Brown sugar
1 cup	White sugar
3	Eggs
1 tsp	Vanilla
2 cups	Peanut butter
4 ½ cups	Oats
2 tsp	Baking soda
1 cup	Dark chocolate M&M (we use holiday colors if we can find them)
1 cup	Butterscotch chips
1 cup	Chocolate chips

## **Directions:**

Beat margarine and sugars until fluffy (I like to reduce the sugar a bit to make them a little less sweet). Mix in eggs, vanilla, and peanut butter until blended. Stir in oats and baking soda. Stir in M&Ms, butterscotch chips, and chocolate chips. If you have time, refrigerate the dough before baking. Bake for 8 – 10 minutes at 350 degrees

# Yvette Gatling's No Bake Peanut Butter Protein Balls

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*These taste like a cheat but they are actually healthy!*

2 cups	Natural Peanut Butter (Crunchy is a nice addition)
1/2 cup	Light Agave
2 cups	Unsalted pecan halves
Dash	Salt
2 scoops	Vanilla Flavor Protein Powder

## **Directions:**

Mix peanut butter, agave, protein powder and salt in a large bowl.

Roll the mixture into balls (approx. 1 tablespoon per ball) and place in a dish, then refrigerate for 30-45 minutes. You can melt vegan or sugar free chocolate chips and dip each ball in chocolate and let it harden for 30-45 minutes in the refrigerator.



***BON APPETIT!***

# Nabil Foster's Cajun Shrimp (*Laissez les bon temps rouler!*)

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2 lbs	Shrimp (31-40 count frozen shrimp w/shell & deveined)
4	Sticks of cold butter (1lb) salted butter (cut into .5 inc. cubes)
2 -4 tbsp	Cajun Chili powder (your favorite blend)
2	Baguettes

## **Directions:**

- In a large pot (5 quarts or larger) with a tight-fitting lid (also known as a Dutch Oven), melt the butter over medium heat.
- Once the butter melts, add the chili powder and stir with a large wooden / plastic spoon. Incorporate all chili powder into the melted butter.
- Turn off the heat and allow the chili butter mixture to cool. While the mixture remains liquid but not too hot to burn, taste test the mixture using some bread. Adjust seasoning by either adding more butter to melt or more chili powder, *pro re nata* :).
- Allow butter and pot to cool until it is no longer hot, but still warm.
- Take frozen shrimp out of the freezer and add the shrimp to the pot, mix with the same large wooden / plastic spoon to coat the shrimp with the chili butter sauce. The butter should be cool enough to coat the shrimp. The frozen shrimp will cause the butter sauce to seize up on the shrimp. You want to try to evenly distribute the butter sauce on the shrimp. It will not be an even coating, but that is what you want. Ideally, most of the butter should be on the shrimp and not on the bottom of the pot.
- Option 1: put the covered pot on medium-high heat. After about 10 minutes, you can transfer the pot to a hot oven (350 degrees) to free up space on your stove top or continue on the stove top at medium heat. You can adjust the heat to suit your timing needs. The tight-fitting lid will contain the steam released from the melting shrimp, cook the shrimp, and create a liquid gold chili sauce that is prime for sopping with bread. Shrimp are cooked when they are red and curled.
- Option 2: put the covered pot in the refrigerator (or outside if it is cold... or in your trunk to drive to the party and cook it there).



THANK YOU CLASS OF 2012 FOR  
CONTRIBUTING & HAPPY NEW YEAR!