

# some of our favorite RECIPES

Early in our relationship we bonded over our love of food and cooking in Ridge House Co-Op. Over the years we've gotten to cook some of our favorite dishes for many of you, but we rarely follow recipes when cooking.

We've tried to record what goes in to the dishes we love to make so we can share them with you.

Love Kealie and Alex

## RECIPE

#kealex2016

### Granny's Ginger Snaps

makes 2 dozen

$\frac{3}{4}$  cup shortening\*  
1 cup sugar  
 $\frac{1}{4}$  cup molasses  
1 egg  
2 cups flour  
2 tsps baking soda  
1 tsp cinnamon  
 $\frac{1}{2}$  tsp ground cloves  
 $\frac{1}{2}$  tsp ground ginger  
 $\frac{1}{2}$  tsp freshly grated nutmeg  
 $\frac{1}{2}$  tsp salt

Preheat oven to 350 degrees\*. Mix shortening, sugar, molasses, and egg into a creamy mixture, then mix dry ingredients together and add to wet ingredients. Place a small amount of sugar on a plate/dish. Form cookie dough into balls and roll in sugar, coating the outside.

Place on cookie sheets and cook for 6 to 8 minutes (varies by oven), or until the tops of the cookies begin to crack. Do not overcook!

\* If you use non-hydrogenated vegetable shortening (as we do), you might try baking at 325 degrees to allow the cookies to flatten properly.

Many thanks to Grandma Sharon for years of delicious cookies

# RECIPE

## Cardamom Orange French Toast

serves 2

2 eggs  
2 tsp ground cinnamon  
1 tsp ground cardamom  
1 tsp freshly grated nutmeg (trust us,  
use a microplane)  
½ orange, zested and juiced  
1 tsp vanilla extract  
2 tbsp milk  
unsalted butter

Whisk the eggs, cinnamon, cardamom, nutmeg, vanilla, orange zest, juice, and milk together in a bowl. Soak bread slices in mixture, cook on medium high heat with generous butter.

Top with real maple syrup, fresh fruit. Add powdered sugar if your name is Kealie.

# RECIPE

## Kealie's Bean Dip

feeds a group of good friends

1–2 cans refried beans (the “salsa style”  
from TJ's is particularly good)  
1½ cups red salsa  
½ – ¾ cup sour cream  
2½ cups grated cheddar cheese (or more)  
Optional: cherry tomatoes, fresh cilantro,  
avocado  
1lb bag of good, thick tortilla chips

In a 12"x9" (or similar) casserole dish, press the beans into an even layer along the bottom of the dish. Combine the sour cream and salsa in separate bowl, and spread in a thin layer over the beans.

Sprinkle with grated cheese, then add optional toppings (avocado, cherry tomatoes, and/or fresh cilantro).

Try not to run out of chips.

some just call it “Kealie Dip”

# — RECIPE —

#kealex2016

## Alex's Guacamole

serves one alex, about 5 cups

4–5 medium avocados  
Juice of 3 limes (or more to taste)  
½ cup store bought salsa fresca or fresh  
pico de gallo  
2 tbsp chopped cilantro  
½ tsp ground cumin  
½ tsp chili powder  
1½ tsp tapatio or other mexican hot sauce  
1 small tomato, chopped  
Optional: 1 jalepeño, seeded and diced.  
¾ tsp salt or more  
Fresh ground black pepper  
Thick tortilla chips

Scoop avocados out of their skin with a large spoon and combine with the remaining ingredients. Lightly mash avocados and mix with ingredients, leaving some whole chunks of avocado.

Adjust lime, salt, and pepper to taste.

Don't share with too many people.

# — RECIPE —

#kealex2016

## Sweet Potato & Chorizo Breakfast Facos

serves 4, or save it for leftovers

1 medium sweet potato, diced  
1 tbsp vegetable oil  
8 oz raw mexican chorizo\*  
5 eggs, beaten  
8 corn tortillas  
Grated cheese, fresh cilantro, salsa, and  
avocado for topping

Cook the sweet potato in vegetable oil in a nonstick skillet over medium high heat until browned and pieces are soft, about 15 minutes.

Push the sweet potato to the side of the pan and add the chorizo, removing it from its casing. Cook chorizo until crispy and pan is mostly dry, about 5 minutes.

While the chorizo is cooking, heat up a large skillet or comal, add a small amount of vegetable oil, and begin cooking the tortillas. Cook, turning, until both sides are crispy and golden brown.

Mix the chorizo and sweet potatoes together in the pan and add eggs. Lightly scramble until eggs are cooked through.

Combine egg mixture with toppings in tortillas, two per person.

\*we like *Chorizo San Luis* because it doesn't contain nitrates: <http://chorizodesanmanuel.com/>

# RECIPE

## Beef Bolognese

serves 6

6 tablespoons unsalted butter  
 6 tablespoons extra-virgin olive oil  
 1½ cups finely chopped onions  
 ¾ cup finely chopped celery  
 ¾ cup finely chopped carrots  
 Kosher salt and freshly ground black pepper  
 1 clove garlic, minced  
 1 pound ground beef  
 ⅓ pound pancetta, finely chopped  
 1⅓ cups tomato paste  
 1½ cups whole milk  
 2 cups red wine  
 2⅔ cups whole canned tomatoes, drained of  
 juices and torn  
 4 cups chicken or beef broth  
 Rotini or pappardelle, cooked al dente  
 Grated Parmesan

Combine butter and olive oil in heavy saucepan over medium heat. When hot, add onions, celery, and carrots. Season with salt and pepper and cook, stirring frequently, until the vegetables start to brighten in color, about 20 minutes.

Add garlic, and just before it starts to brown, add the beef and pancetta. Cook, stirring occasionally, until meat is thoroughly browned, about 25 minutes. Stir in tomato paste and cook for 5 more minutes.

Add milk and simmer 10 to 15 minutes until absorbed. Add wine and simmer until the pan is almost dry. Stir in tomatoes and stock, scraping the bottom of pan with a wooden spoon. Bring to a gentle simmer and cook, covered, for 3 hours, stirring occasionally. Skim fat off surface.

Toss with pasta and top with grated parmesan cheese.

adapted from the new york times <http://www.nytimes.com/2008/02/17/magazine/17food-t.html>

# RECIPE

## Carnitas

serves 6–8, it's great for leftovers

4 lbs boneless pork shoulder (a.k.a. Boston butt), cut into 2-inch pieces  
 1 can cheap lager beer (e.g. lone star)  
 1½ cups water  
 Juice of one orange  
 1 onion, quartered  
 1 chipotle chili in adobo, canned  
 1 tsp ground cumin  
 3 cloves garlic  
 4 bay leaves  
 2 tsp oregano, preferably mexican  
 2 tsp salt

Combine all ingredients in a large heavy pot or dutch oven and bring to a boil.

Lower heat and simmer until pork is tender and liquid has almost entirely evaporated, 1½–2 hours.

Heat oven broiler on high. Remove bay leaves and transfer pork to an ovenproof dish. Lightly shred the pieces. Pour any remaining liquid over the pork.

Broil pork until crisp and brown, about 5 minutes.

Serve on tortillas with sautéed onions and peppers, avocado, and fresh salsa.

Also works great in a pressure cooker; cook pork for about 30 minutes

# RECIPE

## Meatloaf with veggies

serves 4

1.5 pounds ground beef  
 ½ cup breadcrumbs  
 ¼ cup milk  
 1 medium onion, finely chopped  
 2 celery ribs, chopped  
 2 carrots, finely chopped  
 2 tbsp butter  
 4 cremini mushrooms, coarsely chopped  
 1 tbsp worcestershire sauce  
 ½ tbsp apple cider vinegar  
 1 tbsp ketchup, plus extra for glaze  
 ¼ tsp ground allspice  
 1 tsp salt  
 1 egg  
 ⅓ cup parsley, finely chopped

Preheat oven to 350°.

Mix breadcrumbs with milk in a large bowl and set aside.

Cook onion, garlic, celery, and carrot in butter in a large skillet over medium heat about 5 minutes. Mix in mushrooms, cover, and cook for another 5 minutes, until carrots are soft.

Remove from heat and mix in worcestershire, vinegar, allspice, ketchup, salt, and 1 tsp fresh ground pepper.

Combine vegetables with bread crumb mixture, meat, egg, and parsley. Mix loosely with your hands.

Pack into a loaf pan, spread a thin glaze of ketchup on top, and bake for 1–1¼ hours, until internal temperature reads 155°.

loosely based on <http://www.epicurious.com/recipes/food/views/meatloaf-241512>

# RECIPE

## Chili

serves 6–8

1 pound ground beef  
 1 medium onion, diced  
 2 poblano peppers, chopped fine  
 1 zucchini, diced  
 3 tbsp tomato paste  
 2 cans diced tomatoes  
 1½ cups broth (beef/chicken/veggie)  
 3 cans beans\*  
 2 tbsp mexican oregano  
 2 tsp ground cumin  
 2 tbsp chili powder (not spicy kind)  
 1 tsp smoked paprika (optional)  
 1 tbsp hot sauce (san luis, valentina, or tapatio)  
 2 cups frozen corn  
 Toppings: Grated cheddar, sour cream, cilantro, fritos

In a large saucepan over medium heat, sauté diced onion in oil until soft, 5–10 minutes. Add and cook ground beef until brown. Add diced zucchini and poblano peppers and sauté until soft. Stir in tomato paste. Add diced tomatoes and cook down 2–3 minutes.

Add broth, beans, spices, and hot sauce. Simmer 15–20 minutes, until tomatoes cook down. Add frozen corn, simmer 5 more minutes. Add black pepper to taste. Add salt sparingly after tasting chili; canned beans, tomatoes, and broth can be very salty.

Serve with cheddar, sour cream, cilantro, and/or fritos.

\*Kealie prefers 1 pinto, 1 black, and 1 “chili” bean—a saucy mexican charro or borracho bean, but you can also use navy beans or any beans you like