

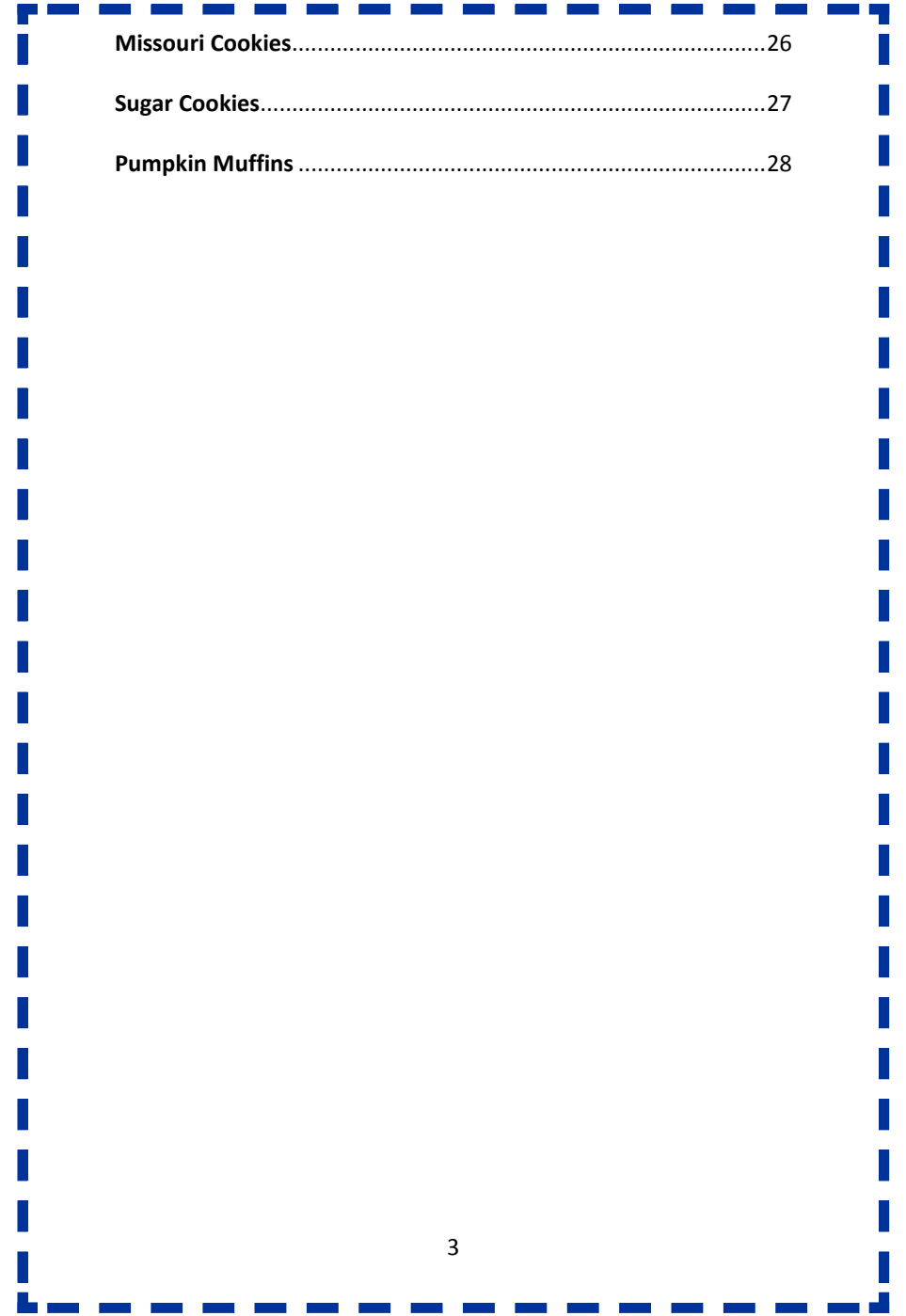
Hamilton

FIELD HOCKEY Tailgate Cookbook Class of 2012



CONTENTS

Butternut Squash Soup	4
Marinated Fruit Salad	5
Guacamole	6
Pizza Dough	7
Sausage Roll	8
Broccoli Roll	9
Brie, Pear and Cranberry Wrap	10
Chicken Caesar Wrap	10
California Wrap	10
Ranch Dressing	11
Grilled Flatbread with Mozzarella, Tomato and Basil	12
Penna ala Vodka	14
Pasta Sauce	15
Homemade Italian Meatballs	16
Homemade Italian Gnocchi	17
Meatball Lasagna	18
Buffalo Chicken Macaroni and Cheese	20
Flisnik Style Stove Lid Stew	22
Mrs. Field’s Chocolate Chip Cookies	25



Missouri Cookies	26
Sugar Cookies	27
Pumpkin Muffins	28

BUTTERNUT SQUASH SOUP

1 medium butternut squash (2 1/4 lb)

Nonstick vegetable spray

1 medium onion (chopped 1 cup)

1 teaspoon freshly grated ginger

1 teaspoon butter

3 cups chicken broth

2 cups water (or as needed)

Salt & pepper to taste

Sour cream and apple slices for garnish - Optional

Preheat oven to 400 degrees. Cut squash in half lengthwise and scoop out the seeds. Arrange the halves cut side down on a pan sprayed with nonstick vegetable spray. Bake for 40 to 45 minutes - until tender. When the squash is completely cool, scoop out the flesh from the skin.

When the squash is baking, sauté onions and ginger in butter for 5 minutes or until onion is softened. Add broth and simmer mixture for 10 minutes. Add the squash pulp.

Transfer the mixture in batches to a blender or food processor and puree until smooth; placing the contents into a large sauce pan. Once all the pulp mixture has been blended and placed into a sauce pan, add water to desire consistency, and salt & pepper to taste. Heat the soup to hot. Garnish with sour cream and apple slices if desired.

Flisnik

MARINATED FRUIT SALAD

- 3 Tablespoons lime juice
- 1/4 cup confectioners' sugar
- 3 Tablespoons Grand Marnier liqueur
- 2 Tablespoons apricot jam
- 1 cup mandarin orange sections, drained if canned
- 1 cup seedless grapes
- 1 cup hulled strawberries, cut in half
- 1 cup blueberries
- 1 mango, peeled and diced into 1-inch chunks
- 1 cup peeled diced apple
- 1 cup peeled diced pears
- 1 cup miniature marshmallows, optional

Place lime juice, sugar, Grand Marnier, and apricot jam in a small bowl. Whisk until combined. Set aside.

Place mandarin oranges, grapes, strawberries, blueberries, mango, apples, pears, and marshmallows into a large bowl. Drizzle on the Grand Marnier dressing and gently toss to coat all of the fruit.

Refrigerate fruit salad 1 hour before serving.

Yield: 8 servings

Spagnolo

GUACAMOLE

4 avocados

¼ cup diced red onion

1 cup diced plum tomato

1 tbsp chopped cilantro

1 ½ tsp lime juice

Cumin (optional)

Salt and pepper

Scoop avocado into a bowl and lightly crush. Add onion, tomato, cilantro, lime juice, cumin, salt and pepper to taste. Mix.

PIZZA DOUGH

- 2 packages dry yeast
- 2 ½ cups lukewarm water
- 1/3 cup oil
- ½ cup milk (warm in microwave)
- 1 teaspoon salt
- 2 tablespoons sugar
- 3 cups flour

1. Mix the above ingredients with a beater.
2. Add additional flour and work dough with a fork
3. Pour some flour on a board, turn and knead dough until smooth.
4. Place the dough in a large bowl, cover, and let rise until doubles in size (about an hour).
5. Makes two large sausage rolls.

SAUSAGE ROLL

1 lb. medium hot Italian sausage
2 medium size onions
2 bell peppers
2 eggs
Mozzarella cheese shredded
Provolone cheese sliced
Parmesan cheese grated
Pizza Dough

1. Fry sausage until red is out of the meat (remove from casing before cooking)
2. Drain any excessive grease, douse with red wine and simmer for a few minutes.
3. Slice the onions and peppers and fry with the sausage (you may need to add a little olive oil)
4. Add salt and pepper and remove from the heat when onions and peppers are tender.
5. Roll out pizza dough and spread two eggs on top of the dough.
6. Spread the cooked sausage ,onions, and peppers on the dough
7. Spread the cheese on the dough
8. Roll up the dough and place on a greased baking sheet
9. Brush any grease from the frying pan on the exterior of the roll
10. Bake 400 degrees for 20 minutes

Flisnik

BROCCOLI ROLL

Fresh or frozen broccoli

3 gloves garlic

1. Cover the bottom of frying pan with olive oil and heat med low heat.
2. Add broccoli and garlic (chopped fine) and sauté until tender.
3. Add salt and pepper to taste and remove from heat.
4. Follow the above steps 5-10.

Flisnik

BRIE, PEAR AND CRANBERRY WRAP

- Roast a fresh turkey breast, cool and slice
- Slice Brie cheese thinly
- Slice pear thinly
- Using a large wrap, spread cranberry preserves
- Spread slices of turkey, apple and brie
- Fold wrap

CHICKEN CAESAR WRAP

- Roast fresh chicken breast, cool and slice, and marinate in Caesar salad dressing
- Shredded Mozzarella cheese
- Shredded Romaine Lettuce
- Using a large wrap, put a layer of lettuce, then chicken, then cheese
- Fold wrap

CALIFORNIA WRAP

- Four 10-inch flour tortillas
- 8 to 12 trimmed leaves of green or red leaf lettuce, washed and dried
- Roast fresh chicken breast, cool and slice
- 12 slices apple-wood smoked bacon, cooked
- 1 vine-ripened tomato, cored and cut into 16 wedges
- 1 ripe Hass avocado, peeled, pitted and cut into 16 slices tossed with 2 teaspoons lime juice
- Kosher salt and freshly ground pepper
- 1 cup arugula or watercress, washed and dried
- 1/2 recipe Ranch dressing, recipe follows

Wrap tortillas in barely damp, doubled layers of paper towels and microwave on high for 45 to 60 seconds. Alternatively, heat the tortillas individually in an un-greased large skillet over medium heat.

Lay the tortillas on a cutting board and start to layer the ingredients. Fan the leaf lettuce on the top three-quarters of each tortilla then lay the turkey slices on top, followed by the bacon, tomato, and avocado. Season with salt and pepper, to taste. Top with the arugula and some of the dressing. Fold up the bottom quarter of the tortilla and then start to roll each sandwich into a cone shape. Secure the tortilla with a toothpick. Serve immediately.

RANCH DRESSING

- 2 cloves garlic
- 1/2 teaspoon kosher salt
- 1 cup prepared or homemade mayonnaise
- 1/4 to 1/3 cup buttermilk
- 2 tablespoons minced flat-leaf parsley
- 2 tablespoons minced fresh chives
- 1 scallion, thinly sliced
- 1 teaspoon white wine vinegar
- Freshly ground black pepper

Mash the garlic and salt to a paste with the side of a chef's knife.

In a medium bowl, whisk together the garlic, mayonnaise, 1/4-cup buttermilk, parsley, chives, scallion, vinegar, and pepper to taste.

If the sauce is very thick, thin the dressing with a couple more tablespoons of the buttermilk. Use immediately or refrigerate, covered, for up to 3 days.

Spagnolo

GRILLED FLATBREAD WITH

FRESH MOZZARELLA, TOMATO AND BASIL

- Bread Flour
 - 1 packet yeast
 - 2 cups warm water
 - ¼ cup sugar
 - 5 Tbsp olive oil
 - 2 Tbsp Bread Dipping Seasoning (any kind)
 - 1 lb Fresh Mozzarella, thinly sliced
 - 1 lb Fresh Tomatoes, thinly sliced
 - 1 bunch Fresh Basil
 - ½ cup of olive oil for brushing
 - Salt/Pepper to taste
1. Mix 2 cups of warm water with ¼ cup sugar in a large bowl. Stir one packet of yeast into it and 1 Tbsp of bread flour and cover with a towel for 7 minutes to let the yeast proof
 2. Add 1 Tbsp of olive oil, the bread dipping seasoning and slowly add the bread flour while stirring the dough.
 3. Continue adding bread flour until the dough is not sticky, then remove it to a floured surface to knead it for 5 minutes, and roll it into a ball
 4. Place the dough ball back in the large bowl, add the remaining 4 Tbsp of olive oil, cover with towel and wait 60 minutes to let it rise
 5. Remove ball to floured surface and cut into 3 equal pieces
 6. Fire up your grill to 425 degrees (it's important to keep the temperature high throughout this process)

7. For each piece, use a rolling pin and additional bread flour to create a rectangular shape that can fit on a bread board about $\frac{1}{4}$ to $\frac{1}{2}$ inch in thickness
8. Brush olive oil onto the top of the piece
9. Very, very quickly, flick the bread board over so that the olive oiled surface is on the grill (you need to do this quickly in order for the dough to stay in a rectangular shape)
10. While the dough is being grilled on one side, brush the remaining side with olive oil and using a large spatula, flip the dough after 1 minute
11. After another minute, the flatbread is done and remove it from the grill
12. Brush top again with olive oil
13. Add a layer of sliced mozzarella, then a layer of sliced tomatoes, salt/pepper to taste and put the flatbread back on the grill for another 3-4 minutes until the mozzarella begins to melt. Then add fresh basil and grill for another minute
14. Remove flatbread and let sit for a minute, then use a pizza cutter to cut it into slices

This recipe can make 3 flatbreads.

Spagnolo

PENNA ALA VODKA

- 1 large can crushed tomatoes
- 1/4 cup olive oil
- 1 teaspoon crushed garlic
- 1 cup onions
- fresh parsley
- 1/4 cup dry red wine
- 1 tablespoon balsamic vinegar
- 1/3 cup vodka
- 1 tablespoon sugar
- 1 small container heavy cream
- Italian grated cheese

Sauté onion, oil & garlic for 5 minutes. Stir in wine, vinegar, vodka, sugar, parsley, and crushed tomatoes. Cook uncovered for 15 - 20 minutes. Stir in heavy cream. Cook for another 5 to 10 minutes.

While the sauce is simmering, cook the penne pasta (1 lb). After the pasta has been prepared, add the tomato sauce mixture and grated cheese as desired.

Flisnik

PASTA SAUCE

- 1 lb beef short ribs
 - ¼ cup olive oil
 - 2 Tbsp Garlic Powder
 - 2 Tbsp Onion Powder
 - 1 tsp chopped green pepper
 - 1 tsp salt, pepper and dried basil
 - 2 28-oz cans imported roma tomatoes
 - 6 oz can of tomato paste
 - 12 oz can of tomato sauce
1. Saute beef short ribs on all sides until browned in the olive oil, garlic powder, onion powder, green pepper, salt, pepper and basil.
 2. Add the remaining ingredients and stir thoroughly
 3. Simmer on low heat for 4 hours, stirring occasionally
 4. Remove beef short ribs from sauce and de-bone, then put back into the sauce

This recipe will make a couple of quarts of sauce.

Spagnolo

HOMEMADE ITALIAN MEATBALLS

- 1-1/2 lbs ground beef (or beef, pork and veal mix)
 - 6 slices of Italian bread broken and soaked in a little water (then drained thoroughly)
 - ½ cup seasoned Italian bread crumbs
 - 1-1/2 Tbsp garlic powder
 - 1 Tbsp Parsley flakes
 - ½ cup grated Romano or Parmesan cheese
 - 3 eggs
 - Salt/pepper to taste
1. Thoroughly mix all of the above ingredients together. The mixture should be moist and pink but not wet. Add water as needed.
 2. Roll into 1" balls, place on a baking sheet and bake at 375 degrees until browned (30-45 minutes)

This recipe will make about 25 meatballs.

Spagnolo

HOMEMADE ITALIAN GNOCCHI

- ½ lb of ricotta cheese
 - 1 egg
 - 4 Tbsp parmesan cheese
 - Pinch of nutmeg
 - Flour (as much as needed)
1. Thoroughly mix all of the above ingredients together and continue adding flour until the dough is not sticky and knead the dough softly (don't overwork it).
 2. Cut dough into 8 equal parts, and then use your hands to roll each part into 12" log rolls. Cut rolls in $\frac{3}{4}$ inch pieces, forming a plump pillow shape. Roll the piece over a wooden gnocchi board to create the serration as you are putting it on a floured , parchment lined baking sheet
 3. Boil a large pot of salted water
 4. Place 20-25 gnocchi into the boiling water and when they rise to the surface, remove them to a buttered casserole dish
 5. Serve with tomato sauce

This recipe will make about 100-150 gnocchi.

Spagnolo

MEATBALL LASAGNA

- Meatballs (see above recipe)
 - Pasta sauce (see above recipe)
 - 1 lb lasagna noodles
 - 1/3 lb thinly sliced mozzarella cheese
 - 4 Tbsp of chopped fresh Italian parsley
 - 3/4 lb ricotta cheese
 - 2 Tbsp olive oil
 - ½ lb grated parmesan cheese
 - Salt
 - ¾ cup of cottage cheese
1. Marinate meatballs in pasta sauce for about an hour, then let cool
 2. Cook lasagna noodles al dente in lightly salted water with the olive oil
 3. Separate cooked noodles
 4. Pre-heat oven to 350 degrees
 5. In a large, deep baking pan, spread a layer of tomato sauce to cover bottom
 6. Cover with a layer of cooked noodles, followed by a layer of mozzarella cheese, ricotta cheese and parmesan cheese
 7. Add meatballs by crumpling them in your hands on each layer
 8. Spoon another layer of sauce over all
 9. Cover with a layer of cooked noodles (criss-crossed the other way), followed by a layer of mozzarella cheese, cottage cheese and parmesan cheese
 10. Add meatballs by crumpling them in your hands on each layer

11. Spoon another layer of sauce over all
12. Cover with a layer of cooked noodles, followed by a layer of mozzarella cheese, ricotta cheese and parmesan cheese
13. Add meatballs by crumpling them in your hands on each layer
14. Spoon another layer of sauce over all
15. On top of these 3 layers, dust the top with parmesan cheese and Italian parsley
16. Cover with foil and bake until bubbly and light brown around the edges.
17. Let stand for 5-10 minutes before cutting and serving

This recipe will make a large pan of lasagna.

BUFFALO CHICKEN MACARONI AND CHEESE

- 7 tablespoons unsalted butter, plus more for the dish
- Kosher salt
- 1 pound elbow macaroni
- 1 small onion, finely chopped
- 2 stalks celery, finely chopped
- 3 cups shredded rotisserie chicken
- 2 cloves garlic, minced
- 3/4 cup hot sauce (preferably Frank's)
- 2 tablespoons all-purpose flour
- 2 teaspoons dry mustard
- 2 1/2 cups half-and-half
- 1 pound yellow sharp cheddar cheese, cut into 1-inch cubes (about 3 1/2 cups)
- 8 ounces pepper jack cheese, shredded (about 2 cups)
- 2/3 cup sour cream
- 1 cup panko (Japanese breadcrumbs)
- 1/2 cup crumbled blue cheese
- 2 tablespoons chopped fresh parsley

Directions

Preheat the oven to 350 degrees F and butter a 9-by-13-inch baking dish. Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 7 minutes. Drain.

Meanwhile, melt 3 tablespoons butter in a large skillet over medium heat. Add the onion and celery and cook until soft, about 5 minutes. Stir in the chicken and garlic and cook 2 minutes, then add 1/2 cup hot sauce and simmer until slightly thickened, about 1 more minute.

Melt 2 tablespoons butter in a saucepan over medium heat. Stir in the flour and mustard with a wooden spoon until smooth. Whisk in the half-and-half, then add the remaining 1/4 cup hot sauce and stir until thick, about 2 minutes. Whisk in the cheddar and pepper jack cheeses, then whisk in the sour cream until smooth.

Spread half of the macaroni in the prepared baking dish, then top with the chicken mixture and the remaining macaroni. Pour the cheese sauce evenly on top.

Put the remaining 2 tablespoons butter in a medium microwave-safe bowl and microwave until melted. Stir in the panko, blue cheese and parsley. Sprinkle over the macaroni and bake until bubbly, 30 to 40 minutes. Let rest 10 minutes before serving

Spagnolo

L.L. BEAN GAME & FISH COOK BOOK

FLISNIK STYLE STOVE LID STEW

3 ½ lb. venison cut into 1 ½" cub

Flour

5 Tb. Lard or oil

2 large onions chopped

1 rib of celery with leaves chopp

1 green pepper chopped

2 cloves garlic thinly sliced

1 ½ cups of beef broth (canned will do)

1 cup of tomato sauce

1 tsp. Worcestershire sauce



2 sprigs parsley chopped (or 1 Tb. dried)

1 tsp. thyme

½ tsp. savory

4-5 bay leaves

pepper

Vegetables:

5 potatoes quartered

4 carrots peeled and cut into thick slices

1 turnip diced

1 Tb. Black strap molasses

1 dill pickle, chopped (optional)

John's Modifications:

Venison cut into 1 ½ " chunks (**cut when slightly frozen, remove all fat and membrane**)

I used leftover sauce and also cut up leftover sausage and added when meat was returned to the pot. (If you do not have any leftover sausage the first step is to fry sausage in the pan and remove before you brown the venison.) At this time I also add red wine to the mix.

I used Paula's leftover beef/vegetable soup for the broth when possible.

I didn't have thyme, or savory so I substituted some oregano, and basil.

I used baby carrots cut in half.

I never added a turnip?

I did not use the dill pickle.

Roll the meat cubes in flour (I added salt and pepper) and brown them in oil/lard in a Dutch oven, deep metal casserole, electric skillet, or sauce pan. Don't crowd the cubes but rather brown them in relays so that they do not touch each other in the pan. When one batch is browned take it out and set aside, while you do the next batch. This will take 20-25 minutes.

Add chopped onions, celery, green peppers, and garlic, sauté until tender (not brown) 6 minutes or so.

Return the meat, beef broth, tomato sauce, Worcestershire, parsley, oregano, basil, bay leaves, salt and pepper, and bring to a quick boil. Cover, turn down the heat, and simmer for about an hour. Stir occasionally.

Add the vegetables, molasses, (kidney cubes optional) cover again, and continue to simmer for another 1-1 ¼ hours.

If the flour on the brown meat has not thickened the stew sufficiently, mix one tablespoon of flour with a little water and stir into stew gradually. Let it simmer (along with the optional chopped pickle) a bit longer to thicken. I usually have the opposite problem with the stew too thick and need to add water.

Don't forget the fresh bread, bottle of wine and enjoy.

Flisnik

MRS. FIELD'S CHOCOLATE CHIP COOKIES

- 2 cups butter
- 2 cups sugar
- 2 cups brown sugar
- 4 eggs
- 2 tsp vanilla
- 2 cups flour
- 4 cups oatmeal
- 2 tsp baking powder
- 1 tsp salt
- 2 tsp baking soda
- 24 oz. chocolate chips
- 8 oz. Hershey bar grated
- 3 cups nuts

Cream together butter, sugar, and brown sugar. Add eggs and vanilla. Blend oatmeal 1 cup at a time until it turns into powder. Mix oatmeal, flour, baking powder, salt, and baking soda. Mix together and add chocolate chips, Hershey bar, and nuts. Place golf ball-sized balls 2 inches apart on an ungreased cookie sheet. Bake at 375°F for 6 minutes. Flatten cookies and bake 4 minutes more.

Bessette-Kirton

MISSOURI COOKIES

2 cups sugar

1 stick butter

½ cup milk

½ cup cocoa

2 cups oatmeal

1 tsp vanilla

½ cup nuts

Boil sugar, butter, and milk for three minutes. Remove from heat and add remainder of ingredients. Stir until cool. Drop by teaspoon on wax paper.

Bessette-Kirton

SUGAR COOKIES

2 cups sugar

2 eggs

4 cups flour

1 cup butter

1 cup sour or buttermilk

1 tsp baking soda

1 tsp baking powder

1 tsp vanilla

Beat eggs. Stir in sugar and butter, beat well. Add milk and baking soda and powder. Stir in flour last. Add vanilla. Drop from spoon. Bake at 350° F for 10-12 minutes.

Bessette-Kirton

PUMPKIN MUFFINS

2 eggs, lightly beaten

1/3 cup canola oil

1-1/3 cups sugar

1 cup pumpkin

1/3 cup milk (or water)

1/2 tsp vanilla

1- 3/4 cups flour

1/4 tsp baking powder

1 tsp baking soda

1/2 tsp cinnamon

1/4 tsp cloves

Mix eggs, oil, sugar. Add pumpkin, milk, and vanilla mixing well. Sift together dry ingredients, combine with pumpkin mixture. Fill muffin pan 2/3 full. Bake at 350° F for 20-30 minutes. Makes 12 muffins.

Bessette-Kirton