

Rassette Arts Festival

RECIPES

Apple Butter

Ingredients

8 c apples, peeled/cored/chopped (about 6-10 apples depending on size)

3 c sugar

2 tsp cinnamon

1 tsp ground cloves

2 tbsp lemon juice

Method

Combine all ingredients into a crockpot, mixing well. Cook on medium for 8-10 hrs or until desired consistency is reached, stirring occasionally.

Breakfast Casserole

Ingredients

2lbs pork sausage
12 eggs
1 c sour cream
1/4 c milk
Salt and Pepper to taste
4 green onions
1/2 green bell pepper, diced
1/2 red bell pepper, diced
2 c shredded cheddar cheese
Mushrooms (optional)

Method

Preheat oven to 350 and grease a 9x13 pan

Combine milk, eggs, cheese, sour cream, and salt and pepper. Mix well.

Heat skillet over medium heat, add pork and brown. Drain most of the grease and add meat to egg mixture.

Using same pan from cooking sausage (with enough grease remaining), cook bell peppers, onions, and mushrooms (if using) until tender. Add to egg mixture with sausage.

Stir everything together until well combined then pour into greased 9x13 pan. Cook in preheated oven for 35-50 minutes or until edges are set and center is just barely jiggly.

Keep leftovers in fridge for 3-4 days, great reheated!

Dahl

Ingredients

1-2 tbsp coconut oil or neutral oil
2 onions chopped (white)
4 minced garlic cloves
2 tsp minced ginger
1 tsp of turmeric
1 tsp of coriander
1 tsp of cumin seeds (or ground if you prefer)
1 tsp of paprika
1 tsp of garam masala (or other curry powder to taste)

1 2/3 cups red lentils
3 1/4 cups vegetable broth
1 cup coconut milk
1 cup strained tomatoes or chopped tomatoes
salt and pepper to taste
2 tsp sugar to taste
2-3 tbsp lime or lemon juice to taste

To serve (optional)
4-6 tbsp natural greek yogurt
fresh parsley or coriander
sesame seeds
rice (cooked)

Method

Sauté onions in coconut oil for about 2-3 minutes until translucent. Then add the garlic and ginger, sauté until you can smell them, about another minute. Lastly, add the spices and sauté for a few seconds.

Place the lentils in a fine sieve and rinse under cold running water. Then add to the skillet with the onions and spices. Pour in the veggie broth, stir and simmer. Cook, covered, for about 8-10 mins or until most of the liquid is absorbed.

Add the coconut milk and strained tomatoes and simmer another 5-10 mins or until the lentils are tender. (If it's too thick, add more broth or coconut milk.)

Season with salt and pepper, sugar, lime/lemon juice to taste.

Nice with a bit of yogurt, some sesame seeds and rice.

Can be frozen or stored in the fridge for about 5 days.

Iced Pumpkin Bars

Ingredients

Batter:

- 4 eggs
- 1 2/3 cup sugar
- 1 cup oil
- 1 can (1 lb) pumpkin
- 2 cups flour
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp baking soda

Icing:

- 8 ounces of cream cheese (MUST be at room temperature)
- 1 stick of butter (MUST be at room temperature)
- 1 tsp vanilla
- 2 cups confectioners sugar

Method | Bars

1. Dry ingredients: Put flour, baking powder, baking soda and cinnamon in a bowl and mix.
2. Wet ingredients: In a different large bowl, place 1 cup oil and sugar together. Mix with a mixer. Add eggs one at a time and mix in between. Add pumpkin and beat until fluffy.
3. Add dry ingredients in batches to the wet ingredients, and beat in.
4. Spread batter into ungreased 10 x 15 inch pan (can also use a 9 x 13 and a small other pan).
5. Bake at 350 degrees for 25-30 minutes.
6. Let cool.s

Method | Icing

7. Beat icing ingredients together with mixer in a big bowl. Add the confectioners sugar in batches so it doesn't go everywhere.
8. Frost the bars (be sure they have cooled first).
9. Cut into bars.

Shepherdess Pie

Ingredients

Mashed potato topping

2 sweet potatoes, peeled and diced
4 med maris piper potatoes, peeled and diced
salt and pepper (plus all herbs below to your taste)
butter
milk
garlic powder
onion powder
sage
parmesan cheese, grated
extra mature cheese, grated

For the pie filling

lentils vertes (a good bunch as it is the heart of the pie)
2 or 3 carrots
1 white onion
1 stalk of celery
1 cube of chicken broth dissolved in water
5-6 shakes Worcestershire sauce (to taste)
1 tbsp tomato paste (to taste)

Method

Boil diced potatoes in water, drain when cooked. Mash with salt, pepper, garlic powder, onion powder, parmesan, sage, butter and milk. Set aside

Boil rinsed lentils in broth and extra water as needed, simmer for about 20 mins or until tender.

While lentils are cooking, saute onions until tender in butter. Add carrots and celery. Saute until all are tender.

Add lentils to sauteed veg. Add worcestershire sauce and tomato paste.

Place lentil and veg mixture in a round casserole dish (similar to dish that Taco Pie was made in).

Place mashed potato mixture on top and smooth down and then use fork tines to create little peaks. Top with grated extra mature cheese and any extra parmesan.

Cook at 375 for about 20 mins or until the cheese is golden brown.

Serve with a nice salad.

Baked Pork Tenderloin

Ingredients

- 1 tablespoon oil
- 2-3 tablespoons lime juice

- 2 teaspoons Italian seasoning
- 1 teaspoons garlic powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper

And some tenderloin

Method

1. Cover loin in the oil.
2. Mix spices together then rub onto loin.
3. Drizzle lime juice on seasoned loin.
4. Bake for about 20-25 minutes @ 400°
5. Baste with juices and let rest for about 5 minutes before cutting.
6. Eat.

Snickers Dessert Salad

Ingredients

1 pkg (3.4 oz) Vanilla Pudding Instant Mix

1 c cold milk

8 oz imitation whipped topping, thawed

5 Granny Smith apples, chopped

5 Snickers bars (full size), chopped

½ c grapes, cut in half

½ c strawberries, cut in half

Method

Combine pudding mix and milk in large bowl, mix well (make pudding)

Fold in whipped topping

Add apples, Snickers, grapes, and strawberries to bowl and stir gently to combine.

Refrigerate until ready to serve.

Creamy Cajun Chicken Pasta

Ingredients

1 tablespoon, plus 1-2 teaspoons cajun seasoning
kosher salt and black pepper
1 medium yellow onion, chopped
2 bell peppers, chopped
3 cloves garlic, finely chopped or grated
crushed red pepper flakes
1 cup low sodium chicken broth
1 cup milk
2 ounces cream cheese, at room temperature
1/2 cup grated parmesan cheese
2 tablespoons chopped fresh basil

Method

1. Bring a large pot of salted water to a boil. Cook the pasta al dente, according to package directions. Drain.
2. In the same pot set over medium-high heat, add 2 tablespoons olive oil, the onion, chicken, and 1 tablespoon Cajun seasoning. Cook until browned all over, about 5 minutes. Spoon the chicken onto a plate. (You can do this in a second pan and cook the chicken while you're cooking the pasta to save on time. If prefer to save on dishes then you can certainly cook them consecutively in the same pot.)
3. To the now-empty pot, add 2 tablespoons olive oil, the bell peppers, and garlic. Cook another 5 minutes until the peppers are soft. Stir in 1-2 teaspoons Cajun seasoning. Add a pinch each of red pepper flakes, salt, and pepper. Cook another minute, until the spices are fragrant, then pour in the broth and milk. Add the cream cheese. Whisk until smooth. Bring the sauce to a gentle simmer and cook 5 minutes, until thickened slightly.
4. Stir in the parmesan. Then toss in the pasta and chicken and cook 2-3 minutes. Remove from the heat and stir in the basil. Serve immediately topped with additional basil. Enjoy!

Maple Chicken with Sweet Potatoes

Ingredients

Sauteed Sweet Potatoes

3 sweet potatoes medium size
2 tablespoons olive oil
salt to taste
black pepper freshly ground, to taste
1 tablespoon butter

Maple Chicken

1 lb chicken tenderloins
salt and black pepper to taste
2 tablespoons olive oil
1 tablespoon maple syrup
1 tablespoon butter
1/4 oz fresh thyme

Method | Sweet Potatoes

Peel the sweet potatoes. Slice each potato into thin round-shaped slices, about ½ inches thick.

Heat 2 tablespoons olive oil in a large skillet on medium heat.

Add sliced potatoes in a single layer in the skillet. Sprinkle the potatoes with salt and black pepper (freshly ground).

Cook the potatoes on medium heat for about 5 minutes, then flip them over, reduce heat to medium-low, and cook for another 5 minutes. Add 1 tablespoon of butter and stir to melt and coat the potatoes. Remove the skillet from the heat.

The potatoes will continue cooking in the hot skillet.

Method | Maple Chicken

Generously season chicken tenderloins with salt and black pepper.

Heat the empty cast-iron skillet over medium heat for 3 minutes. This allows the skillet to heat up before we add the chicken. After 3 minutes, add 2 tablespoons of olive oil.

Add chicken and cook it over medium heat for 5 minutes, without moving the chicken. This allows the chicken to sear to a nice golden-brown color.

Flip the chicken over to the other side and cook over medium-low heat, without moving the chicken, for 5 more minutes or until the chicken is cooked through. Remove the skillet from heat.

Add 1 tablespoon of maple syrup and 1 tablespoon of butter to the skillet with chicken. Stir to coat the chicken with the chicken juices, maple syrup, and butter.

Combine the maple chicken with cooked sweet potatoes in the same skillet and top with fresh thyme.