



MTA
COOKS

A cookbook compiled by the
Diversity Task Force,
featuring the winners of the
“Just Like Grandma
Used to Make...”
Recipe Contest



Metropolitan Transportation Authority

MTA COOKS

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Measurements & Substitutions

Measurements

a pinch	equals	1/8 tsp. or less
3 teaspoons	equals	1 tablespoon
4 tablespoons	equals	1/4 cup
8 tablespoons	equals	1/2 cup
12 tablespoons	equals	3/4 cup
16 tablespoons	equals	1 cup
2 cups	equals	1 pint
4 cups	equals	1 quart
4 quarts	equals	1 gallon
16 ounces	equals	1 pound
32 ounces	equals	1 quart
8 liquid ounces	equals	1 cup
1 liquid ounce	equals	2 tablespoons

Substitutions

Ingredient	Quantity	Substitute
self-rising flour	1 cup	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
powdered sugar	1 cup	1 cup granulated sugar + 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 cup granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 cup (let stand 5 minutes)
whole milk	1 cup	1/2 cup evaporated milk plus 1/2 cup water
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter (in cakes, flour must be reduced)
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 t. prepared mustard
tomato juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
bananas	3 medium	1 cup mashed
miniature marshmallows	10	1 large marshmallow

MTA COOKS

Category Winner



Helen Cosner, Administrative Analyst

Hot Artichoke Dip

This dip is great, especially for family get togethers, and it is a real crowd-pleaser.

Ingredients & Measurements

- 2 8-oz. packages cream cheese
- 2 cups mayonnaise
- 1 cup Monterey Jack Cheese, shredded
- 1 cup cheddar cheese, shredded
- 2 16-oz. cans artichokes in water, drained and chopped
- 1 3-oz. can green Ortega chiles, chopped tortilla chips

Preparation Instructions

Combine all ingredients except chips. Place in 9" x 13" pan. Bake at 375 degrees with cover for 10 minutes. Uncover and continue baking until top browns. Serve with tortilla chips.

MTA COOKS

Appetizers, Dips, and Sauces

Chaushie Chu, Project Manager

Larb

Chaushie learned how to make this spicy chicken Thai appetizer from a friend.

Ingredients & Measurements

- 1^{1/2} cup minced or ground chicken
- 3 cloves garlic
- 1 tablespoon chopped red onion
- 1 teaspoon coriander powder
- 1 teaspoon chili powder
- 1 tablespoon rice powder (browned)
- 1 tablespoon chopped green onion
- 10 mint leaves
- 2 tablespoons lemon or lime juice
- 1 tablespoon salt
- 1 tablespoon nampla (fish sauce)

lettuce, long green beans, and slender pinky sized carrots

Preparation Instructions

Brown minced chicken without oil, until the pink is gone. Place in a mixing bowl and let cool for 5 minutes. Add chopped red onion and garlic. Season the meat with nampla, salt, lime juice, chili powder, and green onion. Pour the mixture into the serving plate. Top with mint leaves. Serve with vegetables and a glass of white wine.

Serves 4.



Appetizers, Dips, and Sauces

Laurence G. Cosner, Senior Transit Operations Supervisor

Blackened Salmon

This recipe comes down from many families in the great Pacific Northwest — Seattle, Washington. This is a Cosner-Vogel favorite for parties and family gatherings. Enjoy!

Ingredients & Measurements

- 1 teaspoon cayenne pepper (to taste)
- 1 teaspoon oregano
- 2 teaspoons paprika
- 2 teaspoons New Mexico chili powder
- 1^{1/2} teaspoons garlic powder (unsalted)
- 1/2 teaspoon minced garlic (optional)
- 1 teaspoon minced onion
- min. 1 teaspoon fresh ground coarse pepper (to taste)
- 1/2 teaspoon fresh ground salt (optional)
- 1 sprig rosemary - stripped and minced - per fillet
- 2^{1/2} lbs. salmon fillet (pink)
- 2 large tomatoes
- chives (optional)

Preparation Instructions

Using your one-stage propane burner, heat a large cast iron skillet to "white hot" - **CAUTION:** Do not use any oil!

Skin and rinse pink salmon fillets; pat dry. Mix ingredients in wide, shallow bowl. Dredge fillets (both sides) - heavy or light to taste. Place fillets in hot skillet - flesh side down first. Turn each fillet to skin side in approximately 4 minutes. Cook additional 3-4 minutes or until done (may be subject to skillet temperature). Salmon fillets should blacken and flake apart showing some moisture in center.

NOTE: This is a very hot dish to cook. Use long handled BBQ utensils.

To Serve: Use oval platter garnished with rosemary, chives, and sliced tomatoes; flake apart salmon and supply party toothpicks. (Great hot, great cold!)



Appetizers, Dips, and Sauces

Deborah Craney, Chief Administrative Analyst

Homemade Spicy Mayonnaise

Everything's better homemade!
You be hooked on this condiment.

Ingredients & Measurements

- 1 large egg
- 1^{1/2} cup vegetable oil
- 1 tablespoon cider vinegar
- 1 teaspoon Tabasco® sauce (optional)
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon cayenne pepper (optional)

Preparation Instructions

Blend egg in a blender for 35 seconds. With blender still running, slowly and steadily pour in oil. When mixture is thick and creamy, add vinegar and blend 30 seconds. Add remaining ingredients and blend another 60-70 seconds, pushing down sides with a rubber spatula.

Refrigerate for 30-45 minutes before serving.

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Appetizers, Dips, and Sauces

Teresa Franks, Scheduling Operations Planner

Clyde's Artichoke Dip

This is a great dip. Clyde, a totally San Fernando Valley person who loves to cook, gave me this very easy recipe.

Ingredients & Measurements

- 1 13-oz. can artichoke hearts in water
- 1 cup mayonnaise
- 1 cup parmesan cheese, grated
- 1 small can Ortega green chili peppers

Preparation Instructions

Drain artichoke hearts well and dice. Mix in remaining ingredients and bake in corning ware or pyrex dish at 350 degrees for 20 minutes.

Didn't I tell you it was, like, totally easy?



Appetizers, Dips, and Sauces

Mike Lensch, Service Operations Director

Honey Apple Salad Dressing

My mother was given this recipe
years ago.

Ingredients & Measurements

- 1 part apple cider vinegar (don't use any other variety)
- 10 parts honey

Preparation Instructions

The measurements above are only a guide. Add more or less apple cider vinegar as to suit your taste. After combining the ingredients, mix well until the honey and apple cider vinegar are completely blended. This mixture does not need refrigeration. The dressing will go a long way, so use less than you normally would.



Appetizers, Dips, and Sauces

Mike Lensch

Killer Eggs

I've been making these for 35 years. Most often, those who eat them end up drinking a lot of fluids.

Ingredients & Measurements

- 1 dozen eggs
- 1 tablespoon mayonnaise
- 1/2 teaspoon spicy mustard
- 1/2 cup chopped jalapeño pepper
- dash of Tabasco® sauce (optional)

Preparation Instructions

Hard boil eggs. Shell when cool and cut in half, lengthwise. Remove yolk and put in a bowl. Put egg white half face-up on a serving tray. After all yolks have been placed in bowl, mix mayonnaise, mustard, peppers; add Tabasco® sauce to taste. Place mixture into egg halves. Chill well and enjoy.

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Appetizers, Dips, and Sauces

Mike Lensch, Service Operations Director

Salmon Party Log

I received this recipe from an old Englishman, almost 30 years ago. It's always a favorite at parties.

Ingredients & Measurements

- 1 16-oz. can salmon, drained (about 2 cups)
- 1 8-oz. pkg. cream cheese, softened
- 1 tablespoon lemon juice
- 2 teaspoons grated onion
- 1 teaspoon prepared horseradish
- 1/4 teaspoon salt
- 1/4 teaspoon liquid smoke
- 1/2 cup chopped pecans or walnuts
- 3 tablespoons snipped fresh parsley

Preparation Instructions

Drain & flake salmon, removing skin and bones. Combine: salmon, cream cheese, lemon juice, onion, horseradish, salt, and liquid smoke. Mix thoroughly. Chill several hours. Combine nuts and parsley. Shape salmon mixture into a log. Roll log in nut mixture. Chill well. Pass with crackers.



Appetizers, Dips, and Sauces

Mindy Leach, Senior Secretary

The Best Bean Dip You Ever Tasted

This recipe has been on my mother's side for years. No one really knows the history, and I have modified it. I am constantly asked to bring this crowd-pleaser to parties and special events.

Ingredients & Measurements

- 1 8-oz. cream cheese
- 1 mild Mexican Velveeta®- small size
- ~ 16 oz. pinto beans
- ~ 16-oz. black beans
- 2 tablespoons milk
- 1 tablespoons garlic powder
- 1/2 tablespoon seasoning salt
- 1/4 cup green onion, finely chopped

Preparation Instructions

Drain and mash together pinto and black beans. Add milk, garlic powder, and salt. In covered microwave dish, melt the cheeses on high for 5 minutes (stir every couple of minutes). Mix in beans and onions; microwave again for 5 minutes.

For best results, service warm with tortilla chips or vegetables.



Appetizers, Dips, and Sauces

Dan Ibarra, Director of Operations Support Services

Tunapeño Dip

One day, Rose Ibarra (Mrs. Dan) mixed some leftover pico de gallo with a can of tuna and - voila! She added cilantro and limited the chile to jalapeños to create the dish as we know it today. This has been a Transportation potluck favorite for years.

Ingredients & Measurements

- 1 12-oz can chunk light tuna in water, drained
- 1 12-oz jar sliced jalapeños
- 1 small onion, chopped
- 3-4 small green onions, chopped
- 1 small bunch cilantro
- 1 cup mayonnaise
- garlic salt and pepper to taste

Preparation Instructions

In a medium mixing bowl, mix tuna (drained well), chopped onions, and mayonnaise. Add jalapeños - including liquid, and mix. If you like your dip medium spicy, use approximately half the jar of jalapeños and only half the liquid. If you enjoy your dip very spicy to hot, use the entire jar! Chop the cilantro (no stems) and mix in. Set some whole sprigs aside for garnish. Add garlic salt and pepper to taste. Cover and chill for at least 3 - 4 hours. To serve, drain thoroughly. Arrange on a serving platter lined with lettuce. Garnish with cilantro. Dip in with chips and enjoy!

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Appetizers, Dips, and Sauces

Steve Schupak, Administrative Analyst

Limparo's Guacamole

This recipe was told to me by my grandmother-in-law's best friend, who is originally from Acapulco.

Ingredients & Measurements

- 4 large avocados
- 1 large tomato
- 2 Serrano chiles
- 1 large onion (red, Maui sweet, or Vidalia)
- 2 bunches cilantro
- 1/4 cup extra virgin olive oil
- salt to taste

Preparation Instructions

Peel, seed, and slice tomato; sprinkle with salt and set aside to drain excess liquid. Finely chop onion and chiles. Scoop out avocado flesh; mash in bowl. Dice cilantro and add to avocado. Add onion, chiles, and seeds. Dice tomato and add to mixture. Pour in olive oil and mix. Eat.

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Appetizers, Dips, and Sauces

Milt Long, Human Resources Analyst

Zucchini Appetizers

My mother was given this recipe years ago.

Ingredients & Measurements

2 normal-sized zucchini

olive oil

garlic salt

Parmesan cheese (Trader Joe's is best)

Preparation Instructions

Slice zucchini 1/4-inch thick. Spread out aluminum foil on a broiler pan. Brush well with olive oil. Sprinkle lightly with garlic salt. Dust liberally with Parmesan cheese. Broil until just turning dark — on high heat, 2nd shelf down. Buon Appetito!



Appetizers, Dips, and Sauces

Frank Harper, Communications Officer

Hummus

I wish I could say that this recipe came from a grandparent. Actually, I was in a Greek restaurant in Vancouver, British Columbia, and requested it. Over the years, I've modified it a bit - striving constantly for the perfect blend. Great for potluck parties.

Ingredients & Measurements

- 2 cans garbanzo beans (cece beans, chick peas)
- 1/4 cup sesame Tahini (found in Middle Eastern grocery stores and large supermarkets)
- 2-3 cloves of garlic, minced
- 2-3 tablespoons lemon juice
- 2-3 tablespoons olive oil

Season taste with cumin, salt, pepper, paprika, parsley, and chili powder.

Preparation Instructions

Drain beans (save liquid); place beans into a blender - save a few for garnish. Add Tahini, garlic, spices, lemon juice, oil.

As you blend, add some of the bean liquid until the mixture is smooth and creamy (not too hard, not too moist).

Place mixture in a bowl. You can add more olive oil for a shiny look. Garnish with Greek olives, chick peas, paprika, cumin, and drip olive oil on top. Serve with pieces of pita bread.



Appetizers, Dips, and Sauces

Cynthia Parker, Operations Assistant II (Metrolink)

Mushrooms in Dill Sauce

With the current rage about mushrooms, this is sure to be a hit.

Ingredients & Measurements

- 1 lb. button mushrooms
- 1 tablespoon butter
- 1 clove garlic, crushed
- 1 teaspoon dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon sherry
- 1 tablespoon lemon juice
- 1 cup sour cream

Preparation Instructions

Melt butter, add garlic. Sauté for one minute. Add dill weed, salt, pepper, sherry and lemon juice. Add mushrooms and cook in sauce for approximately 20 minutes on low heat. Then, remove mushrooms and set aside. In large bowl, pour sauce over sour cream and stir. Add mushrooms back into mixture. Refrigerate until cold. When ready to serve, re-heat mushrooms. Can be served in an electric skillet, crock pot, or on a hot plate.

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Appetizers, Dips, and Sauces

Alicia Vogl Saenz, Assistant Communications Officer

Llapingachos

This is a typical dish from the Andes in Ecuador. This recipe was handed down to me from my mother.

Ingredients & Measurements

- 1 lb. potatoes
 - 2 oz. butter
 - 1 egg
 - 4 oz. cheese (jack, or white cheese from a Latino market)
- vegetable oil (most authentic if you fry the oil with achiote seeds beforehand)
- salt to taste

Preparation Instructions

Peel and dice the potatoes. Put them in a pot of water and boil. While they are cooking, slice the cheese into small pieces. Set the cheese aside. When the potatoes are cooked enough to mash, drain them. In a large mixing bowl, mash the potatoes and mix in butter, egg, and salt. Once the potatoes have the consistency of dough, start to form portions into patties. Place a slice of cheese in the center of each patty. Heat a small amount of oil in a large skillet. Fry each llapingacho until golden brown on each side.



Appetizers, Dips, and Sauces

Jackie Matosian, Deputy Inspector General

Eggplant Dip

This is a Middle Eastern appetizer with many variations. My family uses this version and serves it especially on hot summer evenings.

Ingredients & Measurements

- 1 large eggplant
- 1 clove garlic
- 1 tablespoon each onion powder, finely minced parsley
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup plain yogurt

Preparation Instructions

Wash and dry eggplant. Bake in hot oven (400 - 425 degrees) about 45 minutes or until thoroughly cooked and soft. (Or, it can be grilled over hot coals.) Cool in a colander until cool enough to handle. Peel skin and cut off stem. Mash eggplant thoroughly with potato masher or fork. Add garlic, onion powder, parsley, salt, and pepper. Mix well. Mix in yogurt and chill at least one hour before serving with Armenian cracker bread. Makes about 2 cups of dip.



Appetizers, Dips, and Sauces

Deborah Craney, Chief Administrative Analyst

Deb & Carolyn's Coconut Shrimp

We "borrowed" this dish from the colorful cuisine of the West Indies, mon.

Ingredients & Measurements

- 1 lb. prawns, shelled and cleaned (tails on)
- 1/2 cup shredded coconut
- 1 cup Panko (Japanese-style breading)
- 2 eggs, beaten (with 1/4 teaspoon salt, optional)
- 1 cup flour
- 1/2 cup milk
- oil for frying

Preparation Instructions

Measure and line up in separate bowls:

milk

flour

eggs

coconut

Panko

Dip each prawn into the milk. Then roll in flour. Coat with egg. Sprinkle lightly with coconut. Then roll in the Panko. Deep fry until golden brown. Serve with lemon wedges and cocktail sauce.

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Appetizers, Dips, and Sauces

Dominique Grinnell, Communications Officer

Al Basilico Sauce

This recipe was handed down to me by a woman who is still like a mother to me. I lived with her and her family in Rome, and she taught me to cook these traditional Roman dishes which her mother taught her. She maintains that these recipes go back 6 generations - 6 generations of Romans. The Romans are fiercely proud of their regal heritage and great cooking and although I am not Italian by birth, I definitely am proud of my Roman cooking style.

Ingredients & Measurements

- 2 large cloves of garlic
- 1 tablespoon of extra virgin olive oil
- 24 oz. crushed tomatoes
- 2 teaspoons salt
- chopped fresh basil (3 springs - about 1/2 cup)
- *parmesan cheese (Parmigiano Reggiano is the best)

Preparation Instructions

Mince the garlic. Heat the oil in a large sauce pan over a medium flame. Once the oil is hot cook the garlic until golden brown, then pour in the crushed tomatoes (be careful, hot oil may spray out). Cook the tomatoes uncovered for about 20 minutes, stir occasionally. When the tomatoes lose their firmness and start becoming more orange in color, they are done. Add the salt. Add the basil when you are ready to serve over pasta. Keep a little basil to the side to sprinkle over the top. *Parmesan cheese is optional, but may be sprinkled over the top.

I recommend farfalle or bow tie pasta for this sauce.



Appetizers, Dips, and Sauces

Dominique Grinnell, Communications Officer

Al Prezzemolo Sauce

I recommend spaghetti or linguine for the pasta.

Ingredients & Measurements

- 3 large cloves garlic
 - 1 tablespoon of extra virgin olive oil
 - 16 oz. tomato sauce
 - 2 teaspoons salt
 - 2 tablespoons Italian parsley
- *Parmesan cheese (Permiggiano Reggiano is the best)

Preparation Instructions

Break the garlic slightly with the back of a spoon or a knife then cook it in the olive oil until golden brown. Add the sauce and the salt. Cook covered for about 30 minutes, but make sure you stir often.

Once the sauce is cooked, serve over pasta. Sprinkle the Italian parsley generously over the pasta and sauce. Parmesan cheese is optional, but may also be sprinkled over the top.



Appetizers, Dips, and Sauces

Dominique Grinnell, Communications Officer

All' Arrabiata Sauce

I recommend penne pasta for this sauce.

Ingredients & Measurements

- 3 large cloves of garlic
- 1 tablespoon of extra virgin olive oil
- 3 or 4 dried red hot chili peppers
(the long, skinny ones are best)
- 24 oz. crushed tomatoes
- 2 teaspoons salt

Preparation Instructions

Break the garlic slightly with the back of a spoon or a knife. Throw the garlic and the red hot chili peppers in the oil then cook until garlic is golden brown. Add the crushed tomatoes and salt. Cook covered for about 20 minutes, but make sure you stir often.

Once sauce is cooked, remove the garlic and red hot chili peppers, then serve over pasta.

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Appetizers, Dips, and Sauces

Dominique Grinnell, Communications Officer

Alla Checca Sauce

This sauce may be served over capellini pasta or over toasted Italian bread (then it is called “bruschetta”). I also recommend spaghetti or linguine for the pasta.

Ingredients & Measurements

- 5 medium red or 8 fresh Roma tomatoes
- 4-5 cloves garlic
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1-2 sprigs fresh basil (12-14 leaves)
- 1/2 teaspoon ground black pepper

Preparation Instructions

Cube the tomatoes, then put in a non-metal bowl. Mince the garlic (should yield about 1 tablespoon); chop the basil (about 1/2 cup) and add both to the tomatoes. Pour in the olive oil, add the salt and pepper and stir gingerly (so as not to break the tomatoes).

MTA COOKS

Category Winner



Jesse Simon, Transportation Technical Manager III

Challah (Jewish Egg Bread)

We ate homemade challah every Friday night while my grandma lived with us. We said the motz, broke the bread, passed the pieces around, and thanked God for the bounty of the earth. (We knew it was named "challah," but everyone called it "holly.")

*Egg breads get stale very quickly, so the challah should be made the day of the dinner.

Ingredients & Measurements

- 1 package yeast
(prepare according to package instructions)
- 2 teaspoons sugar
- 1^{1/4} cups warm water (overly hot will kill yeast)
- 4^{1/2}-5 cups hard-wheat white flour
- 1/2 teaspoon salt
- 2 eggs
- 2 tablespoons melted butter or oil
- 1 egg yolk
- sesame seeds
- optional: 1/4 teaspoon saffron, dissolved in
2 tablespoons hot water

Preparation Instructions

Dissolve the yeast in 1/4 cup of the water and add sugar. Sift 4 cups of flour and the salt into a large mixing bowl. Add eggs, saffron (optional), butter or oil, yeast mixture, and the rest of the water. Stir vigorously until all is well blended.

Dust a large board with about 1/2 cup of flour and turn the dough out to knead. Knead in as much of the remaining flour as needed to make a smooth, elastic, non-sticky dough.

Grease a large bowl and put the dough into it. Cover and leave it to rise in a fairly warm place for about 1 hour.

Punch down and let rise again until double in bulk. (Remember, bread dough kneading is a time to loose all aggressions The more you treat it as you would like to treat someone who is being stubborn, the better will be the bread. Punch it, fold it, squeeze it, show no mercy.)

On a lightly floured board, shape the challah: first divide the dough into 2 parts - one slightly larger than the other. The cut the larger part into 3 equal pieces. Roll the pieces into strips and form a fat, even braid. Place in the middle of a buttered baking sheet. Repeat procedure with the smaller piece of dough, and place the 2nd braid on top of the first. Cover with a light tea towel and let rise for about 1/2 hour.

Brush the loaf heavily with the egg yolk and sprinkle generously with sesame seed. Bake at 375 degrees for about 40 minutes. When done, most of the crust should be golden brown and the bread should sound hollow when thumped on top and bottom.

MTA COOKS

Breads

Francene M. Joe
Equal Opportunity Program Representative

Navajo Frybread

This recipe was never written down, but was handed down from my late-mother in the form of visual preparation. With the help of my sisters, we created this recipe to share our special treat with you.

Ingredients & Measurements

- 4 ¹/₄ cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 tablespoons powdered milk
- 1 ¹/₂ cups of warm water
- 1 to 1 ¹/₂ cups vegetable oil

Preparation Instructions

Mix dry ingredients together in a large mixing bowl. Stir in warm water. Mix and knead with hands for about five minutes until a soft dough forms. Dough will be easier to shape if at this point, you let it stand for half an hour.

Heat about one cup of oil in a hot skillet (approx. 375 degrees).

Pinch off small balls about two inches in diameter. Roll into a smooth ball. Pat ball between hands into a flat circle about three-quarters of an inch thick. Now pull on the edges in a circular motion; keep turning and pulling at the dough so it stretches to the size of a saucer. Flip vigorously back and forth between palms so it gets thinner and flatter. When it's about eight inches across, stop.

Fry dough circles, dropping carefully into the hot oil. The dough will brown quickly and puff up. Turn and brown other side. Remove from skillet and drain on paper towels. Repeat process with rest of dough.

If needed, add more oil as you fry. The thinner your dough is, the crispier it will turn out.

Makes about ten pieces of frybread.

Note: It takes a lot of practice, so don't get discouraged from your first try at it. To see the pros in action, visit a local Native American Indian Pow-Wow.



Breads

Deborah Craney Chief Administrative Analyst

Amish Friendship Bread

This is a great gift recipe. Present a decoratively-wrapped loaf, with a bag of "starter." Most important is the use of a wooden spoon. Do not use metal & do not refrigerate. Place all ingredients in a large Ziploc®-type plastic bag.

Ingredients & Measurements

- 1 cup milk
- 1 cup sugar
- 1 cup flour

See remaining ingredients under "Day 10"

Preparation Instructions

Day 1 - Do nothing.

Day 2 - Mush bag and release all the air.

Day 3 - Repeat.

Day 4 - Repeat.

Day 5 - Repeat.

Day 6 - Add 1 cup flour, 1 cup milk, and 1 cup sugar.

Day 7 - Mush bag and release all of the air.

Day 8 - Repeat.

Day 9 - Repeat.

Day 10 - Add 1 cup flour, 1 cup milk, 1 cup sugar.

Stir and pour 4 1-cup starters into 4 large Ziploc® bags. Keep one for yourself and give 3 to friends, along with instructions. To remaining batter in a large bowl, add 1 cup oil, 1/2 cup milk, 3 eggs, and 1 teaspoon vanilla.

In a separate bowl, mix 2 cups of flour, 1 cup sugar, 1 1/2 teaspoons baking powder, 2 teaspoons cinnamon, 1/2 teaspoon salt, 1/2 teaspoon baking soda, and 1 large box of instant vanilla pudding. Mix.

Add dry ingredients to wet and mix. Pour into 2 large well-greased and sugared (mix cinnamon and sugar together) pans. Sprinkle top of dough with cinnamon and sugar.

Bake at 325 degrees for 1 hour.

Optional: Add 1 cup chopped nuts and/or 1/2 cup raisins. May substitute chocolate pudding for vanilla.

MTA COOKS

Breads

Teresa Franks, Scheduling Operations Planner

Zucchini Bread

When I worked at APTA in Washington, D.C., Helene Brett used to make this great zucchini bread. If you see Helene at any of the APTA meetings, tell her you tried her recipe. I'm sure that she would be pleased.

Ingredients & Measurements

- 1 cup vegetable oil
- 1 cup brown sugar
- 1 cup granulated sugar
- 3 eggs (beaten)
- 2 cups medium grated zucchini
- 3 cups flour
- 1/2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 3 teaspoons cinnamon
- 3 teaspoons vanilla
- 1 cup chopped walnuts (any variety of walnuts, Chandlers, Nuggets, or Ashleys are good)
- 1 cup raisins

Preparation Instructions

Blend oil, brown sugar, and granulated sugar. Add eggs and zucchini. Add dry ingredients (flour, baking powder, baking soda, salt, cinnamon). Add vanilla, chopped walnuts, and raisins. Bake in two loaf pans or a tube pan at 350 degrees for one hour or until done and nicely browned. It freezes great.

MTA COOKS

Breads

Yolanda Rosales, Senior Secretary

Oatmeal Bread

Ingredients & Measurements

- 2^{1/2} cups lukewarm milk, water, or potato water
- 1/4 cup brown sugar (packed)
- 1 tablespoon salt
- 2 tablespoons soft shortening
- 1 cake compressed yeast
(or, 1 package dry granular yeast)
- 5-6 cups flour
- 2 cups rolled oats (e.g., Quaker oats)

Preparation Instructions

Mix together milk (water or potato water), brown sugar, salt, shortening. Crumble 1 yeast - add to mixture; stir until yeast is dissolved. Add oats. In 2 additions, (mix first with spoon, then with hand) add 5 - 5 1/2 cups of flour - using the amount necessary to make dough easy to handle. Turn dough onto lightly-floured board, cover and let stand 10 minutes to tighten, then knead until smooth. Round up and place in greased bowl 1 1/2 - 2 hours. Punch down dough. Divide in half. Shape into 2 loaves. Place in lightly-greased bread pans, 5x9x3". Cover with damp cloth and let rise at 85° until double in bulk - about 1 hour. Bake 30 - 40 minutes in moderately hot oven (400°).

If raw milk is used, it should be scalded and cooled to lukewarm.

If dry granular yeast is used, follow the pkg. directions. Or add to 1/4 cup lukewarm water and let stand 5 minutes without stirring. Stir thoroughly before adding to liquid mixture in recipe. Subtract the 1/4 cup water from total liquid in recipe.

If quick-cooking rolled oats are used, increase flour to 6 cups.

MTA COOKS

Breads

Hedi Woods, PL/PD Analyst

Dinner Rolls

Grandma's best! If you think you've made too many, it won't be enough.

Ingredients & Measurements

- 6 heaping cups all-purpose flour
- 2 cups milk
- 5 eggs
- 1 tablespoon salt
- 2 sticks margarine
- 6 tablespoons sugar
- 2 packages dry yeast

Preparation Instructions

Scald milk. Turn off heat. Add butter & sugar to milk and melt. Add salt to flour. Cool milk (hot to touch), add yeast. Add eggs to flour, dump all into milk. Mix well until smooth and stiff. May need to add more flour. Oil hands and pad on top of batter. Place batter into large bowl and cover. Let rise 3 times. Roll out and cut with a large glass. Dip into melted butter and fold in half. Arrange on cookie sheet. Let rise again. Preheat oven to 350 degrees. Brush tops with butter during baking. Raise temperature to 375 degrees just before rolls begin to brown.

To freeze - Do not brown completely.

Makes approximately 30 rolls.

MTA COOKS

Breads

Jeffrey J. O'Keefe

Irish Soda Bread

This is a 100 year old family recipe, brought to the United States from County Cork, Ireland by my father.

“Erin Go, Braugh.”

Ingredients & Measurements

- 1 cup sugar
- 2 eggs, well-beaten
- 4 cups flour, leveled
- 1/3 cup melted butter
- 1 ¹/₂ teaspoons baking soda
- 1 pint buttermilk
- 1 easpoon baking soda
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 lb. raisins (steam for a few minutes)

Preparation Instructions

Mix 1st column of ingredients in a large bowl. Stir in eggs and butter. Stir in enough of buttermilk to make a moist (not wet) dough. Spoon into greased pans. Bake at 350 degrees for 40 - 50 minutes, depending upon size of pan(s). Toothpick should come out clean.

MTA COOKS

Breads

Mike Lensch, Service Operations Director

Cranberry-Orange Nut Bread

This is a bread recipe that my mom used to make when I was a kid.

Ingredients & Measurements

- 1 cup sugar
- 2 cups flour (sifted)
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 2 tablespoons melted butter
- 1 cup fresh cranberries, halved
- 1 cup chopped walnuts or pecans
- 1 eggs, well-beaten

Juice of 1 large orange + grated rind: 3/4 cup
(add water, if necessary)

Preparation Instructions

Mix all dry ingredients together. Make a well in center, then add orange juice, egg, and butter. Mix well with a spoon.

Fold in cranberries and nuts. Bake in a greased & floured loaf pan for 1 hours at 350 degrees or until tester comes out clean. Cool for 15 minutes before removing from pan.

Note: I like to take powdered sugar, add a teaspoon of vanilla, some fresh orange juice, and water to make a thick frosting. I spread it over the warm bread and let it melt, making a glaze.

MTA COOKS

Category Winner



Arrie Allen, Bus Operator

Irene's Dirt Cake

Ingredients & Measurements

- 1 16-oz. package Oreo® cookies
- 2 8-oz. package cream cheese
- 1 cup powdered sugar
- 1 large box instant vanilla pudding mix
- 1 medium bowl Cool Whip®
- 1 each - artificial flower, plastic flower pot, plastic garden spade

Options

- nuts
- chocolate chips
- chocolate cake (in chunks)
- shredded coconut
- dates

Preparation Instructions

Make pudding first and refrigerate.

Scrape icing out of Oreo® cookies; dispose of the icing.

Mash remaining cookies with either potato masher or blender. Set mashed cookie mixture aside

Cream together cream cheese with powdered sugar and Cool Whip®.

Start layering into plastic flower pot starting with layer of cookie crumb mixture (cookie crumb mixture should always stay on bottom of pot and last remaining covering top layer).

Layer as follows:

cookie crumbs

pudding

cookie crumbs

cream cheese mixture

cookie crumbs

Refrigerate 2 hours (over night is best). Put artificial flower(s) into center of flower pot and serve with garden spade.

MTA COOKS

Desserts

Peter De Haan, Transportation Project Manager IV

Boter Koek

Although my parents are mainly of Dutch ancestry, the only overtly "Dutch" foods we ever ate at home were desserts. This is one of my favorites.

Ingredients & Measurements

Soften:

- 1 stick margarine (1/4 pound)
- 1 stick unsalted butter (1/4 pound)
- 1 cup sugar
- 1 teaspoon almond flavoring
- 1/2 teaspoon vanilla
- 1 egg
- 2 cups flour

Preparation Instructions

Cream together margarine and butter; add and cream sugar. Add almond flavoring, vanilla, and egg yolk; cream again. Add flour and blend together on low speed. Put in greased 9-inch round pan. Brush with egg white. Bake at 400 degrees for 10 minutes; reduce to 350 degrees and bake 25 minutes more.

MTA COOKS

Desserts

Jackie Matosian, Deputy Inspector General

Cream Filled Kadaif

Armenian Recipe. Traditionally, kadaif is filled with chopped nuts, cinnamon and sugar. This version was handed down to me by a close friend of the family more than 30 years ago.

Ingredients & Measurements

Dough

- 2 lbs. kadaif (kadaif dough is available through Armenian and Middle Eastern grocery stores)
- 1 lb. unsalted butter, melted
- 1 recipe cream filling
- 1 recipe syrup

Cream Filling

- 1 cup milk
- 1/4 cup cornstarch
- 1 pint half & half
- 1 pint whipping cream (unwhipped)

Syrup

- 2 cups granulated sugar
- 3 cups water
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

Preparation Instructions

To Prepare Dough

If the kadaif is frozen, thaw to room temperature.

In a large bowl, separate kadaif until well shredded.

Pour melted butter over kadaif and toss to coat the dough with butter.

To Prepare Cream Filling

In 2-quart saucepan, dissolve cornstarch in milk.

Add half & half and whipping cream. Over medium flame, cook mixture, stirring constantly until it just comes to a boil, or when mixture thickens slightly. (It should have the consistency of pudding before it sets.) Cool about 30 minutes before pouring over kadaif dough.

To Prepare Syrup

Place sugar and water in 1 quart sauce pan and heat until fluffy and sugar dissolves. Bring mixture to a boil. Lower heat and simmer for 10 minutes. Remove from heat and stir in lemon juice and vanilla extract. Cool slightly before pouring over baked kadaif.

To Assemble

Lightly pat half of kadaif on bottom of an ungreased 12" x 15" (jelly roll) pan. Spread cream filling evenly over dough. Top with remaining dough. Do not pat down top layer of dough; allow it to stay fluffy.

Bake in a moderate oven (350 degrees) about 35 - 45 minutes, or until the top is a delicate golden brown. Cool for 15 minutes and allow to stand about 15 - 20 minutes before serving after cut into squares. Pour syrup evenly over entire pan.

Makes 20, 3-inch square servings.

MTA COOKS

Desserts

Teresa Franks, Scheduling Operations Planner

Lucille Tokuno's Apple Cake

This is my mother's recipe. (Thanks, Mom!) What I remember best is that she always made me shell and chop the nuts for this cake. I don't know where this recipe came from originally, but she used to make this cake when I was a teenager in Yuba City, which is about 400 miles north of LA.

Ingredients & Measurements

- 4 cups of diced apples (yellow golden delicious)
- 2 medium eggs
- 1 (cups of sugar
- 2 teaspoons cinnamon
- 1/2 cup vegetable oil
- 1 cup chopped walnuts
- 2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking soda

Cream Cheese Frosting

- 3-oz. package cream cheese
- 1/2 box powdered sugar
- 3 tablespoons butter
- 1/2 teaspoon vanilla
- milk as needed

Preparation Instructions

Break 2 eggs over apples; add sugar, cinnamon, and vegetable oil. Stir well. Add chopped walnuts, flour, salt, baking soda. Stir well and pour into greased and floured 9" x 13" pan. Bake at 350 degrees for 40 minutes.

Cream Cheese Frosting

Mix cream cheese with powdered sugar (to taste). Add butter, vanilla, and milk. Mix thoroughly. Apply to cooled cake.

MTA COOKS

Desserts

Teresa Franks, Scheduling Operations Planner

Clyde's Microwave Nut Brittle

Clyde is a friend who experiments with dessert recipes. I get to sample all of them. This is one of my favorites. It is quick and easy — takes about 30 minutes total.

Ingredients & Measurements

- 1/2 cup light corn syrup
- 1 cup white, granulated sugar
- 2 cups shelled peanuts, or any nut of your choice
- 1 tablespoon butter or margarine
- 1 teaspoon baking soda
- 15 inch x 10 inch baking sheet lined with foil
- 1 liter glass (Pyrex®) measuring cup

Preparation Instructions

Combine sugar and corn syrup in a glass cup. Microwave uncovered on high 1 1/2 minutes. Stir. Microwave again 1 1/2 minutes. Add nuts, stir, and microwave 4 minutes. Add butter, stir. Microwave 2 minutes. Stir. Microwave for 30 seconds and stir until mixture becomes light golden in color. Stir in baking soda and pour out onto sheet. Allow to cool and break into pieces.

This produces a brittle that is porous and very light. For a firmer and more solid brittle, butter two baking sheets. Divide the mixture in half when pouring. After one minute, stretch the mixture by using two forks, grab the corners, lift and stretch.

MTA COOKS

Desserts

Teresa Franks, Scheduling Operations Planner

Southern Pecan Pie

My ex-sister-in-law, Susie, used to make this wonderful pecan pie every Christmas in Newnan, Georgia. It was a Christmas tradition. We'd drive down from Atlanta, go to church, come home, and have this great dessert.

Ingredients & Measurements

Simple, Plain Pie Crust

- 1 1/4 cup all purpose flour
- 1/4 teaspoon salt
- 1/3 cup shortening or lard
- 3-4 tablespoons cold water
- 9" pie dish

Note: Do not use pre-made pie crust.

Filling

- 1/2 cup butter
- 1 cup firmly-packed brown sugar
- 3 eggs
- 1/2 cup light corn syrup
- 1 1/2 cup broken pecans
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- pecan halves
- fresh whipped cream or vanilla ice cream for topping

Preparation Instructions

Simple, Plain Pie Crust

In a bowl, stir in flour, baking powder, and salt. Cut in shortening or lard until pea-sized. Sprinkle 1 tablespoon of water over mixture and toss with a fork. Repeat until dough is moist. Form dough into a ball. On a lightly floured surface, hand-flatten dough. Roll dough with a rolling pin from center to edges forming a 12" circle. Put into a 9" pie dish. Trim to 1/2" beyond dish edge and fold under. Flute edges, prick sides and bottom generously with a fork. Bake at 450 degrees for 7-10 minutes until golden. Cool on a wire rack. Set aside.

Filling

Cream butter with brown sugar. Beat in 3 eggs one at a time. Stir in light corn syrup, pecans, vanilla, and salt. Pour into pie shell. Decorate with pecan halves.

Bake pie for 40 minutes at 350 degrees or until a knife inserted into the pie comes out clean. Serve warm topped with whipped cream or ice cream.

MTA COOKS

Desserts

Milt Long, Human Resources Analyst

Milt's Mousse In A Minute

The following is guaranteed to be the easiest to prepare, and one of the most delicious Mousse' au Chocolate you will ever encounter.*

Ingredients & Measurements

- 6 oz. bitter-sweet chocolate chips
- 2 whole eggs
- 3 tablespoons orange liqueur
(Grand Marnier or Triple Sec preferred)
- 3 tablespoons instant coffee granules or powder
- 3/4 cup of scalded (still hot) whole
(you may use 2%) milk
- 4 dessert cups or wine glasses
(these should not be too deep)
- whipped cream (optional)

Preparation Instructions

In a blender place in the following order: bitter-sweet chocolate chips, eggs, liqueur, instant coffee, and scalded milk. Blend on high for 2 minutes. Pour into the dessert cups or wine glasses. Let cool and place in refrigerator for at least 4 hours. Cover with waxed paper (not plastic wrap). Serve and enjoy! May be topped with whipped cream for a truly decadent dessert.

*Note: Don't overdo the liqueur, the mousse won't set. And we have never successfully a larger quantity than this, it wouldn't set. If you want more, make another batch. But most important of all - enjoy!

MTA COOKS

Desserts

Arthur J. Kimball, Executive Officer -
Office of Procurement

Cream Cheese Pound Cake

Ingredients & Measurements

- 1/2 lb. sweet butter
- 8 oz. cream cheese
- 5 large eggs
- 2 cups sugar
- 2 cups cake flour, sifted
- 1/8 teaspoon salt
- 1 teaspoon vanilla
- 9" tube pan or loaf tin

Preparation Instructions

Take the butter, cheese and eggs out of the refrigerator at least 1 hour before making the cake. Grease a 9" tube pan or a loaf tin and dust it lightly with flour.

Preheat the oven to 350 degrees F. Beat the butter and cheese in an electric mixer bowl until thoroughly blended. Add the eggs one at a time, alternating first with sugar and then with the flour mixed with salt. Beat hard and continuously. Add the vanilla. Bake 50 to 60 minutes. Cool for about 30 minutes before removing from pan.

MTA COOKS

Desserts

Bill Kirwin, Auditor

The World's Best Cookies

Ingredients & Measurements

- 1/2 cup soft butter
- 3/4 cup brown sugar
- 1/4 cup white sugar
- 1 egg
- 1 teaspoon vanilla
- 1 tablespoon whole milk
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1^{1/2} cups rolled oats
- 1 can/package flaked or shredded coconut
- 1 4-oz. package slivered almonds
- 1 teaspoon grated orange rind

Preparation Instructions

Heat oven to 350 degrees. Cream together butter, brown and white sugars. Beat in egg, vanilla, and milk. Blend in flour, baking soda, and salt. Add and fold in rolled oats, coconut, almonds, and orange rind. Spoon teaspoonfuls of dough 2" apart on buttered cookie sheet. Bake 10-12 minutes or until toasted golden.

MTA COOKS

Desserts

Gary Spivack , Service Operations Director

Linda's Jewish New Year Apple Cake

My wife, Linda, makes this traditional holiday recipe for the Jewish New Year. The apple cake is for a sweet new year. Recipe handed down from generation to generation, starting originally in Eastern Europe.

Ingredients & Measurements

- 3 cups flour
- 2 1/2 cups sugar
- 1 cup oil
- 4 whole eggs
- 1/2 cup orange juice
- 1/2 teaspoon salt
- 2 1/2 teaspoons vanilla extract (natural preferred)
- 3 teaspoons baking powder
- 6 whole, thinly sliced apples
- 2 teaspoons cinnamon
- 3 teaspoons sugar

Preparation Instructions

Preheat oven to 350 degrees. In a large mixing bowl, combine first 8 ingredients in the order listed. Mix until a smooth batter is formed. In a separate bowl, combine apples, cinnamon, and sugar.

Grease and flour an angel food (tube) pan. Pour 1 layer of batter, 1 layer of apples into the pan. Alternate layers, ending with apples on top. Bake for 2 hours. Cool on a rack for 15 minutes, then invert to cool completely. (If using a food processor to slice apples, make batter in food processor by combining ingredients in the following order: oil, eggs, juice, vanilla, sugar, salt, baking powder, flour.) Serves 10-12.

MITA COOKS

Desserts

La Vergne E. Woods, Administrative Aide

La Vergne's Easy Peach Cobbler

This recipe was handed down from my mother, who continuously searches for and tries new recipes. It has been used in our family for several years and it's delicious!

Ingredients & Measurements

- 6 frozen Pet Ritz® pie shells (thawed - deep-dish shells work best, but will give you lots of crust)
- 3 large cans (29 oz.) Del Monte Peach slices
- 1^{3/4} 2 cups sugar
- 6 tablespoons butter/margarine
- 8 teaspoons cinnamon

Preparation Instructions

Preheat oven to 350 degrees. Fill middle of one pie shell with approximately 1/2 can of peaches, 1 tablespoon of butter/margarine, 1/4 cup sugar, and 1 teaspoon cinnamon. Using both hands, close up pie shell - folding to top, and place in

9" x 13" pan. (it's ok if pie shell breaks). Do the same with remaining pie shells until pan is filled. Pour about 2 cups of leftover juice over top of shells. Then sprinkle about 1/4 to 1/2 cups of sugar over top and sprinkle cinnamon on top. Bake for approximately 1 hour. Crust should be lightly browned on top and bubbly underneath.

MITA COOKS

Desserts

Mindy Leach, Senior Secretary

Heaven On Earth

My grandmother invented this recipe. The written version was destroyed in the 1994 earthquakes and I had to rely on memory.

Ingredients & Measurements

- 1 box yellow cake mix
- 1/2 cup chunky peanut butter
(I use either Laura Scudder Natural® or Adam's®)
- 1/2 cup butter or margarine
- 1 can German chocolate cake frosting
- 1 regular package milk chocolate chips (any brand)
- 2 tablespoons milk
- 2 tablespoons butter or margarine

Preparation Instructions

In mixing bowl, combine yellow cake mix, peanut butter and 1/2 cup butter until moist. Mixture should be somewhat crumbly.

Take 1/2 of the mix and press in bottom of greased 9" x 13" cake pan.

Over medium heat in a medium sauce pan, melt 2 tablespoons of butter and add can of frosting mix, milk and chocolate chips. Cook until somewhat smooth (chips don't have to be completely melted). Pour on top of the mixture in the cake pan.

Take remaining cake mixture and crumble on top.

Bake in preheated oven at 350 degrees for approximately 35 minutes (top should be lightly brown). Should be served cool (I usually refrigerate before serving).

MTA COOKS

Desserts

Wilfredo N. Atienza, Senior Auditor

Food for the Gods

Ingredients & Measurements

- 1 cup chopped walnuts
- 1 cup chopped dates
- 1 cup all-purpose flour
- 2 eggs
- 2 sticks butter (1 cup)
- 2 cups brown sugar

Preparation Instructions

Melt butter in microwave oven.

Mix in all ingredients except for walnuts and dates. Use mixer.

Mix in walnuts and dates. Use mixer.

Pour in baking pan treated with PAM® and level at about 1/2 inch thick using spatula.

Bake for 30 minutes at 350 degrees.

Cool and slice into bite size pieces.

Individually wrap in colored cellophane wrappers, or serve as is.

MTA COOKS

Desserts

Tom Beezy, Senior Real Estate Officer

Tom's Best Lemon Pound Cake

This is a recipe I created. I bought a cookbook that contained a recipe for lemon bread, and thought it could be changed into a pound cake.

Ingredients & Measurements

- 1 lemon
- 1/4 lb. shortening
- 1 cup of sugar, plus 1/2 cup for glaze
- 2 eggs
- 2 cups of flour
- 1 teaspoon of baking soda
- 1/2 cup milk

Preparation Instructions

Soften the shortening by leaving it at room temperature for 20-25 minutes. Place in a mixing bowl with the sugar and beat until it is completely blended. It will look smooth, almost like a pudding. Add eggs one at a time until they are completely mixed in. The mixture will look like semi-melted Cool Whip® or whipped cream.

Grate the outer peel (zest) off the lemon and set aside. Squeeze the juice from 1/2 of the lemon and put it in a small bowl. Sift the flour and soda together while the sugar and eggs are blending. Add the peel and flour to the sugar and egg mixture (add the flour slowly). As the mixture thickens, gradually add the lemon juice. When the flour and juice have been combined, add the milk.

Pour the mixture into two loaf pans which have been greased and floured. Bake for 35-40 minutes at 350 degrees. While it bakes, squeeze the remaining 1/2 lemon juice and mix with 1/2 to (cup of sugar. Test the pound cake for doneness with a cake tester or tooth pick. When either comes out clean, remove from the oven and poke several holes in the top of the cake. Pour the lemon/sugar mixture over the top of the cake and leave it to cool for 10 minutes. After 10 minutes, remove the cake from the pans. You may cut it up and serve immediately, or let sit for at least 20 minutes, then cover it in plastic wrap.

You may also freeze the cake for later use and it will be as good as new.

This cake is great with strawberries and other fruit as well as by itself (The Real Estate Department can attest to its taste).

MTA COOKS

Desserts

Tom Beezy, Senior Real Estate Officer

Tom's Cookies

Ingredients & Measurements

- 1 cup of white sugar
- 1 cup of dark brown sugar
- 1 cup of shortening
- 2 eggs
- 2 teaspoons of vanilla
- 1 teaspoon baking soda
- 2 ¹/₂ cups of flour
- 3/4 cup of chocolate or vanilla chips

Preparation Instructions

Preheat oven to 375 degrees. Cream together eggs, sugars and vanilla. Sift together flour and soda. Gradually add the flour to the creamed ingredients. When they are completely mixed, add the chips, stirring by hand. Drop the final mixture onto ungreased cookie sheet using a rounded teaspoon for each cookie. Bake for 8 to 10 minutes, until the cookies are golden brown.

This produces approximately 45-55 cookies.

For crispier cookies cook slightly longer and add 1/4 cup more flour.



Desserts

Warren R. Stockton, Rail Transit Operations Supervisor

Mother Dear's 7-Up Cake

Ingredients & Measurements

- 3 sticks of butter
- 3 cups sugar
- 3 cups flour
- 5 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract
- 3/4 cup 7-Up® soda
- 1/4 teaspoon yellow food coloring

Preparation Instructions

Preheat oven to 325 degrees. Cream sugar and butter together at medium speed scraping bowl occasionally until sugar and butter turns white. When creamy white, add one cup flour and mix constantly alternating flour and eggs until gone.

Blend mixture well, add vanilla and lemon extracts. Once the extracts have been well mixed, add 1/4 teaspoon yellow food coloring. Blend well until mixture turns yellow. Then add 3/4 cup 7-Up® to mixture blending about 2 1/2 minutes (very important).

Grease Bundt pan with shortening, then dust with regular flour. This needs to be done first. Bake for 1 hour and 15 minutes.

MTA COOKS

Desserts

Patricia Chen, Transportation Project Manager III

Ginger Yams

My grandmother, Prudence Orale Seabaugh King, is from a rural area in Missouri, where most people are of German descent. She also has some Irish roots. Over the years I've adjusted the recipe somewhat, just as I'm sure she did from the recipes of her mother and mother-in-law, taking out the marshmallows, and adding lemon to perk it up a bit. These changes also reflect the influence of my mother-in-law, To Ken Ai. She is Chinese, from Viet Nam where lemon is a common ingredient, and desserts often include fresh ginger.

These yams can be served any time of year. The lemon lifts them up for summer. The ginger and brown sugar makes them rich enough for the holidays.

Ingredients & Measurements

- 4 medium yams
- 1/2 cup brown sugar, packed firmly
- 6 tablespoons butter or margarine
- a scant 1/2 teaspoon ground ginger
or finely chopped fresh ginger
- 1 medium lemon
- 1/2 cup coarsely chopped pecans or walnuts

Preparation Instructions

Wash and peel yams, then cut into approximately 1 1/2" x 1 1/2" x 1 1/2" chunks. Boil until barely tender, about 5 minutes, pour off water, and place in ungreased 8" x 8" baking pan or small casserole.

Preheat oven to 400 degrees F. (50 degrees hotter or cooler is okay, depending on whether you're in a hurry or the yams will have to share oven space with other foods.)

In a sauce pan over low heat, mix and melt the brown sugar, margarine, and ginger, then squeeze and strain the lemon in, stir and adjust the ingredients if necessary to make a rich sweet, tangy, fragrant sauce. Pour over yams then top with nuts. Bake for 20-30 minutes, basting occasionally until nuts are brown and yams are soft.

MTA COOKS

Desserts

Chashie Chu, Transportation Project Manager IV

Banana Rolls

I learned how to make this dessert from a Filipino friend.

Ingredients & Measurements

- 12 small ripe bananas, left whole
- 2 tablespoons fine white sugar
- 1/2 teaspoon cinnamon
- 2 tablespoons sesame seeds
- 12 spring roll or lumpia wrap papers
- oil

Preparation Instructions

Mix sugar, cinnamon, and sesame seeds. Sprinkle 1 teaspoon of above mixture to one spring roll wrapper. Place peeled banana on top. Roll up, tucking the edges, and seal the end with a little flour and water paste, folding it over. Deep fry in hot oil for 3 minutes, turning over to ensure the rolls are golden all over. Serve hot with a cup of coffee or tea.

Serves 6-8.

MTA COOKS

Desserts

Deborah Craney, Chief Administrative Analyst

Tea Cakes

My great-grandmother "Ma" made the best tea cakes I've ever had. No one is able to duplicate her recipe, but this is pretty close.

Ingredients & Measurements

- 2 cups sugar
- 3^{1/2} cups flour
- 5 teaspoons baking powder
- 1 large egg
- 1 cup butter
- 1^{1/2} teaspoon vanilla
- 5 tablespoons cream

Preparation Instructions

Mix all ingredients thoroughly. Roll thick on a floured board. Cut with a drinking glass. Bake at 325 degrees for approximately 10 minutes, or until light brown.

MTA COOKS

Desserts

Deborah Craney, Chief Administrative Analyst

Pecan Pralines

I wrap these decoratively and hand them out during the Christmas holiday season.

Ingredients & Measurements

- 2 cups sugar
- 3/4 cup water
- 1/2 tablespoon vinegar.
- 4 cups pecan halves

Preparation Instructions

Boil sugar, water, and vinegar until syrup makes a soft ball when dropped into a cup of cold water. Add pecans; cook until syrup forms a hard ball in a cup of cold water.

Drop large spoonful immediately onto a large platter or pan greased with butter (6" apart). When cold and hard, run a knife under each praline and transfer to a plate.

MTA COOKS

Desserts

Maryam Ershaghi, Programmer Analyst

German Style Apple Pie

Ingredients & Measurements

- 1 pie crust (any frozen variety)
- 6-8 apples (golden delicious), sliced thin
- 4 tablespoons honey
- 1 teaspoon cinnamon

Topping

- 3/4 cup chopped almonds
- 1 tablespoon butter
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cardamom powder
- 2 tablespoons sugar

Preparation Instructions

Combine apple, honey, and cinnamon and cook with medium temperature until juicy but not watery. Put into pie crust and bake for 80 minutes at 300 degrees on middle shelf of oven. Take out and let cool.

Combine butter, almonds, and sugar and stir at medium heat until almonds become roasted and orange in color. Add the cinnamon and cardamom and stir. Decorate over the pie and serve.

MTA COOKS

Desserts

Cynthia Shavers, Assistant Administrative Analyst

Sweet Potato Cake

This is a recipe my mom received from one of her Aerospace coworkers about eight years ago. Not many people have heard of a sweet potato cake. The name itself raises eyebrows, but the taste will raise your pallet expectations above that of a sweet potato pie!

Ingredients & Measurements

Filling

- 2 29-oz. cans of sweet potatoes
- 1 stick butter
- 3/4 can condensed milk
- 3 eggs
- 3/4 cup sugar (to taste)
- 1 tablespoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon ginger
- 1/2 teaspoon ground cloves
- 1 capful lemon juice

cake base

- 1 box of cake mix minus 1 cup
- 1/2 stick melted butter
- 1 egg

crust

- 1 cup cake mix
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 stick butter

Preparation Instructions

Preheat oven to 350 degrees.

Boil sweet potatoes in juice until they can be split with fork. Drain water. Place potatoes in large mixing bowl. Add 1 stick butter, mash with fork.

Add canned milk, blend sweet potatoes (until smooth).

Pour mixture into colander. Press mixture through holes with spoon/spatula.

Add other filling ingredients (eggs, sugar, cinnamon vanilla extract, ginger, cloves, lemon juice). Let sit.

In separate large mixing bowl, mix cake base ingredients with a spatula (until smooth).

Spread cake base in 9x13 pan. Be sure cake base is spread evenly in bottom of pan.

Pour filling mix on top of cake base.

In separate small bowl, place crust ingredients. Using 2 butter knives (one in each hand), criss-cross knives through ingredients until ingredients are mixed and crumbly.

Pour crust mixture (evenly) over sweet potato filling.

Bake for approximately 60 minutes or until cake begins to separate from edge of pan.

Note: For those of you who like your desserts very sweet (or not so sweet), you may add or reduce the amount of sugar and/or cinnamon.



Desserts

Louis A. R. Maspero, PL/PD Analyst

Bread Pudding with Whiskey Sauce

Ingredients & Measurements

- 1 quart of stale French bread
- 1/2 cup sugar
- 3 eggs
- 1 tablespoon vanilla extract
- 1 cup raisins
- 1 tablespoon ground cinnamon
- 1 cup shredded coconut
- 1/4 cup butter or margarine, melted

Preparation Instructions

Wet the bread with water and squeeze it. Tear into small pieces. Mix milk, raisins and coconut with the bread; let stand 15 minutes, stirring often. Beat together eggs, sugar, vanilla, cinnamon, and butter. Stir into bread mixture until well-blended. Pour into a lightly-greased 8x8x2 inch baking dish. Bake in 350 degree oven for one hour.

Whiskey Sauce: In a small saucepan, melt 1/4 cup butter or margarine. Stir in 2 Tbsp. lemon juice, 1/2 cup sugar and 1 egg yolk. Cook and stir over medium low heat for 6 minutes or until sugar dissolves and mixture thickens. Remove from heat and stir in 3 Tbsp. bourbon.

MTA COOKS

Desserts

Joanne McCormick, Passenger Relations Technician

Banana Spice Cake

They say that the way to a man's heart is through his stomach. If anyone wants to experiment, I have never found a man who did not love this cake.

Ingredients & Measurements

- 2^{1/2} cups sifted cake flour
- 2/3 cup buttermilk
- 1^{2/3} cups sugar
- 1^{1/4} cups mashed bananas (3 medium)
- 1^{1/4} teaspoon baking powder
- 2 eggs, unbeaten
- 1 teaspoon salt
- 1^{1/4} teaspoon baking soda
- 1^{1/2} teaspoon cinnamon
- 3/4 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 2/3 cup shortening

Preparation Instructions

Sift dry ingredients together. Add shortening, buttermilk, and bananas. Mix until flour is dampened. Beat at low speed for 2 minutes. Add eggs and beat 1 minute. Turn batter into 3 8-inch or 2 9-inch greased and floured layer cake pans. Bake at 350 degrees for 30 to 35 minutes, or until cake springs back when lightly touched with fingertips.

Creamy Butter Frosting:

- 1/2 cup butter or margarine
- dash of salt
- 1 lb. box confectioner's (powdered) sugar
- 1/4 cup milk
- 1 teaspoon vanilla

Cream butter with salt; gradually add part of the sugar, blending after each addition. Add remaining sugar alternately with milk, beating vigorously after each addition until frosting is smooth and thick enough to spread. Blend in vanilla. Makes enough to frost top and sides of two 9-inch layers, or one 13x9x2 inch cake.

MTA COOKS

Desserts

Malissa Wise, Assistant Administrative Analyst

Love It or Hate It Cheesecake

Don't use light cream cheese unless you like surprises. The filling will "puddle" unevenly.

Ingredients & Measurements

- 1/3 lb. graham crackers
- 1/4 cup butter
- 12 oz. cream cheese
- 3 eggs
- 1/3 cup sugar
- 1 pint sour cream
- 7 tablespoons sugar

Preparation Instructions

Roll graham crackers fine. Pour them into pie plate. Add butter; mix and mold to pie plate.

Blend cream cheese, eggs, and 1/3 cup sugar; pour into crust. Bake at 350 degrees for 25 minutes. Cool for 10 minutes.

While cooling: mix sour cream and 7 tablespoons sugar. Pour on top of pie, and bake for 5 minutes.

Chill for 5 hours.



Desserts

André Hanna, Administrative Aide

The "Jello Stuff" Dessert

Ingredients & Measurements

- 1 12-oz. container Cool Whip®
- 1 20-oz. can of crushed pineapple
- 16 oz. small curd cottage cheese
- 1 6-oz. pkg. Jello® (strawberry)

Preparation Instructions

Mix Cool Whip® and Jello ® thoroughly in a large salad bowl. Mix in cottage cheese. Stir in pineapple.

Chill for 3 hours before serving. Keep refrigerated.

MTA COOKS

Desserts

Cynthia Parker, Office Assistant II (Metrolink Sheriffs)

Pumpkin Roll

I start making these delicious rolls just before Thanksgiving and don't quit until New Year. They make great Christmas gifts.

Ingredients & Measurements

Roll

- 3 eggs
- 1 cup granulated sugar
- 3/4 cup flour
- 2/3 cup canned solid pumpkin
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 2 teaspoons pumpkin pie spice
- 3/4 cup chopped walnuts

Filling

- 1 8-oz. brick of cream cheese (Philly)
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 2 tablespoons butter or margarine

Preparation Instructions

Preheat oven to 350 degrees. Grease a jelly roll pan, line with waxed paper and grease the paper. Beat eggs with sugar until smooth. Mix in flour, then pumpkin, baking soda, pumpkin pie spice, and vanilla - beating well after each ingredient.

Pour mixture into the prepared pan and sprinkle with nuts. Bake for 15 minutes.

While it's baking, spread a good amount of powdered sugar onto a terry cloth towel or pillow case. Dump the cooked roll onto the towel. Peel off the waxed paper and immediately roll the in the towel, starting from the small end. Set aside and let cool at least 20 minutes.

Filling

Mix all ingredients until smooth. When the roll is cool, carefully remove the towel. Spread cream cheese mixture onto the roll, being sure to spread up under the roll. Re-roll the loaf (without towel) and place on a sheet of aluminum foil. Refrigerate until cold. Slice and serve.



Desserts

Ellen Levine, Executive Officer - Operations

Incredible Cheesecake

It is best if this cake thoroughly cools 3 - 4 hours or overnight, before serving. Try topping it with fresh sugared strawberries, or try a very tart currant jelly over each individual serving.

Ingredients and Preparation Instructions

Graham Cracker Crust

- 16 honey graham crackers, rolled into crumbs
- 1 tablespoon cinnamon sugar
- 2 tablespoons butter

Blend together and pack on bottom and sides of a 2-inch deep rectangular pan, approximately 9 x 12". Pour in the filling and bake for 45 minutes in 325 degree oven. After baking, put on the topping given below. This size cuts perfectly into 24 2-inch squares.

Optional Corn Meal Crust (Better than it sounds!)

Grease the inside of the baking pan with unmelted butter. Dust sides and bottom of pan with 1/3 cup yellow corn meal. Pour in filling and proceed as directed below.

Filling

- 3 lbs. cream cheese
- 8 eggs
- 2 cups sugar
- 2 teaspoons vanilla

Beat eggs until thick. Add sugar, vanilla, and cheese. Beat this mixture for 25 minutes at high speed.

Topping

- 1 pint sour cream
- 1 tablespoon sugar
- 1 teaspoon vanilla

Mix and pour on top and bake for an additional 10 minutes. Allow to cool in open oven.

MITA COOKS

Desserts

Ruby Jones, Bus Operator

Quick Pick Fruit Tarts

I created this recipe especially for my children, being that most of my time is spent at work. They love them! I had to come up with something fast and easy, since cakes are more time-consuming.

Ingredients & Measurements

- 8-oz. buttermilk or flaky biscuits
- 1/2 stick butter or margarine
- 1 1/4 cup sugar
- 1 tablespoon cinnamon
- 16 oz. can fruit (e.g. peaches, apples)
- 1 tablespoon corn starch

Preparation Instructions

In medium pot, simmer fruit approximately 20 minutes - until tender. Roll biscuits on floured board while waiting. Add sugar, cinnamon, butter, corn starch. Place fruit in center of biscuits; fold biscuits in half. Press edges with fork to seal. Place on cookie sheet. Sprinkle with cinnamon and sugar. Bake until brown. Serve hot or cold.

MTA COOKS

Desserts

Rick Hittinger, Regional General Manager

Banana Cake

Mother's recipe.

Ingredients & Measurements

- 1/2 cup butter
- 1 cup sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 cup sour cream
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup each crushed bananas, chopped walnuts

Preparation Instructions

Cream butter and sugar, beat in eggs, add sour cream, mix well, fold in flour, soda and powder. Add bananas, nuts and vanilla.

Bake at 350 degrees in either a Bundt or loaf pan (9" x 13") for 40-45 minutes. Ice with mocha frosting.



Desserts

Jake Satin-Jacobs, Administrative Analyst

German Dessert Pastry

I think this dessert was originally intended for Christmas, but we were a family of fat, sugar junkies, and we asked my mother to make it often. Over the years, it lost its holiday significance. It's just decadent and very tasty.

Ingredients & Measurements

The pastry is composed of two parts: a crust and a puffy layer that sits on top of it.

Crust

- 1 cup flour
- 1/2 cup margarine
- 2 tablespoons water

Puff

- 1 cup water
- 1 teaspoon almond extract
- 1 cup flour
- 3 eggs

Preparation Instructions

1. To make the crust, cut the margarine into the flour with a pastry knife or fork. Sprinkle with 2 tablespoons of water and mix with a fork. Round the dough into a ball. Divide it in half and pat into 2 rectangles 12" x 3" in an ungreased pan. Refrigerate covered while you prepare the puff layer.
2. Place the remaining 1/2 cup of margarine and 1 cup of water in a sauce pan and heat just to a boil. Remove from the heat. Add the almond flavoring. Immediately add 1 cup of flour and mix quickly to prevent lumping. Add 1 egg at a time and mix until the mixture is smooth. Divide the puff paste in half and spoon it onto the unbaked crust strips. Be sure to spread the mixture over the edges of the crusts or the puffs will separate from the crusts.
3. Bake the pastry at 350 degrees for 60 minutes, until no wet bubbles remain on the puff. When you remove it from the oven, it will settle a little. Drizzle with white confectioners sugar icing. Decorate with almonds and maraschino cherries.

If you did it right, you should go into a coma after your third piece.

MTA COOKS

Desserts

Louis A. R. Maspero, PL/PD Analyst

Bananas Foster

Ingredients & Measurements

- 4 ripe bananas
- 2/3 cup brown sugar
- 1/3 cup butter or margarine
- lemon juice
- dash ground cinnamon
- dash nutmeg
- 3 tablespoons banana liqueur
- 3 tablespoons rum
- vanilla ice cream

Preparation Instructions

Peel bananas and cut in half lengthwise, then crosswise. Brush bananas with lemon juice to prevent darkening. In a skillet, heat sugar and butter or margarine over medium heat until mixture melts, stir occasionally. Add bananas to the mixture and cook uncovered for 3 minutes, turning once. Sprinkle with cinnamon and nutmeg. Drizzle banana liqueur on top. Heat the rum in a small saucepan just until warm. Ignite and pour the rum over the banana mixture. Serve over vanilla ice cream.

MTA COOKS

Desserts

Teresa Franks, Scheduling Operations Planner

Clyde's Honey Cheese Cake

Back in 1991, my friend Clyde entered the LA County Fair Cheese Cake competition. He got sick, so I helped out. We won third place with this recipe.

Ingredients & Measurements

Crust

- 2 cups graham cracker crumbs
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon allspice
- 1 tablespoon honey
- 5 tablespoons butter (softened)

Filling

- 3 eggs, separated
- 1/3 cup honey
- 2 16-oz. packages cream cheese

Topping

- 16 oz. sour cream
- 1/4 cup honey

Preparation Instructions

Butter 10-inch springform pan. Set aside. Combine all ingredients for crust. Mix thoroughly until crackers are well blended. Press lightly into spring form pan. Chill

Whip egg whites until stiff. Set aside. Combine yolks, cream cheese, and (cup honey until well blended and smooth. Gently add yolk mixture to egg whites by folding yolk mixture into whites. Pour mixture into pan with graham cracker crust. Bake in preheated 400 degree oven for 40 minutes, turning once, or until top is lightly brown and cake is firm.

Blend sour cream and honey thoroughly until even consistency. Pour mixture over browned filling and bake 10 minutes. Remove from oven and cool.



Desserts

Louis A. R. Maspero, PL/PD Analyst

Tim's 6-Flavor Pound Cake

Ingredients & Measurements

- 2 sticks butter
- 1/2 cup oil
- 3 cups sugar
- 5 eggs
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup milk
- 1 teaspoon each: vanilla, almond, lemon, rum, coconut, and butter extracts.

Preparation Instructions

Beat the butter and oil to a cream. Add the sugar and beat until very light. Beat eggs and combine with sugar mixture. Sift baking powder and flour then add alternately with milk to the sugar and egg mixture. Add flavorings. Pour into greased and floured Bundt cake pan. Bake at 350 degrees for one hour.

MTA COOKS

Desserts

Rick Hittinger, Regional General Manager

Shoofly Pie

Great Grandmother's
Pennsylvania Dutch recipe.

Ingredients & Measurements

1 9" unbaked pie shell

Crumbs:

3/4 cup flour

1/2 teaspoon each cinnamon, nutmeg, cloves, ginger

1/2 cup brown sugar

1/2 teaspoon salt

3 tablespoons butter

Liquids:

3/4 cup boiling water

1/2 tablespoon baking soda

1/2 cup baking molasses

1 egg yolk, well beaten

Preparation Instructions

Make crumbs with listed ingredients, work in butter well. Make liquid, add baking soda to boiling water, then add molasses. Mix well. Finally, add well beaten egg yolk. Pour liquid mixture in pie shell, top with crumbs. Bake at 400 degrees until crust starts to brown, then reduce heat to 325 degrees. Bake until firm to touch.

MTA COOKS

Desserts

Cynthia Parker, Office Assistant II (Metrolink Sheriffs)

Monkey Bread

Mmm...so good on a cold winter morning. It gets its name because you pick at it like a monkey.

Ingredients & Measurements

- 4 cans biscuits
- 1 cup granulated sugar
- 2 tablespoons cinnamon
- 3/4 cup butter or margarine
- 1^{1/2} cups light brown sugar, packed
- 2 tablespoons cinnamon

Preparation Instructions

Preheat oven to 325 degrees. Mix sugar and 2 Tbsp. cinnamon in a bowl or pie pan. Separate biscuits and quarter each one. Roll each section into a ball and coat with sugar mixture. Place in a Bundt pan. Melt the butter and add the brown sugar. Heat until sugar is melted. Add cinnamon. Pour mixture over the biscuits. Bake at 325 degrees for 30 minutes or until done. Invert immediately on serving platter. The syrup will run, so use a dish that has an edge. Serve warm.

MTA COOKS

Category Winner



Robert K. Presler, Telecommunications Analyst

Grandma Honey's Sunday Stew

Grandma put this in the oven before church, when we came home the aroma was "heavenly" and we helped to set the table so we could eat right away. Trimmed down the cooking time with tomato paste instead of chopped tomatoes and French onion soup instead of chopping and making broth. Just as good today as 50 years ago.

Ingredients & Measurements

- 2 lbs. lean stew meat, cut into 1" squares
- 1 cup all purpose flour, seasoned with salt and pepper
- 4 cloves garlic, crushed
- 2-3 tablespoons Contadina® Italian tomato paste
- 2 cans Campbell's French onion soup
- 3 large russet potatoes, cubed not peeled
- 1/2 cup red wine (optional)
- 1/2-3/4 cup vegetable oil
- 1 tablespoon Spike seasoning
- 1 tablespoon Lea & Perrins® Worcestershire sauce
- 2 soup cans of water
- 1 8-oz. can sliced mushrooms, drained
- 2-3 large carrots, sliced

Preparation Instructions

Preheat oven to 300 degrees. Dredge the meat thoroughly in salt and pepper seasoned flour. Fry a few pieces at a time in the vegetable oil until all are nicely browned, but not well done. Place browned pieces in a separate bowl until all are done. Drain fry pan of any excess oil and then return all meat pieces to pan. Add Spike seasonings (or Lawry's® All Purpose Seasoning), crushed garlic, tomato paste, soup and drained mushrooms and heat until close to a soft boil. Add water 1/2 cup at a time and stir and cook for a few minutes until flavors are blended. Add wine and continue to stir and cook until blended. Add potatoes and carrots and cook for about 2 more minutes, stirring occasionally. Transfer entire mixture to a medium size roasting pan with a secure cover. Place in preheated oven for about 1 1/2 to 2 hours. Stew aroma will call everyone to dinner. Meat will be soft as can be. Serve with tossed salad, French bread or large home-made croutons and no one will go away hungry. This batch should serve 8 very generously, or 10 to 12 with lots of side dishes.

NOTE: You can freeze the stew (without potatoes and carrots) for up to six months in the roasting pan. Simply thaw and add potatoes and carrots right before putting in the oven - along with the wine if you like that addition.

If you want an even quicker version, add canned carrots and canned potatoes rather than fresh during the last 1/2 hour of cooking (but I don't think they taste as good).

MTA COOKS

Main Dishes

Sheila Badji, Senior Secretary

Sheila's Broccoli Rice Casserole

This recipe was created by me to get my children to eat vegetables and to have something to do with left over rice. It turned out so well that whenever there's a potluck I'm requested to bring my now-famous broccoli rice casserole.

Ingredients & Measurements

- 1 package of Hidden Valley Ranch Dressing Mix (either version, milk or buttermilk)
- 1 can cream of mushroom soup
- 1/2 cup of mayonnaise
- 1/4 cup of milk
- 1 whole medium onion, chopped
- 1 egg, beaten
- 2 teaspoons butter or margarine to sauté onions
- 1 16-oz. bag of frozen cut broccoli or flowerets, cooked and drained
- 2 cups of cooked rice
- 2 cups of grated cheddar, jack, or mozzarella cheese

Preparation Instructions

Preheat oven to 375 degrees.

Sauté onions in butter or margarine. Turn off heat. Add package of Hidden Valley Ranch® mix, mayonnaise, cream of mushroom soup, milk, and beaten egg. Mix well.

In a large casserole dish, layer the cooked rice, then the cooked broccoli. Pour cream of mushroom mixture over the rice and broccoli. Top with grated cheese.

Bake for approximately 30 minutes or until cheese has melted.

Note: For microwave users, you can use your microwave to melt the cheese. I usually heat it for 10 minutes at a time, rotating each time, until cheese is melted.



Main Dishes

Donna Finn, Administrative Analyst

Massa Spaghetti Meat Sauce

This modified version of the family's "secret" spaghetti meat sauce has been in my mother's family for at least 150 years. My grandfather, who died when he was 101, remembered his mother, grandmother, and great aunts making this sauce when he was a boy growing up in Milan, Italy.

Ingredients & Measurements

- 3 cloves garlic (crushed)
- 4 tablespoons canola oil
- 1 ¹/₂ lb. ground salt pork
(or ground pork, if you can't get ground salt pork)
- 1 ¹/₂ lb. ground beef
- 3 large onions - diced
- 1 large diced green bell pepper
- 2 large grated carrots
- 1 lb. fresh mushrooms - sliced
- 3 large cans of diced tomatoes with juice
- 1 can of vegetable broth
- 4 large sprigs of fresh rosemary (leaves only)
- about 1/2 cup
- 1/4 cup fresh basil
- 1/4 cup fresh oregano
- salt and pepper to taste

Preparation Instructions

Spray large, heavy deep pan with non-stick cooking oil. On medium high heat, add canola oil to pan. Crush cloves of garlic, and add to medium hot oil, stirring for about 30 seconds. Add diced onions and lightly brown, stirring constantly. Don't burn them. Mix ground salt pork and ground beef with fresh rosemary, basil, and oregano. Add to onion mixture and lightly brown, stirring occasionally. Spoon off excess fat. Add diced tomatoes with juice, vegetable broth, bell peppers, carrots, and mushrooms. Salt and pepper to taste. Stirring occasionally, simmer with lid off pan for six to seven hours, reducing sauce to medium consistency. If sauce gets too thick, add a little water to mixture to maintain desired consistency. Makes approximately six to eight servings.

To further enhance dish, brown Italian Sausage and add to mixture for last 30 minutes of cooking. Spoon over pasta, add freshly grated parmesan cheese, serve with a big Italian salad with garlic toast, and you have a dinner that everyone will rave about! This sauce can also be used for making an unforgettable lasagna.

Recipe can easily be doubled or tripled and/or part of it can be frozen for use at a later time. It can also be cooked a day ahead of time and reheated in the microwave at the last moment.

MTA COOKS

Main Dishes

Jackie Matosian, Deputy Inspector General

Grandma's Meatballs With Yogurt Sauce

This recipe is from my paternal grandmother. It was traditionally eaten by using the bread wedges rather than utensils. As she used to relate, this was a dish the women would take into the fields where the men were working and serve it picnic-style.

Ingredients & Measurements

- 1 lb. ground lamb or beef
- 1/4 cup fine bread crumbs
- 1 egg
- 1 small onion
- 1/4 teaspoon curry powder
- 1/4 teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon parsley, finely minced

Yogurt Sauce

Crush 1 large clove of garlic in 3 cups of plain yogurt

Preparation Instructions

Mix above ingredients until well blended. Form into small meatballs about 1/2 inch in diameter. Melt 2 tablespoons of butter or margarine in heavy skillet, add 1 tablespoon vegetable oil. Brown meatballs a few at a time in the hot oil. Drain on paper towels and keep warm.

To serve, line a large platter with wedges of thin Armenian bread. Mound meatballs on bread and pour yogurt sauce over meatballs. Serves 6.

MTA COOKS

Main Dishes

Faith Crudup, Schedule Maker II

Grandmother Mary's Smothered Chicken

One of the first recipes shared with me by grandmother Mary Elizabeth Scales when I began cooking. Altered slightly. In loving memory, 1913-1996.

Ingredients & Measurements

Chicken

- 1 whole cut up frying chicken
- 2 cups flour
- 2 eggs
- 4 tablespoons Lawry®'s seasoning salt
- 2 tablespoons parsley flakes
- 1/2 cup oil
- 1 teaspoon fresh ground pepper

Gravy

- 1 box Lipton® onion soup Mix w/mushrooms
- 2 large fresh mushrooms
- 1 clove garlic minced
- 2 teaspoons parsley flakes
- 1 small onion sliced into rings
- 2 8-oz. glasses of boiling water
- 4 tablespoons of flour

Thoroughly wash utensils in-between preparation of chicken and preparation of vegetables.

Preparation Instructions

Wash chicken and pat dry with paper towel. Scramble 2 eggs in medium bowl, then coat chicken.

Place into a large mixing bowl 2 cups of flour, 4 tablespoons of seasoning salt, 2 tablespoons parsley flakes, 1 teaspoon ground pepper and mix thoroughly. Take chicken and roll in flour mixture coating on all sides. Place chicken on prep plate.

Place large skillet on stove top with medium high flame. Pour in oil. Wait until oil is hot before putting in chicken prevents chicken from absorbing excessive amounts of oil. Wait until chicken is golden brown on all sides then place top on skillet turning down flame to low-to-medium. This will allow chicken to cook all the way through for approximately 7 minutes. After cooked, remove chicken from skillet placing on paper towels to remove excess oil. Once all chicken is fried, take skillet and thoroughly clean.

Take 8 oz. glass of hot boiling water and pour in 1 package of Lipton Onion Soup mix w/mushrooms. Stir with fork to remove all lumps then pour into heated skillet. Stir continuously over medium high flame. Sift flour a little at a time into mixture until texture is between runny and shy of thick, because it will thicken later once chicken is placed into gravy. Add sliced onion rings, garlic, parsley flakes. Turn flame down to low heat and place chicken into gravy mixture and cover skillet. Simmer approximately 25 minutes. Occasionally check chicken while simmering stirring with a fork to make sure chicken does not stick to bottom of skillet

Tastes great with garlic mashed potatoes and green beans or peas. Enjoy!

MITA COOKS

Main Dishes

Teresa Franks, Scheduling Operations Planner

Chicken Drummetts

My mother used to make chicken drummetts for picnics and parties in Yuba City (Northern California). It is quite easy to make and can also be used for appetizers.

Ingredients & Measurements

- 3 packages of chicken drummetts
- 1/2 cup sugar
- 1/4 cup flour
- 1/2 cup corn starch
- 2 eggs
- 1 ¹/₂ teaspoon salt
- 1/2 teaspoon msg. (optional)
- 5 easpoons soy sauce
- 2-3 green onions (minced)
- 3-4 cloves garlic

Preparation Instructions

Mix all ingredients together. Marinate drummetts overnight. Deep fry to a golden brown.

MTA COOKS

Main Dishes

Teresa Franks, Scheduling Operations Planner

Brandy Fried Chicken

Since I did not enjoy spending a lot of time in the kitchen as a teenager, I came up with this quick, easy recipe when I was in high school (ages and ages ago) in Northern California. My mother added to it later by using flour and frying the chicken.

Ingredients & Measurements

- 1 cut up chicken
- 1 ¹/₂ cups soy sauce
- 3/4 cup sugar
- 3-4 cloves of garlic
- 3 tablespoons grated fresh ginger
- 4 tablespoons grated fresh onion
- 1/4 cup brandy
- flour (to coat chicken pieces)

Preparation Instructions

Mix all ingredients together except for flour. Marinate chicken overnight. Roll marinated chicken parts in flour. Let sit until flour is tacky (about the time it takes 3 Led Zeppelin songs to play) then deep fry to a golden brown.

MTA COOKS

Main Dishes

Eck Chaiboonma, Transportation Project Manager IV

Bangkok Cowboy BBQ Chicken

Here is my "Bangkok Cowboy BBQ Chicken". Hope some of you get a chance to enjoy it like we do.

Ingredients & Measurements

- 1 whole chicken, cut into eight pieces
- 8 cloves of garlic, smashed and chopped fine
- 3 teaspoons of salt
- 2 teaspoons of pepper
- 6 teaspoons of cilantro stem, chopped fine
- 2 teaspoons of ground turmeric
- 1 small can of coconut milk, about 8 oz. (available at most markets in Asian food section)

Preparation Instructions

In a large bowl, mix chicken thoroughly with garlic, salt, pepper, cilantro, and coconut milk.

Add ground turmeric to marinade for color.

Marinate chicken for about 45 minutes.

Spread chicken on medium heat grill.

Turn chicken frequently to prevent it from burning.

Cook about 30-45 minutes depending on the type of grill you use.

Recommended wine:

1994 Robert Mondavi-Fume' Blanc

Serve with pasta or steamed rice.



Main Dishes

Nina Agee, Senior Human Resources Analyst

Pinot Grigio Au Gratin

This is a hearty main dish that could be used for either a supper or brunch. Because there are no eggs in it, it was perfect for those family members who didn't or couldn't eat eggs.

Ingredients & Measurements

- 3-4 medium red potatoes, with skins left on
- 1/2 cup of whipping cream
- 1/4 cup of Pinot Grigio (or any white wine)
- 1/2 cup yellow onion, finely chopped
- 1 1/2 cup Swiss cheese, grated
- 1 1/2 cup sharp cheddar cheese, grated shredded
Parmesan cheese, to taste
- 2 slices lean ready-to-eat ham dried herbs: basil,
rosemary, thyme - chopped spices: salt, coarse black
pepper, garlic powder

Preparation Instructions

Preheat oven to 350 degrees; grease 2 (16 ounce) ramekins. Slice potatoes thin (but not transparent). Beat whipping cream until it slightly thickens. Add Pinot Grigio and beat again briefly. Place 2 tablespoons of cream mixture in each ramekin. Place one layer of potatoes on the bottom of the ramekin (there will be 3 layers total), sprinkle herbs, spices, and chopped onion over potato layer (reserve equal proportions for the next 2 layers). Place 2 tablespoons of cream mixture over spice, etc. Layer. Sprinkle proportioned cheeses over cream mixture. Repeat all steps for one more layer. For the third (and final/top) layer, place potatoes, spices, herbs, onions, ham, cream, mixture, and cheeses (in that order). Bake for about one hour or until potatoes are tender. Add a sprig of fresh basil or rosemary for garnish (after baking). This recipe can be made the night before and baked the next morning.

Number of servings: 2 (Could also be made in a square 8 X 8 pan, doubling the ingredients.)

Serve with pasta or steamed rice.

MTA COOKS

Main Dishes

La Vergne E. Woods, Administrative Aide

Turkey Balls

Turkey balls is the solution to the leftover turkey & dressing after the big Thanksgiving meal or anytime you want to be reminded of the grand occasion.

Ingredients & Measurements

- 6-8 cups cooked dressing - your favorite recipe
- 3 cups cooked turkey - cut into small pieces
- 1 6-oz. can cream of mushroom soup
- 1 6-oz. can cream of chicken soup
- 1 6-oz. can of cranberry sauce (jellied or berry)
- 6 oz. milk - (use soup cans to measure)

Preparation Instructions

Preheat oven to 400 degrees.

Mix turkey together with dressing. Use hands to mold turkey and dressing mixture into balls, about 12, the size of a medium orange. Take each ball and cut in half. Press in side of each half to form and indentation. Put approximately 2 teaspoons of cranberry sauce in each half, then re-close ball.

Place balls side by side in a 9" x 13" pan.

Mix soups and milk together. Pour soup/milk mixture over top of turkey balls.

Bake for approximately 35-40 minutes, or until lightly browned on top.

MTA COOKS

Main Dishes

Roslynn C. Lee, Senior Secretary

Seafood Gumbo

Ingredients & Measurements

- 3 lbs. crabs (cleaned)
- 2 lbs. shrimp (shelled & deveined)
- 3 packages dried shrimp or shredded shrimp
- 3 lbs. cut up chicken or thighs and drumsticks
- 1 jar small oysters (cut) - (Optional)
- 3/4 lb. fresh okra - (you can use frozen okra) - (Optional)
- 1/2 can 8 oz. tomato sauce - (Optional)
- 1 medium onion
- 2 stalks celery
- 1/2 bell pepper
- 3 pods garlic
- 3 tablespoons flour
- 4 tablespoons oil
- 3/4 lb. Louisiana hot links (or plain hot links if you can't find Louisiana hot links)

Seasoning

- 1/2 tablespoon seafood seasoning
- 3 bay leaves
- 1/2 easpoon rosemary
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon white pepper
- 1/2 teaspoon cayenne pepper (red pepper)
- 1 1/2 teaspoons sausage seasoning - (Optional)
- 2 tablespoons "Tony Thachery's Creole Seasoning" or seasoning salt (or to taste)

Optional: Gumbo File'

Preparation Instructions

Mix 1 tablespoon seasoning salt, onion powder, garlic powder, and 1 teaspoon black pepper together and rub on chicken.

Place seasoned chicken, dried shrimp, and tomato sauce in a pot, and fill 3/4 full with water. Add remaining seasonings. Place a top on the pot and bring to a hard boil, lower flame and simmer. Chop onions, celery, bell pepper and garlic. Set aside.

In a heavy skillet make roux (cast iron is best). Add 3 tablespoons of oil and heat until oil is very hot. Add 3 tablespoons of flour and stir constantly until flour is dark brown but not burned. (Watch closely, flour will brown fast and burn.) When flour is browned, add in chopped onions, celery, bell pepper and mix well. Add to chicken, shrimp and tomato sauce. Slice hot links (approximately 1/4 inch) and brown in skillet. Add to chicken.

In skillet (cast iron is best) put in 1 tablespoon of oil and heat. Add okra and fry until no longer slimy (approximately 5-7 minutes). Set aside. When chicken is just almost cooked, add fresh shrimp, crabs and oysters. Bring to hard boil and add okra. Bring to boil again and turn flame down to a simmer. Cook about 15 minutes.

Serve with: steamed rice, gumbo filé, Tabasco Sauce® (optional)

MTA COOKS

Main Dishes

Randy Lamm, Transportation Program Planner II

Transit Burritos

This is what I eat when
I get off the bus.

Ingredients & Measurements

- 1 can Trader Joe's non-fat salsa
- 1 can refried beans
- 1 package Trader Joe's Frozen Rice Biryani
- 1 tablespoon tamarind chutney per burrito
- 1 tablespoon hot salsa
- 1 package large flour Trader Joe's tortillas

Preparation Instructions

In a skillet add entire can of refried beans. Add package of Frozen Rice Biryani. Heat for approximately 15 minutes. Spoon 3 tablespoons of rice and refried bean mixture on tortilla. Add tamarind chutney and salsa as needed. Roll and eat.

MTA COOKS

Main Dishes

Dorothy Peyton Gray, Library Services Manager

Spinach & Chicken Strudel

I am not known for my culinary skills but I seem to do well with some German dishes. This recipe was given to me by a Puerto Rican friend and I am African - AmericanTalk about diversity!

Ingredients & Measurements

- 1/8 cup canola oil
- 2 bunches spinach
- 3 chicken breasts with skin removed and cut into chunks
- 1 lb. jack cheese
- 1 ^{1/2} onions
- 1/4 cup bread crumbs
- 1 package phyllo dough

Preparation Instructions

1. Boil chicken until fully cooked.
2. Sauté onions in olive oil; add spinach; add chicken; add cheese (in this order). Cover and simmer for 5 to 10 minutes. Put aside.
3. Unwrap phyllo dough and spread on counter; brush a small amount of the canola oil on the dough; sprinkle lightly with bread crumbs. Layer again with phyllo dough repeating this procedure until 7 layers of dough have been placed.
4. Spread the spinach and chicken strudel onto the dough in a horizontal layout about 2 inches from the edge.
5. Fold strudel and roll into a "log-like" fashion.
6. Repeat steps 3, 4, 5 making at least 3 logs.
7. Bake at 350 - 400 degrees for 30 minutes until dough is browned.
8. Slice and serve with your favorite salad.

MTA COOKS

Main Dishes

Faith Crudup, Schedule Maker II

Lasagna Fantastico!

To all that enjoy the best of Italian, a compilation of the best of the very best. Dedicated to the Scheduling Department past, present, and future. Submitted by Mr. Four Layers and Ms. Bar-B-Que.

Ingredients & Measurements

"Mama Bella's" hot Italian sausage with skin removed
9-12 pieces Ronsoni's® Lasagna

- 1 lb. mozzarella cheese
- 1 small can Parmesan cheese
- 1/4 cup small curd cottage cheese
- 1 large green pepper
- 1 large red pepper
- 1 large onion
- 1 large mushroom sliced
- 1 large jar of Prego® with fresh mushrooms"
- 1 lb. of premium top sirloin
- 2 cloves pressed garlic
- 5 bay leaves, depending on amount of time available
- 1 teaspoon onion powder
- 3 tablespoons Italian seasoning
- 2 dashes black pepper (medium grind)
- 1 tablespoon marjoram
- parsley
- 2 tablespoons vegetable oil

Preparation Instructions

1. In a large mixing bowl, season top sirloin with Italian seasoning, onion powder, garlic powder, marjoram, black pepper, pressed garlic, chopped onion, chopped red and green bell peppers, and parsley. Once seasoned, place meat into a large frying pan coated with oil, then brown meat. Turn heat down low to medium heat, add bay leaves and simmer for 20 minutes. Place both bell peppers and mushrooms in five minutes before done (want to make sure they are done but a little crisp). Remove bay leaves once meat is done.
2. In a separate frying pan, place Italian sausage after you remove the skin. Brown and cook thoroughly (make sure pork is cooked thoroughly before removing from pan.) Once cooked, place on separate plate with paper towel to remove excess fat.
3. After you get meats started, bring large pot of water to a boil then place lasagna into water carefully to insure that they do not stick to each other. Cook until lasagna is medium soft. (refer to directions on box)
4. Take large oblong Pyrex dish. Spray bottom with PAM® (non-stick cooking spray). Place 3 strips of lasagna on bottom along side each other. Then layer with top sirloin, sprinkle with bits of sausage, mozzarella cheese, layer of Prego® sauce topped with sprinkles of parmesan cheese and sparingly bits of small curd cottage cheese. Repeat process beginning with three more layers of lasagna. Make at least three to four layers.
5. Place foil over Pyrex dish and cook in preheated oven at 350 degrees for 35-40 minutes. During last 10 minutes of cooking remove foil. Serves between 10 to 12.

Do not use margarine or hot sauce. Do not forget to remove bay leaves after cooking meat.

MITA COOKS

Main Dishes

Ronald Pedregon, Bus Operator

Chorizo (Spicy Sausage)

This is great for burritos.

Ingredients & Measurements

- 1 lb. ground beef or pork
- 1 teaspoon garlic powder
- 3 tablespoons red wine vinegar
- 1 teaspoon salt
- 3 tablespoons red chili pepper
- 1 ¹/₂ tablespoons paprika
- 1 teaspoon oregano
- 1 teaspoon cumin

Preparation Instructions

Put all ingredients in a mixing bowl. Work mixture until all seasonings are evenly mixed together. Makes 1 pound of chorizo. Refrigerate for best results. Use with eggs, potatoes or beans.

MTA COOKS

Main Dishes

Kit Armstrong, Transit Police Sergeant

Le's Potato Casserole

This recipe is 100% Middle America. It has a ton of fat, but it's delicious. It's a favorite at potlucks.

Ingredients & Measurements

- 1 lb. package of hash browns
(or better yet, 2 lbs. fresh potatoes, cut into cubes)
- 3 cups cheddar cheese, grated
- 1/2 cup of margarine, melted
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 can of cream of chicken soup
- 1/2 cup of chopped onions
- 2 cups sour cream

Preparation Instructions

Mix all the above ingredients together and place the mixture into a buttered 9" x 13" baking dish.

Prepare a topping consisting of: 1 1/2 cups of crushed corn flakes and 1/4 cup of melted margarine.

Sprinkle the topping over the mixture in the baking dish.

Bake, covered for 45 minutes at 350 degrees F.

MTA COOKS

Main Dishes

Charisse L. Anderson, Ethics Officer

Seafood and Sausage Goulash

My grandmother always said to experiment and use everything in the kitchen which is how gumbo and goulash got started.

Ingredients & Measurements

- 4-5 green onions with scallion ends (chopped)
- 1 medium size onion (finely chopped)
- 1/2 red bell pepper (chopped)
- 1/2 yellow bell pepper (chopped)
- 8 mushrooms (thinly sliced)
- 2 tablespoons butter/margarine
- 1 16-oz. can Italian Stewed Tomatoes
- 1 lb. Hillshire Smoked Sausage (sliced)
- 2 cans crab meat
- 1 1/2 lbs. shrimp (medium, peeled, & deveined)
- 4 tablespoons olive oil
- garlic salt (optional to taste)
- pepper (to taste)
- 3 cups cooked rice

Preparation Instructions

- 1) Cook rice separately and set aside when done.
- 2) In a large skillet, heat 1 tablespoon butter and 2 tablespoons of olive oil.

Add sausage and cook 5-7 minutes on high heat until cooked.
- 3) Add green onions, both bell peppers and onion, sauté for 5 minutes or until glazed.
- 4) Add mushrooms and cook for 2 minutes. Remove from heat and set aside.
- 5) In another skillet, heat remaining butter/margarine and olive oil. Add shrimp after skillet is hot and cook 5 minutes or until shrimp are pink all around.
- 6) Fold shrimp into skillet with sautéed and cooked vegetables and sausage. Return to medium heat.
- 7) Bring skillet temperature up to a light sizzle, add crabmeat and stewed tomatoes. Bring to boil for 1 minute and reduce temperature to simmer for 5 minutes. Add salt and pepper if desired to taste.
- 8) Serve in bowls over bed of rice and parsley to garnish.

MTA COOKS

Main Dishes

Rudi Beuermann, Project Engineer

Puchero Criollo

Puchero is Argentina's poor man's stew, similar to Spanish and Mexican cocido. There are as many recipes as cooks. It requires no condiments and no oil. The ingredients work fairly well together, but you may substitute almost anything with whatever leftovers you have in the fridge. Puchero works best with cheap, bony, sinewy meats. Beef shanks are ideal because they add the taste and fat of marrow. The leftover broth is used to make soup. Particularly good is noodle soup made with puchero broth. This is the way I remember it from my childhood days.

Ingredients & Measurements

- 4 thick beef shank steaks, with marrow
- 2 Argentine chorizos, or Italian sausages or Spanish longanisa, or Portuguese linguica, or your favorite sausage
- 2 smoked pork shanks
- 1/2 chicken, cut into pieces
- 4 potatoes, coarsely cut
- 1 large onion, coarsely cut
- 1 leek, coarsely cut
- 1 lb. raw garbanzos
- 1 large sweet potato, or yam, coarsely cut
- 1/2 cabbage, coarsely cut
- 1 lb. squash, coarsely cut
- 1 lb. large carrots, coarsely cut
- 1 large celery stick, coarsely cut
- 4 large tomatoes, quartered
- 4 large ears of corn, cut into 2-inch segments
- salt to taste

Preparation Instructions

In a large saucepan (at least 16 quarts), place the above ingredients starting with meats, then hard vegetables, and soft vegetables. Sprinkle generously with salt as you go. Cover with water and bring to a boil. Be careful not to burn the bottom layer. Cover and simmer for two hours, occasionally ladling off suds and excess fat. When ready, spoon onto large trays and place on table. Cut meat and sausage into serving sizes. Let diners help themselves to their favorite choices. Serves at least 10.

MITA COOKS

Main Dishes

Chaushie Chu

Tandoori Chicken

Chaushie learned how to make this dish from an Indian friend.

Ingredients & Measurements

- 6 whole chicken legs, with thighs
- 3 tablespoons paprika
- 1 tablespoon salt
- juice of 1 lemon
- water

Preparation Instructions

Skin chicken pieces and marinate in lemon juice for 30 minutes. Mix paprika, salt, and water to a smooth paste. Rub marinated chicken on all sides with paste. Place chicken on cookie sheet and bake at 400 degrees F. for 30 minutes or until cooked through. Serve with steamed rice and a second glass of white wine.

Serves 6.

MTA COOKS

Main Dishes

Deborah Craney, Chief Administrative Analyst

Spicy Chicken and Sausage Jambalaya

Slice up the cornbread, pass the Tabasco®, & laissez les bon temps rouler!

Ingredients & Measurements

- 1 tablespoon vegetable oil
- 1 lb. boneless skinless chicken breasts, cut into strips
- 3/4 lb. kielbasa or smoked sausage, cut 1" diagonally
- 1 large onion, chopped
- 1 medium green bell pepper, chopped
- 1 cup chopped celery
- 1 1-lb. 12-oz. can whole tomatoes, chopped - reserve juice
- 1 cup long grain rice
- 1^{1/2} teaspoons Lawry's garlic powder with parsley
- 2 teaspoons Worcestershire sauce

Preparation Instructions

Heat oil in large skillet; add chicken and sauté until lightly browned. Add sausage, onion, bell pepper, and celery; sauté 2 minutes. Add remaining ingredients; blend well. Boil; reduce heat and cover. Simmer approximately 30 minutes, until rice is tender. Serves 6-8.



Main Dishes

Deborah Craney, Chief Administrative Analyst

Pan Fried Crab Cakes (With Bell Pepper Butter Sauce)

This is an excellent dinner party dish.
Serve with pecan wild rice - mais oui!

Ingredients & Measurements

Crab Cakes

- 1 extra large egg, beaten
- 1 tablespoon mayonnaise
- 1/4 teaspoon curry powder
- 4 drops hot sauce
- 1 teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- 1/8 teaspoon ground cloves
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon dry mustard
- 1/4 salt and pepper
- 1 lb. fresh lump crabmeat
- 3-5 tablespoons bread crumbs
- 4-6 tablespoons corn or peanut oil

Sauce

- 1/4 red bell pepper
- 1/4 yellow bell pepper
- 1/2 jalapeño pepper
- 1 cup chopped fresh mushrooms
- 2 shallots, chopped
- 1 sprig fresh thyme
- 1/4 cup dry, white wine
- 1/2 cup white wine vinegar
- 1/2 cup chicken stock
- 1/4 cup heavy cream
- fresh lemon juice
- salt and pepper

Preparation Instructions

Crab Cakes

Combine egg, mayonnaise, seasoning. Add crabmeat and enough bread crumbs to absorb excess moisture (do not add too much). Stir carefully to blend. Mixture should hold firmly.

Form 6 patties and place on waxed paper, uncovered for 20 minutes to dry. Heat oil in large skillet and sauté over medium heat until golden brown. Turn and brown other side.

Sauce

Place seeded, deveined pepper sections under the broiler until charred black. Discard skin. Dice and set aside. Heat 1 tablespoon butter over medium heat. Sauté mushrooms, shallots, and thyme for approximately 2 minutes. Add wine, vinegar, and stock. Cook over very high heat until liquids reduce by 1/2 – about 10 minutes. Add cream; reduce again by 1/2 – about 5 minutes - over low heat. Whisk in rest of butter piece by piece to make emulsion. Strain and season sauce to taste with lemon juice, salt, and pepper. Fold in diced pepper. Serve warm.

MITA COOKS

Main Dishes

Maryam Ershaghi, Programmer Analyst

Eggs With Basil Omelet

Ingredients & Measurements

- 1/2 cup basil, chopped
- 1/4 cup mushrooms (if desired)
- 3 eggs (whole or 4 egg whites only)
salt and pepper
- 1 tablespoons of oil

Preparation Instructions

If mushroom is desired, cook the mushrooms until there is no more water then add the rest of the ingredients and stir until cooked.

MTA COOKS

Main Dishes

Ed Foreman, Configuration Management Analyst

Prisnac

This recipe is not what I would call healthy or cholesterol free. Maybe you'd better check with your doctor before trying it, and please don't make a full recipe if you are going to be the only one home. It can be very addictive, and you'll eat the whole thing before anybody can save you from yourself. The recipe has been handed down 4 generations through my dear, old Aunt Francis.

Ingredients & Measurements

- 10 green onions, chopped
- 2 lbs. lean ham, finely chopped
- 4 - 5 strips of bacon, cut fine
- 1 lb. dry, well-drained cottage cheese
- 2 teaspoons salt
- 1/2 cup milk
- 12 eggs
- 1 large onion, minced
- 1 lb. Monterey Jack cheese, grated
- 1/2 cup shortening
- 1/2 cup sugar
- 2 cups flour
- 3 teaspoons baking powder
- 1/4 teaspoon black pepper

Preparation Instructions

Make batter of shortening, sugar, salt, flour, baking powder, milk, pepper, and eggs. Stir in meats, cheese and onions. Bake one hour in well-greased and floured aluminum pan until firm and brown. Cut into squares and serve warm.

MTA COOKS

Main Dishes

Angela Jones, Bus Operator

Meatloaf

The original recipe was given to me by my brother-in-law. Over the years, it has been modified.

Ingredients & Measurements

- 1 lb. ground beef
- 1/2 lb. ground pork
- 1 cup finely crushed crackers
- 1 cup chopped onion
- 1/2 cup chopped bell pepper
- 1/4 cup chopped celery
- 2 eggs
- 1 package Lipton onion soup mix
- 1 can tomato sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoon seasoned salt
- 3/4 cups milk
- 2 tablespoons chili powder
- 1 tablespoon oregano
- 1 teaspoon black pepper
- 1 teaspoon celery seed
- 3 tablespoons flour
- 1 cup water
- 4 tablespoons cooking oil

Preparation Instructions

Mix all of the first 16 ingredients together in a large bowl. Place in baking dish. Bake at 375(for 1 1/2 hours. In a heavy skillet, heat cooking oil. Gradually stir in flour. Stir constantly to prevent burning. When browned, add water and bring to a boil. Slice meatloaf and pour gravy over it. Return to oven for 1 hours. Serves 6.

MTA COOKS

Main Dishes

Louis A. R. Maspero, PL/PD Analyst

Steak Timothy

Ingredients & Measurements

- 3 lbs. round steak, 1" thick
- 1 envelope dry onion soup mix
- 1/4 cup all-purpose flour
- 1/2 cup water
- 1/4 teaspoon black pepper
- 1 can (10 1/2 oz. condensed cream of celery soup)
- 1/4 teaspoon cayenne pepper
- 1/2 cup thinly sliced mushrooms
- 1/4 teaspoon white pepper
- 1/2 cup finely chopped celery
- 3 tablespoons olive oil
- salt to taste
- 1 cup finely chopped bell pepper
- 4 cloves finely chopped garlic
- 1 1/2 teaspoons Worcestershire sauce

Preparation Instructions

Season meat with salt + black, cayenne, & white peppers. Sprinkle one side of meat with half of flour; pound in. Turn the meat and pound in remaining flour. Cut meat into 8 serving pieces. Brown meat on both sides in medium hot olive oil 7 minutes on each side. Sprinkle onion soup mix over meat. Mix water and canned soup over meat. Add bell pepper, celery, garlic, onion, mushrooms, and Worcestershire sauce. Cover tightly & simmer 1 1/2 to 2 hours or until tender.

MTA COOKS

Main Dishes

Louis A. R. Maspero, PL/PD Analyst

Shrimp a la Mexicana

Ingredients & Measurements

- 1 ¹/₂ lbs. raw shrimp, peeled and deveined
- 1/2 teaspoon cayenne pepper
- 6 cloves garlic, minced
- 1/4 teaspoon black pepper
- 1/2 cup chopped bell pepper
- 1/4 teaspoon white pepper
- 1/2 cup chopped onion
- 1 teaspoon paprika
- 1/2 cup chopped celery
- 1/2 cup Sauterne wine
- 2 tablespoons olive oil
- 1 tablespoon flour
- 1 10-oz. can Rotel diced tomatoes & chile peppers
- 1 cup grated cheddar cheese
- salt to taste

Preparation Instructions

Sauté bell pepper, celery, and onion in olive oil. Add the Rotel, flour, cayenne pepper, black pepper, white pepper, paprika, and wine. Blend well and simmer 45 minutes. Add shrimp and simmer for 15 minutes. Serve over rice and top with grated cheese. Serves six to eight.

MITA COOKS

Main Dishes

Louis A. R. Maspero, PL/PD Analyst

Timothy's Shrimp Creole

Ingredients & Measurements

- 2 lbs. raw shrimp, peeled and deveined
- 1/8 teaspoon cayenne pepper
- 1 cup finely chopped celery
- 1/8 teaspoon black pepper
- 1^{1/2} cups finely chopped onions
- 1/8 teaspoon white pepper
- 2 cups finely chopped bell peppers
- 3 bay leaves
- 6 cloves finely chopped garlic
- 1 10-oz. can Rotel, diced tomatoes and chile peppers
- 2 teaspoons snipped parsley
- 1 cup sauterne wine
- 1/4 cup olive oil
- 4 tablespoons Lea & Perrins
- salt to taste

Preparation Instructions

Sauté bell peppers, celery, garlic and onions in olive oil until onions are tender, approximately 10 minutes, stirring occasionally. Stir in wine, parsley, salt, black pepper, cayenne pepper, white pepper, bay leaves, Rotel, and Lea & Perrins(r). Heat to boiling, reduce heat, simmer uncovered for 10 minutes. Stir in shrimp; heat to boiling; reduce heat to medium. Cover and cook 10 to 15 minutes - stirring occasionally, until shrimp are pink and tender. Serve over cooked rice.

MTA COOKS

Main Dishes

Louis A. R. Maspero, PL/PD Analyst

Grillades (pronounced "gree-odds")

Ingredients & Measurements

- 1 lb. pork tenderloin cut into inch strips
- 1/2 cup chopped green onion
- 1/2 cup finely chopped celery
- 1/4 cup all-purpose flour
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons snipped parsley
- 1 10-oz. can Rotel, diced tomatoes and chile peppers
- 1/4 teaspoons black pepper
- 1/4 teaspoon white pepper
- 2 medium onions, finely chopped
- salt to taste

Preparation Instructions

Sprinkle one side of meat with half the flour; pound in. Turn meat and pound in remaining flour. Cook meat in medium heat olive oil 2 to 4 minutes or until brown, turning once. Remove the meat from skillet. In skillet combine Rotel (undrained), onion, celery, green onion, garlic, parsley, black + white peppers, and salt. Cover and simmer over low heat 20 minutes. Add meat. Simmer, covered for 5 -10 minutes. Serve over hot cooked rice or grits.

MTA COOKS

Main Dishes

Louis A. R. Maspero, PL/PD Analyst

Jambalaya

Ingredients & Measurements

- 1 cup long grain rice
- 1 10-oz. can Rotel, diced tomatoes and chile peppers
- 1 large onion, finely chopped
- 3 bay leaves
- 1 6-oz. can tomato paste
- 2 teaspoons snipped parsley
- 1 cup water
- 4 cloves garlic, minced
- 1/2 cup Sauterne wine
- 1/4 cup olive oil
- 1/4 teaspoon black pepper
- 1 1/2 cups sliced smoked sausage
- 1/4 teaspoon cayenne pepper
- 2 whole chicken breasts, skinned, boned and cut into bite-size pieces
- 1/4 teaspoon white pepper
- 2 tablespoons Worcestershire sauce
- 1 lb. raw shrimp, shelled and deveined
- salt to taste
- 1 1/2 cup cubed, fully-cooked ham

Preparation Instructions

Cook rice according to package directions. Set aside. In a 3-quart saucepan cook celery, bay leaves, garlic, onion, and parsley in medium hot olive oil until tender. Stir in undrained Rotel, tomato paste, water, wine, chicken, ham, sausage, the black + cayenne + white peppers, Worcestershire sauce and salt. Bring to a boil. Reduce heat, cover and simmer 30 minutes. Stir in shrimp, simmer covered for 15 minutes. Stir in rice; cook, stirring occasionally until heated through.



Main Dishes

Behzad Yassan, Schedules Supervisor

Lubia Polow (Rice with Green Beans)

Ingredients & Measurements

- 4 cups long-grain basmati rice
- 1 teaspoon ground cinnamon
- 1 large onion, peeled & thinly sliced
- 1 tablespoon cumin seeds
- 2 cloves garlic, peeled & crushed
- 1 ^{1/2} teaspoons salt
- 2 lbs. stewing beef
- 1/4 teaspoon black pepper
- 3/4 cup salted butter
- 1 teaspoon ground saffron
- 1 lb. canned tomatoes, peeled & sliced
- 1 fresh lime
- 1 ^{1/2} lbs. fresh green beans, cleaned and cut into 1/2-inch pieces
- 2 tablespoons plain yogurt

Preparation Instructions

Clean and wash rice; soak in water with 2 Tbsp. salt. In a saucepan, brown the onion, garlic and meat in oil; add tomatoes, cumin seeds, green beans, cinnamon, 1 tsp. salt, 1/4 tsp. pepper, and the juice from half the lime. Mix, cover and simmer over low heat for 45 minutes.

Bring 10 cups of water and 2 Tbsp. salt to a boil in a large nonstick pot. Pour the soaked rice into the pot. Boil for 12 minutes on high heat. Gently stirring a few times, drain rice in a large, fine-mesh colander and rinse with warm water. In the same pot, heat 1/2 cup butter; add yogurt and 1/2 cup water. Place 2 spatulas-full of rice in the pot, then add a layer of green bean mixture. Repeat, alternate layers in the shape of a pyramid. Make vertical holes in the pile with a wooden stick. Pour the remaining butter, saffron, 1/2 cup water over the rice. Place clean dish towel over the pot and cover firmly. Cook for 1 hour over medium-low heat.

Open the pot, remove 4 tablespoons of saffron-flavored rice and set aside for garnish. Gently take 1 spatula-full of rice at a time, place on a serving platter - without disturbing the crust. Mound the rice in the shape of a cone; decorate with saffron-flavored rice. Detach the crust from the bottom of the pot, using a wooden spatula, and serve on the side. Serves 6.

MTA COOKS

Main Dishes

George Nickle, Training Coordinator

Amish Orange-Glazed Pork Loin

I grew up in Delaware - near the Amish communities of Lancaster County, Pennsylvania. Over the years, many of these hard-working "Plain People" (as the Amish call themselves), who still drive horses-and-buggies, became my good friends. They are an important part of my life. Some have even come to Los Angeles to visit me - but that's another story! I've attended their weddings and funerals, gone to their schools, and eaten many, many meals in their homes. The food is simple, wholesome, delicious - and awesomely plentiful. Selecting only one favorite Amish recipe was achieved by putting several in a hat. This is the one I picked out:

Ingredients & Measurements

- 3/4 teaspoon salt
- 2 tablespoon cornstarch
- 1/2 teaspoon dried thyme
- 1 cup sugar
- 3/4 teaspoon ground ginger
- 1 1/4 cups orange juice
- 3/4 teaspoon black pepper
- 1/2 cup water
- 1 5-lb. boneless pork loin roast (rolled & tied)
- 1/4 cup fresh lemon juice
- 4 tablespoons prepared mustard (any type)
- 3 garlic cloves (sliced into 4 pieces each)
- 2 tablespoons soy sauce
- 1 tablespoon flour
- 2 tablespoons grated orange rind

Preparation Instructions

Combine salt, thyme, ginger, pepper in small bowl. Make 12 slits in roast and insert a slice of garlic and some of the spice mix in each. Rub the roast with leftover spice mix. Refrigerate overnight. Remove from refrigerator one hour before baking. (When ordering the roast, have the butcher tie it with string. The webbed stocking they sometimes use will not work with this recipe.)

Preheat oven to 325 degrees. Place uncovered roast in roasting pan and bake for 3 hours. Meanwhile, in medium saucepan, combine the flour, cornstarch, and sugar. Add orange juice gradually, then remaining ingredients. Cook and whisk 3-5 minutes until smooth and thick. After the pork has roasted for 2 hours, brush it frequently with the glaze. Continue roasting and basting for another hour, or until a meat thermometer registers 170 degrees F. Heat remaining glaze and serve as a sauce with the sliced pork.

MITA COOKS

Main Dishes

Mary Mullaly, Secretary

Mary Mullaly's Midwestern Chili

You may want to add water to your beans to make them more like a soup, or not so much water so as to make it thicker. Any which way; they are your beans!

Ingredients & Measurements

- 1 lb. ground round, cooked & drained
- 1 onion, diced & sautéed
- 2 large cans chili beans (do not drain)
- 1 large can kidney beans, drained
- 2 medium cans stewed tomatoes - any variety
- 1 cup beef chorizo, cooked and drained
- 1 large brick XLNT® chili
- 1 package chili seasoning
- 1 tablespoon garlic salt
- 1 tablespoon chili powder
- salt and pepper to taste

Preparation Instructions

Add all of the above into a large pot. Cook on medium heat for about 15 minutes, stirring constantly. Reduce heat and simmer for about 15 minutes, stirring so the mixture will not stick.

MITA COOKS

Main Dishes

Charles McKee, Management Reviews Analyst

Meatloaf

This recipe was provided by my mother. It has been modified over the years to provide a sweeter taste.

Ingredients & Measurements

- 1 ¹/₂ lb. lean hamburger
- 2 eggs
- 2 slices bread, crumbed
- 1/4 cup BBQ sauce
- 1/8 teaspoon salt and pepper

Preparation Instructions

Preheat oven to 350 degrees. Mix all ingredients well. Place meat loaf in a quart-sized pan, leveled no higher than 2".

Cook approximately 45 minutes.

MTA COOKS

Main Dishes

Ruby Jones, Bus Operator

Hit-n-Run Wing Dings

This was one of my half-time helpers for my three sons. Quick meal for sports lovers.

Ingredients & Measurements

- 1 lb. chicken wings
- 2 tablespoons mustard
- 1/4 of a 3-oz. bottle hot sauce
- 16 oz. Wesson oil
- 1/2 cup BBQ sauce, optional
- 1 green onion, optional

Preparation Instructions

Rinse chicken, pat dry. Fry in hot oil until golden. Drain when done. Place in skillet, cover with hot sauce, add mustard. Turn chicken constantly until completely covered. Remove from heat. Serve hot or cold.

BBQ Style - Same as above, + add sauce to cover completely. Dice green onion; sprinkle over chicken.

Serve with dressing of choice.

MTA COOKS

Main Dishes

Garry Warren, Quality Assurance Manager

Diet Mushroom Chicken

Ingredients & Measurements

- 4-6 medium-sized boneless, skinless chicken breasts
- 1 can 98% fat-free mushroom soup
- 1 can non-fat milk or 1/2 can regular milk and 1/2 can water
- 1 small red bell pepper
- 1 small green bell pepper
- 1 bunch green onions
- 1 small jar mushrooms w/liquid
- salt, pepper, garlic powder
- Mrs. Dash or lemon pepper seasoning

Preparation Instructions

Place chicken breasts in a casserole dish and add salt, pepper, and garlic to taste.

Heat mushroom soup on stove until it simmers, don't let it come to a boil.

Cut approximately 1/3 of bell peppers into long thin strips.

Chop 1/2 to (of green portion of onions.

Pour mushroom juice over chicken; save mushrooms.

Pour mushroom soup over chicken and distribute evenly.

Add bell peppers, mushrooms, and green onions to top of chicken and stir gently into mixture.

Cover lightly with Mrs. Dash or lemon pepper seasoning (optional).

Cover and cook for 1 1/2 hours at 375 degrees F (check for tenderness at 1 1/4 hours.

Serve with asparagus and Aunt Penney's hollandaise sauce (if you don't want to make your own) or other vegetables of choice. I usually add large ripe, sliced tomatoes.

This is a very good low-fat, low-calorie meal. Even if you don't want a diet version use either skim milk or 1/2 can of whole or 1/2 can of 2% milk and 1/2 can of water because the long cooking time may cause the soup to clump. The taste may be the same but the appearance won't be.

If after the 1 1/2 hours cooking time, the sauce is too thin, pour it into a small sauce pan and stir over medium heat until the mixture thickens, then pour over chicken before serving. When properly prepared, the sauce will give the chicken a glazed appearance.

ENJOY!



Main Dishes

Linda Elizarraras, Bus Operator
Billy E. Wilkison, Jr., Transit Operations Supervisor

Chili

Ingredients & Measurements

- 3 cups uncooked pinto beans
- 1 ¹/₂ lb. ground beef
- 2 14.5-oz. cans of kidney beans
- 2 12-oz. cans roast beef
- 1 3-oz. bottle Eagle Brand® Gerhart chili powder
- 1/2 4-oz. can Ortega® diced green chiles
- 1 brown onion
- 1 leaf fresh garlic
- 1/2 teaspoon salt
- 3 10 1/2-oz. Campbell's® beef consume soup

Preparation Instructions

Boil 3 cups of uncooked pinto beans in water with 1/2 brown onion and 1 clove of fresh garlic, 1/2 tsp. of salt; cook until beans are completely soft and brown. (Add water as needed until beans are completely cooked.)

Brown ground beef with 3 tablespoons of dried onion and 1/2 clove of fresh garlic. Drain beef. Add 3 cans of Campbell's® beef consume soup, 1 bottle Eagle Brand® powder to cooked ground beef and stir. Add 1 large can of kidney beans, 2 cans of roast beef and 1/2 can of Ortega® chilies and mix. Add cooked pinto beans to mixed ingredients, then cook over medium heat for approximately 15 to 20 minutes. Serve hot.

MTA COOKS

Main Dishes

Rick Hittinger, Regional General Manager

Scalloped Oysters

Great Grandmother's recipe.

Ingredients & Measurements

- 1 pint fresh oysters
- 1 10-oz. package oyster crackers
- 1 lb. butter
- 1 ¹/₂ cups half and half
- 2 teaspoons pepper

Preparation Instructions

Butter 2-quart casserole. Crush oyster crackers, coarsely. Place layer of crackers (crushed), then layer of oysters. Dot with butter, sprinkle pepper; continue layers until finished. Top layer should be crackers. Pour half and half to 1 inch below top layer. Bake at 350 degrees for 40 minutes.

MTA COOKS

Main Dishes

Jake Satin-Jacobs, Administrative Analyst

Sauerbraten with Ginger Gravy and Corn Fritters

My family was very German. Most of our diet was rich, peasant food with an occasional American twist. Sauerbraten is pretty German. The Corn Fritters we often had in place of the traditional egg dumplings (shpaetsle) were pretty American. Our family would eat anything that was high calorie and had either sugar or grease as a major component. This is not California cuisine.

Ingredients & Measurements

The Sauerbraten

- 3 lbs. round steak
- 1 tablespoon salt
- 1/2 teaspoon pepper
- 2 onions sliced
- 1 carrot, sliced
- 1 stalk of celery, coarsely chopped
- 4 cloves
- 4 peppercorns
- 1 pint red wine vinegar
- 2 bay leaves
- 5 tablespoons butter
- 10 ginger snaps

Ingredients & Measurements

The Corn Fritters

- 3 cups drained canned corn
- 2 tablespoons salt
- 1/4 tablespoon pepper
- 4 eggs
- 3 tablespoons melted butter
- 1 cup milk
- 2 1/2 cups flour
- 3 teaspoons baking powder

Preparation Instructions

Marinate the round steak in a mixture of the rest of the ingredients, covered in the refrigerator for 4 days. On the 5th day, remove the meat from the marinade and brown it in butter.

Add the marinade back in. Lower the heat and simmer for three hours.

Then melt five tablespoons of butter in a pan, stir in 2 tablespoons of flour and brown it a little. Add the browned butter to the simmering mixture. Cover and continue cooking for 1 hour. Remove the meat from the liquid. Crumble the ginger snaps into a cup of water. Stir the mixture into the liquid and thicken to make a gravy.

The Corn Fritters

Combine all ingredients in a bowl. Mix thoroughly. Heat 1 to 1 1/2 inches of oil in a pan. Spoon heaping tablespoons of the batter into the oil. Brown on one side. Turn and brown on the other side.

You won't lose any weight eating Sauerbraten with Ginger Gravy and Corn Fritters. You also won't feel hungry for a while.

MTA COOKS

Main Dishes

Susan Harvey, Transit Operations Supervisor

Beef Brisket

This was a favorite with the whole family that my grandmother would make on special occasions.

Ingredients & Measurements

- 1 4-5 lb. brisket of beef.
(Have the butcher remove all fat.)
- 2 onions, peeled and sliced
- 2 cups wine, any kind
- 4 cloves garlic, peeled and sliced
salt and pepper to taste

Preparation Instructions

Preheat oven at 350 degrees.

Place 1 sliced onion and 2 cloves of garlic on the bottom of a roasting pan. Place beef brisket on top of onion and garlic. Top with remaining onion, garlic, salt, pepper, and wine on top of beef. Cover with the lid of a roasting pan or tin foil. Cook until tender - about 30 minutes per pound. Serve with kasha or potato pancakes.

MTA COOKS

Main Dishes

Louis A. R. Maspero, PL/PD Analyst

Oven Fried Catfish

This was a favorite with the whole family that my grandmother would make on special occasions.

Ingredients & Measurements

- 2 lbs. catfish filets
- 1/2 cup Bull's Eye® Roasted Garlic with Herb Grilling Sauce
- 1 1/2 cups crushed cheese crackers
- 2 tablespoons olive oil
- paprika
- garlic powder

Preparation Instructions

Dip fish in grilling sauce and roll in cracker crumbs. Place in a well greased baking pan. Drizzle oil over fish. Sprinkle with paprika and garlic powder and bake at 450 degrees for 15 to 17 minutes or until fish flakes when tested with a fork.

MTA COOKS

Category Winner



Sharyn Abernatha, Assistant Dir. of Employee Relations

Sweet Potato Casserole

Old Southern Recipe.

Ingredients & Measurements

- 3 cups mashed sweet potatoes
- 1 stick oleo, melted
- 3/4 cup sugar (white)
- 1 teaspoon vanilla
- 2 whole eggs, beaten well

Topping

- 1 cup packed brown sugar
- 1/3 cup flour
- 1/3 cup softened oleo or butter
- 1 cup chopped pecans

Preparation Instructions

Mix casserole ingredients together.
Put in casserole.

Crumble topping ingredients together and
sprinkle on top of potatoes in casserole.

Bake at 350 degrees for 1/2 hour.

(May be fixed the day before needed.
Add topping just before you heat.)

MTA COOKS

Side Dishes

Deborah Craney, Chief Administrative Analyst

Sweet Potato Soufflé

A temperamental dish, but well worth the effort.

Ingredients & Measurements

- 1 large sweet potato
- 1 large ripe banana
- 3/4 cup milk
- 2 egg yolks
- 3 tablespoons sugar
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 4 egg whites

Preparation Instructions

Boil, peel, and mash potato and banana; blend well. Add 2 yolks, milk, sugar, nutmeg, and cloves. Beat until smooth. Beat egg whites until stiff. Fold 1/3 egg whites into potato mixture to lighten. Then fold that mixture quickly into remaining whites. Butter a 6-cup soufflé dish, dust with sugar, then pour in the mixture. Bake at 350 degrees for approximately 45 minutes.

MTA COOKS

Side Dishes

Roger F. Dames, Deputy Project Manager - Construction

Tomato Delight

The highlight of visiting my grandmother in Kansas in the 1950's was helping gather the harvest from her vegetable garden...crisp string beans, deep green cucumbers, sweet white corn, yellow crook-neck squash and juicy tomatoes.

Ingredients & Measurements

- 1 July day
- 1 tomato plant
- 1 barefoot child

Preparation Instructions

Warm the day with sun in cloudless, blue sky.

Season the child in dust and sweat from play.

Mix well.

Pour into the vegetable garden next to tomato plant.

Pick a warm, red tomato.

Eat in the garden letting seeds and juice dribble down chin as needed.



Side Dishes

Maryam Ershaghi, Programmer Analyst

Soy Bean With Star Anise

Ingredients & Measurements

- 2 16-oz. packages of fresh frozen soy beans, whole
- 12 cups of water
- 20 pieces of star anise, whole
- 4 tablespoons of salt (add more if desired)

Preparation Instructions

Boil water with star anise and salt for 30 minutes. Let the frozen soy beans out for half day to thaw out. Wash the soy beans and put in boiling water. Cover and let boil for 20 minutes. Take one soy bean and try it. The skin should not get too soft, but the bean should be cooked. Depending on how long the soy bean has been frozen, they should be cooked between 20 to 30 minutes.

You can purchase fresh frozen soy beans from an Asian market and/or 99 Ranch Market.

MTA COOKS

Side Dishes

Teresa Franks, Scheduling Operations Planner

Nasubi Tsukemono (Japanese Eggplant Pickles)

My mother came up with this recipe. It's a Japanese eggplant pickle that is great with hot, steamed, white rice. We always have some type of condiment with our rice. There is always rice and a pot of green tea available at any time of day at my mother's house.

Ingredients & Measurements

- 1 cup soy sauce
- 1/2 cup vinegar
- 1/2 cup sugar
- 8 - 10 Japanese eggplants
(regular eggplants may be substituted)
- garlic salt
- dry mustard to taste

Preparation Instructions

Slice eggplant into thin strips - approximately 1" - 1 1/2 " wide. Place eggplant into a large bowl and sprinkle liberally with garlic salt until well covered. Place a plate, which will fit into the bowl, over the eggplant and weigh it down. (You can use a large rock or whatever is heavy). Let sit for 12 - 15 hours. Squeeze out liquid thoroughly. Place into a bowl.

Warm the soy sauce, vinegar, and sugar until sugar is dissolved. Add dry mustard to taste. Add mixture to eggplant and mix well. Place eggplant in jars and refrigerate until the next day. Serve.

MITA COOKS

Side Dishes

Dominique Grinnell, Communications Officer

Risotto With Peas and Mushrooms (Red Sauce)

All risotto should be made with Arborio rice. Arborio is a short rice with a rounded shape. This shape allows the rice to absorb the flavor of sauces and gives rice dishes a creamy texture.

Ingredients & Measurements

- 1 medium carrot
- 1 stalk celery (including leaves)
- 1/2 medium brown or white onion
- 6 ozs. tomato sauce
- 12 ozs. chicken or vegetable broth (I use the canned)
- 1 1/2 cups of Arborio rice
- salt and pepper to taste
- 1/2 tablespoon olive oil
- 8 ozs. sliced mushrooms
- 1/2 cup of petite peas
- 1/2 cup of grated parmesan cheese

Preparation Instructions

Put the carrots, celery, and onion in the food processor and grind it. Then put this mixture together with the tomato sauce in a sauce pan. Pour your broth in a separate container to heat it. Make sure that your broth is warm (it does not have to be hot, but you might want to heat it a little). Add the rice to the sauce pan and cook at a moderate heat (over a low, medium flame). When the rice dries out (not much excess sauce), add a LITTLE broth, maybe 1/3 cup at a time. Stir constantly. Add more broth a little at a time as the rice dries.

When the rice is almost done, (when the grains look soft and are brighter in appearance), heat the olive oil in a sauté pan. When the oil is hot add the mushrooms and cook until they are reduced (when all the water is gone from them). Once the mushrooms are cooked, add the peas and cook on low until your rice is finished.

If you run out of broth before your rice is cooked all the way, finish cooking the rice with warm water. Do not cook all the moisture out of the rice, this dish should have some sauce. Once the rice is cooked - add the mushrooms and peas and stir so that there is uniformity in the distribution.

Parmesan cheese is optional, but if you use it, add cheese before adding salt and pepper - parmesan cheese tends to be very salty. Serve in wide flat bowls and garnish with chopped Italian parsley.

MTA COOKS

Side Dishes

Dominique Grinnell, Communications Officer

Risotto In Cream Sauce

Ingredients & Measurements

- 12 oz. chicken or vegetable broth (I use the canned)
- 1 1/2 cups of Arborio rice
- 8 oz. heavy whipping cream
- salt and pepper to taste

- 1/2 tablespoon olive oil
- 8 oz. sliced mushrooms
- 1/2 cup of petite peas or 3 medium sliced zucchini or 7 small stalks of asparagus
- 3/4 cup of grated parmesan cheese

Preparation Instructions

Pour about 1/2 cup of broth into a medium sauce pan then add the rice and cook at a moderate heat (over a low, medium flame). Make sure that the rest of your broth is warm (it does not have to be hot, but you might want to heat it a little). When the rice dries out (not much excess sauce) add a little broth, maybe 1/4 cup at a time. Stir constantly. Add more broth a little at a time as the rice dries.

When the rice is almost done (when the grains look soft and are brighter in appearance), heat the olive oil in a sauce pan. When oil is hot add the mushrooms and cook until they are reduced (when all the water is gone from them). Once the mushrooms are cooked, add the peas until they are cooked (not to the point of wrinkling), then add the heavy cream and cook on low until your rice is finished.

If you run out of broth before your rice is cooked all the way, finish cooking the rice with warm water. Once the rice is cooked - add the vegetable mixture and stir so that there is uniformity in the distribution. Add you cheese before adding salt and pepper - parmesan cheese tends to be very salty.

Serve in wide flat bowls and garnish with chopped Italian parsley.

MITA COOKS

Side Dishes

Dominique Grinnell, Communications Officer

Pasta e Fagioli

Ingredients & Measurements

- 3 tablespoons olive oil
- 1 medium white onion, cubed
- 1 medium carrot, grated
- 2 stalks celery, minced
- 1/4 cup chopped prosciutto
- 3-4 cups dry borlotti beans (you may substitute pinto beans) (Beans must be soaked overnight in ample water.)
- 32 oz. tomato sauce
- 32 oz. crushed tomatoes
- 3 tablespoons chopped basil
- 400 grams dry pasta (salad macaroni or other small pasta works best) hot water (will depend on consistency of mixture, have ready when you add the pasta)
- salt and pepper to taste
- Parmesan cheese
(Parmeggiano Reggiano is the best!)
- 4 sprigs basil

Preparation Instructions

Heat oil in Dutch oven, sauté onion, carrot, and celery until onion begins to brown. Add tomato sauce and beans once the sauce begins to simmer. Add crushed tomato and basil. Cook beans in mixture for at least 45 minutes on low flame, stirring occasionally. Once the beans are cooked, increase heat to low boil, add salad macaroni and about 2 cups of hot water.

Keep adding hot water, a little at a time, until pasta is completely cooked. Once the pasta is cooked, remove pot from heat source. Add salt and pepper to taste.

Serve in wide shallow bowls with grated parmesan cheese on top and a little sprig of fresh basil.

*Be careful not to add too much water all at once, because once the pasta is cooked, the Pasta e Fagioli should have a consistency like stew (not too wet, but not dry).



Side Dishes

Cynthia Parker, Office Assistant II

Barbecue Baked Beans

These are a hit at every potluck or barbecue I bring them to.

Ingredients & Measurements

- 1 lb. ground beef
- 1 lb. bacon
- 1 15-oz. can tomato sauce
- 1^{1/2} cups brown sugar, packed
- 2 tablespoons. liquid smoke
- 1 medium onion, chopped
- 2 32-oz. cans pork & beans
- 1/2 cup honey (optional)

Preparation Instructions

Brown ground beef until done. Remove ground beef from pan and place on paper towel to drain. Sauté onion in skillet. Place ground beef and onion in large crock pot. Add tomato sauce, brown sugar, and liquid smoke. Add beans and honey. Mix well. Cook bacon until crisp. Break into small pieces and add to beans. Slow-cook beans for 5-6 hours.

MTA COOKS

Side Dishes

Susan Harvey, Transit Operations Supervisor

Noodle Kugel

This is an Ashkenazi recipe from my grandmother. I've modified it to add Sephardic influence.

Ingredients & Measurements

- 6 eggs
- 1 8-oz. package of cream cheese, softened
- 3/4 cup sugar
- 1 ^{1/2} sticks butter or margarine
- 3 cups milk
- 1 teaspoon salt
- 1 12-oz. package of noodles
- 2 apples - peeled, grated and chopped
- 1/2 cup chopped, dried apricots
- 1/2 cup light and dark raisins, mixed
- 1/2 cup chopped nuts - walnuts, pecans or almonds
- 1 cup crushed corn flakes
- 4 teaspoons cinnamon
- 1 teaspoon nutmeg

Preparation Instructions

Preheat oven at 350 degrees. Cook noodles according to package directions. While noodles are cooking, beat together six eggs with sugar, milk, cream cheese, 1 stick of butter, salt, and 2 teaspoons of cinnamon. Take a 2-quart oven proof casserole and add noodles, the chopped nuts, apricots, raisins, apples, and egg mixture. Mix together. Take the crushed corn flakes, 2 teaspoons of cinnamon and one teaspoon of nutmeg and mix together. Sprinkle on top of noodle mixture. Dot with 1/2 stick butter. Bake for 1 hour uncovered at 350 degrees.



Side Dishes

Louis A. R. Maspero, PL/PD Analyst

Fried Green Tomatoes

Ingredients & Measurements

Batter

- 1 egg
- 4 tomatoes, cut into 1/2 inch slices
- 1/2 cup evaporated milk
- 1 cup all purpose flour
- 1/4 teaspoon salt
- 1 cup seasoned bread crumbs
- 1/4 teaspoon garlic powder
- 6 cups vegetable oil
- 1/4 teaspoon red pepper
- 3 garlic cloves, minced
- 1/4 teaspoon black pepper
- 1/4 cup parsley, chopped
- 1/2 cup water

Preparation Instructions

Combine all batter ingredients. Dip tomatoes in flour, then in batter, then in bread crumbs. Heat oil in deep fryer to 350 degrees. Fry tomatoes until they rise to the top, about 5 minutes. Place fried tomato slices on paper towel. Sprinkle with garlic and parsley.



Side Dishes

Louis A. R. Maspero, PL/PD Analyst

Stuffed Mirlitons

The vegetable pear, or mirliton (mill-eetwan), as Creoles call this vegetable is a pale green, tropical squash. In some areas it is called by its Latin American name, chayote.

Ingredients & Measurements

- 4 8-oz. mirliton
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 1/2 cup chopped celery
- 1/2 cup butter or margarine
- 1 lb. cooked shrimp
- 1/2 lb. smoked ham
- 2 cups seasoned bread crumbs
- 2 tablespoons snipped parsley
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon garlic powder

Preparation Instructions

Cook squash covered in enough boiling, salted water to cover squash, about 40 minutes or until tender. Drain. When cool enough to handle, cut squash length-wise in half. Remove seed. Scoop out pulp carefully to within 1/2 inch of skin. Set the skins aside carefully. Chop pulp. Drain. For stuffing, cook onion, garlic, and celery in butter or margarine until tender. Remove from heat. Cut shrimp and ham into small pieces. Stir shrimp, ham, squash pulp, bread crumbs, onion mixture, parsley, salt, red pepper, black pepper and garlic powder. Spoon stuffing into squash shells. Place shells in a baking dish. Bake uncovered in a 350 degree oven for 30 minutes or until heated through.

MTA COOKS

Side Dishes

Louis A. R. Maspero, PL/PD Analyst

Baked Cheese Grits

Ingredients & Measurements

2 cups water
1/4 teaspoon white pepper
1/2 cup grits
1/2 teaspoon garlic powder
2 beaten eggs
1/4 cup milk
1 cup shredded Monterey Jack
salt to taste
cheese with pepper
paprika

Preparation Instructions

In saucepan, slowly stir grits into briskly boiling water. Reduce heat to medium low, cover, cook 5-7 minutes or until thickened, stirring occasionally. Remove from heat. Stir cheese, eggs, white pepper, garlic powder, salt and milk into grits. Pour mixture into lightly buttered glass casserole. Sprinkle with paprika. Bake in 350 degree oven for 50 minutes.

MTA COOKS

Side Dishes

Donna Maranto, Bus Operator

Saucy Rice Pilaf

This recipe originated from my mother's ingenuity, and a Catholic upbringing of always eating fish on Fridays!

Ingredients & Measurements

- 1 cup rice
- 1 package frozen peas
- 1 brown onion, diced or sliced
- 2 tablespoons. butter
- 1 clove garlic, crushed or diced
- Lawry's "Tato-mate" seasoning packet, BBQ style
- 1 fresh lemon
- 1/4 lb. fresh mushrooms
- 1/4 -1/2 cup half-and-half
- 1 cup sour cream

Preparation Instructions

Pre-marinade onions and mushrooms in a favorite oil and vinegar dressing, or just oil, vinegar, & pepper.

Melt butter in medium heat, add garlic and sauté. Add mushrooms and onions, simmer. Stir in cream and lemon juice. Add Tato-mate, stir over low flame. Add peas and cook until done.

Pour over cooked rice. Serves well with broiled salmon.

Note: If Tato-mate is not available, it is a spicy mixture of cumin, paprika, powdered milk, and BBQ flavoring (crushed bacon, honey, chili powder) and a bouillon cube.



Side Dishes

Sharyn Abernatha, Assistant Dir. of Employee Relations

Corn Pudding

Ingredients & Measurements

- 1 pt. corn
- 3 eggs
- 1/2 cup sugar
- 1 tablespoon flour
- 1 cup milk
- 1/4 stick butter (2 tablespoons)
- dash of salt
- dash of black pepper

Preparation Instructions

Mix all ingredients.

Bake at 350 degrees for 30-45 minutes or until custard is solid and slightly brown on top. 10 minutes. Uncover and continue baking until top browns.

MTA COOKS

Side Dishes

Ramón Valdés, Equal Opportunity Program
Representative

Mexican Corn Casserole

This recipe is cooked by my
83-year old mother, who brought
it from Mexico.

Ingredients & Measurements

- 1 1-lb. can cream style corn
- 1 cup biscuit mix
- 1 egg, beaten
- 2 tablespoons melted butter or margarine
- 1/2 cup milk
- 1/4 oz. can green chiles, sliced
- 1/2 lb. Jack cheese, thinly sliced

Preparation Instructions

Combine corn, biscuit mix, egg, butter, & milk.
Mix well. Turn 1/2 of the batter into a well-
greased 8x8 inch glass baking dish. Cover with
chiles and cheese slices. Spread remaining
dough over cheese. Bake at 400° for 35 minutes
until browned. Serve hot. Serves 6-9 persons.

MTA COOKS

Side Dishes

Louis A. R. Maspero, PL/PD Analyst

Yam Casserole

Ingredients & Measurements

- 3 cups cooked, mashed yams
- 1/2 cup butter
- 1/2 cup sugar
- 1 8-oz. can crushed pineapple
- 2 eggs
- 3/4 cup coarsely chopped pecans
- 1 teaspoon vanilla extract
- 2 cups miniature marshmallows
- 1/3 cup milk
- 1 tablespoon ground cinnamon

Preparation Instructions

Preheat oven to 350 degrees. In 2-quart bowl mix yams, cinnamon, vanilla, butter, eggs, milk and sugar. Beat with electric mixer until smooth. Stir pineapple and pecans in yam mixture; combine well. Pour into a lightly buttered 2 quart casserole dish. Top with marshmallows. Bake for 30 minutes.

MTA COOKS

Side Dishes

James Rojas, Transportation Program Manager III

Risotto

Ingredients & Measurements

- 1 whole garlic, chopped
- 1 med. onion, chopped
- butter for sauté
- 2 cups chicken broth
- 1/2 lb. mushrooms
- parmesan cheese to taste
- 1 cup rice

Preparation Instructions

Chop garlic and onions. Sauté the garlic and onions with butter in a pot. Add a cup of rice into the pot with the garlic, onions, and butter. Add 2 cups of chicken broth. Bring to a boil. Simmer. Stir continuously for 15 minutes. Add sautéed mushrooms. Add more chicken broth to the risotto because the stirring evaporates the water. Stir until the rice becomes nice and mushy. Serve with parmesan cheese sprinkled on top.

MTA COOKS

Category Winner



David Beaubien, Senior Budget Analyst

New England Clam Chowder

Ingredients & Measurements

- 2 ¹/₂ cups of canned, minced or chopped clams
- 1 cup of clam juice
- 1 cup of heavy cream
- 1 cup of whole milk
- 4 slices of bacon
- 1 medium onion
- 2 cups of raw diced potatoes
- 1/2 bay leaf

Preparation Instructions

Chop the onion into small pieces. Fry the bacon over very low heat. Remove the bacon and chop into small pieces. Return the bacon pieces to the frying pan and sauté the chopped onions with the bacon. Add the chopped or minced clams - sift and stir gently until blended. Cook slowly over low heat, not more than 5 minutes.

Place all of the above into a large pot. Add clam juice, heavy cream, whole milk, diced potatoes, bay leaf. Cover the pot and cook until potatoes are done but still firm. Add 4 tablespoons of butter. Simmer for about 3 more minutes before serving. Serve with oyster crackers.

To vary this recipe, you may do the following:

- 1) Add 1 large can of corn, or 1 small can of corn and 1 small can of cream corn, and 1 tablespoon of butter.
- 2) Substitute 1/2 cup of cream for 1/2 cup of whole milk and add additional clam juice to suit your taste.
- 3) When in a hurry, substitute 3 cans of potato soup for 2 1/2 cups of diced potatoes. Use one soup can of clam juice, one soup can of whole milk, and one soup can of heavy cream. Add additional liquid (milk, or cream, or juice) to suit your taste.

MTA COOKS

Soups and Salads

Helen Cosner, Administrative Analyst

Cucumber Tomato Onion Salad

This salad is one that my husband requests quite frequently, especially for summer meals.

Ingredients & Measurements

- 1 medium cucumber, partially skinned and sliced thinly
- 1 medium tomato, cut into thin wedges
- 1 small purple or white onion, sliced thinly into half rings
- 1 small jar marinated artichoke hearts with marinade
- 1/4 cup rice wine vinegar

Preparation Instructions

Combine all ingredients in a bowl. Mix thoroughly and chill for at least an hour or overnight.



Soups and Salads

Deborah L. Craney Chief Administrative Analyst

Quick Crab Bisque

Ingredients & Measurements

- 1/2 lb. (approximately 1 cup) flaked crabmeat
- 1/2 cup dry sherry
- 1 10 1/2-oz. can condensed tomato soup
- 1 10 1/2-oz. can cream of mushroom soup
- 1^{1/4} cup light cream
- 1/2 teaspoon curry powder
- chopped fresh parsley

Preparation Instructions

Marinate crabmeat in sherry for 1 hour. Blend tomato and mushroom soups, cream, and curry in a saucepan. Heat slowly, stirring constantly. Do not boil. Add crabmeat and sherry; heat through. Serve immediately. Sprinkle lightly with parsley.



Soups and Salads

Deborah L. Craney Chief Administrative Analyst

French Quarter Bean Soup

Ingredients & Measurements

- 1 cup dry pinto beans
- 1/2 cup dry red beans
- 1-1 1/2 lbs. ham hocks
- 2 16-oz. cans diced or chopped tomatoes, in liquid
- 1 1/2 cup chopped celery
- 1 cup onion
- 2 cloves garlic, minced
- 2 bay leaves
- 1/2 lb. smoked sausage, sliced, cooked, and drained
- 1 lb. chicken thighs
- 3 tablespoons snipped parsley

Preparation Instructions

Rinse beans. In Dutch oven, combine beans and water to cover. Bring to a boil. Reduce heat and simmer 2 minutes. Remove from heat; cover and let stand 1 hour (or soak beans in water overnight).

Drain; add 6 cups fresh water and ham hocks. Boil. Reduce heat, cover, and simmer one hour. Remove ham hocks; when cool, cut off meat and chop. Discard bones. Return meat to bean mixture. Add undrained tomatoes, celery, onion, garlic, bay leaves, and red pepper. Add sliced sausages and chicken thighs. Cool slightly. Remove meat from bones and chop. Discard bones. Return meat to soup. Add parsley. Remove bay leaves. Serve.



Soups and Salads

Faith Crudup Schedule Maker II

Faith's Potato Salad

A toast to my friend Carol Dedeaux
on the 23rd floor and potato salad
lovers everywhere.

Ingredients & Measurements

- 5 large russet potatoes
- 6 large boiled eggs
- 1 stalk celery, chopped
- 1 medium green bell pepper
- 1 medium red bell pepper
- 1 medium onion
- 2 green onions, chopped (long green ones)
- salt to taste
- pepper to taste
- 2 teaspoons mustard
- 1 medium bottle of Miracle Whip®
- 1 medium bottle of pink Best Foods Sandwich Spread®
- 1/4 cup sweet relish
- 1/4 teaspoon of paprika

Preparation Instructions

Boil potatoes until fork passes through comfortably. (Don't let the potatoes get mushy.) Remove from water and take off skin. Place in large mixing bowl and carefully break up with fork into large pieces.

Add eggs chopped into large chunks, add chopped celery, add bell pepper chopped into medium small pieces and add onions. Toss ingredients with large serving utensils then add mustard, entire bottle of sandwich spread relish and mustard. Add salt and pepper to taste.

Now add Miracle Whip®, a little at a time, to mixture until consistency is just above dry and comfortably removed from mushy. You are looking for a mixture that will hold up on a plate on its own. Place in attractive serving dish and sprinkle with paprika.

Best when refrigerated overnight or at least 6 hours.

MTA COOKS

Soups and Salads

Faith Crudup, Schedule Maker II

Faith's Tossed Chicken Salad

This recipe was delightfully created for friends and loved ones to enjoy with its "exciting-to-the-taste" and "pleasing-to-the-eye" appeal.

Ingredients & Measurements

- 1 head romaine lettuce
- 1 package of fresh prepackaged Italian lettuce/baby greens mix (unusual greens mix)
- 1/2 bunch fresh spinach
- 3 large filet chicken breasts, sliced
- 2 large firm avocados
- 1 medium red onion, thinly sliced
- 4 tablespoons salad herb seasonings
parsley flakes (generous portion)
- 3 large mushrooms, sliced
- 1 large green bell pepper, sliced
- 1 large red bell pepper, sliced
- 3 firm Roma tomatoes, thinly sliced
- 1/2 cup grated carrots
ground black pepper to taste
- 4 boiled eggs, sliced
- 1/4 - 1/2 cup Feta cheese to taste

Preparation Instructions

Boil chicken and cut into long strips and refrigerate until cold. Wash each type of lettuce separately and tear apart with hands. Do not cut with a knife. Wash and de-stem spinach and tear into large pieces. Wash avocados before removing skin, cut in half, take out inner seed and then slice into long thin slices. Take medium red onion, cut into thin rings. Do not cut in half. Wash and rub outer portion of mushrooms off under cool water then thinly slice. After thoroughly washing red and green bell peppers, cut into thin rings. Do not but bell peppers in half the length of the peppers. They are more appealing cut into rings. Cut Roma tomatoes into thinly sliced rings. Boil eggs for at least 20 minutes removing shell afterwards and slice into thin rings. Place all of the ingredients in a very large serving bowl and gently toss. Should be a very exciting to-the-taste and pleasing-to-the-eye dish.

I love the Russian dressing with the salad.

Whatever suits you. Enjoy!!!



Soups and Salads

Ellen Levine Executive Officer Operations

Chicken Salad

Ingredients & Measurements

Solids

- 4 cooked chicken breasts, torn into small strips (or
1 whole chicken, cooked, torn into small strips)
- 1/2 medium head lettuce, shredded
- 6 green onions, chopped (+ 1/4 cup coriander/cilantro,
chopped - optional)
- 1/2 cup toasted almonds, chopped or slivered
- 14 cup toasted sesame seeds
- 3 oz. rice sticks, deep-fried

Liquids & Spices

- 1/2 cup salad oil
- 2 teaspoons dry mustard
- 2 tablespoons lemon juice
- 2 teaspoons sugar
- 1 tablespoon soy sauce
- 1 teaspoon grated ginger
- 1 tablespoon sesame oil
- 1 teaspoons hot pepper oil
- 1 tablespoon Hoisin sauce

Preparation Instructions

Mix all liquid ingredients together. Toss all other ingredients. Add dressing to desired flavor.



Soups and Salads

Ruby Jones Bus Operator

Real Deal (Dill) Potato Salad

This recipe was handed down from my mom and altered with little extras. Coming from a family of 17, we had to have additions which paid off with a plus.

Ingredients & Measurements

- 4-6 medium potatoes
- 1/4 cup sweet relish
- 1 8-oz. Kraft® sandwich spread
- 2 stalks celery
- 8 medium eggs
- small jar sliced dill pickles
- 2 tablespoons mustard
- 1/4 cup sugar
- 1 green onion
- cayenne pepper, optional

Preparation Instructions

Boil eggs; reserve two. Peel and dice potatoes. Boil on medium heat for about 18 minutes; reserve 1 cup potatoes in refrigerator. Dice onions and celery (reserve leaves) in large bowl. Add potatoes, mustard, sandwich spread - mix. Add remaining potatoes. Chill in refrigerator until ready to serve. Makes 6-8 servings. Garnish with sliced eggs and cayenne pepper.

MITA COOKS

Soups and Salads

Louis A. R. Maspero PL/PD Analyst

Creole File (Fee-lay) Gumbo

Ingredients & Measurements

- 2 lbs. shrimp, peeled and deveined (save shells)
- 4 cleaned blue crabs (save shells)
- 2 cups Sauterne wine *
- 6 cups shrimp stock
- 2 lbs. chicken, cut up
- 1 lb. boneless beef stew meat
- 1/2 lb. raw ham, diced
- 1 lb. country sausage (smoked sausage), sliced
- 1 lb. Pete's Louisiana hot sausage
- 3 dozen Eastern oysters
- 3/4 teaspoon salt
- 1/4 teaspoon thyme
- 1 tablespoon Lea & Perrins Worcestershire Sauce
- file powder
- 1/2 cup olive oil
- 3/4 cup flour
- 1 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped sweet pepper (bell)
- 6 cloves garlic, chopped
- 1/4 cup chopped parsley
- 1/4 cup green onion tops, chopped
- 3 whole bay leaves
- 3 tablespoons vegetable oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper
- 1/4 teaspoon white pepper
- 6 cups cold water

Preparation Instructions

Place shrimp and crab shells in a large saucepan with 6 cups of cold water. Bring to boiling over high heat. Simmer 30 minutes. Strain through a strainer. Discard shells. Makes about 6 cups of stock.

Dust the beef with 1/4 cup flour. In large skillet, brown meat on all sides in hot vegetable oil.

Make a small roux in a microwave oven. In a four cup measure, combine 1/2 cup of flour and 1/2 cup of olive oil. Mix well. Microwave on HIGH for six minutes; stir when there are 2 minutes left on the timer, when there is 1 minute left, and when there is 30 seconds left on the timer. Add onions, garlic, celery, parsley, and bell pepper. Stir well. Microwave on HIGH for 5 to 6 minutes or until soft.

Stir the roux into the stock. Add chicken, wine, stew meat, ham, bay leaves, Lea & Perrins, salt, black pepper, red pepper, white pepper, and thyme. Bring mixture boiling. Reduce heat. Cover and simmer for 40 minutes. Stir in the sausage. Cover and simmer 20 minutes more. Remove from heat. Skim off fat. Add shrimp and crabs. Cover and simmer for 10 minutes. Add oysters, also oyster water. Cover and simmer for 5 minutes.

Serve over hot cooked rice garnished with green onion tops. Serve with 1/4 to 1/2 teaspoon file powder to the side of each serving to stir into gumbo. **Never add file to gumbo that is on the fire. this will make the gumbo stringy and unfit for use.**

MITA COOKS

Helpful Hints

Salt

- 1/4 tsp. of salt to each cup of water for cooking vegetables
- Add salt halfway through cooking to avoid toughening beans and corn
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly

Eggs

- Egg whites need to be room temperature for greater volume when whipped
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them

Vinegar

- To minimize the odor when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water
- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed

Milk

- Milk makes a finer-textured bread, water makes a coarser bread
- Before scalding milk, rinse pan with cold water for easy clean up, but to prevent scorching when scalding milk - first rinse pan in hot water
- Add milk to the water to keep cauliflower white

Tricks of the Trade

- Can't get the catsup out of the bottle? Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow
- Do not use metal bowls when mixing salads. Use wood, glass, or china
- Oversalted the gravy? Stir in some instant mashed potatoes and just a little more liquid.
- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake

Did you know that...?

- When cooking vegetables that grow above ground, remember to boil them without a cover
- Three large stalks of chopped celery added to about 2 cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- Fresh lemon juice will remove onion scent from hands
- You should never soak vegetables after slicing; you lose much of their nutritional value

MTA COOKS

Credits

“MTA Cooks!” is a production of Subcommittee #6 of the Diversity Task Force.

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Diversity Task Force motto:
“Our differences are our strength.”