

One item that has been very popular here is our Shepherd's Pie, so I am sharing the recipe here for you to enjoy:

Shepherd's Pie - Yield: 2 Portions

Lamb - 5 cups $\frac{1}{4}$ inch diced
Sliced Mushrooms - 1 cup
Diced Onions - $\frac{1}{2}$ cup
Diced Tomatoes - $\frac{1}{2}$ cup
Minced Garlic - $\frac{1}{4}$ tbs.
All Purpose Flour - $\frac{1}{4}$ cup
Tomato Puree - 2 tbs.
Lamb Stock or Water - 1 pint
Fresh Cracked Black Pepper - $\frac{1}{2}$ tsp.
Chopped Fresh Parsley - 1 tbs.
Russet Potatoes - 4 large
Parmesan Cheese - 1 tbs.
Melted Butter - 2 tbs.
Dry Sherry - $\frac{1}{4}$ cup

Brown Lamb in a large braising pan, then add onions, mushrooms & sherry wine. When vegetables are cooked, add tomato puree and cook for 5 minutes.

Add flour and cook for 5 minutes, then stir in lamb stock or water until smooth. Add diced tomatoes, then cover and bake at 350° for 45 minutes or until lamb is tender. Salt to taste, add pepper and parsley.

Mashed Potatoes: peel and boil potatoes; drain and let stand for 5 minutes.

Mash potatoes until smooth, add salt and pepper to taste.

Place lamb mixture in crock or baking dish. Cover with mashed potatoes.

Drizzle with melted butter, sprinkle with cheese and bake at 350° for 15 minutes or until golden brown.

Please enjoy this recipe for a popular appetizer from the Club:

Maryland Crabmeat a la Remick

1 can Jumbo Lump Crabmeat
1 $\frac{1}{2}$ tsp. ea. Red & Green Peppers
1 tsp. Chopped Chives
1 tsp. Tabasco
1 tsp. Worcestershire Sauce
 $\frac{1}{4}$ cup Bèchamel Sauce
 $\frac{1}{4}$ cup Mayonnaise
1 tbsp. Cocktail Sauce
1 tbsp. Russian Dressing
Salt & Pepper to taste
 $\frac{1}{2}$ cup Brown Bread Crumbs
2 tbsp. Melted Butter

Mix all ingredients except bread crumbs & butter. Mix well, being careful not to break up crabmeat too much. Place in baking dish or individual baking dishes. Sprinkle with bread crumbs & drizzle with butter. Bake in 350° oven for 15 minutes or until golden brown. Serve with lemon.

Just in time for the warm weather, please enjoy the following recipe:

Chilled Yellow Tomato Gazpacho Soup

Yield: 2 Cups

1/2 Pound Yellow Tomatoes, blanched, peeled, seeds removed
2 Tbsp. White Balsamic Vinegar
1 Tbsp. Lime Juice
1 clove Minced Garlic
1/8 Cup minced Vidalia Onion
1/4 Cup Diced Celery
4 Tbsp Extra Virgin Olive Oil
1/2 English Cucumber, peeled, seeds removed, diced
1/4 Red Pepper, diced
1 tsp. Serrano Chili, diced
1 tsp. Chives, chopped
Kosher Salt and Ground White Pepper to taste

Method

Combine the tomatoes, vinegar, lime juice, garlic, onions and celery, then puree. Slowly add olive oil while the machine is running, then transfer contents to a bowl and garnish with the cucumber, peppers, chili and chives. Season with salt and pepper to taste. Refrigerate until needed

In the spirit of Summer, please enjoy the following recipe:

Summer Sweet Corn Bisque

8 cups - fresh sweet corn
1/4 cup - chopped onions
1/4 cup - chopped leeks
1/4 cup - chopped celery
4 bay leaves
1 clove - chopped garlic
2 shallots - chopped
1/4 cup - flour
1/2 cup - heavy cream
64 oz. - chicken stock
1/4 cup - olive oil
1/4 tbs. white peppercorns
1 roasted red pepper - small diced

**pinch nutmeg
salt & pepper to taste**

Roast the corn and reserve 2 cups. In a soup pot, add olive oil, onions, celery, leeks, bay leaves, garlic, shallots and white peppercorns. Cook until transparent. Add flour and cook for 5 minutes (do not allow to brown). Whisk in chicken stock and bring to a boil. Add 6 cups of corn and cook for 45 minutes over low heat, stirring often. Remove from heat and puree in high speed food blender, then return to pot over low heat. Add nutmeg, salt, pepper, heavy cream, roasted red pepper and remainder of corn. Simmer and serve (may also be served chilled).

Here is an Autumn Favorite:

Spiced Pecans

**8 tbs - melted butter
1 ½ cup - brown sugar
1 tsp. - dry mustard
½ tsp. - cayenne pepper
1 ½ tsp. - ground cumin
1 egg white
½ lb. - whole pecans**

Melt butter in skillet, add spices and stir until dissolved. Let cool and stir in egg white. Pour over pecans and transfer to perforated pan. Place in 300° oven and stir gently 2-4 times until light golden brown. Let cool and enjoy!

In the spirit of the holidays, please enjoy the following recipe:

Holiday Cheese Puffs

**¾ lb. Butter
2 ¼ cups Bread Flour
1 tsp. Paprika
½ tsp. Cayenne Pepper
½ tsp. Cajun Seasoning
1 tsp. Salt
1 tsp. Onion Powder
1 tsp. Garlic Powder
6 cups Grated Swiss Cheese
13 Eggs
3 cups Milk**

Bring the milk and butter to a boil, then add the dry ingredients (except cheese) and stir well until the mixture pulls away from the sides of the pan. Place 1/3 amount of cheese into a large mixing bowl. Place the dough mixture into the mixing bowl, then the rest of the cheese and mix. Spray a cookie sheet

with food release ("pam" spray). Spoon mixture into quarter-size portions.
Bake at 400° for 6-8 minutes, then bake at 350° for 15 minutes

Please enjoy this recipe for Sweet Potato Biscuits, which are wonderfully light and fluffy. It is a great way to use leftover mashed sweet potatoes; the biscuits make a delicious sandwich with sliced ham or simply topped with butter.

SWEET POTATO BISCUITS
yield: 8 biscuits

1 cup All Purpose Flour
3 tsp. Baking Powder
2 tsp. White Sugar
1 tsp. Salt
2 tbs. Shortening
 $\frac{3}{4}$ cup Mashed Sweet Potatoes
 $\frac{1}{4}$ cup Milk

Preheat oven to 400°. In a medium bowl, stir together flour, baking powder, sugar and salt. Stir in shortening until the pieces of shortening are pea-size or smaller. Mix in sweet potatoes and enough milk to make the dough soft. Place the dough on a floured surface; roll out or pat to $\frac{1}{2}$ inch thickness. Cut into circles using a biscuit cutter or drinking glass. Place biscuits 1 inch apart on a greased baking tray. Bake 12-15 minutes or until golden brown.

In the spirit of summer, please enjoy the following recipe:

Summer Cornbread

6 oz. - Sugar
1 $\frac{1}{2}$ oz. - Powdered Milk
 $\frac{1}{4}$ oz. - Salt
9 oz. - Bread Flour
4 oz. - Corn Meal
 $\frac{3}{4}$ oz. - Baking Powder
8 oz. - Water
 $\frac{1}{4}$ oz. - Vanilla
4 Eggs
4.5 oz. - Vegetable Oil
 $\frac{1}{2}$ cup - Jalapeno (small dice) - Optional
 $\frac{1}{2}$ cup - Shredded Cheddar Cheese - Optional

Put powdered milk in blender and blend well. Add powdered milk to other dry ingredients and mix well. Whisk in wet ingredients. Line a cake pan (13x9x2) with parchment paper and spray with pan spray. Pour batter into pan and place into preheated oven at 350° - bake for 35 minutes or until top is golden brown. Let cool and cut into squares.

“Hush Puppies”

2 cups - White Corn Meal
4 tbsp. - White Flour
1 tbsp. - Baking Powder
½ tsp. - Salt
½ cup - Chopped Onions
6 - Jalapenos, Chopped
½ - Red Pepper, Chopped
1 - Egg, Beaten
1 ½ cups - Boiling Water
½ Cup - Buttermilk

Mix the dry ingredients, then add onion, egg, water and buttermilk. Mix until smooth. Scoop with an ice cream scoop into a 350° fryer and cook until golden brown or until cooked through. Recipe can be customized with chopped meat items such as shrimp or tasso ham.

Home Made Apple Butter
yield: ½ gallon

10 - Red Delicious or Granny Smith Apples
2 oz. - Butter
12 oz. - Apple Juice
6 oz. - Calvados (apple brandy)
2 tbs. - Maple or Brown Sugar
1 tbs. - Ground Cinnamon
¼ tsp. - Ground Nutmeg
6 pieces - Allspice

Peel and core apples, then chop into medium pieces. In a medium sauce pot, melt butter, then add apples. Cook for 5 minutes over medium heat, stirring continuously. Add remaining ingredients, reduce to low heat and cook, stirring occasionally, until thick and bubbly. Return to medium heat for 5 minutes, stirring continuously. Puree with blender and cool.

Please enjoy this recipe for a Member Favorite from our Lunch Menu:

Baked Cod Underwood
Yield: 1 Portion

6-8 oz. - Cod Fillets
1 large - Beefsteak Tomato
½ oz. - Chardonnay Wine
½ oz. - Lemon Juice

½ oz. - Lime Juice
2 oz. - Melted Butter
¼ cup - Bread Crumbs, mixed with the following:
1 tsp. - Fresh Cracked Black Pepper
1 tbs. - Parmesan Cheese
1 tsp. - Kosher Salt

Preheat oven to 350°. Blanch and peel tomatoes, then cut tomatoes into (2) ¾-inch slices. Place tomatoes in a baking dish, then place cod fillets over the tomatoes. Pour the wine, lemon juice and lime juice over the fish and cover with bread crumb mixture. Drizzle melted butter over the bread crumbs, then place dish into oven and bake for 15-18 minutes until golden brown or fish is cooked through.

Scallops, swordfish, walleye or other white fish may be substituted for the cod.

Sweet Potato Cakes
Yield: 10 Portions

Russet Potatoes, peeled & quartered - 12 oz. (weight)
Sweet Potatoes, peeled & quartered - 12 oz. (weight)
Dried Bread Crumbs - 4 oz. (weight)
Mayonnaise - 2 tbsp.
Skim Milk - 3 oz. (fluid)
Chives, chopped - 2 tbsp.
Fresh Dill, chopped - 2 tbsp.
Cracked Black Peppercorns - 1 tsp.
Capers, rinsed & chopped - 2 tbsp.

Simmer the Russet & sweet potatoes separately in water until tender. Drain & place the potatoes on a baking tray in a warm oven to steam dry, about 5 minutes. Puree the hot potatoes using a ricer or food mill, then allow to cool slightly. Combine the remaining ingredients with the potatoes. Form the mixture into small 1 ½ oz. cakes. Arrange the cakes on a parchment paper-lined baking tray and bake in a 475° oven until thoroughly heated, about 10 minutes.

Sugar-Free Cheesecake

1 ½ lbs. - Cream Cheese, softened
4 - Eggs, room temperature
1 - Vanilla Bean
1 ½ tsp. - Lemon Juice
1 1/3 cups - sugar equivalent of artificial sweetener (ex: Splenda)
¼ cup - Sour Cream

Crust:

1 cup - Graham Cracker Crumbs
2 tbsp. - Butter, melted
2 tbsp. - sugar equivalent of artificial sweetener (ex: Splenda)

Heat oven to 375°. Combine ingredients for crust and press into spring form cake pan. Bake crust for 8-10 minutes. Mix cream cheese and sweetener, then add eggs one at a time. Add the remainder of ingredients, then pour into pan wrapped in foil. Bake in water bath for approximately 1 hour or until set.

JEFF'S FAMOUS "SKI TRIP CHILI"

Yield - approx. 1 gallon

2 lbs. Ground Beef (80% lean)
(2) 14 oz. Cans Dark Red Kidney Beans
(2) 14 oz. Cans Diced Tomatoes
½ Can Water (use empty can from beans)
½ cup Worcestershire Sauce
½ Cup Ketchup
3 tbsp. Minced Garlic
3 tbsp. Dark Chili Powder
3 tbsp. Ground Cumin
1 tbsp. Ground Coriander
1 tsp. Cayenne Pepper
Frank's Red Hot Sauce - to taste

Combine all ingredients except beef and hot sauce in a stock pot and place on low heat. Add hot sauce until desired level of (spicy) heat. While chili is heating, cook ground beef in a skillet until very well done. Add beef to chili and continue to cook over low heat. Chili will be ready to eat when it reaches just under a boil, but one to two days of refrigeration will allow the flavors to infuse and the chili will taste better.

Increasing the amount of Ketchup will increase the sweetness of the chili to balance the spiciness.

Another interesting variation is to add a ¼ cup of Gold Tequila.

Different types of meat may be substituted for beef, such as Ground Turkey, Ground Chicken, Steak or Sausage. My all-time greatest batch of Chili was made with Spicy Wild Boar Sausage (thanks Chef Martin Firestone for shooting the boar - with a bow & arrow, mind you!)

Spicy Thai Grilled Shrimp

yield: 10 portions

2 ¼ lbs. - 16/20-ct. Shrimp, peeled & de-veined

Marinade:

3 each - Garlic Cloves, minced
1 ½ tsp. - Thai Red Curry Paste
2 each - Lemon Grass Stalks, minced
1 ½ tsp. - Fresh Ginger, minced
3-4 each - Thai Bird Chiles, chopped
1 tsp. - Fish Sauce

2 each – Limes, cut into wedges

1 ½ oz. – Cilantro

Combine the Shrimp with the marinade ingredients; marinade in the refrigerator for at least one hour. For each serving, shake excess marinade from 3 ½ ounces of shrimp and grill until thoroughly cooked, about 2 minutes on each side. Squeeze fresh lime juice over the grilled shrimp and serve garnished with cilantro.

Mexican Corn Salad

Yield: 10 portions

2 tsp. – Olive Oil

½ oz. – Minced Shallots

1 clove – Minced Garlic

½ tsp. – Minced Jalapeno

20 oz. – Roasted Corn Kernels (6 ears)

3 ½ oz. – Roasted Diced Red Bell Pepper

4 oz. – Julienne Concasse Tomatoes

3 ½ oz. – Diced Jicama (small dice)

3 ½ oz. – Diced Tomatillo (small dice)

2 tbs. – Chopped Cilantro

¼ tsp. – Salt

¼ tsp. – Chili Powder

¼ tsp. – Cumin Powder

Heat olive oil in a large sauce pan. Add the shallots, garlic and jalapenos. Sauté until the shallots are translucent. Add the corn, peppers, jicama, tomatillos and tomatoes. Toss over high heat until the mixture is hot. Season with cilantro, salt, chili powder and cumin. At this point the salad is ready, although it may also be refrigerated up to 24 hours.