

Welcome to the Other Side



Foodservice Leadership Academy

2008

Frozen Flamingo

(Frosty Berry Blend)

Serving size: 1/3 cup

Number of Servings: 10

Ingredients:

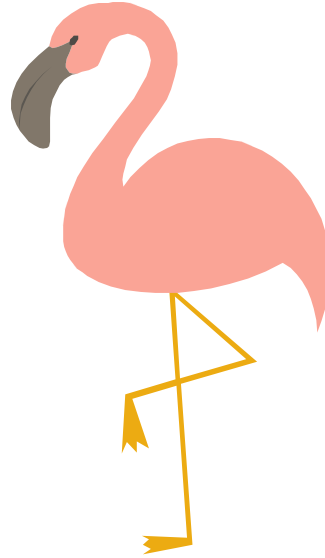
¼ cup milk

6 Tbsp. honey

1 pkg. (8oz.) cream cheese, softened

2 cups frozen raspberries

2 cups frozen blueberries



Place milk and cream cheese in food processor or blender.
Process on high until well blended.

Add fruit and honey; blend until smooth.

Pour into 10 glasses or single bowl. Freeze until ready to serve.

*Can also be served immediately with cake or as a fruit dip.

Tuscan Dip

8 oz. package of cream cheese, softened

2 T. sour cream

$\frac{1}{2}$ c. finely chopped sun-dried tomatoes

$\frac{1}{2}$ c. chopped black olives

$\frac{1}{4}$ c. finely chopped red onion

Mix cream cheese and sour cream.

Add tomatoes, olives and onions.

Serve on crackers.



Layered Mexican Dip

- 1 – 9 oz. can of bean dip
- 1 – 6 oz. guacamole
- 12 oz. sour cream
- 1 – package of taco seasoning
- 1 – oz. package of shredded cheddar cheese
- 1 small can chopped ripe olives

In a clear shallow dish spread a layer of bean dip. Top with a layer of guacamole. Chill.

In a mixing bowl, combine sour cream and taco seasoning. Spread a layer of sour cream mixture over the chilled layer of guacamole. Spread ripe olives next. Top with shredded cheese.



Cranberry Scones

3 C all-purpose flour
1/2 C sugar
1 T baking powder
1/2 tsp baking soda
1/2 salt
3/4 C cold butter (or 1 1/2 sticks of butter), cut in small squares
1 C fresh or frozen cranberries
1/2 C chopped walnuts
1 1/2 tsp grated orange zest
1 C buttermilk
1 T whipping cream or milk

Sugar-Spice Topping

1 T sugar
1/4 tsp ground cinnamon
1/8 tsp ground allspice

Directions:

1. Preheat oven to 400 degrees.
2. Grease a baking sheet or line with parchment paper.
3. Prepare the Sugar-Spice Topping and set aside.
4. In a large bowl, combine the first 5 ingredients.
5. Add the butter and, using a pastry blender or your fingertips, combine the butter and dry ingredients until the mixture is like coarse crumbs.
6. Add the cranberries, walnuts, and orange zest and gently combine.
7. Form a well in the center and add the buttermilk. Mix until evenly moistened.

8. Form the dough into a ball and place on floured surface.
9. Pat into a 3/4 inch circle and using a 2 1/2 inch cookie cutter or the top of a glass, cut into rounds.
10. Place the scones 1 1/2 inches apart on the baking sheet.
11. Brush the tops of scones with cream or milk and sprinkle with the Sugar-Spice Topping. Bake approximately 15 minutes or until the scones are lightly browned. (Insert toothpick to check that they are done.)
12. Serve with the Honey-Orange Whipped Spread.
13. Makes 12 scones.

Honey-Orange Whipped Spread

8 oz cream cheese (softened at room temperature)

2 T honey

1 T orange zest (grated orange peel - orange part only)

Combine all ingredients and beat until fluffy. Serve immediately or refrigerate up to 2 days. Makes approximately 1 1/4 cups.



Ham and Cheese Scones

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
2 teaspoons sugar
1/4 teaspoon salt
1/4 teaspoon ground red pepper
3 tablespoons chilled butter, cut into small pieces
3/4 cup (3 ounces) shredded reduced-fat extra-sharp cheddar cheese
3/4 cup finely chopped 33%-less-sodium ham (about 3 ounces)
3/4 cup fat-free buttermilk
2 large egg whites
Cooking spray

Preparation

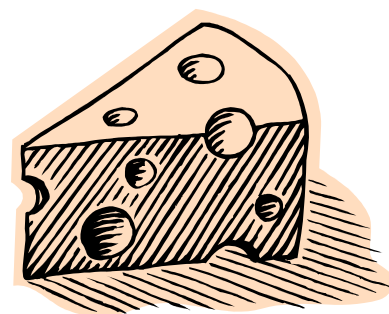
Preheat oven to 400°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, sugar, salt, and pepper in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese and ham. Combine buttermilk and egg whites, stirring with a whisk. Add to flour mixture, stirring just until moist.

Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times with floured hands. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray. Cut dough into 8 wedges, cutting into but not through dough. Bake at 400° for 20 minutes or until lightly browned.

Yield

8 servings (serving size: 1 wedge)



Rumbly-Tummy Buster Mix



Ingredients:

3 tablespoons butter

3 cups shredded wheat cereal

$\frac{1}{2}$ cup slivered almonds

$\frac{1}{2}$ cup raisins

$\frac{1}{3}$ cup firmly packed brown sugar

$\frac{1}{4}$ teaspoon ground cinnamon

Microwave butter on high to melt for 30 seconds in a large microwaveable bowl. Add cereal, almonds and raisins; toss to evenly coat with butter. Microwave 1 minute. Add sugar and cinnamon; mix lightly.

Microwave an additional minute. Cool completely.

Store in an airtight container.

Croquet Balls

("Hairy Meatballs" or Bavarian Style Meatballs)

Ingredients:

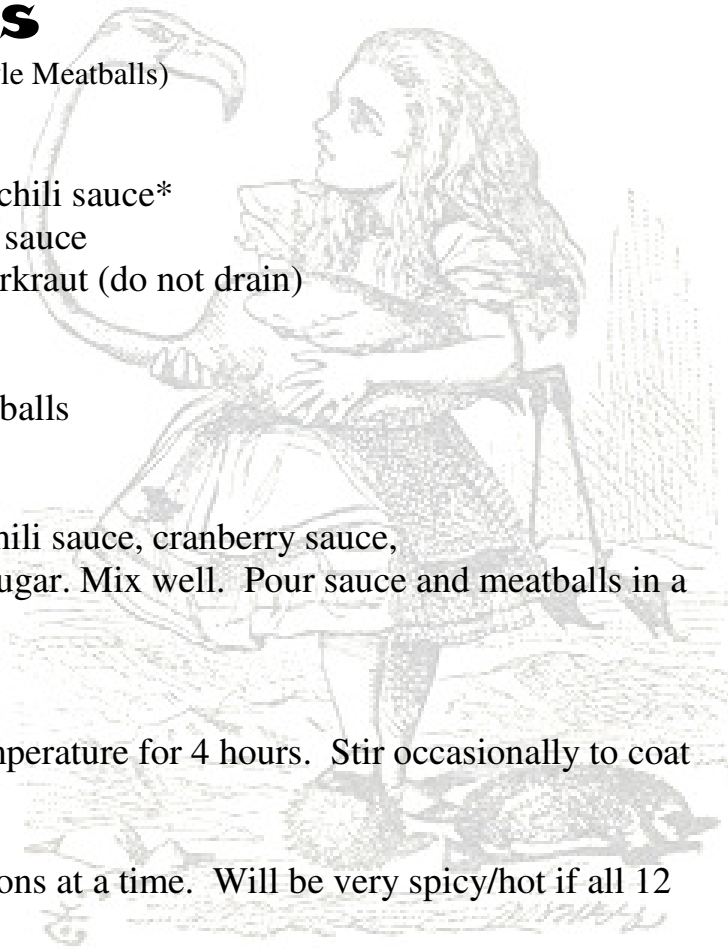
12 fluid ounces tomato-based chili sauce*
1 (16 oz) can whole cranberry sauce
27 ounces Bavarian-style sauerkraut (do not drain)
1 cup water
1 cup packed brown sugar
1 (16 oz) package frozen meatballs

Directions:

In a medium bowl, combine chili sauce, cranberry sauce, sauerkraut, water and brown sugar. Mix well. Pour sauce and meatballs in a slow cooker, stir.

Cook, covered, at medium temperature for 4 hours. Stir occasionally to coat meatballs.

*Add chili sauce slowly, portions at a time. Will be very spicy/hot if all 12 ounces are used!



High Tea Lemon Cookies

2 cups butter, room temperature*
2/3 cup powdered (confectioners) sugar
1 teaspoon grated lemon zest
1 teaspoon pure vanilla extract
2 cups all-purpose flour
1 1/2 cups cornstarch**
Lemon Frosting (see recipe below)



*** Very important please read! You must use room temperature butter (not softened or melted butter).**

**** Yes, this is correct - use 1 1/2 cups cornstarch.**

Preheat oven to 350 degrees F. In a large bowl, beat butter until creamy looking. Add powdered sugar; mix until light and fluffy. Add lemon zest and vanilla extract; beat well. Add flour and cornstarch into butter mixture and mix well until well combined. **NOTE: At first the dough will look dry - but don't worry, as the dough slowly comes together as you mix it and the butter melts into the dry ingredients.**

Do not refrigerate this dough, as the butter will harden hard and make the dough unmanageable for rolling.

Using your hands; roll cookie dough into 1-inch balls. Place onto ungreased cookie sheets and bake 15 minutes or until bottoms are light brown. Remove from oven, carefully remove from baking sheet, and cool on wire racks (when warm the cookies are delicate). When cool, spread Lemon Frosting onto top of cookies.

Yields 6 dozen cookies.

Lemon Frosting:

This recipe makes enough for a double batch of cookies.

1/3 cup butter, room temperature
1 teaspoon grated lemon zest
1/2 cup freshly squeezed lemon juice
4 cups powdered (confectioners) sugar

In a medium bowl, combine butter, lemon zest, lemon juice, and powdered sugar; stir until well mixed. **NOTE: Additional lemon juice may be needed to get the frosting thin enough.**

Substitute fresh lime zest and lime juice for a wonderful variation on these recipes.

Chicken Salad



INGREDIENTS:

4 cups cubed, cooked chicken meat	2 green onions, chopped
1 cup mayonnaise	1/2 cup minced granny smith apple
1 teaspoon paprika	1 cup chopped pecans
1 1/2 cups fresh red grapes	1 teaspoon seasoning salt
	ground black pepper to taste

DIRECTIONS:

1. In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Slice Gapes in half and add to mayonnaise mixture along with onion, apple and nuts. Add chopped chicken, and mix well. Season with black pepper to taste. Chill 1 hour. Serve with your favorite bread or crackers.