

REATH RECIPES

# APPETIZERS





## SARA'S FAMOUS BEAN DIP

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**Note:** Very easy to prepare and a real crowd pleaser. This dip is always the most requested appetizer we make.

- 1 can refried black beans (You can substitute regular refried beans if you can't find the refried black beans.)
- 8 oz. Philadelphia low fat cream cheese, softened
- 8 oz. sour cream at room temperature
- 1 package taco seasoning
- ½ bunch green onions chopped (green parts only)
- Fresh cilantro chopped to taste
- 1 cup shredded cheddar or Mexican cheese blend

Preheat oven to 350°. Mash together the refried beans, sour cream, cream cheese and taco seasoning. Put in a small greased casserole dish and top with green onions and cilantro. Cover with the grated cheese and bake for 30 minutes or until the cheese is bubbly and the dip is hot. Serve with tortilla chips.



## SUPPER CLUB BLUE CHEESE BACON DIP



**Note:** Grace brought this to a party at our house and it was everyone's favorite. Guys especially love it. Use the leftovers, if there are any, to make awesome cheeseburgers or dollop on steaks. If you are short on time, you can substitute REAL bacon bits for the bacon.

7 slices bacon, cooked and chopped	1/3 cup half & half
2 minced garlic cloves	(4 oz.) crumbled blue cheese
2 (8 oz.) packages cream cheese, softened	2 T. chopped chives
3 T. toasted pine nuts	

Put cream cheese in a bowl and beat with a mixer. Add 1/3 cup half & half while beating. Meanwhile sauté garlic in olive oil briefly and add chives. Cook for one minute. Add bacon, sautéed garlic and chives and blue cheese to the cream cheese mixture. Mix well. Put everything except the nuts in a one quart baking dish and bake at 350° for fifteen minutes to heat. Then, sprinkle with toasted pine nuts and serve with French bread or your favorite crackers. YUM!

## DELTAVILLE HOT CRAB DIP



**Note:** Margy gave us this recipe to share in our cookbook. She said it was the first thing she brought to Deltaville about 30 years ago. It was then pronounced "good enough for Deltaville". Margy remembers that she did not appreciate what a compliment it was until nothing else she made was ever "good enough for Deltaville" again. Our mother served this many times and her copy of this recipe is stained with use.

1 (8 oz.) package of cream cheese  
 1/2 cup mayo  
 2 green onions, finely chopped  
 1 T. chopped fresh parsley  
 1/2 lb. fresh crabmeat  
 2 T. dry white wine  
 1/4 tsp. Worcestershire  
 1 T. horseradish

Soften cream cheese. Add remaining ingredients and bake at 350° for 20 minutes. Can be doubled or tripled for large crowds.



## BLUE CHEESE POTATO CHIPS

**Note:** If you have ever had blue cheese potato chips at a restaurant and wished you could make them at home...well now you can. This is the easiest appetizer ever, and best of all it tastes like it's hard to make!

1 bag kettle potato chips. They have to be "kettle style" to hold their crunch.

3 oz. gorgonzola crumbles or substitute you favorite blue cheese crumbles.

Use more if you are a big blue cheese fan.

$\frac{1}{3}$  cup heavy cream

Freshly chopped chives if you want to get fancy

Preheat oven to 400°. Pour half of the bag of kettle chips in a greased oblong casserole dish. Sprinkle with half of your blue cheese crumbles. Pour in the rest of the chips and top with the remaining blue cheese. Drizzle the cream over the top of the chip and cheese mixture sparingly. You want the chips to be coated but not enough to make them soggy. Bake for about 15 minutes until the chips get golden, the cheese is melted and the cream is bubbly. Top with fresh snipped chives if you like, and then get out of the way!



# CINDY'S FAMOUS GUACAMOLE THE BEST EVER!



**Note:** This is the incredible guacamole that Cindy brought to Carne Asada night. It just makes any dish you serve it with.

- 3 ripe avocados
- ½ jalapeño pepper, stemmed, seeded and finely chopped
- 3 T. freshly squeezed lime juice
- ½ large, ripe tomato, stemmed and finely chopped
- ½ cup chopped fresh cilantro
- 1 tsp. Kosher salt
- ½ large onion, peeled and finely chopped
- Freshly ground black pepper
- 2 cloves garlic peeled and minced

Peel and pit the avocados and roughly crush them with a potato masher or fork. Scrape the chopped tomatoes with their juices into the bowl with the avocados. Add the rest of the ingredients and stir to mix. Press a sheet of plastic wrap tightly on the surface of the guacamole. Let sit for thirty minutes at room temperature and adjust for seasonings. You may want to add more jalapeño, lime juice, salt or pepper. Serve at room temperature with tortilla chips for dipping.



# PORK PICADILLO/ PORK PICADILLO NACHOS



**Note:** The Jansens brought these nachos to one of our dinner parties. Everyone devoured them. Now we always make this recipe for super bowl parties. You can also serve the picadillo over rice or for breakfast with eggs.

## For the Picadillo:

1 T. olive oil	½ tsp. ground cinnamon
1 small onion, chopped	¼ tsp. ground cloves
2 garlic cloves, minced	3 lbs. ground pork
¼ cup tomato paste	1 (28-oz.) can diced tomatoes in puree
2 chipotles in adobo, canned	2 T. cider vinegar
1 tsp. ancho or chipolte chili powder	½ cup raisins

In a Dutch oven, heat oil over medium. Add onion and garlic, season with salt and pepper. Cook, stirring occasionally until onion is soft. Add tomato paste, chipotles, chile powder, cinnamon, and cloves. Cook until fragrant, about 1 minute. Add pork and cook, stirring occasionally until no longer pink. Add tomatoes and vinegar. Bring to a boil. Reduce to a simmer and cook, partially covered, until thick, 35 to 40 minutes. Add raisins. Heat for another five minutes and serve.

## For the Picadillo Nachos:

Tortilla chips
1 cup Monterrey Jack Cheese
2 cups Pork Picadillo
¼ cup cilantro, chopped
1 avocado, halved, pitted and cubed
1 container grape tomatoes, quartered

Heat broiler with rack set 4 inches from heat. Line a rimmed baking sheet with aluminum foil or silpat. Place chips slightly overlapping on the prepared cookie sheet. Sprinkle with half of the cheese, then picadillo, then remaining cheese. Broil until cheese is melted, two to five minutes. Top with cilantro, avocado and tomatoes before serving.

# QUESO FUNDIDO WITH ROASTED POBLANO VINAIGRETTE



**Note:** This is the white cheese appetizer we brought to the Jansen's supper club. It takes less than a half hour to make, and will be eaten just as fast. You will have leftover poblano vinaigrette for salads.

## **For the Queso:**

1 T. butter  
1 T. flour  
1 cup whole milk  
3 cups grated Monterey Jack cheese  
¼ tsp. Kosher salt  
⅛ tsp. freshly ground black pepper  
6 oz. mild goat cheese, cut into slices  
Chopped cilantro

Preheat your broiler. Melt the butter in a saucepan over medium heat. Whisk in flour and cook for one minute. Whisk in the milk and cook until slightly thickened. Turn the heat down and stir in the Monterey Jack cheese. Season with salt and pepper. Scrape the mixture into an 8-inch cast iron pan or other shallow ovenproof dish. Put the goat cheese slices on top. Place the pan under the broiler and broil until the cheese is golden brown and bubbly. Remove from the oven and drizzle with the poblano vinaigrette. Top with chopped cilantro and serve immediately with tortilla chips.

## **For the Roasted Poblano Vinaigrette:**

2 poblano chiles, roasted, peeled and seeded  
1 T. red wine vinegar  
1 large clove garlic, roughly chopped  
1 tsp. honey  
¼ cup canola oil

Combine poblanos, 2 tablespoons of cold water, vinegar, garlic, and some salt and pepper in a blender or food processor and puree until smooth. Slowly add the canola oil while processing so it is well blended.



## MORENA'S ASPARAGUS ROLL-UPS

**Note:** Morena made these as an appetizer for supper club. This is a great recipe. Not only are they wonderful, but also you can them ahead of time and not be so stressed before the party.

20 slices white bread, crusts removed  
1 (8 oz.) package cream cheese, softened  
4 oz. blue cheese, crumbled  
1 egg  
Dash Tabasco  
Dash Worcestershire sauce  
Dash lemon juice  
20 fresh asparagus spears  
½ cup butter, melted

Combine cheeses, egg, Tabasco, Worcestershire, and lemon juice. Spread mixture on each slice of bread. Place one asparagus spear on each slice of bread and roll up. Dip in melted butter and cut into thirds. (you can make ahead and freeze up to this point). Place on the ungreased cookie sheet. Bake at 425° for 15 minutes. Serve hot.





## COCKTAIL PARTY CHEESE STRAWS

**Note:** These are very elegant for cocktail parties. They look and taste complicated, but they are really easy to make. If you are super organized, make some extra and keep in the freezer just in case.

1 sheet Pepperidge Farm defrosted prepared puff pastry sheets.  
There are 2 sheets in the box and they are individually wrapped.  
One sheet will make about 30 cheese straws.

3 T. finely shredded cheddar cheese  
3 T. finely shredded Gruyere cheese  
Cayenne pepper (optional)  
Parchment paper

Line 2 baking sheets with parchment paper and preheat the oven to 400°. Divide one sheet of dough into three portions. Keep two of the portions in the refrigerator. Roll out one portion to a rectangle  $\frac{1}{8}$  inches thick and about 10 inches wide. Sprinkle the cheddar evenly over the surface of the dough and dust very lightly with cayenne pepper. Use your hands or the rolling pin to firmly press the cheese into the dough. Cut the dough into  $\frac{1}{2}$  inch-wide strips and twist them into straw shapes. Continue with the next section using the Gruyere cheese and cayenne. For the third section, you can use either cheese. Chill the straws at least 30 minutes before baking. You may also freeze them at this point. Bake at 400° until the straws are puffed and golden brown, about 8 to 10 minutes. We usually serve them standing up in a small wide-mouth vase.





## TOO EASY WHIPPED BRIE

**Note:** This is a real secret we learned from the *French Laundry Cookbook*. Whipping the cheese gives it a great taste and texture unlike anything you have ever tried. It tastes very new and fresh. You'll be amazed.

1 ½ pounds or more ripe good quality Brie or Camembert cheese, chilled

Toastpoints, French bread or your favorite plain crackers.

Peel the outer rind from your Brie cheese, being careful not to waste too much of the cheese itself. Put the chilled cheese in a mixing bowl. With a strong electric hand mixer or Kitchenaid mixer with a paddle attachment, whip the cheese for about 10 minutes. It should have a light airy texture throughout and become very creamy and look like butter.

We usually arrange in a lovely bowl with fruit and toast points as an appetizer. Sometimes if we feel really fancy, we do an after dinner cheese course composition with whipped Brie shaped into melon ball shaped pieces, mâche lettuce or watercress and homemade toastpoints. They also have a great store bought toast-points at the Fresh Market. Get the plain flavor, other flavors overwhelm the cheese.



## SALSA BAKED GOAT CHEESE

8 dried corn husks soaked in water for at least an hour

(You can find these in the Mexican section of your grocery store.)

½ cup toasted pine nuts (To toast pine nuts, use a dry skillet over medium low heat and stir until they are lightly brown and fragrant. Be careful not to let them burn.)

8 oz. goat cheese at room temperature

8 oz. cream cheese at room temperature

1 large jar of your favorite salsa

Freshly chopped cilantro

Tortilla chips

Preheat oven to 350°. Lay the cornhusks overlapping into 8 inch round baking dish. The cornhusks will hold the dip, but they are also decorative so you want to have them stick up over the sides of the baking dish. In a mixing bowl, combine the cream cheese and goat cheese together. Stir until well blended. Add the pine nuts and combine thoroughly with the cheese. Take the cheese out of the bowl, shape it into a flat disk about 3 inches wide. Set the cheese on the center of the baking pan on top of the cornhusks. Spoon your salsa around the cheese and spread it evenly to the edges of the pan. Bake until heated through and soft, about 15 minutes. Sprinkle with the freshly chopped cilantro and serve with tortilla chips.

# RIPE PEARS WITH PROSCIUTTO HAM WITH PARSLEY, OLIVE OIL AND GARLIC SAUCE



**Note:** This recipe comes from our Argentinian cookbook and is traditionally made with Iberico Ham. You can also use Serrano or other high-quality air dried ham. This is a great appetizer when you find excellent, ripe, juicy pears. We always make this at Christmas time with the Harry and David pears that our aunt is kind enough to send.

2 ripe pears  
Freshly ground black pepper  
4 oz. thinly sliced Prosciutto, Serrano or Iberico ham  
½ cup packed minced Italian parsley  
1 tsp. minced fresh garlic  
½ cup extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
French bread slices  
Butter (optional)

## **For the Sauce:**

Combine the parsley and garlic in a small bowl. Slowly add the olive oil, whisking to combine. The sauce will be bright green and thick with parsley. Season to taste with salt and pepper. The sauce be kept refrigerated for up to three or four days.

Cut the pears in half, core them and slice lengthwise ⅛ inches thick. Sprinkle with pepper and olive oil. Cut the ham into pieces about the same size as the pear slices. Butter the bread slices if you like.

Working in overlapping circles from the outside in, lay down pear slices, interspersed with slices of ham on a platter. Drizzle with the sauce and serve on the buttered slices of baguette.

## GRILLED HALLOUMI CHEESE WITH WATERMELON AND BASIL-MINT OIL



- ½ cup coarsely chopped fresh basil
- 3 tablespoons coarsely chopped fresh mint, plus thinly sliced mint for garnish
- 1 garlic clove, coarsely chopped
- ½ cup extra-virgin olive oil plus more for brushing
- Kosher salt and freshly ground black pepper
- ¾ pound cherry or red grape tomatoes, ripe
- 1 (8-9 oz.) package Halloumi cheese, cut crosswise into 8 slices
- 6 small triangles thinly sliced watermelon, rind removed

Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Purée basil, 3 tablespoons mint, and garlic in a blender. With machine running, add ½ cup oil. Set a strainer over a small bowl; strain, pressing on solids. Season with salt and pepper.

Brush grill rack with oil. Drizzle 2 tablespoons basil-mint oil over tomatoes and cheese; season with salt and pepper. Grill tomatoes, turning occasionally, until charred and bursting, about 4 minutes. Grill cheese until nicely charred in spots and beginning to melt, about 45 seconds per side.

Arrange melon on a platter. Top with cheese and tomatoes. Drizzle with remaining herb oil and garnish with sliced mint.



## GRACE'S SWEET CORN PEPPER SALSA



**Note:** Fresh corn is very sweet, but if only older ears are available, either grill or put them under the broiler for 10 minutes before you make the salsa. Grace brought this over for a party and now we always request it. And... it's good for you too!

4 ears freshly picked corn  
1 red bell pepper, diced  
1 jalapeño pepper, minced  
1 bunch cilantro, chopped  
1 small red onion, chopped  
½ cup fresh lime juice  
¼ cup sherry vinegar  
¼ cup olive oil  
3 cloves garlic, minced  
Kosher Salt and freshly ground black pepper

Cut the kernels from the ears. If the corn is good and fresh, you don't need to cook it at all. You can grill older corn that is not as fresh. Mix all the ingredients together in a medium sized bowl. Cover and refrigerate at least an hour to let the flavors blend. Serve with grilled chicken, fish or alone with Tostitos "Scoop" chips as the start to a great party.





## GRACE'S ITALIAN CHEESE SPREAD

**Note:** We first had this delicious and pretty appetizer at Grace's house and finished it all. You make it ahead of time which leaves you free from the pre-party hassle.

- 2 packages cream cheese, softened
- 8 oz. goat cheese, softened
- 2 cloves garlic, minced
- 2 tsp. dried oregano
- ½ cup prepared pesto sauce
- 1 small jar sundried tomatoes in oil, chopped
- ½ cup toasted almonds or pine nuts

In a mixing bowl, mix together the cheeses, garlic and oregano until well blended. You may want to alter the proportions of the cheese, using more goat cheese to taste. You are going to make a mold so pick out a 1 quart loaf pan or comparable sized Tupperware container. Line the container with plastic wrap. Spread one third of the cheese mixture in the plastic wrap that is in the pan. Press firmly into the mold. Next spread all of the pesto. Then spread another third of the cheese mixture on top of the pesto and press firmly again. Spread almost all of the chopped sundried tomatoes on top of the second layer of the cheese. The last layer is the remaining cheese. Place a sheet of plastic wrap on top of the layers and press down firmly again. Place in the refrigerator and chill for several hours. When you are ready to serve, invert the cheese layers onto a platter. Throw away the plastic wrap. Garnish with the rest of the tomatoes and nuts. Serve with crackers, toast points or baguettes.



## THE INFAMOUS PLANTER'S PUNCH



**Note:** This is the coveted recipe given to our parents by their houseboy in Ocho Rios, Jamaica in 1968. You need a really hot day, tall thin frosted glasses, lots of ice and a designated driver for these. Thank you Dad for letting us share this.

2 cups canned unsweetened orange juice

2 cups canned unsweetened pineapple juice

2 cups canned unsweetened grapefruit juice

$\frac{1}{3}$  cup sugar

$\frac{1}{3}$  cup real lime juice (the kind in a bottle is traditional)

1  $\frac{1}{2}$  cup Meyer's dark rum

$\frac{1}{2}$  cup medium dark rum

$\frac{1}{3}$  cup grenadine

Splash Angostura Bitters

In a larger pitcher mix all of the juice, then add sugar and stir until the sugar is well dissolved. Then add the rum, grenadine, and bitters. Serve in tall glasses filled to the rim with ice and garnish with fresh lime slices. Use flex straws.



