



CHOCOLATE NUTTY CUPCAKES

- 11 eggs, separated
- 8 ounces grated chocolate
- 4 Tbsp potato starch
- 1 vanilla sugar-optional
- 1 ½ cups sugar
- 1 cup ground hazelnuts
- 1 cup ground walnuts

Beat egg whites with half the sugar, & yolks with the other half. Melt chocolate & add yolks while beating. Add potato starch & vanilla sugar, if using. Fold whites into mixture. Fold in nuts by hand. Spoon into cup cake papers. Bake for 30 min. at 350 F.

MEAT IN WINE SAUCE

- 2 lbs. chuck, cubed
- 2 cloves garlic, minced
- 1 ¼ cups chicken stalk or water
- salt
- ½ cup potato starch
- 1 small onion, chopped
- ¼ cup dry red wine
- oil

Mix starch, salt & garlic. Coat meat with this mixture. Brown meat in oil, place in roasting pan. Combine leftover oil, onion, chicken stock and wine. Pour over meat. Bake for 2 hours

CITRUS CHICKEN

- 1 medium onions, sliced
- juice of 2 lemons
- juice of one grapefruit
- 2 chickens, quartered
- juice of one orange
- 3-4 tablespoons water

Place onions on bottom of roasting pan. Put chicken pieces skin side down on top of onions. Pour juices over all. Bake, covered, at 350 F for two hours.



PINEAPPLE & CARROT SALAD

- 3-4 large carrots
- 1 pineapple
- sugar, to taste

Saute carrots in oil, adding sugar. Add one pineapple cubed. Mix well.

PORTEBELLO MUSHROOM SALAD

- 2 bags Euro salad
- 10 cherry tomatoes
- honey glazed almonds (if available)
- 3 portebello mushrooms

DRESSING

- 2/3 cup oil
- 1/4 cup sugar
- 1 clove garlic, minced
- 1/4 tsp. dry mustard
- 1/4 cup vinegar
- 1/4 cup ketchup
- 1/2 tsp. salt
- 1/4 tsp. paprika

Slice and saute mushrooms with salt & pepper. Mix all ingredients for salad. Pour dressing over salad right before serving, as not to wilt the lettuce.

CREAMY POTATO LEEK SOUP

- 1-2 leeks, sliced
- 4 medium potatoes, cubed
- 3 Tbsp oil
- salt
- paprika
- 4 zucchinis
- 3 Tbsp oil
- 2 Tbsp soup mix
- pepper

Saute leek & zucchini. Add remaining ingredients. Bring to boil. Simmer on low and blend.



CHICKEN FILLED BLINTZES

- 10 eggs
- 10 tsp. water
- 15 tbsp. potato starch
- dash of salt

Beat altogether. Pour small amount of oil into frying pan. Fry until golden on both sides. then fill with chicken filling (listed on next page).

Chicken Filling:

- 1 onion, diced
- leftover chicken
- seasonings
- 1 egg

Saute onion, season with salt, paprika, pepper & garlic powder. Remove onion mixture and grind together with leftover chicken. Blend egg together with chicken mixture.

Fill crepes with 1 tbsp. chicken mixture. Roll up crepes.
Can be served with mushroom sauce over crepes.

CHOCOLATE MOUSSE

- 1 large bar chocolate
- 12 eggs separated
- 2 sticks margarine
- 2/3 cup sugar

Melt bar of chocolate. Melt 2 sticks of margarine. Beat egg whites and add sugar. Beat margarine and add chocolate & egg yolks to margarine-slowly. Fold into whites, then freeze.

VANILLA ALMOND ICE CREAM

- 1 6 egg whites
- 3 egg yolks
- 1 carton whip
- ½ cup almonds
- ½ cup sugar
- 1 pkg. vanilla sugar
- 1 cup sugar

Melt sugar over high heat. Lower to medium when it begins to liquify. Add almonds, stirring constantly. Spread on parchment paper. When cool, break into small pieces.

Beat whites with sugar. Add yolks and vanilla. Beat whip. Fold into whites. Add almond pieces to ice cream.