

ABUELA'S COOKBOOK



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Rosemary Olive Oil Bread

INGREDIENTS

- 1 cup warm water (100-110 F)
- 1 Tbsp. organic cane sugar
- 2 tsp. active dry yeast
- 1 tsp. salt
- 2 Tbsp. fresh rosemary, chopped (or 2 tsp. dried)
- 1/4 tsp. Italian seasoning (or pinch of each ground garlic, dried oregano, and dried basil)
- 1/4 tsp. freshly ground black pepper
- 2 Tbsp. extra virgin olive oil
- 1 1/2 cups white whole wheat flour
- 1/2 cup bread flour + extra for kneading
- 1 egg, whisked + 1 Tbsp. water, for egg wash
- dried rosemary, for sprinkling



DIRECTIONS

In a large bowl, combine the warm water, sugar, and yeast. Let sit 10 minutes to proof. Stir in the salt, rosemary, seasonings, olive oil, and whole wheat flour. Add the bread flour and stir until the dough forms a ball. Knead on a lightly floured surface for about 5 minutes, adding more flour as necessary to prevent sticking, until smooth. Place the dough in a lightly greased bowl; cover; and let rise until doubled in size, about 1 hour. Punch down the dough and form it into a round loaf. Place it on a cornmeal dusted pizza peel or parchment paper; cover; and let rise until doubled in size, about 45 minutes. Meanwhile, preheat oven (and pizza stone) to 400 F. Once the dough has risen, gently brush the top with egg wash and sprinkle with dried rosemary. Bake on preheated stone for 20-25 minutes until the top is golden brown and sounds hollow when tapped. Makes 1 round loaf.

Spinach and Tomato Quesadilla

INGREDIENTS

- 1 roma tomato, thinly sliced
- Baby spinach
- Pesto (try homemade!)
- Feta crumbles
- Shredded mozzarella
- 2 large flour or gluten-free tortillas



DIRECTIONS

Place a tortilla on a skillet over medium heat, and spread a layer of pesto on top. Add a light layer of mozzarella cheese, then feta. Add tomato slices, spinach, and top with another layer of mozzarella cheese. Place the other tortilla on top, heat for about 5 minutes, flip, and heat for another 5 minutes or until cheese has melted.

Honey Chicken Salad with Grapes and Feta

INGREDIENTS

- 1 lb chicken breast
- 1 bunch grapes (about 2-3 cups), cut in half
- 1 cup uncooked wheat berries
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 tablespoon honey (I use Ames Farm Honey)
- ¼ cup homemade or storebought lemon dressing (I used Brianna's brand)
- ½ tablespoon vinegar
- 2 tablespoons water
- feta cheese and green onions for topping



DIRECTIONS

Bring 2 large pots of water to boil. To one pot, add the raw chicken breasts. Cover and cook for about 20-30 minutes. To the other pot, add wheat berries and cook, uncovered, for about 20-30 minutes. While chicken is cooking, chop the grapes in half. Slice a few green onions for topping. Whisk together the olive oil, honey, dressing, vinegar, and water. Keep grapes, green onions, and dressing in the refrigerator until ready to assemble. Remove chicken from heat and check for doneness (white color throughout). Drain water and allow to cool for several minutes. When cool enough to handle, shred chicken with two forks or your hands. Season shredded chicken with salt and pepper. Remove wheat berries from heat and check for doneness (chewy texture). If they're still too crunchy for you, continue to cook for another 10 minutes, adding water as needed. Drain off all excess water when done cooking. Season with salt and pepper. Combine all ingredients in a large bowl. Top with feta cheese, green onions, and almonds. Refrigerate for up to 4 days.

Spaghetti with Sauteed Chicken and Grape Tomatoes

INGREDIENTS

- 2 skinless chicken breast halves, diced in 1 inch cubes
- cooking spray
- 1/2 tsp each of dried oregano and dried basil
- kosher salt and fresh pepper
- 8 oz spaghetti (high fiber or low carb) I used Ronzoni Smart Taste
- 2 cups grape tomatoes, halved
- 6 cloves garlic, smashed and coarsely chopped
- 4 tsp extra virgin olive oil
- 4 tbsp chopped fresh basil



DIRECTIONS

Bring a large pot of salted water to boil. Season chicken generously with salt, pepper, oregano and basil. Heat a large skillet on high heat. When hot, spray with oil and add chicken. Cook about 3-4 minutes, until no longer pink. Remove chicken and set aside. Add pasta and cook according to package directions. Reserve about 1/2 cup pasta water before draining. While pasta cooks, add olive oil to skillet on high heat. Add garlic and sauté until golden brown (do not burn). Add tomatoes, salt and pepper and reduce heat to medium-low. Sauté about 4-5 minutes. When pasta is drained, add pasta to tomatoes and toss well. If pasta seems too dry, add some of the reserved pasta water. Add fresh basil and chicken and toss well. Serve and top with good grated cheese.

Slow Cooker Spinach Lasagna

INGREDIENTS

- 2 containers (15 oz. ea.) ricotta cheese
- 2 cups shredded mozzarella cheese (about 8 oz.)
- 1/2 cup grated Parmesan cheese
- 2 eggs
- 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1 envelope Lipton® Recipe Secrets® Vegetable Soup Mix
- 2 jars (1 lb. 8 oz. ea.) Ragu® Old World Style® Pasta Sauce
- 12 lasagna noodles, uncooked



DIRECTIONS

Combine ricotta, 1 cup mozzarella, 1/4 cup parmesan, eggs, spinach and Lipton® Recipe Secrets® Vegetable Soup Mix in medium bowl; set aside. Spread 1 cup Pasta Sauce in 6-quart slow cooker. Layer in 4 lasagna noodles, broken to fit, then 1 cup Pasta Sauce and 1/2 of the ricotta mixture; repeat. Top with remaining 4 lasagna noodles and 2 cups Pasta Sauce. Reserve remaining Pasta Sauce. Cook covered on LOW 5 to 6 hours. Sprinkle with remaining cheeses. Cover and cook an additional 10 minutes. Let stand 10 minutes before serving. Serve with remaining Pasta Sauce, heated.

Slow Cooker Pot Roast

INGREDIENTS

- 1 tablespoon(s) cornstarch
- 8 medium carrots, cut into thirds
- 2 medium onions, each cut into 8 wedges
- Coarse salt and ground pepper
- 1 (3 pound) beef chuck roast, trimmed of excess fat
- 2 tablespoon(s) Worcestershire sauce



DIRECTIONS

In slow cooker, stir together cornstarch and 2 tablespoons cold water until smooth. Add carrots and onions; season with salt and pepper, and toss. Sprinkle roast with 1 teaspoon salt and 1/2 teaspoon pepper; place on top of vegetables, and drizzle with Worcestershire. Cover; cook on high, 6 hours (or on low, 10 hours). Transfer roast to a cutting board; thinly slice against the grain. Place vegetables in a serving dish; pour pan juices through a fine-mesh sieve, if desired. Serve roast with vegetables and pan juices.

Honey Mustard Pretzel Chicken

INGREDIENTS

- 2 cups panko crumbs
- 2 cups pretzel crumbs*
- 1/2 cup neutral tasting olive oil
- 1/2 cup Dijon mustard
- 1/3 cup honey (like clover or orange blossom)
- 1/4 cup bottled water
- 3 tablespoons red wine vinegar
- coarse salt and fresh ground black pepper
- 1 + 1/2 pounds boneless chicken breasts
- 1/2 cup flour, plus more if needed



DIRECTIONS

Preheat the oven to 400° F. Lightly grease with oil a large, non-stick baking sheet or roasting pan. If you don't have a non-stick pan line a regular pan with parchment and lightly grease with oil. In a large skillet over medium heat toast the panko crumbs until lightly golden, stirring constantly. Remove from the pan and allow to cool. In a food processor pulse the pretzels until coarsely ground (small crumbs with some small pretzel pieces) then add them to a medium bowl and mix with the panko crumbs. Wipe the crumbs out of the food processor. Add the oil, mustard, honey, water and vinegar to the food processor and pulse until smooth. Season with salt and pepper. Taste and adjust the flavor to suit your own tastes by adding more mustard or honey. Pound the chicken breasts out to an even thickness using a mallet. Season well with salt and pepper. Set up a dredging station: Pour half of the dressing into a large shallow bowl or dish, put the flour on a large plate and add half the pretzel mixture to a large, shallow bowl or dish (add the remaining half pretzel crumbs to the dish as needed).

brownie cookies with peanut butter frosting

INGREDIENTS

- 350g dark chocolate, chopped
- 40g butter
- 2 eggs
- cup (150g) caster (superfine) sugar
- 1 teaspoon vanilla extract
- ¼ cup (35g) plain (all-purpose) flour, sifted
- ¼ teaspoon baking powder, sifted
- peanut butter frosting
- 1 cup (160g) icing (confectioner's) sugar mixture
- 1 cup (280g) smooth peanut butter
- 80g butter
- 1 teaspoon vanilla extract
- cup (80ml) single (pouring) cream



DIRECTIONS

Preheat oven to 180°C (350°F). Place 200g of the chocolate and the butter in a small saucepan over low heat and stir until melted and smooth. Set aside. Place the eggs, sugar and vanilla in the bowl of an electric mixer and whisk for 15 minutes or until pale and creamy. Stir through the flour, baking powder, chocolate mixture and remaining chocolate and allow to stand for 10 minutes. Spoon tablespoonfuls of the mixture, at a time, onto baking trays lined with non-stick baking paper. Bake for 8–10 minutes or until puffed and cracked. Allow to cool completely on trays. To make the peanut butter frosting, place the sugar, peanut butter, butter and vanilla in an electric mixer and beat for 6 minutes or until light and fluffy. Add the cream and beat for a further 2 minutes. Spread half the cookies with the peanut butter frosting and sandwich with the remaining cookies. Makes 12.

Chocolate Chip Oatmeal Cookie Pancakes

INGREDIENTS

- 1 very ripe medium banana
- 1 teaspoon baking powder
- 1 flax egg (1 Tbsp flaxseed meal + 2.5 Tbsp water)
- pinch salt
- 1/2 teaspoon vanilla extract
- 1 Tablespoon almond butter
- 1 Tablespoon canola oil (or coconut oil)
- 3 Tablespoons almond milk (or sub other milk)
- 1/2 cup rolled oats (or gluten free oats)
- 1/4 cup whole wheat or unbleached flour (or sub other flour)
- 3 Tablespoons semisweet chocolate chips
- (non-dairy for vegan)



DIRECTIONS

Preheat a skillet to medium heat or about 300-325 degrees. Prepare flax egg by mixing flaxseed meal and water and letting set for 3-5 minutes. Mash your very ripe banana with baking powder. Add flax egg, oil, salt, vanilla, almond butter, almond milk and stir. Stir in oats and flour until just combined. Sprinkle in chocolate chips and fold gently. Scoop scant 1/4 cup measurements onto lightly greased griddle. Cook for 2-4 minutes on each side - until golden brown. Serve plain or with a small drizzle of maple syrup and a few additional chocolate chips for melting.

Cranberry Ginger Fizz Cocktail

INGREDIENTS

- 3/4 cup sugar
- 3/4 cup water
- 1 cup fresh cranberries
- 1 lemon, cut into wedges
- 1/2 orange, cut into slices
- 1 1/2 cups dry gin - Bombay Sapphire, Beefeater or Tangueray suggested
- 1 cup chilled Ginger Ale
- 4 mint springs
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DIRECTIONS

Bring sugar and water to a boil in a medium saucepan, stir until sugar is dissolved. Remove from heat; pour off all but one cup of syrup, reserving any extra for another use. Heat the syrup to a boil and then reduce heat to medium. Add the cranberries and simmer for 2-3 minutes until they just begin to burst. Remove from heat and let cool in syrup. Place 2 Tablespoons drained cranberries and 6 Tablespoons cranberry syrup in a large pitcher; add the lemon wedges and orange slices. Using a muddler or wooden spoon, vigorously mash the fruit. Stir in gin and let steep for at least 5 minutes. Strain into a medium pitcher. Fill 4 glasses with crushed ice and 1/4 cup ginger ale. Fill a cocktail shaker with ice and then pour half the cranberry mixture into the shaker and shake vigorously for 10 seconds, strain liquid into two glasses. Repeat. Mound additional ice on top of each glass and garnish with 3 candied cranberries and a mint sprig



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