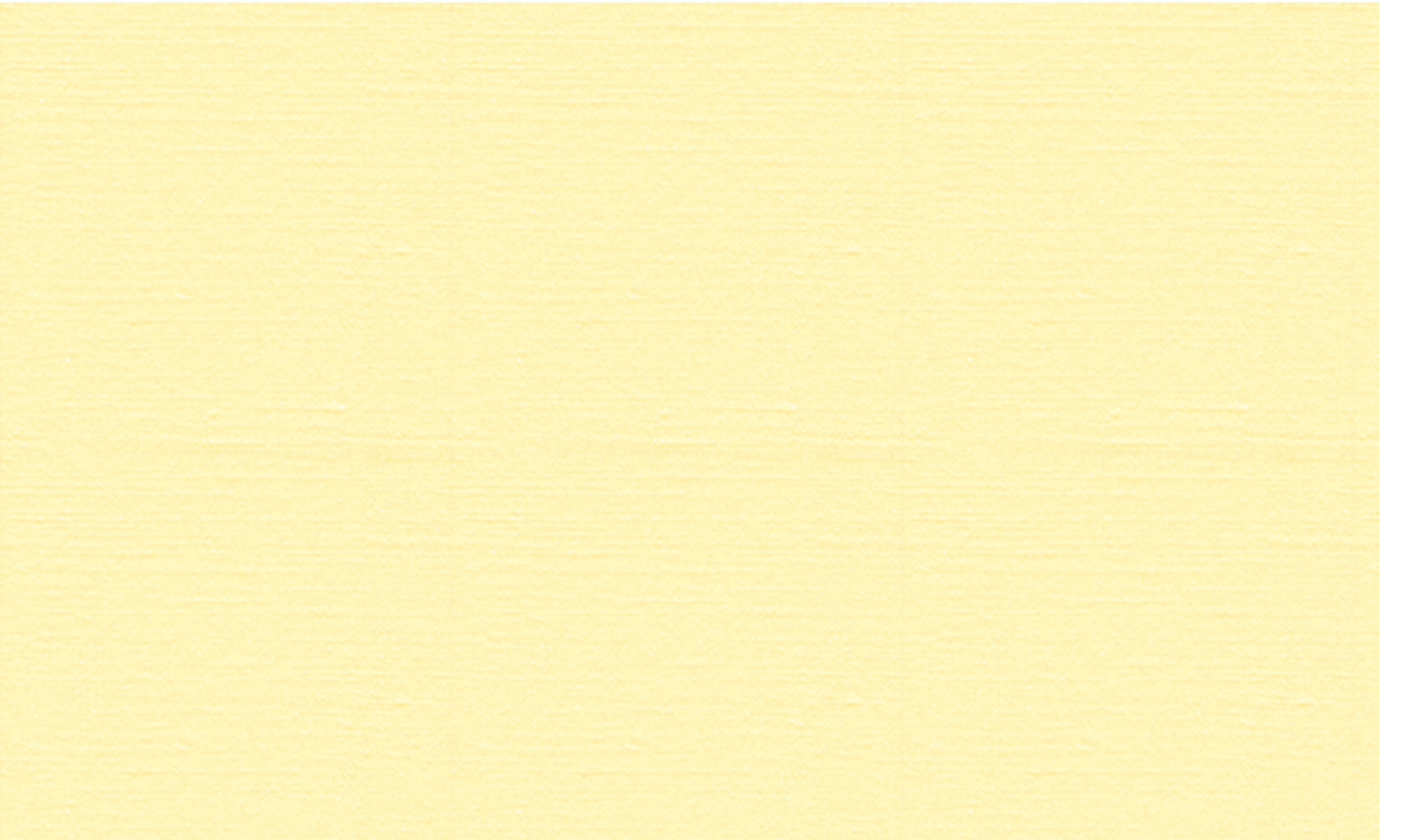




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## Dedication

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*This book is being compiled to honor all the great cooks in our family. Mazie and Al Hayes both came from families that made their living as chefs or cooks. Some of their recipes have been made by our family for decades, while the enjoyment of cooking definitely has been passed down through the generations. Mom and Dad, ( Nana and Grandpa/Papa Hayes) continued the tradition by hosting weekly Sunday dinners that became legend. Serving simple comfort food and sharing the recipes has become part of the fabric of our tribe.*

*Sitting together at a table enjoying a meal that elicits fond memories of our childhood prompts us to reminisce and retell stories from our pasts. Our personal recollections may not always, or exactly, mirror those of others but the common thread in them ties us together and binds us*

*Because products, equipment, packaging volume, and preparation techniques have evolved over time, most of these recipes have undergone changes over the years. However, the basics for each one remains intact. Some of these recipes may invoke memories from holiday dinners of the past while others illustrate the ability and creativity of those in our family who simply love to cook!*

*I hope to give each contributor credit and I appreciate the thought everyone put into deciding which of their recipes they'd like to share (and see in print).*

*With love,*

*(Auntie) Donna, (Mum xox)*

# Apps and Bevs

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### 3 Cheese Hot Artichoke Dip

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*I love this, but I've never made it. I always relied on Donna Nic to bring it to Hayes Family Christmas Dinners to satisfy my craving. Now we can make it any time we want!*



- 1 (8-ounce) package cream cheese, softened**
- 1 1/4 cups mayonnaise**
- 1 (14-ounce) can artichoke hearts, drained and chopped**
- 2 green onions, sliced thin**
- 1/2 cup grated Parmesan cheese**
- 1 cup shredded mozzarella cheese**
- dash hot sauce**
- dash Worcestershire sauce**
- salt & pepper**

Preheat oven to 350°

In a large mixing bowl, beat the cream cheese with a hand held electric mixer until smooth. Beat in mayo until smooth. Add remaining ingredients and stir together until well combined. Transfer the dip into a pie plate or shallow gratin dish. Sprinkle some mozzarella and parmesan cheese on top.

Bake for 30-40 minutes until the top is golden and the dip is bubbling.

Serve hot with crackers, tortilla chips, crostini, or veggies.

## Antipasto

Makes 10 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
 Apps and Bevs

*This needs to be composed on a platter, not in a bowl. You can be very flexible with ingredients here, but I don't recommend using prociutto. It's too thin and gets lost with the other cold cuts. Use what you like or what you have on hand. You don't need to put everything in all the time.*



**10 pcs mortadella**  
**10 pcs genoa salami**  
**10 pcs hot or sweet cappocola**  
 lettuce  
**marinated artichoke heart**  
**marinated mushrooms**  
**roasted red peppers**  
**peperoncini**  
**provolone cheese**  
**caponata**

Lay lettuce on platter. Place cold cuts atop each other, mortadella on the bottom, and roll half way across. Do not roll up completely but leave a flap of the cold cuts showing. Place on lettuce like spokes of a wheel, leaving a space at the center of the platter. Put Caponata at the hub. You may substitute a can of tuna here if you prefer.

Place a piece of cheese on each cold cut. Decorate each piece with all the other ingredients but be sure that each piece looks exactly the same.

Another option, one I used at Christmas, 2011, is to arrange ingredients in a romaine lettuce leaf before placing on a bed of greens. It was very easy to serve, especially to a large group. We had 20 at the table that year.

In 2019 I threaded each item onto a skewer. Very easy to assemble and even easier to transport.

Provide dressing for individual use. Do not pre-dress. Serve using a pie cutter to pick up lettuce, meat, and vegetables in one scoop.

## Black Bean Salsa

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*Allyn Kingman gave this to me and everyone really seems to like its fresh taste. I have made this by chopping all the ingredients by hand and by using the Ninja chopper to speed things up. Either way, small pieces, about the size of the corn and beans work best (except for the garlic, which I grate).*



- 1 can black beans, rinsed**
- 1 small jalapeño pepper, diced & seeded**
- 1 cup frozen corn**
- 1/2 fresh green bell pepper, diced**
- 1 clove garlic, grated**
- 2 Italian plum tomatoes, diced**
- 1 tablespoon cilantro, minced**
- 1/2 small red onion, diced**

**1 package Good Seasons mild Italian dressing Italian salad dressing**

Follow package directions to make salad dressing.

By Hand: Chop all ingredients except the beans and corn . Mix them all together. Pour 1/2 cup dressing over mix and refrigerate at least overnight.

Using electric chopper: Chop peppers, onion, and cilantro to rough chop. Chop tomatoes separately. Mix together and marinate.  
This recipe doubles easily.



## Buffalo Chicken Dip

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*Both Donna Nic and Brenda use the same recipe, so thanks to both of them for this classic.*



**2 cups shredded Mexican Blend cheese ( or cheddar)**  
**16 ounces cream cheese**  
**5 ounces jar Roka Blue \*\* See note below**  
**8 ounces Franks Hot Sauce**  
**2 cups cooked, shredded chicken**

Preheat oven to 350°

\*\* If you can't find Roka Blue you can use blue cheese dressing instead. Donna says she's also bought blue cheese crumbles to add to the dressing for more flavor. She suggests keeping the crumbles small.

Melt cream cheese and Roka Blue in microwave ( or just add the dressing right after melting cream cheese). Add hot sauce, cooked, shredded chicken and whatever shredded cheese you've chosen. Top with a bit of shredded cheese.

Put this into a casserole dish and bake for 30 minutes.

Serve with nachos and celery sticks.

## Chip's Iced Tea

Makes 8 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*Julia Souba offered this up as one of her family recipes. We've all seen this concoction being made but who's ever paid attention to what actually goes into it. Well here it is!*

*She offers this ratio to be sure we've got it right*

*1 cup boiling water*

*1 teabag*

*1 packet artificial sweetener*

*1/2 lime*



- 8 tea bags (Salada black tea)**
- 4 cups boiling water**
- 4 cups ice**
- 8 packets artificial sweetener (e.g. Truvia)**
- 4 limes**

Step 1. Steep teabags in boiling water. While tea is steeping empty sweetener into a large pitcher of ice.

Step 2. Once tea is slightly cooled, pour tea into pitcher (the ice will make up the remainder of the water for the tea while allowing the temperature of the liquid in the pitcher to not be boiling). Squeeze lime juice into container and stir. Refrigerate.

## Baked Brie Cups

Makes 4 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*Easy to put together and variations are endless. Don't overload the cups. 1/2 pound of cheese is enough to fill 15 cups (1 box).*

*1 teaspoon of a topping is plenty. Small pieces of additional garnish is all that's needed. Do not serve immediately from the oven. The cheese needs time to cool and reset just a bit.*



**15 mini phyllo cups**  
**1/2 pound brie cheese**

Preheat oven to 350°.

Cut brie into small pieces that fit the cups. FYI...the rind is edible, so use it or not, it's up to you. Top cheese as desired. Bake at 350° for 10 minutes. Allow to cool a little before serving.

Suggested toppings: 1 tsp brown sugar and slivered almonds, fig jam and prosciutto, cranberry sauce with walnuts, raspberry jam.

## Crab Stuffed Mushrooms

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
 Apps and Bevs

*I got this from one of my Ridder Golf girlfriends. Dad loved these when I made them for Easter '10. He actually hid a few to be sure he had some as a leftover!*

*I use canned lump crabmeat for this, though I'm sure fresh would be delicious, too, but much more expensive. Any remaining crabmeat can be used to make a few crab cakes.*



**16 ounces seafood stuffing, pre-made in fish dept.**  
**1/2 finely dice onion**  
**finely chopped parsley, equal to amount of onion**  
**juice of 1/2 lemon**  
**2 tablespoons good quality sherry**  
**8 ounces lump crab meat**  
**24 good size fresh mushrooms**  
**butter**

Preheat oven to 375°

Mix all of the ingredients together, except mushrooms.

Remove stems from mushrooms and reserve for another use. Core out the area beneath the stem with a small measuring spoon.

Add a small bit of butter to each mushroom. Coat bottom of 9x11 disposable baking pan with butter.

Using a 1 tsp. measuring spoon, fill each mushroom with stuffing. Bake, uncovered for about 30 minutes

## Dad's Christmas Shrimp

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*This was one of Dad's signature dishes. He loved making this for us at Christmas. I don't know if it was because he was so proud of himself or because he loved the sound of us oohing and aaahing while we all scrambled to eat our allotted portions! Yes, dad counted out exactly how many shrimp each of us could have depending on the amount purchased! What a great memory.*



**egg, beaten**  
**Italian style bread crumbs**  
**fresh shrimp, 21-25/ pound**  
**olive oil**

To start, add about 1 inch of olive oil to a cold skillet. Toss in 1 or 2 peeled garlic cloves. Allow those flavors to blend well before heating up the oil

Dip shrimp in egg wash to completely coat. Dredge in breadcrumbs and set aside to allow coating to adhere.

Heat olive oil in skillet until ripples appear (hot). Add shrimp to skillet but don't crowd them in. Allow to cook on one side 30 - 40 seconds before flipping. Drain on paper towels until batch is complete.

Change out the oil as it gets crumb laden but allow it to heat up to correct temperature again before adding shrimp to the pan.

## Guacamole

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*This is a classic! Chip made this for me and my kids during our visit to Houston in the 80's. At that time this was still a regional, very ethnic offering. I asked for the recipe and here's what he gave me.*

*I like spicy but this is HOT! He used the seeds of the jalapeno, and the taco sauce was spicy, too. Control the heat to make it your own. I'm sure Chip won't mind.*



**2 avocados, peeled and mashed**  
**1 tomato, finely chopped**  
**1 tablespoon jalapeno chiles, finely chopped**  
**1 small onion, finely chopped**  
**1 ounce jalapeno sauce**  
**1 ounce taco sauce**  
**1 tablespoon lime juice**  
**pepper, to taste**

Blend all ingredients to a smooth mixture.

## Joe's Red Sangria

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*We've been told Joe Doyle was a bartender in another life. He proves he must have been a good every time he sets up his bar at family gatherings. Here's just one of his hits!*



**4 liters Carlo Rossi Sangria or Cabernet**  
**2 cups brandy**  
**2 cups Triple Sec**  
**1 cup sugar**  
**2 each, sliced lemons**  
**lime**  
**orange**

Place all ingredients in container. Allow to sit for 4-6 hours. Recipe may be cut in half for smaller batch (but why would you?!)



## Chili Cups

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
 Apps and Bevs

*These are spicy! I made these for Thanksgiving 2010 and they were a huge hit. They're very easy to make in advance and they travel very well. 1/2 pound of ground meat yields 1 box (15 phyllo cups) so this recipe is quite easy to double or triple.*



**1/2 pound ground beef**  
**1 tablespoon chili powder**  
**1/4 cup pickled jalapeño peppers, chopped**  
**1/2 cup shredded Cheddar cheese**  
**1 box mini phyllo cups**

**sour cream**  
**chipotle cream cheese**

Cook the meat until it is no longer pink. Add chili powder and chopped jalapenos. Stir to blend. Add cheese and stir until melted into mixture. Scoop into shells. Top with any combination of sour cream, shredded cheddar, chipotle cream cheese, and cilantro sprig.

If serving immediately, there is no need to bake the shells at all.

If making these in advance, do not stuff shells. Store meat mixture separately then reheat in a skillet before spooning into cups. Bake at 350° for 10 minutes.

Garnish before serving.

## Cocktail Meatballs

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*This is from my 1971 Betty Crocker cookbook. I went looking for it 40 years later and it's still a hit. This is one recipe I still cook in my electric skillet. That's not necessary, of course, but the directions reflect my method of preparation. Also, I don't make my own meatballs for this one, I buy good quality frozen Swedish style. They're smaller and lighter than regular meatballs. Perfect for an app. Use this proportion for every 1.5 pound of meatballs.*



**12 ounces chili sauce**  
**10 ounces grape jelly**  
**1 (26-ounce) bag frozen Swedish meatballs**

Heat an electric fry pan to 300°  
Melt chili sauce and jelly together until well blended. Toss in the meatballs and stir to coat. Reduce heat and cook until balls are heated through.  
Keep warm at 250° until ready to serve.

## Lobster Mac & Cheese Cups

Makes 6 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*Made these for Thanksgiving 2013. G Giulia loved them! They'll be on the menu any time she comes for turkey day.*

*An awesome app but can be made as a side by using regular size muffin cups instead. This recipe makes 48 minis or 18 'side size' portions. It doubles quite easily for a larger crowd or divides in half very easily for 24-30 pieces.*

*Prep all ingredients before starting this recipe.*

*I've also used mini shells or mini elbows for this with success.*

*Important tips: Don't overcook pasta, it will continue to cook in the oven. Allow both the pasta and the cheese mixtures to cool down significantly before combining, to avoid the pasta absorbing the hot cheese mixture and becoming too soggy.*

*It is very important to allow the finished product to cool in order for them to set before being taken out of the cupcake tins.*

*Variation: Tex-Mex style: Omit sherry, nutmeg, parmesan, and lobster.*

*Add 1-2 T chopped jalapeno (canned), 3 dashes jalapeno sauce.*

*Substitute sharp cheddar and pepper-jack cheeses for swiss and fontina..*



**16 ounces Pipette Barila pasta**  
**2 tablespoons butter**

**2 tablespoons flour**  
**2 cloves minced garlic**  
**2 cups half and half**  
**1/4 cup dry sherry**  
**1/8 teaspoon white peppers**  
**1/4 teaspoon nutmeg**  
**dash salt**  
**6 ounces shredded swiss gruyère cheese**  
**1/2 cup shredded fontina cheese**  
**1/4 cup grated Parmesan cheese**  
**8 ounces cooked, chopped lobster meat, knuckles and claws**

Preheat oven to 400°. Heat salted water for pasta. Cook pasta to a firm al dente, strain and allow to cool down. This can be done while preparing sauce.

In large non-stick skillet melt butter. Add garlic and flour. Cook, stirring constantly until roux is lightly browned. Whisk in half & half, sherry, salt, nutmeg, and pepper. Cook another 3 minutes until smooth and thick. Stir in swiss, fontina, and 1/4 cup of Parmesan. Cook til it returns to smooth. Allow to thoroughly cool. Stir in the chopped lobster pieces. Fold the cheese mixture into the pasta.

If making minis, spray muffin tins with EVOO cooking spray and place pasta directly into mini cupcake tin. Fill cups and top with a sprinkle of Parmesan (or panko crumbs). Bake 30 minutes or until tops are browned. Once cool, place into cupcake paper for easy handling.

If making side size, spray muffin tin with cooking spray. Fill and top with Parmesan. Bake 30-35 minutes until tops brown.

Allow minis to cool a bit before serving. Reheat at 350° for 10 minutes if made in advance. Let side size cool 10 minutes to set before serving.

## Meghan's Magnificent Mexican Masterpiece

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
 Apps and Bevs

*Meghan says: Truth be told, Steve was the master-mind behind this one. I like to think I'm just carrying on his dip legacy! I can vividly recall the first time he made this while mum and I were still visitors to Hanover. The silly name came much later, courtesy of my wacky friend after it was decided that I was not allowed to attend a gathering without this. So simple, yet quite the crowd pleaser! Thanks Steve ! :)*

*This makes a party batch amount. Reducing amounts for a smaller crowd should be very easy*



**16 ounces softened cream cheese**  
**16 ounces sour cream**  
**15 1/2 ounces salsa**  
**1 head shredded iceberg lettuce**  
**16 ounces shredded Cheddar cheese, Mexican blend**  
**sliced black olives**  
**sliced jalapeno chiles**

9 X 13 (or comparable) baking pan. Make sure the dish isn't too shallow as these ingredients really stack up. 3 inches deep should work.

Using a hand mixer combine the cream cheese and sour cream . Spread in the pan to form the base. Layer the other ingredients in the following order: Salsa, lettuce, cheese, olives, and jalapeno.

Works best with Tostitos Scoops or another hearty tortilla chip. To serve simply place in the vicinity of hungry party-goers and watch as it's devoured, and quickly!

Donna's comment: Consider adding a layer of refried beans as a base. Other optional add ons include guacamole and/or ground beef taco filling. They should be added immediately atop the cream cheese layer.

## Mini Potato Skins

Makes 6 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*Easy to prepare. Garnish with sour cream just before serving. Use small white or red bliss potatoes, but not the tiny, one bite size.*

*If these are being made ahead or "to go", cover with foil after cheese and bacon bits are scattered on top. Reheat before serving.*



**12 slices bacon, cooked & crumbled**  
**1-2 cups sharp cheddar cheese, shredded**  
**12 #2 potatoes, cut in half**  
**olive oil**  
**salt**  
**pepper**  
**sour cream**

Preheat oven to 425°

Oven bake the bacon and crumble into bits.

Cut potatoes in half. Using a melon baller, hull out a small pit into each half. Place potatoes shells into a bowl and toss with oil, salt, and pepper.

Place cut side down on baking sheet. Bake for 20 minutes or until flat sides start to brown.



When cool enough to handle, remove to oven proof baking/serving dish. Top with shredded cheese and bacon bits. Bake again for 10 minutes to melt cheese and reheat. Garnish with dollop of sour cream before serving.

## My Perfect Lemon Drop Martini

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*More tart than sweet, but it can be modified easily. This is my version of the one served at Haven by the Sea B&B in York, ME. Cathy Dwyer's friend John, is the inn-keeper and he shared his secret ingredient with me.*



**2 ounces cointreau**  
**2 ounces bacardi lemon rum**  
**4 ounces lemonate sweet and sour mix**  
**fine sugar**  
**1 lemon cut in wedges**

Rim martini glass with lemon, dip into sugar to rim. Squeeze juice into glass. Drop in lemon wedge. Pour first 3 ingredients over ice chips. Shake. Pour. Enjoy

## Old School Hors D'Oeuvres

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
 Apps and Bevs

*Couldn't help but laugh out loud typing this one! Nana (Mazie) Hayes served these as appetizers at our family Thanksgiving dinners that she hosted on Berkshire Street in the 1960's. We thought we were being sooo fancy. Lynne and I referred to them as Ghetto Appetizers, until the PC police shamed us into renaming them. Thanksgiving dinner just wouldn't be the same without this reminder of how important it is to maintain family traditions. Both the stuffed celery and the stuffed dates mean Thanksgiving to the Hayes family.*



### **Stuffed Celery**

**1 (6-ounce) jar Spanish olives, drained, roughly chopped**  
**8 ounces Kraft Philadelphia Cream Cheese , at room temperature**  
**1 bunch celery, ends trimmed, cut stalks in half**

### **Stuffed Dates**

**1 package Medjool dates, pitted**  
**walnut pieces**  
**confectioners' sugar**

**Celery:** Add olives to cheese in batches, making sure they're well blended into the cream cheese. Add some remaining brine if needed. Using a butter knife, spread mixture inside celery ribs. Refrigerate until serving.

Dates: Open each date and insert walnut piece. Arrange on a platter before sifting sugar on top.

## Oprah's Pomegranate Martini

Makes 2 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*This really is the best one I've ever tasted. Plenty of antioxidants here!  
I have made a variation of this by simply adding a little tart cherry juice to the mix. No specific amount, just enough to add an interesting taste.*



**3/4 cup top quality Pom Wonderful**  
**2 ounces Citron vodka**  
**1 ounce cointreau**  
**1 fresh squeezed lime juice**

Rim glasses with lime slice and superfine sugar. Drop lime into the drink after squeezing juice into each drink.

## White Sangria

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Apps and Bevs

*A bartender shared this with me. It's best made with a less expensive wine. I use Sauvignon Blanc. This recipe makes a pitcher-full, but it is easily made 'by the glass'. To do that just measure a splash of everything into the wine, to taste, over ice.*



**1 (750-milliliter) bottle inexpensive Savignon Blanc**  
**2 ounces peach schnapps**  
**1 ounce grand marnier**  
**splash club soda**  
**sliced lemon, lime, orange, nectarine or peach**

Combine wine and other liquid ingredients to a pitcher. Add whatever combinations of fruit you choose to steep. Do not add ice to pitcher.

Pour into ice filled glasses.

'By the glass': Pour wine over ice to desired amount, add a splash of liquors and soda, in the same ratio as above. Add fruit.

## Entrees

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## Crock Pot Beef Stew

Makes 5 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is version 2.1 of this recipe, made in a crock pot. I change up the sauce on occasion to suit my taste. I will substitute chilis w/ Adobo , BBQ sauce, or even Asian style sauces for the tomato paste if I feel the urge. I halve this recipe when cooking for myself.*



- 2 pounds well marbled beef chuck roast, cut into pieces**
- 1 pound unpeeled carrots, cut into large pieces**
- 3 peeled potatoes, cut into large cubes**
- 2 onions, halved**
- 4 cups beef broth**
- 1-2 tablespoons tomato paste**
- 3 bay leaves**
- salt & pepper**

Place all ingredients into crock pot, meat first. Set timer to desired outcome. 7-8 hours Low / 3-4 hours Hi  
Open to stir only after 3 hours have passed, and do that sparingly.  
Use judgement on amount of sauce you use to change the flavor.



## Baked Macaroni

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is mom's (Nana's) recipe. Note that it's not called mac & cheese! This is one of those that she taught each of us, but each of us got a different iteration. In the 70's mom never made a roux, she just layered the elbows, the milk, and the cheese slices. Mary's version is printed here and both Lynne and I were surprised to see she actually blended the flour and milk together first. In any case, the basics remain the same. Use American cheese slices (torn into bits to blend with the milk and flour), whole milk, and Italian flavored bread crumbs. Bake until bubbly and the crust browns a bit.*

*Of course, feel free to experiment with another meltable cheese and whatever topping or add-in will make it your own.*



**1** tablespoon flour  
**1** tablespoon butter  
**2 1/2** cups milk  
**1** pound sliced American cheese  
**1** (1-pound) box elbow macaroni

Preheat oven to 350°

Cook elbow mac to just before al dente. Drain. Transfer to baking dish.

Reserve 4-6 slices of cheese for topping.

In a saucepan, make a roux with the butter and flour, stirring constantly. Add milk and heat to simmer. Add cheese and stir until melted and blended. Pour this mixture over the cooked elbows and stir to blend. Tuck the reserved slices of cheese just under the surface of the casserole. Sprinkle the top evenly with bread crumbs. Cover with foil.

Bake for 30 minutes until bubbly. Remove foil for the last few minutes if necessary to brown the breadcrumbs.

## Chicken Chili Verde

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is a Cuisine At Home slow cooker recipe that I really loved. My notes indicate it's "mildly spicy, more like a soup than a chili"*

*What drew me to this one is the individual ingredients. I love all of these flavors anyway but together, they're fabulous. I shared this recipe with Lynne and she says it's her 'go to' dish when entertaining at the lake house. What's here is half the original recipe ( to make 2 servings) so it should be very easy to double for a larger amount.*

*I haven't tried it, but I'm sure that bone-in skinless thighs would work just as well.*



- 2 poblano chilis, roasted and chopped**
- 1 pound tomatillos, chopped**
- 3/4 cup chopped cilantro**
- 3/4 cup chopped onions**
- 1 tablespoon minced garlic**
- 1 teaspoon ground cumin**
- 1/2 teaspoon kosher salt**
  
- 1 bone-in, skinless chicken breast**
- 1 cup chicken broth**
- 1 tablespoon lime juice**

**crumbled queso fresco cheese**

Roast the peppers over a gas flame until well charred. place in a bowl, cover with plastic wrap, and allow to cool before peeling and chopping. Layer the poblanos, tomatillos, onion, 1/2 of the cilantro, garlic, cumin, and salt into a slow cooker. Place the chicken in the pot, meaty side down, add the broth. Cook on Low 4-5 hours (Hi, 3 1/2 hours). Remove the chicken; allow it to cool before shredding. Replace chicken to the pot with the lime juice and remaining cilantro. Serve with crumbled cheese.

## BBQ Ribs

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*

Entrees

*Allen prefers St. Louis style ribs because they have more meat on them. Make these using his BBQ Spice Rub, found elsewhere in this volume.*



### **St. Louis style ribs** **Sweet Baby Ray's BBQ sauce**

To make them easier to handle, he cuts the ribs into sections, 3 ribs per. The end sections will have less ribs but will be thinner and longer. He wears disposable gloves to apply the rub. Use a spoon and dip into the spice mixture and apply the rub to the meaty side of the ribs (try not to contaminate what remains in the baggie). You can put some rub on the bone side, but not much. Stack them on a plate. Cut Saran wrap sheet large enough to allow you to lay a section of the meat on it and fold it, covering all sides. Turn the meat over and cover with a second piece of Saran wrap. This way the fatty oil will stay enclosed in the package when it's melted off. Wrap each section in foil. Place on a rimmed baking sheet and refrigerate overnight.

Preheat oven to 250°

Lay the sections, bone side down on a rimmed baking sheet (as sometimes these bags will leak).  
Cook for 2 1/2 - 3 hours.

Be careful with this next part. Unwrap the foil and puncture the Saran wrap with a pair of scissors, cutting across to split the wrap open, being mindful that the hot oil/steam can burn you. Using tongs, place the meat, bone side down, on another tray. Brush on Sweet Baby Ray's BBQ sauce. Preheat oven to 400° and place meat in for about 10 minutes . Keep an eye on them though! Enjoy!

## Chicken Soup

Makes 2 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is a great example of a recipe my mother showed me how to make that has evolved over the years, yet retains the essence of the original. This is a no frills, easy to prepare soup that is done within 2 hours of getting the ingredients together. The cut of poultry is different from what mom told me to use and there was no such thing as boxed broth.*

*Mom cooked a whole fowl, I use a 1 pound combination of skin on, bone in breast, thighs, or quarters. I also use low or sodium free broth.*

*Always add the tomato! That's what makes it Nana's.*

*So, this is my own recipe, an updated version of the one I got from my mom in the 1970's. This is a smaller portion recipe than she ever cooked.*

*Tip: Never add rice or noodles to the pot. If there are leftovers, they'll soak up all the liquid and you'll be left with mush. Make rice or noodles as a side and ladle soup on top.*



- 1 pound cut up chicken pieces, bone in, skin on**
- salt & pepper, to taste**
- 1 onion, cut into 8ths**
- 4 stalks celery, sliced**
- 4 carrots, cut into large slices**
- 1 tomato, quartered**
- 1 (36-fluid ounce) box chicken broth**

Cover chicken w/ broth. Bring to a light boil. Remove chicken from pot in order to remove the skin. Return chicken to pot.  
Add all other ingredients. Cover and barely simmer for 1 1/2 hours. Remove chicken pieces to debone and shred or chop into large chunks. Return chicken to pot blend.  
Serve as is, or atop cooked rice or egg noodles.



## Chicken Cacciatore

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Lynne cooks just like mom...put everything in the pot and cook til done. I was witness to her making this dish and was shocked at how delicious it came out. So much for preparation!*



**3-4 skinless chicken leg quarters, or 6 bone-in thighs**  
**2 tablespoons olive oil**  
**1 small onion, chopped**  
**4 cloves minced garlic**  
**1 can Italian tomato purée, or ground, peeled**  
**1/2 cup wine, red or white (optional)**  
**1 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 bay leaf**  
**1/4 teaspoon thyme**  
**1/2 teaspoon basil**  
**1/4 teaspoon marjoram**  
**1/2 -1 cups mushrooms, sliced**  
**1/2-1 green pepper, sliced**  
**1/2 cup celery, chopped**  
**crushed red pepper, to taste**

Saute onion in olive oil, add all other ingredients, cover and bring to a slow boil. Turn down to simmer for 1 hour until chicken is tender.  
Serve with noodles or rice.

## Easy, Lowfat, Crockpot Turkey Chili

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Here's one of Donna Nic's contributions. Sounds like a winner if you're watching the Pat's from your couch!*



- 1 pound lean ground turkey**
- 1 large onion, chopped**
- 1 clove garlic, minced**
- 1 package chili seasoning, or chili powder**
- 1-1 1/2 (16-ounce) jars medium heat salsa**
- 1 (16-ounce) can Boston Baked Beans**
- 1 (15-ounce) can kidney beans, drained**

Lightly spray the crockpot with non-stick spray.

Add turkey meat, onion, garlic and some chili seasoning to the pot. Put on High heat. Let the meat cook until no longer pink, then add the rest of the ingredients. Do not drain the Baked Beans. Cook on Medium heat for 45 minutes or until hot, then lower crockpot heat to Low .

You can play with this recipe by adding more or less seasoning or the type of salsa you prefer. Donna N sometimes switches out the kidney beans for Pinto beans but always uses the Baked Beans as they really add to the distinct flavor

## Nana's Tomato Sauce (Marinara)

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*My mom was known for making 3 types of sauce, Marinara, Fish Sauce, and Meat Sauce. This one, a meatless, simple tomato sauce, is known as Marinara. This is the recipe I got from her in the '70's. Since she's given each of my siblings a sauce 'lesson', each of us have a little different version. Mom never measured any ingredients. This recipe is a small batch. Mom always made double or triple this amount. This one is easy to double if you need to. It's a quick cooked, light sauce. It's easy to put together and it's my 'go to' sauce for topping eggplant or any time you just need the sauce, no meat.*

*To add meat, just wait til the sauce is simmering then add either raw meatballs, sausage, or any meat of your choice.*

*Mom's Traditional Meat Sauce Recipe and her Shrimp and Spaghetti recipes appear elsewhere in this book.*



- 1 (28-ounce) can "Kitchen Ready" Pastene puree**
- evoo**
- 1 small onion, chopped**
- 1 clove garlic, sliced or grated**
- 1 teaspoon oregano**
- 1 teaspoon dried basil**
- 1-2 bay leaves**
- 3 whole cloves**
- dash red pepper flakes**

**dash salt, if desired**

In a heavy saucepan saute onion and garlic in EVOO til softened, but not brown. Empty can of tomatoes into pan. Sprinkle in spices and add the bay leaf and clove. Bring the sauce to a light bubble.

Once the sauce has heated up, lower the heat to barely a simmer. Cover and let cook for at least one hour.

\*\* If you're going to add meat, the time to add it is when you lower the heat to simmer. Allow the meatballs or sausage to cook through in the sauce.

## Nana's American Chop Suey

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Mom and dad swear this is Nana (Mazie) Hayes' original recipe. I don't doubt it for a minute. This is also one of Mark's favorites. Mom made this for him at every opportunity, even after she stopped cooking for herself. She gave him instructions 100 times but he was clever enough to pretend he didn't know how to make it so she would do it for him!*



**1 pound ground beef**  
**1/2 chopped onion**  
**salt & pepper**  
**1 can condensed Campbell's Tomato Soup**  
**1/2 box elbow macaroni**

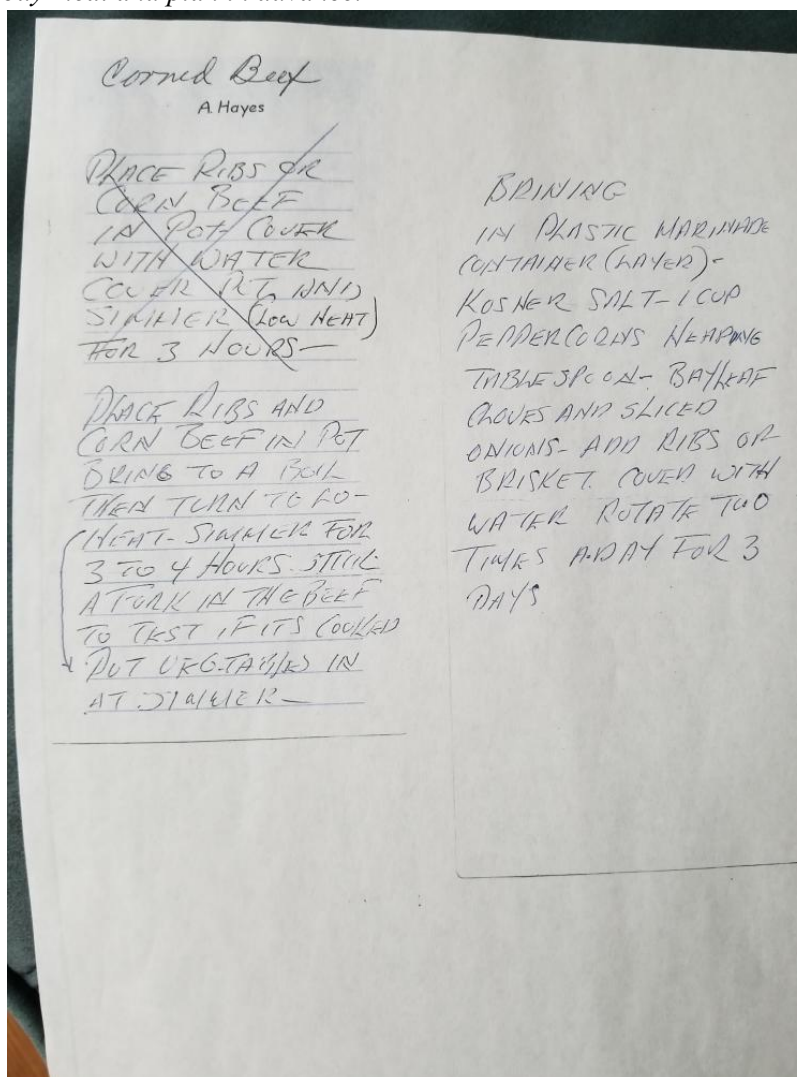
Saute the onion in a little oil. Add the beef and break it up into small pieces. Add soup, salt, and pepper. In a separate pot cook the macaroni until al dente. Drain mac and combine with the sauce.

Side Note: Mom always made Kraft Minute Tapioca for dessert when she cooked this meal for Mark. The recipe's on the box!

## Dad's Brining Recipe

Hayes Family Cookbook: 4 Generations of Recipes and Traditions  
Entrees

Mom and dad made this for a large group, 8-12 people. Reduce amounts accordingly. This recipe is for brining ribs, but if you purchased plain brisket you can use it to 'corn' that, too. This takes 3 days so buy meat and plan in advance.



- 1 cup kosher salt
- 1 tablespoon (heaping) peppercorns
- 4 bay leaves
- 1 tablespoon cloves, whole
- 1 large onion, sliced
- water, enough to cover meat

Combine all ingredients in a large container and stir. Pour mixture over ribs into a container large enough to hold both meat and marinating liquid. Cover, refrigerate, and turn the meat twice a day for 3 days prior to cooking.

## Nana's Lasagna & Manicotti

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*The yield for larger portions are found at the end of these instructions. This is less a recipe and more of a "how to" compose a lasagna and manicotti. First, make a batch of sauce. While sauce is simmering prepare the filling. Both of those recipes are contained elsewhere in this book.*



**lasagna noodles or  
manicotti shell**

**additional Parmesan cheese  
additional mozzarella cheese**

Once both sauce and the filling are prepared, par boil lasagna noodles or shells to al dente firmness. Don't overcook.

Lasagna: spread light layer of sauce on the bottom of the pan. Top with enough par cooked noodles to completely cover the bottom. Overlap noodle edges to avoid cheese leaking through. Top noodles with 1/3 to 1/2 of the cheese mixture. Cover cheese with a layer of sauce. Repeat noodle/ cheese/sauce layering 1 or 2 more times, depending on amount of cheese and noodles you're using. Top the last layer of noodles with sauce. Sprinkle with grated Parmesan and shredded mozzarella cheeses. Cover tightly with foil.

Bake at 350° for 30 to 45 minutes, depending on the size pan you've used.

Manicotti: Spread a light layer of sauce onto the bottom of the pan. Using a pastry bag, fill manicotti shells with cheese mixture, 1/2 from each end, until full but not overstuffed. Cheese will expand as it cooks. Lay shells side to side in one layer. Top with sauce then sprinkle with grated parmesan and shredded mozzarella cheeses. Cover tightly with foil. Bake at 350° for 30 minutes. Allow to cool slightly before serving.

1 pound ricotta yields 8x8 pan: 6 ready to use pasta sheets or 4-5 traditional lasagna noodles. Fills 1 box of manicotti

2 pounds ricotta fills a 12x7 pan and requires about 9 sheets of ready to use pasta or about 12 traditional sheets. Yield 2 boxes of manicotti.

4 pounds ricotta yields a Hayes Family Dinner portion, about 9x13, using 2 boxes of Prince lasagna noodles or 4 boxes of manicotti.



## Dad's Corned Beef and Cabbage

Makes 6 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Use with Mom & Dad's Brining recipe. Note that 1 cup salt was needed for the quantity they cooked, not for this recipe.*

*Buy prepared 'corned beef' (Grey/flat cut). Buy fresh pork baby-back ribs and brine these at home.*

*The cooking time is about 3 hours.*



- 5 pounds corned beef**
- 3 pounds pork ribs, brined**
- 1 pound peeled carrots, whole**
- 2 small turnips, peeled and sliced**
- 6 small onions, whole**
- 2 pounds potatoes, whole**
- 1 large cabbage, cored and quartered**

Cover all the meat with water in same pot. Bring to a boil then reduce to simmer for 2-2 1/2 hours. 1 hour prior to finish add carrots, turnip, and onion to meat water. Heat another pot of water, adding brining spices. 45 minutes prior to finish add potatoes and cabbage to this pot.

## Red Chili Shrimp Salad

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is delicious! I have shared this recipe and have gotten raves. A serving size is 4 shrimp. Buy big ones.*



### **SHRIMP**

16 large shrimp  
1/4 cup brown sugar  
2 tablespoons evoo  
2 tablespoons chili powder  
1 tablespoon garlic powder  
1 teaspoon kosher salt

### **SALAD**

4 cups blended salad greens, include Boston Bibb  
1 cup cucumbers, seeded, sliced  
1/2 cup cherry tomatoes, halved  
2 hard boiled eggs, chopped  
5-6 fresh basil leaves  
1 cup corn  
1/2 pound asparagus spears, grilled

### **DRESSING**

2 tablespoons mayonnaise  
1 tablespoon evoo  
1 tablespoon white wine vinegar  
1 teaspoon splenda  
salt  
cayenne pepper

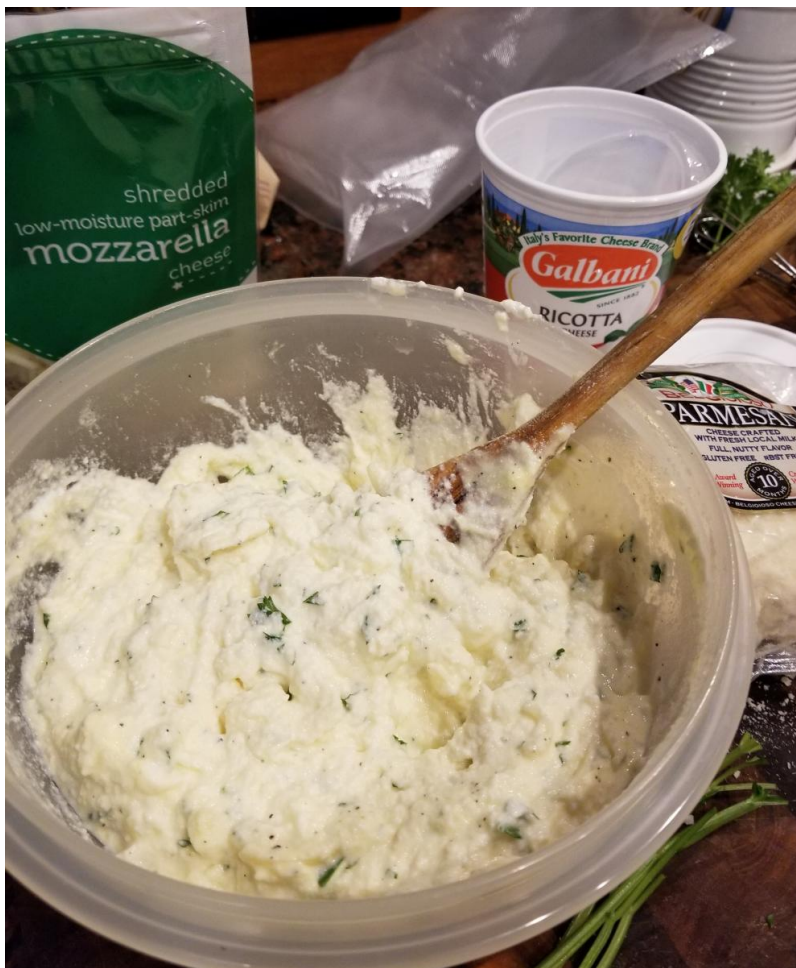
Mix together brown sugar, oil, chili and garlic powders, and salt. Coat shrimp with mixture and thread 4 skewers (4 shrimp each). Grill on med-high 2 minutes per side.

Toss all all salad ingredients together.  
Blend all dressing ingredients until well blended.  
Compose salad, toss with dressing, top with shrimp.

## Nana's Ricotta filling

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Mom's recipe. Nana never gave exact amounts so these measurements are all "guesstimates". Don't use too much salt but use a "healthy handful" of parsley*



**1 pound container ricotta cheese**  
**1 egg**  
**salt**  
**pepper**  
**chopped parsley**  
**1/2 cup shredded mozzarella cheese**  
**1/4 cup grated Parmesan cheese**

Stir with spoon to blend. Do not over beat. Do not use electric mixer.

Mom always cooked her lasagna and manicotti in a large roasting pan and par-boiled Prince brand traditional, long, ribbed lasagna noodles. I don't usually need that much so I use Barilla oven ready sheets. Here are the amounts required for various serving sizes.

1 pound ricotta yields 8x8 pan: 6 ready to use pasta sheets

2 pounds ricotta fills a 12x7 pan and requires about 9 sheets of ready to use pasta

4 pounds ricotta yields a Hayes Family Dinner portion, about 9x13, using 2 boxes of Prince lasagna noodles.

## Leanne's Cioppino

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*"This is a Giada recipe that I LOVE. I actually made it for Uncle Mark as a thank you for helping me do some work at our place in Southie! You can mix up the seafood that you put in there depending on what's fresh/local/wild-caught (I add scallops a lot). I usually add more garlic than the 4 cloves she uses and I will also add saffron on occasion. It's an easy dish that feels fancy and homey at the same time!"*

*This is another one of those recipes I had to make right after entering it into this book. It sounded so delicious! And it was...*



- 3 tablespoons olive oil**
- 1 large fennel bulb, thinly sliced**
- 1 onion, chopped**
- 3 large shallots, chopped**
- 2 teaspoons salt**
- 4 cloves garlic, finely chopped**
- 3/4 teaspoon crushed red pepper, plus more to taste**
- 1/4 cup tomato paste**
- 1 (28-ounce) can fire roasted diced tomatoes**
- 1 1/2 cups dry white wine**
- 5 cups fish stock**

**1 bay leaf**  
**1 pound clams**  
**1 pound mussels**  
**1 pound uncooked, large fresh shrimp**  
**1 1/2 pounds firm fleshed fish fillets, such as halibut, salmon, or cod**

Heat oil in a very large pot over medium heat. Add the fennel, onion, shallots, and salt. Saute until the onion is translucent, about 10 minutes. Add the garlic, red pepper flakes, and saute 2 minutes (if you are using saffron, this is the time to put that in). Stir in the tomato paste. Add the tomatoes with their juices, the wine, fish stock and bay leaf. Cover and allow to simmer until the flavors blend, about 30 minutes. Add the clams and mussels to the cooking liquid. Cover and cook until clams and mussels begin to open, about 5 minutes. Add the shrimp and fish. Simmer gently until the fish and shrimp are just cooked through and the clams are completely open, stirring gently, about 5 minutes longer. Discard any clams and mussels that do not open. Season the soup to taste with more salt, pepper, and red pepper flakes.

## Mary's Meat Sauce

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*The quintessential Hayes Sunday Dinner Sauce. This is the one mom made to go with her manicotti, her lasagna, and her macaroni and meatballs. This is a thick, robust sauce that requires a big pasta such as rigatoni or ziti.*

*Mary wins for coming closest to mom's so she gets credit here.*

*It needs to be noted that this recipe has evolved quite a bit over the years. I remember mom browning pieces of beef, pork, and veal before a meatball was ever introduced to the sauce. She also used to use tomato paste, but gave that up somewhere along the way. Mary recalls mom crushing canned tomato through a colander at one point in time before she began using Pastene's "Kitchen Ready" style tomatoes.*

*So this is the latest version, as reproduced by Mary, to rave reviews!*

*The only ingredient you may not recognize is Mr. Penta's Liquid Gold basil. That recipe is included elsewhere in this book.*



- 4 (28-ounce) cans peeled, ground tomatoes**
- 2-3 sweet Italian sausage, with fennel (Market Basket)**
- 21 meatballs**
- 1/4 onion, diced**
- olive oil**
- 4 whole cloves**
- 1 large bay leaf**

**1 teaspoon red pepper flakes**  
**2 tablespoons oregano**  
**1 tablespoon Liquid Gold Basil**

In a large sauce pot place the sausage, oil, and onion. Saute on low until sausage is brown. Add tomatoes, clove, pepper flakes, oregano, and bay leaf. Cook on medium heat until sauce starts to bubble. Give it a good stir. Add meatballs and lower the heat to simmer. Cook, covered. Stir every half hour for 3 hours. Add basil, stir, then turn off the heat.

Side notes: Mary Doyle has very specific basil instructions. Per Mrs. Beaumeister she learned not to add this herb until the VERY END and she only uses fresh basil.

This recipe allows for 21 meatballs (3 #s of beef) and lots of sauce!  
Make 1 day ahead and store in a slow cooker to reheat and serve.



## Lemon Glazed Chicken Cutlet

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*From Cuisine at Home. The lemon sauce adds just enough to make this taste fresh. Worth the little extra effort.*



- 2 teaspoons evoo**
- 3/4 pound thin sliced chicken breasts**
- salt & pepper**
- 1/2 cup panko crumbs**
- 2 teaspoons minced garlic**
- 1/4 teaspoon oregano**
- 1 teaspoon lemon zest**
- 2 tablespoons fresh lemon juice**
- 2 tablespoons honey**
- 2 teaspoons Tabasco sauce**

Stir together crumbs, garlic, oregano; place in a shallow dish to dredge chicken. Allow to rest. Whisk together zest, juice, honey, and Tabasco. Set aside. Heat oil in skillet. Cook chicken until golden on both sides. Transfer to a plate. Add lemon mixture to pan, reduce until syrupy. Return chicken to pan and flip pieces to coat. Serve with green beans tossed with pesto.

## Nana's Meatballs

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Of all of us who try to recreate Mom's meatballs, Mary comes closest. So does her sauce. Mom was very happy to know that these recipes would be passed along to all of us. She very carefully detailed the process of making these and was thrilled that Andrew declared his mother's to taste "just like Nana's". We agree. Good job in getting the amounts and ingredients down on paper, Mary. We all appreciate it! Note that the amount of bread crumbs is per pound. In this recipe that amounts to 1 1/3 cup. One pound of meat yields 7 meatballs.*

*These are meant to be prepared with Mom's Meat Sauce, found elsewhere in this book*



**3 pounds 85% ground beef**  
**3 eggs**  
**salt & pepper**  
**1/3 cup per pound (+1) Italian bread crumbs**  
**2 tablespoons fresh parsley, finely chopped**  
**2-3 cloves garlic, minced**

Mix together with your hands . Using a 2 ounce ice cream scoop, scoop meat mixture into mounds. Lightly roll each into a round meatball. Mom insists that you don't work the meat too much.

Add these raw to the sauce with any other meat that you may be adding. This should yield about 21 meatballs.

## Meghan's Easy Enchiladas

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Meghan taught me how to make these when she stayed with me after her first chemo session in October, 2014. They are easy and delicious. Who knew she liked refried beans! I've started using my home made red enchilada sauce for this recipe. Delicious!*



**canola oil**  
**1/2 onion, diced**  
**dash cumin**  
**dash chili powder**  
**dash cayenne pepper**  
**1 (10 1/2-ounce) can Old El Paso Refried Beans Fat Free**  
**flour tortilla**  
**1 pouch multi-cheese shredded cheese, Mexican style**  
**1 (8-ounce) can mild enchilada sauce, green or red**  
**shredded chicken or beef, optional**  
**sour cream**

Preheat oven to 350°

Saute onion in oil. Add in beans and spices. Stir until smooth. Cover lower 1/3 of the tortilla with the bean spread. Top that with protein (if using) and shredded cheese. Roll up to close.

Pour thin layer of the sauce into the bottom of the baking pan.

Line up rolled tortillas with seam on the bottom. Pour remaining sauce over rolls and top with shredded cheese.

Bake, covered, 20 minutes at 350°. Serve with sour cream

## Mom's Meatloaf

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*

Entrees

*This was Nana's basic meatloaf. Each of her kids make their own version these days, but this is a good one to use as a starting point. Experiment with other ground meat combinations and flavors but the texture and cooking times should stay pretty close to this. Nana used a loaf pan to cook hers, I prefer a more free-formed loaf.*



**1 pound ground beef**  
**1 small onion, diced**  
**1 egg**  
**1/4 cup bread crumbs, Italian flavored**  
**1 can cream of mushroom soup or**  
**tomato soup**  
**salt & pepper**

Preheat oven to 350°

With clean hands, mix all ingredients, except soup, together in a bowl. Be careful not to overmix the ground meat mixture. Let stand for 30 minutes to allow flavors to meld.

Gently pack mixture into loaf pan or form a loaf shape mound on rimmed baking sheet lined with parchment. Bake for 30 minutes until almost done. Pour soup over the loaf and continue baking for 10 more minutes.

## Nana's Red Sauce for Shrimp or Fish

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This was submitted by Lynne, at my request, because I think her shrimp and spaghetti most closely resembles mom's. This was a recipe that mom perfected, one that everyone requested. This became her "go to" recipe whenever someone was visiting at 46 Loomis. My parents always had good quality Italian bread on hand when this was on the menu.*

*I remember mom poaching whitefish in a skillet for Lynne and Chip when they came back to visit from wherever they were living at the time. The same sauce makes both dishes.*

*\*\*Disclaimer\*\*This recipe has undergone several variations over the years. This looks to me like mom's original recipe. I think she started adding clams/juice to enhance the flavor. When Laura developed a clam allergy Mom switched out the clams for lobster bouillon. Neither Lynne nor I use either, but the option is there for you , if you like.*



- 1 tablespoon olive oil**
- 4 cloves garlic, minced**
- 1 (28-ounce) can good quality tomato purée, or ground, peeled**
- 1/2 teaspoon salt**
- 1/4 teaspoon red pepper flakes**
- 1/2 med/lg green bell pepper, cored, sliced**
- parsley, chopped or full sprigs**

**1 (8-ounce) can minced clams, or 4 oz. clam juice (optional)**  
**1 tablespoon lobster bouillon, (optional)**  
**shrimp 21-25/#**  
**white fish (haddock or cod)**

Saute garlic for 20 seconds in hot oil; add all remaining ingredients except shrimp/fish. Bring to boil and immediately reduce heat to simmer. Cook, covered, for 1 hour.

If using shrimp: Add shelled and deveined shrimp after 1 hour. Continue to simmer until shrimp is just done; be careful not to overcook the seafood. Serve with linguine or a thin spaghetti cooked according to package directions.

If poaching fish, simply add to pan after sauce has been cooked for 1 hour.

## Orta's Orecchiette with Rabe

Makes 2 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*I had this at a Pembroke restaurant and had to recreate it. I think it's as good as the original, if I do say so myself!*

*You can add slices of cooked italian sausage to this recipe to make the meal more substantial if you'd like.*



**1 bunch broccoli rabe**  
**8-10 pcs oil packed sundried tomato, sliced**  
**1 clove sliced garlic**  
**1 tablespoon pignoli**  
**8 ounces orecchiette pasta**  
**dash red pepper flakes**  
**grated Parmesan cheese**

Toast nuts in skillet, set aside. Bring a pot of salted water to a boil. Both rabe and pasta will cook in the same water, but separately. Par-cook rabe before removing it to a paper towel lined bowl to cool and dry. Start pasta cooking in the same water. About half way through cooking time (6 min.) saute rabe and garlic with EVOO in a medium size skillet until slightly crisp. When pasta is cooked, strain and add to skillet along with tomato, pignoli, and red pepper flakes. Stir to blend ingredients. Add a touch more EVOO only if needed.



\*\* If adding Italian sausage : pre cook the sausage however you'd like ( crumbled, whole, cut into rounds).  
Add the cooked sausage to the skillet about halfway through cooking the rabe so it is heated through.  
Top with grated cheese.

## Pad Thai

Makes 4 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This recipe came from Mary Doyle. Fabulous! So happy to have a recipe I can use when I get the desire for Pad Thai but don't want to go out to get it. I made it with pre cooked shrimp originally, but made it with fresh another time. Sauted chicken would be great, too.*



**6-8 ounces flat Pad Thai rice noodles**  
**1/4 cup fish sauce**  
**1/4 cup turbinado sugar**  
**1-2 tablespoons Sambal Oelek**  
**2 tablespoons fresh lime juice**  
**1/4 cup vegetable oil**  
**1/2 pound large shrimp**  
**2 cloves garlic,grated**  
**2 scallion, cut to 1 inch pieces**  
**1/4 cup chopped peanuts**  
**1 cup bean sprouts**  
**1 thai chilis, finely chopped**

Soak the noodles in very hot water for at least 10 minutes to soften them thoroughly. They should get soft and pliable, but not mushy. Mix fish sauce, sugar, sambal oelek, and lime juice together in a separate bowl and allow flavors to blend. When the noodles are soft enough drain and return to the bowl. Heat the skillet on high until very hot. Add the oil, warm the pre cooked shrimp for a few seconds. If cooking raw shrimp or chicken, cook through. Transfer protein to a bowl. Using the same pan, saute garlic. Add the noodles and 1/2 of the fish sauce; stir fry until the noodles absorb the sauce, about 3 minutes. Add scallions, 1/2 of the peanuts; toss to combine. Stir in remaining fish sauce mixture. Return protein to pan and heat through, about 2 minutes. Transfer mixture to platter; garnish with sprouts, chilis, and remaining peanuts. Serve with lime wedges to add juice to the dish.

## Papa's "Hole In One"

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*There's a wonderful story behind this. I reached out to Carlyne and she was so excited to share both the story and the recipe. Here's her story:*

*"My parents went out of town for the weekend, so Nana and Papa stayed at our Medfield house to babysit me. I was probably 11 or 12 and "cooking" was my phase of the moment. I was obsessed with this kids' cookbook that I got for Christmas and testing out all the recipes. So when Nana and Papa came to visit, they were the perfect taste testers :)*

*I cooked them this "Hole In One" for breakfast one morning and Papa LOVED it. The rest of the weekend he kept commenting on what a good cook I was. It was clearly the simplest recipe and barely considered "cooking", but Papa made me feel like I was the most talented chef! He had a way of building you up and making you feel special :)*



**1 slice bread**  
**butter**  
**1 egg**

With the rim of a small glass, press a hole in the center of the slice of bread.

Butter both sides of the bread. Add butter to the skillet on medium heat. Once the butter melts, add the bread to the pan. Crack the egg into the hole in the center of the bread. Let sit until egg cooks a bit on the bottom. Flip the whole thing! Cook until egg is how you like it---Papa liked it a bit runny! Salt, serve, and enjoy!

## Pine Nut Crusted Salmon

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is a recipe that Julia Souba made with ingredients from a food prep service ( Dinner, Plated) I know she served it to Lynne, who loved it. I will admit to not knowing what "Forbidden Rice" was, so I checked it out. One variation is a Chinese black rice. It makes a very dramatic presentation.*



- 1/2 cup Forbidden Rice**
- 3 tablespoons pine nuts, roughly chopped**
- 2 tablespoons mayonnaise**
- 3 tablespoons grated Parmesan cheese**
- 6 leaves fresh basil, or 1 teas. dried**
- 4 cloves garlic, minced**
- 2 Salmon fillets**
- 8 ounces green beans**
- 1 cup cherry tomatoes, halved**

1. Preheat oven to 450° Bring rice and water (twice as much water as rice) to a boil over high heat.Keep burner on high til rice is tender but still slightly chewy, about 20 minutes.
2. In a medium bowl , combine pine nuts, mayo, half the Parmesan, half the basil and half of the garlic. Season with salt and pepper as desired ( no need to add salt here, you'll get a nice saltiness from the cheese). Set aside
3. While the rice cooks, pat the salmon dry with paper towel and season all over with 1 /4 tsp. salt and pepper.Arrange fish, skin side down on half of a baking sheet. Using a small spatula, spread over pine nut topping.
4. On the other half of the baking sheet toss green beans with 1 T. olive oil, 1/4 tsp. salt & pepper, and arrange in a single layer. Transfer baking sheet to oven and roast until beans are crisp, pine nut crust is golden brown, and salmon is cooked through and opaque, 12-14 minutes. (Thicker fillets will take longer. For best results choose pieces that are even thickness. Thick pieces require about 14 minutes while thinner pieces may only take 10 minutes)
5. While salmon and green beans roast, heat 1 T olive oil in a medium pan over medium heat.When oil is shimmering add tomatoes and remaining garlic and cook, breaking up tomatoes until very soft, about 3 minutes. Add 2 T water and simmer until sauce thickens, about 2-3 minutes more. Season with salt and pepper to taste and remove pan from heat.
6. Once salmon is roasted, add tomato sauce to rice. Stir in remaining Parmesan and 1/2T olive oil. Taste and add salt and pepper as desired. Serve with pine nut crusted salmon and roasted green beans.

## Pork Trimmings

Makes 4 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is an original Hayes family recipe. I don't know anyone else who's ever heard of it. Grandpa Hayes is the recipe master. He bought a whole roast and cut the pieces himself.*

*The story behind the name of the dish is that one of Grandpa's relatives, a chef working in Maine, kept the "trimmings" from the pork butt he was preparing for his employer to make a poor man's dinner.*

*Use either pork butt or shoulder roast for this. Mom usually served this with mashed potatoes and broccoli.*



**1 1/2 pounds boneless pork butt, cut into 1-2" cubes**  
**1 onion**  
**salt**  
**pepper**  
**1 tablespoon flour**

Blend salt, pepper, and flour in a bag big enough to toss and coat pork pieces. Place cut up pork into oven proof casserole. Top with sliced onion. Cook, uncovered for 1/2 hour at 350°, then add 1 cup water and cook for another 30 minutes at 400°

If more gravy is needed, Dad would transfer the meat and juices to a large saucepan on top of the stove and add more water. Cook this until gravy gets thick again.

## Pot Luck Chili

Makes 2 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*I cobbled this recipe together from several on-line recipes. I was looking for a thick, hearty, beef chili with some heat. This turned out pretty good so I've made it again, and this recipe includes a few adjustments.*



- 1 tablespoon canola oil**
- 1/4 medium red bell pepper, coarsely chopped**
- 1/2 medium onion, coarsely chopped**
- 2 teaspoons tomato paste**
- 3/4 pound course ground beef 80% lean**
- 1/4 pound Spanish chorizo sausages, removed from casing**
- 1/2 tablespoon ancho chilis in adobo**
- 1 tablespoon chili powder**
- 1 teaspoon oregano**
- 1 teaspoon cumin**
- 1 teaspoon paprika**
- 1/2 teaspoon cayenne pepper**
- salt & pepper**
- 1 (8-ounce) can Hunt's Tomato Sauce**
- 1 (14 1/2-ounce) can diced Hunt's Whole Tomatoes, fire roasted**
- 1 (14 1/2-ounce) can red or black beans**
- 1 (14 1/2-ounce) can hominy**
- 1 cup corn**

Heat oil in cast iron casserole. Sauté red bell and onion until soft. Add tomato paste and blend. Add meat in small pieces and cook until browned. Add anchos and spices. Stir until thoroughly blended. Add sauce and tomatoes.

Heat to light boil then reduce to simmer. Cook, covered, for 30-45 minutes.

Add rinsed beans, turn off heat, recover and let stand for at least 1 hour.

Reheat on low to bring up to temperature to serve.



Serve with toppers: sour cream, nacho chips, diced jalapeno, shredded cheddar.  
Consider adding frozen corn or hominy for variety.

## Turkey Stuffing Meatloaf w/ gravy

Makes 4 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*I share this Rachael Ray recipe with everyone! I altered her original to serve four, but you can double the recipe easily.*

*Basically the stuffing acts as the breadcrumb mixture for the meatloaf. It really reminds you of Thanksgiving dinner, if you have a craving.*



- 1 tablespoon evoo
- 3 tablespoons butter, divided
- 1 chopped onion
- 3 ribs chopped celery
- 1 bay leaf
- salt
- pepper
- 2 cups Pepperidge Farm seasoned stuffing mix (cubes)
- 2 teaspoons poultry seasoning (Bell's)
- 1 egg
- 3 cups chicken broth, divided
- 1 1/2 pounds ground turkey
- 2 tablespoons flour

Pre-heat oven to 400°

Heat EVOO and 1 Tbs butter in large skillet. Add onion, celery, bay leaf, salt and pepper, cook about 10 minutes, until soft. Add stuffing cubes, season with Bell's and moisten with 1 1/2 cups chicken broth. Remove bay leaf and leave mixture to cool.

Mix the turkey, eggs, salt and pepper together before blending with the stuffing mixture. Form meat into a loaf on a baking sheet. Drizzle top with EVOO and cook about 1 hour.

Gravy: melt remaining butter in small pan. Add flour and whisk over low heat until blended ( about 2 minutes). Whisk in remaining chicken broth and let thicken for about 5 minutes

## Coconut Shrimp or Chicken Tenders

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*The sweetness of this coating is unbelievable! I've tried to duplicate one of my my favorite restaurant items many times but this one is the winner. Combined with the Red Pepper Jelly Dipping Sauce and the Thai dressing on the spinach/pineapple salad, this recipe is as good as any menu offering I've ever tried. Those recipes can be found in the Dips, Spreads, & Sauces chapter.*

*I prefer Trader Joe's shredded coconut as I think it contributes to the sweetness I was looking for in the finished product. I also used coconut cream since it is a staple in my pantry. It's thicker than the milk and the crumbs adhere to it better. Chill breaded protein for a few hours to ensure the coating doesn't drop off during frying.*

*Amounts here work to bread 1 pound of large shrimp or 1.25 pounds chicken tenders.*



**1/4 cup rice flour**  
**1 teaspoon kosher salt**  
**1/2 teaspoon cayenne pepper**  
**cream of coconut**  
**1 1/2 cups sweetened shredded coconut**  
**1 1/2 cups panko crumbs**  
**1 1/4 pounds large shrimp**  
**canola oil**

Whisk the rice flour, salt, and cayenne together in a shallow dish. Pour coconut cream into another dish. Combine coconut and panko in a third shallow dish.

Toss protein in flour mixture. Next, coat with coconut cream. Finally, dredge in coconut/panko crumbs, pressing the coating to adhere. Chill for several hours.

Heat oil to very hot in a large skillet. Fry shrimp or tenders in small batches until golden and cooked through, about 2-3 minutes per side.

I made 1/2 of this recipe using 3/4 pound of chicken (6 large tenders). It served 2 with 3 pieces each.

Serve with sauce and spinach/pineapple/red bell pepper salad.

**Wasabi Lime Salmon**

Makes 2 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*This is a 2 serving meal that Meghan really loves. I know she does because she's already shared it with me and I have made it for myself. It was her go-to dinner for a while This is adapted from from the Hello Fresh meal service so the amounts are not very specific.*



**jasmine rice**

**2 Salmon fillets**

**3-4 tablespoons soy sauce**

**salt & pepper**

**vegetable oil**

**8 stalks baby bok choy**

**scallion, sliced thin**

**1-2 teaspoons grated ginger**

**1-2 teaspoons grated garlic**

**2-3 teaspoons wasabi paste**

**1 lime**

**mayonnaise**

Sauce: Combine mayo with juice of 1/2 lime , pinch of garlic, pinch of ginger, wasabi , salt and pepper to taste. Add a drizzle of water to thin out the sauce. Refrigerate while salmon and veggies cook.

Cook Jasmine rice according to package directions. (Meghan uses water but you can use stock if you prefer)  
Trim root ends of bok choy and separate into individual stalks.  
Season fish with salt & pepper and cook however you prefer. She heats oil in a skillet and pan fries the salmon, skin side first before flipping and cooking a few minutes on the other side.  
In a separate pan , heat some oil, add bok choy, remaining garlic, ginger, & scallions. When veggies are just wilted, add soy sauce and simmer briefly.

Plate the rice and cover with a serving of vegetables and top with a piece of salmon. Drizzle with the wasabi sauce and garnish with lime wedge. Enjoy!

## Whole Roasted Chicken

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Entrees

*Leanne passed this along to all of us. Here's her story... "I learned to make a whole chicken out of necessity. When I worked in NYC I struggled a bit financially. I would pass through the Essex Street Market on my way home. One day I noticed that you could buy a whole chicken for \$5! I figured that was too good of a deal to pass up so I taught myself how to cook one. I have been making this chicken ever since! I'm kind of guessing on the measurement--almost everything I cook is "nana-style" (no measuring). You can mix up the herbs but this is the original and my Go-To."*

*A bargain and no measuring?! ....this could be the quintessential Papa/Nana recipe, Leanne!*



**1 whole chicken**  
**room temperature butter (or Ghee)**  
**extra virgin olive oil**  
**3 sprigs rosemary, finely chopped**  
**2 sprigs rosemary left intact**  
**5 cloves minced garlic**  
**3 cloves garlic, roughly smashed (you can always use more!)**  
**1 lemon**  
**salt & pepper**  
**paprika**



**2 onions, roughly chopped**

Preheat oven to 350°. Make sure there is nothing inside the chicken cavity. Rinse chicken and pat dry. Put a tablespoon of butter under the skin of each breast and smush around. Rub the bird down with lots of butter. In a bowl, mix 1/4 cup oil, minced garlic, chopped rosemary, lots of salt and pepper, and the juice of 1 lemon (save the juiced lemon--you will need it later). Rub this mixture over the chicken as well.

Cut 1/2 of the used lemon into pieces that will fit inside the chicken cavity and shove them in along with the smashed garlic, rosemary sprigs, and more salt.

Seal the cavity with the other half of the used lemon and tie the legs together (technical term is truss). If you don't have string you can hold the legs together with tin foil.

Place onions in the bottom of a roasting pan and place the chicken on top. Sprinkle skin of chicken with paprika (so it browns).

Roast at 350° for 20 minutes per pound.

When chicken is done, remove it from the pan and let it rest under a tin foil tent. Set oven to Broil and put onion back in under the broiler.

Once onions are browned remove from oven and serve! Those onions mixed with the drippings are maybe the best part!!

## **Vegetables/Sides**

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## Au Gratin Potatoes

Makes 16 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*I made this for especially Joe Doyle when he and Mary hosted the family Easter dinner in 2019. This was made to feed a crowd but making a quarter of the recipe should be very easy. I actually made the smaller portion with the end cuts of potatoes from the party size version.*

*I use Yukon Golds here and I used a mandolin to cut evenly into 1/4" slices (set on #3). It makes so much sense to par cook the potato right in the half & half to bring out its creaminess.*



- 8 large potatoes, sliced, (about 5#)**
- 2 tablespoons butter**
- 4 cloves crushed garlic**
- salt & pepper**
- 4 cups half and half**
- 1 tablespoon thyme**
- 1 teaspoon nutmeg**
- 1/2 teaspoon red pepper flakes**
- 1 sliced onion**
- 4 cups shredded gruyère cheese**

Preheat oven to 350°. Coat the pan/dish with butter.

In a soup pot over medium heat melt butter. Add garlic and saute until fragrant before adding all the other spices. Stir until aromatic. Add half and half. Allow to heat up to blend flavors. Add potatoes and bring to a light boil and then reduce heat to low. Simmer and stir for about 10 minutes until the potatoes show signs of slightly softening. Remove from heat.

Layer half of the potatoes, half the onion, and half of gruyere. Repeat. Pour the seasoned milk mixture over entire surface of the potatoes. Cover and bake for 1 1/2 hours. Uncover, and continue baking until top is golden, about 20-30 more minutes.

Be sure to use non-stick foil to cover pan/dish.

Baking time for smaller portion is 45 minutes, covered. Then 10 minutes uncovered.

## Bread & Butter Pickles

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*This recipe is a combination of several I've tried. I think it has just the right amount of sweet and acid, and the 1/4 inch slice allows the crunch to hold up even after several days. This is a refrigerator style pickle so no sterilizing is necessary. The brine is cooked, but only to meld the flavors. The quantity of cucumber depends upon the size. I usually go for big ones and cut them on the mandoline at 1/4 inch.*



- 2 large cucumbers (about 4 cups)**
- 1 tablespoon kosher salt**
- 1 cup vidalia onion, sliced thin**
- 1 cup sugar**
- 1 cup white vinegar**
- 1/2 cup apple cider vinegar**
- 1/4 cup brown sugar**
- 1 1/2 teaspoons mustard seeds**
- 1/2 teaspoon celery seeds**
- 1/8 teaspoon turmeric**

Cut unpeeled cukes to 1/4 inch thickness. Place in bowl and toss with salt. Refrigerate for 1 hour. Transfer to a colander to drain. Rinse under cold water. Combine with sliced onion. Combine all brine ingredients in a

saucepan; bring to a simmer and stir until sugar is dissolved. Stuff cuke and onion mixture into sealable jars. Pour hot liquid over the mixture and let stand at room temperature for an hour before refrigerating. Store in airtight containers in refrigerator for up to 1 month.

## Butternut Squash the Easy Way

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*Don't know where I heard about this technique, but it's the only way to cook the 12-15 pounds of squash I cook on Thanksgiving. I started cooking it this way in 2015 so I expect I'll make improvements to the process as time passes.*



**5-6 butternut squash**  
**1/4 pound butter**  
**salt & pepper**

Preheat oven to 425° using pure convection bake mode.

Slice whole squash in half, lengthwise. Scoop out seeds. Place, cut side down, on rimmed baking sheets.

Add some water to the pan. Cover tightly with aluminum foil. Bake for 1 hour, until soft to touch.

If the squash are very big you can turn off the oven after 1 hour but leave the pans in the oven to continue steaming for a few more minutes.

Once fully cooked, remove the foil and allow the squash to cool enough to handle it. Scoop the flesh out of the skin into a large bowl. Add butter to the mixture to melt it. Add salt and pepper to taste.

Stir to blend butter and spices.

Pour into an aluminum pan, cover first with clear plastic wrap, then aluminum foil.

To reheat, place covered container in 350° for 30 minutes.

## Individual Sweet Potato Casserole Sections

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*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*This is a great way to serve a candied sweet potato. You need to select potatoes that are fairly elongated and symmetrical in shape in order for all slices to be about the same size. Realistically, you should get 3 slices per large potato.*



**2 large sweet potatoes**  
**2 tablespoons brown sugar**  
**2 tablespoons orange juice**  
**1 teaspoon cinnamon**

### **Topping**

**1/4 cup brown sugar**  
**1/4 cup chopped pecans**  
**2 tablespoons melted butter**

Preheat oven to 350°.

Par boil potatoes til tender but not fully cooked through.

Once potatoes reach desired doneness, allow to cool. Slice off both ends. Cut potato into about 1 1/2 inch slices and lay them flat on a parchment covered sheet pan. Using a melon baller, scoop out a small divot in the center of each piece, being careful not to go through to the bottom.

Mash the scooped out potato and end pieces with brown sugar, orange juice, and cinnamon. Stuff the mash back into the slices.

Mix all topping ingredients together. Dollop on top of each piece.

Bake for 20 to 30 minutes until topping melts.

Although I didn't try this yet, you could probably add mini marshmallows to the top, too.

## Macaroni Salad with Peppadews

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*I love this macaroni salad. The flavors just pop! The peppadews give it a sweet taste with mild heat. Delicious! 1/2 of this recipe is plenty to prepare at home but use the full amount if bringing it as your contribution to a pot luck. Everyone will want this recipe. This one's a winner and a keeper.*



**1 pound casserole style elbow macaroni**  
**1 cup diced celery**  
**1 cup diced green bell peppers, or red if you prefer**  
**1/2 cup sliced scallion**  
**1/2 cup minced Peppadews**  
**1/4 cup minced parsley**

### **Dressing**

**1 cup mayonnaise**  
**1/4 cup cider vinegar**  
**2 tablespoons Dijon style mustard**  
**1 packet splenda**  
**salt & pepper, to taste**



Cook the pasta according to package directions. I like it a bit softer than al dente for this dish.

While pasta is cooking whisk the dressing ingredients together or blend in a tight covered jar. Place the chopped vegetables into a serving bowl. Add the drained and cooled pasta. Pour dressing on top. Toss to coat and mix. Cool before serving.

Be sure that the pasta has thoroughly cooled before combining with dressing. Hot pasta will absorb all of the liquid and it won't disperse evenly.

## Nana Hayes' Bread Stuffing

Makes 16 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*I watched Mom make this at my house and she confirmed that the recipe is authentic! This is a double batch that stuffs a 24 pound turkey with some for leftovers.*

*In 2012 mom changed it up a bit and made this the night before and stored it in plastic bags, in the fridge. She didn't have to worry all night about getting up in time to prepare anything! She stuffed the bird right before roasting and it was as delicious as ever.*



- 1/2 pound real butter**
- 2 pounds Jimmy Dean Regular Sausage , bulk package**
- 1/2 package chopped celery**
- 12-16 ounces chopped onions**
- 8-12 ounces fresh mushrooms chopped**
- 2 (14-ounce) bags Pepperidge Farm Herb seasoned stuffing mix**
- 4 cups chicken broth**
- 4 teaspoons Bell's seasonings**

Make this in 2 batches to be sure it gets well blended.

Melt butter in skillet. Add onion, celery, and mushrooms and saute. Brown and crumble sausage in another skillet. Combine the dry stuffing mix and seasoning in a large pot. Add the batches of sausage and

vegetables and broth with bread mixture and stir until well mixed and evenly moist. Either stuff bird and roast right away or cover and store in refrigerator. Time the cooking of the bird according to oven directions. Extra stuffing can be placed in a covered pan and heated in 350° oven for at least 30 minutes.

## Orzo Pasta Salad

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*Laura passed this along. Sounds delicious and looks interesting with all that color! This is one of those recipes where the amounts are whatever works for you.*



**1 (1-pound) box orzo pasta**  
**1 can sliced black olives**  
**feta cheese**  
**grape tomatoes**  
**green pepper**  
**red onion**  
**salt & pepper**  
**salad dressing, Ken's Greek**

Cook pasta according to package directions. While waiting for pasta to cook, chop all vegetables and set aside. Drain and rinse pasta with cold water. Combine pasta and veggies, season with salt & pepper, add dressing and mix well. Enjoy!

**Rhonda's Best Potato Salad**

Makes 16 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*Hers is the Gold Standard! You have to use the correct brands or it won't taste the same. Remember to start this the night before as the potatoes need to be chilled. When reducing the amount, be sure to make enough hard boiled eggs.*



- 4 pounds small red bliss potatoes, boiled and quartered**
- 5 hard boiled eggs, sliced**
- 1 medium red onion, diced**
- 2 teaspoons black pepper**
- 3/4-1 cup Ken's Original italian herb dressing**
- 3 tablespoons Hellman's mayonnaise**

Boil potatoes and cool before cutting them. Mix in next 4 ingredients; refrigerate overnight. Immediately before serving add mayo and toss to coat.

## Gravy

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*This is Nana's recipe. She made the best, no-frills gravy. No lumps, and no need to add coloring or added flavoring.*



**meat or poultry drippings**  
**flour**  
**broth**  
**salt & pepper, optional**

Using the same roasting pan that the meat was cooked in and after removing meat or poultry, place the pan on the stove burner. Do not strain juices. Turn heat to medium low. Add enough flour to lightly cover the surface of the drippings. With a whisk, stir flour into fat/fond and make a roux (paste). Bring to the slightest boil. Add the broth slowly, about 1 cup at a time, stirring all the while. Gravy thickens as it cooks so continue to add liquid until it reaches the desired consistency.

This process takes some time and amounts are very imprecise. Not knowing how much fat will be rendered from the meat, you have to estimate how much flour it will take to make the roux. The thickness of the gravy you want can be determined by the amount of broth you add. I usually plan on 4 cups of broth, except when I'm preparing gravy from the two turkeys I roast for Thanksgiving. I may use as much as 12 cups of broth for that much bird.

## Salsa (Corn or Mango)

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Vegetables/Sides

*Use as a topping for fish or as a sweet accompaniment for any Tex-Mex dish. I tasted the corn version at Emeril's in Orlando and tried to copy it when I got home. The mango recipe is from the Boston Globe.*



**1 ripe mango, or 1/2 C frozen corn kernels**  
**1/2 red onion, finely diced**  
**1/4 teaspoon cumin**  
**juice of 1/2 lime**  
**1 tablespoon chopped cilantro**  
**1/4 teaspoon salt**  
**dash pepper**

Corn version: Mix corn with onion, diced to same size as corn. Add all other ingredients to a bowl and allow flavors to blend for several hours.

Mango version: Peel and cut the flesh of the mango into very small cubes ( about the size of a corn kernel). Cut onion to a similar size. Follow directions above.

## Desserts

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## Best Brownies EVAH!

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*Seriously, they are! I've used this recipe since 1971 and have never bothered with another one. It's from my original Betty Crocker cookbook. I have made only the most modest changes in all these years but it's imperative to make these with cocoa powder, not a bar of baking chocolate. The conversion is accurate for either an 8x8 or 9x13 pan. Baking time is the same.*

*The amounts listed are for the larger pan but in the directions I've noted the amounts for the smaller pan. My trademark for these beauties is the amount of large walnut pieces you get in every bite. Don't scrimp on the amount and don't chop the pieces too small.*



- 12 tablespoons Hershey's cocoa powder**
- 15 tablespoons Crisco All-Vegetable Shortening**
- 2 cups sugar**
- 4 eggs**
- 1 teaspoon vanilla extract**
- 1 1/4 cups flour**
- 1 teaspoon baking powder**
- 1 teaspoon salt**
- 2 cups large walnut pieces**

When melting the cocoa powder and the shortening be sure to use a large enough bowl or saucepan since you'll be mixing all the other ingredients in this same container.

Preheat the oven to 350°. Grease pan with spray or line with parchment ( leaving enough overlap to act as handles for removal).

Melt the cocoa and the crisco all together either in a doubleboiler or in the microwave. If using the pan method simply wait for the crisco to melt down over the heated water and stir until the cocoa blends in completely. If using the mic, place both ingredients into a large glass bowl and mic on 70% power for 2 minutes for the large yield or 1 1/2 minutes @ 70% power for the smaller amount. In both cases stir halfway through the process.

Once chocolate is blended mix in the sugar, eggs, and vanilla. Stir to combine. Stir in the dry ingredients, except nuts, and stir til thoroughly blended. Stir in nuts.

Spread evenly into pan.

Bake 30 minutes in center of oven. Brownies should start to pull away from sides of the pan. Do not over bake. Cool slightly before removing from pan but do not cut until completely cooled.

Here are the amounts for the 8x8 pan :

6T cocoa

7+T Crisco

2 eggs

1 c sugar, 1/2 t. vanilla

5/8 c flour

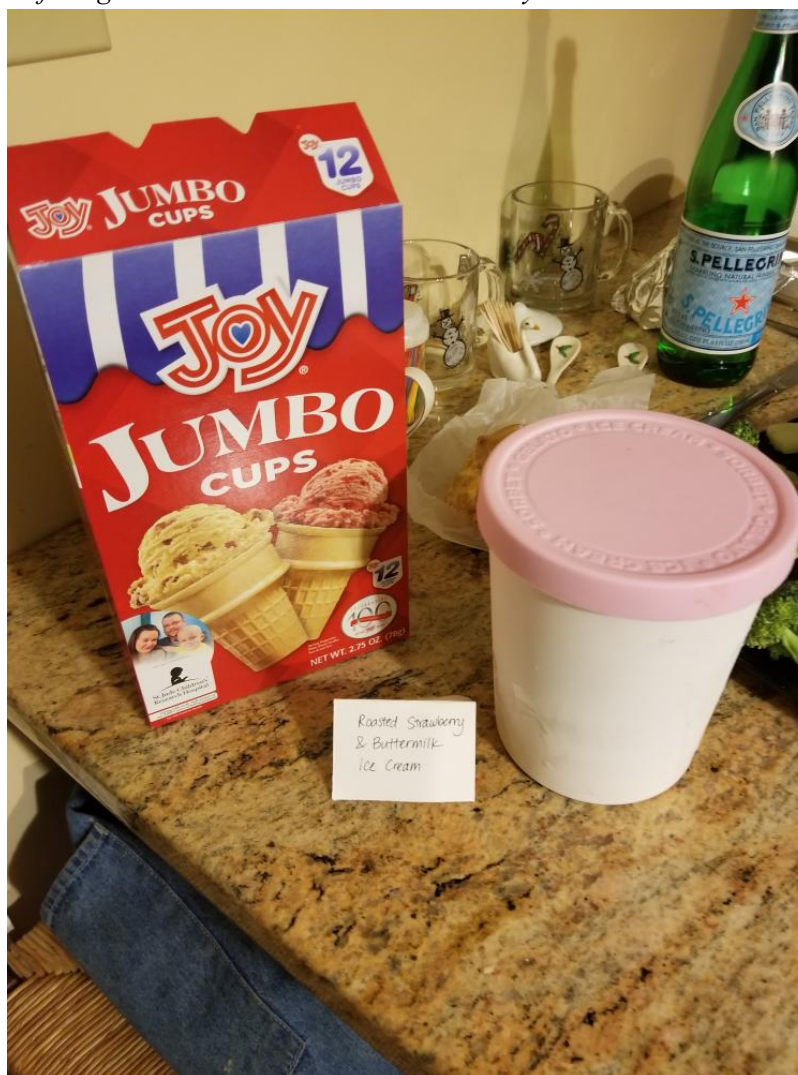
1/2 t each baking powder & salt

1+ c nuts

## Ice Cream, The Right Way

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*Thanks to Kendra for the first recipe submitted for this book! This is her version of Papa's signature dessert, custom made for each of his grandchildren. What a sweet memory....*



Roasted Strawberry  
& Buttermilk  
Ice Cream

**Breyer's neopolitan ice cream**  
**1 Joy brand cone**  
**LOVE**

**\*\*Stuff ice cream ALL THE WAY into the cone\*\* Enjoy with LOVE!**  
Meghan notes this can be made equally well with Rainbow Sherbet.

## Custard Pie

Makes 6 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*Dad loved this and so does Meghan. Thanksgiving dinner isn't the same without it.*



**1 package Pillsbury Refrigerated Pie Crust**

**4 eggs**

**2/3 cup sugar**

**1/2 teaspoon salt**

**1/4 teaspoon nutmeg**

**2 2/3 cups milk**

**1 teaspoon vanilla extract**

Heat oven to 450°. Line pan with one sheet of pastry. Cover edges with pie crust protector. Refrigerate leftover dough.

Beat eggs slightly with rotary beater, beat in remaining ingredients. To prevent a spill, place pie pan on a rimmed baking sheet. Pour liquid ingredients into pie pan. Transfer to oven and bake 20 minutes.

Reduce oven temperature to 350°. Bake 15-20 minutes longer or until knife inserted halfway between edge and center comes out clean.

## Angel Food Cake Sauce

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*Mrs. (Phyllis) Souba gave this to Lynne, and she shared with me after I raved about it. I love that my go to heart- healthy dessert is angel food cake, but then I topped it with this. It's a treat, so splurge once in a while! The cake is a boxed mix, but this is a really decadent add-on. I do substitute cool whip for whipped cream sometimes.*

*The original was made in a double boiler but I amended it for the microwave. I included both cooking methods in the directions.*



**1 cup sugar**  
**5 egg yolk**  
**1 cup sour cream**  
**dash salt**  
**1 tablespoon butter**  
**1 teaspoon vanilla extract**  
**1 cup whipped cream**

Mix first 4 ingredients in a double boiler until thick. Add butter and vanilla. Chill. Once cooled down fold in whipped cream. Serve over cake . Add berries if desired.

Microwave: Mic first 4 ingredients in a 4 cup glass bowl. Heat 3 minutes on Hi, stir, 2 minutes on Hi, stir, 1 more minute on Hi. Add butter and vanilla, stir to melt and blend. Chill. When chilled, fold in whipped cream.

## Deb's Whoopie Pies

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Yield: 18

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*I got this in the fall of 2018 from Mark's friend Deb Mason. She made a pumpkin spice version and it was the best homemade Whoopie Pie I had ever tasted. She shared her recipe with me and after several attempts I was able to successfully convert it into a Devil's Food version. I have made red velvet ones too. No need to add pudding to that one, it's included in the cake mix.*

*The cake recipe makes about 18 small pies. Depending on how much filling you like, you may find the need to make an extra 1/2 batch of filling.*

*I filled a baggie with the cream frosting and used that as a pastry bag, cutting a wide hole in one corner to make for a pretty substantial layer of filling.*



**1 package Devil's Food cake mix**  
**3 eggs**



**1/2 cup water**  
**1/2 cup canola oil**  
**1 3.8 ounce package Devil's Food instant chocolate pudding mix**

**8 tablespoons butter, at room temperature**  
**8 ounces cream cheese, at room temperature**  
**2 cups sifted confectioners' sugar**  
**1/2 cup Fluff (about 1/2 small container)**  
**1/2 teaspoon vanilla extract**

Preheat oven to 400°

In stand mixer cream butter and cream cheese on low til well blended. Add sugar, Fluff, and vanilla and continue to mix until thick and fully blended. Fill pastry bag or baggie with mixture. Store in refrigerator until ready to use.

Mix the cake mix, eggs, water, oil and pudding mix until thoroughly blended. The batter will be thicker than usual. Using parchment to line a large sheet pan, drop batter by 2 tablespoons full ( #50 scoop) 2 inches apart, yielding about 12 per pan, in 3 batches. Fill and bake 1 pan at a time, always working with a cool pan. Bake for 8-10 minutes. Cool completely before filling.

Spread filling on flat side of one cake. Top with another cake of similar size and shape.

## Chocolate Trifle

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*When our kids were all quite young they looked forward to Auntie Laura bringing this to Hayes Family Sunday dinner. I'm sure they all have fond memories of scooping this into their paper cup dessert dishes!*



**2 packages prepared chocolate pudding**  
**Italian lady fingers (or pound cake)**  
**Cool Whip**  
**chocolate candy**

Laura's notes: I always use Kozy Shack chocolate pudding since instant pudding has yellow dye. I also use Italian lady fingers. If you need to make this the day of an event use Entermann's Pound Cake.... Choose whatever candy pieces you like....Nana liked Heath Bar and Papa always liked Whopper's (malted milk balls) or Rollos. My favorite is mini Reese's Cups!! Layer each ingredient starting with lady fingers and ending with Cool Whip and top with a few candy pieces ! ENJOY!

## Elia's Macaroons

Yield: 12-16

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*This is one of Meghan's contributions. She's made them for Easter dessert several times and they are amazing. Here's her story....These are called "Island Macaroons" ... AKA Elia McLaughlin's famous macaroons! Elia has been baking for as long as I can remember and cookies are definitely her specialty. If you've ever seen her decorated sugar cookies you know what I mean! Whenever I make these cookies I'm reminded of my childhood. Hanging out in my best friend's kitchen dancing and singing along to the oldies while Elia worked her baking magic :)*



**3 cups sweetened flaked coconut**  
**1 cup blanched, chopped (or slivered) almonds**  
**2/3 cup sweetened condensed milk**  
**1 teaspoon vanilla extract**  
**2 egg whites**  
**pinch salt**  
**1 pound chocolate, of your own choice**

Preheat oven to 350°

Toast the almonds ( I prefer to use slivered) on low heat in a non-stick skillet frying pan until lightly browned.

Toss gently a few times and be sure to watch as they will turn quickly as the pan heats up.

Combine condensed milk, vanilla, coconut, and nuts in a bowl.

In a separate bowl combine salt and egg whites. Beat until stiff but not dry. Fold mixture into coconut mixture.

Line 2 large cookie sheets with parchment paper.

Scoop the batter using a tablespoon ( heaping), or small ice cream scoop, onto the parchment. Bake for 15 minutes (+ or - a few minutes) until golden brown on top and bottom.

Cool on a rack . While cookies are cooling, melt the chocolate in a double boiler. Dip the bottom of each cookie into the melted chocolate. Place cookies on a wax paper lined plate or cookie sheet and refrigerate until chocolate is firm.

Note \*\* The number of cookies this yields will depend on how big you make the cookies. It should yield between 12-16. I double the recipe for Easter and I typically get about 24-30 cookies, depending on how crazy I get with my scooping that year :)

## Irish Bread

Makes 6 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*I got this recipe in the mid 70's and have made it as my contribution to our family's traditional St. Patrick's Day meal. Stick with the original ingredients to ensure the best results*



- 2 1/2 cups flour**
- 1/2 teaspoon baking soda**
- 2 teaspoons baking powder**
- 1/2 teaspoon salt**
- 1/4 cup sugar**
- 4 tablespoons butter**
- 1 egg**
- 1 cup sour cream**
- 1/2 cup buttermilk**
- 1 cup raisins**
- 1 1/2 teaspoons caraway seeds**

Preheat oven to 375°. Toss raisins in 1T flour to keep them from clumping together during mixing.

Put all dry ingredients in a large bowl; stir. Add butter with fingers to form pea sized pieces coated completely in flour. Beat egg, sour cream, and milk together. Fold into dry mixture. Add floured raisins and seeds; mix well.

Pour batter into a greased 9-10 inch cast-iron skillet. Bake at 375° for 40 minutes, no less.

Stand Mixer Preparation: Combine the dry ingredients in mixer bowl. Stir on #1-2 to blend. Add the cold, cubed butter and stir on # 2-3 for up to 2 minutes with spatula paddle attachment until the butter is reduced to pea sized pieces, coated with flour. Change the attachment to the dough hook. Add wet ingredients and stir just until flour is mixed well with liquids. Add the raisins and caraway to incorporate them into the batter. Scrape the bottom of the mixing bowl to draw all flour into the batter.  
Bake as directed

## Lemon Meringue Pie

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*Very lemony and very good! Timing is important in this recipe. Make the crust first. Make meringue while the crust bakes. Don't start cooking the filling until those other two steps have been completed. This recipe is for a 9 inch pie.*



single pie shell  
Meringue  
3 egg whites  
1/4 teaspoon cream of tartar  
6 tablespoons sugar  
1/2 teaspoon vanilla extract  
Filling  
1 1/2 cups sugar  
1/3 cup plus 1 tablespoon cornstarch  
3 egg yolk, slightly beaten  
1 1/2 cups water  
3 tablespoons butter  
2 teaspoons grated lemon peels  
1/2 cup fresh squeezed lemon juice

Blind-bake pie shell as directed. Leave oven on when done.

While pastry is baking make meringue. Beat egg whites and cream of tartar until foamy. Beat in sugar, a tablespoon at a time; continue to beat until stiff and glossy. Do not overbeat. Stir in vanilla. Set aside until filling is ready.

Filling: In a medium saucepan stir the sugar and cornstarch together. Blend the egg yolks with water. Add to the pan gradually and cook over medium heat, stirring constantly, until the mixture boils and thickens. This may happen very quickly. Once thickened, remove from heat and add butter, lemon peel, and lemon juice. Stir to blend. Pour immediately into prepared pie shell.

Heap the meringue onto the hot filling; spread over entire surface being sure to seal to the edges of crust.

Form peaks with spreader. Bake for 10 minutes or until meringue turns a delicate brown. Watch carefully so not to burn topping.

## My Famous Ugly Apple Pie

Makes 6 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*

Desserts

*This got its nickname when I used to make my own dough because the top crust was always patched up and bumpy. Uncle Mark would say "It's ugly, but it's good!"*



- 1 package Pillsbury Refrigerated Pie Crust**
- 3/4 cup sugar**
- 1/4 cup flour**
- 1/2 teaspoon nutmeg**
- 1/2 teaspoon cinnamon**
- dash salt**
- 6 Cortland apples, peeled, cored, cut in large pieces**
- 2 tablespoons butter**

Heat oven to 425°. Place bottom crust into pie pan. Stir dry ingredients together. Put apples into a large plastic bowl with a tight lid. Sprinkle dry ingredients over apples. Secure the top and toss to evenly coat all the apples. Turn into pastry lined pan. Dot with butter. Cover with top crust. Cut vents into pastry. Seal and flute. Cover edges with aluminum crust protector. Remove this during last 15 minutes of baking. Bake for 35-40 minutes.



## Nana (Mazie) Hayes' Date Nut Bread

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*This is my grandmother's recipe. Just making it brings back the best childhood memories ever! I recall her serving us slices of this spread with cream cheese. Delicious! Thanks to Lynne for submitting this Oldie But Goodie!*



**12-16 ounces chopped, pitted Medjool dates**  
**2 3/4 cups flour**  
**1 1/2 cups sugar**  
**2/3 teaspoon salt**  
**2 teaspoons baking soda**  
**1 beaten egg**  
**1 teaspoon vanilla extract**  
**2 tablespoons melted butter**  
**1+ cups walnuts**

Grease a 9x5x2.75 inch loaf pan or 4 5x3x2 inch tea bread (loaf) pans.  
 Preheat oven to 325°

Cover dates with 1 1/2 cups boiling water and let stand until cool.  
 Combine dry ingredients in mixing bowl. Add dates with water and all other wet ingredients, except nuts.

Stir on #1 (if using stand mixer) until well blended. Add nuts, stir gently.  
Pour into pan and bake 1 hour 15 minutes for large loaf pan or 1 hour for tea loaf pans.

## Rhubarb

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*

Desserts

*My mom used to grow this and we had tons of it all summer. Use it as a simple dessert or mix with other ingredients to jazz it up.*



**12 stalks rhubarb, cut into 2 inch pieces**  
**1/4 cup sugar**

Wash stalks but do not pat them dry. They'll need the moisture to help break down the fibers. Simply place cut rhubarb and sugar in a saucepan on medium high heat. Stir constantly to help to break down the fruit. Juice will form during cooking.

Add strawberries if you like. Serve warm or cold, plain, or topped with Cool Whip or vanilla ice cream. Can be used in a pastry shell, too.

## Ricotta Pie

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*Mom's been requesting I make this for Easter every year since 1978. I've tweaked it a bit from the original, but it's still an Italian tradition that I'll likely continue. This is not heart healthy, but once a year you gotta go for it!*

*The first 7 ingredients are for the crust, the remaining 9 are for the filling.*



**1/3 cup sugar**  
**1/2 cup crisco**  
**2 cups flour**  
**1 teaspoon baking powder**  
**3 egg yolk**  
**1/4 cup milk**  
**1 teaspoon vanilla extract**

**3 egg whites**  
**1 pound ricotta cheese**  
**3/4 cup sugar**  
**1/4 cup milk**  
**1 tablespoon vanilla extract**

**1 tablespoon flour**  
**1 tablespoon lemon juice**  
**1/2 teaspoon lemon zest**  
**1/2 teaspoon orange rinds**

CRUST: Cream the Crisco with the sugar at low speed of mixer using the paddle. Add the next 5 ingredients. Mix with dough hook until blended and dough pulls away from the sides of the bowl.

Tips for dough: Make the dough and roll it out before you start to put together the filling. Divide the dough 60/40, using the larger piece to fit the pie plate. The smaller one will be the topper. Rolling out the larger piece first, store the other in the fridge til ready to roll out. Using a pastry sheet as a guide roll dough out to fit a 10 inch pie plate. Invert the rolled out dough over the plate and carefully loosen to line the dish. Store in fridge. After the topper is rolled out, store it in the freezer, still resting on the pastry sheet and covered with waxed paper.

While the dough is chilling, assemble the filling.

FILLING: Beat egg whites until stiff. Hold aside until all other ingredients are well blended. Fold whites into mixture. Pour into lined pie plate, top with 2nd crust by removing the wax paper and quickly inverting it to fit atop the filling.. Crimp the edges together with tines of a fork. Brush top crust with milk, bake @ 375° for 30 minutes then lower temp to 300° for 10 minutes.

\*\*\* Options for flavoring \*\*\* Substitute 1 T Anisette liqueur (Sambuca) or 1 t anise extract for 1 T vanilla.

## Thin & Crispy Chocolate Chip Cookies

Makes 9 Servings

Cook Time: 11 minutes

Yield: 18

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Desserts

*Finally! This is what I'm talking about! I've been trying to recreate these for months. I've been on a quest to find and make a cookie similar to Tate's in size and texture and this may be it. I still have to tweak it a bit, but the results were almost there.*

*When I made these again I melted the butter first, then cooled it, instead of cubing it right out of the fridge. Also, the most important thing is to flatten the scoops of dough to start the process of spreading along a little bit. 11 minutes of cook time at 375° seems perfect.*

*This recipe represent an 18 cookie batch. Doubling should be very easy.*



- 1 1/3 cups flour**
- 1/2 teaspoon baking soda**
- 1/4 teaspoon salt**
- 8 tablespoons butter, melted then cooled**
- 1/2 cup sugar**
- 1/3 cup firmly packed brown sugar**
- 1 egg**
- 2 teaspoons vanilla extract**

**2 tablespoons corn syrup**  
**1 tablespoon milk**  
**4-6 ounces semi-sweet chocolate chips**  
**1/3 cup chopped walnuts, optional**

Preheat oven to 375°. Line rimless cookie sheets with parchment.

Whisk together flour, baking soda, and salt. Set aside.

Using the paddle attachment to the stand mixer, cream the butter and the sugars together til totally blended and smooth textured.

Add the egg, vanilla, and corn syrup. Beat til smooth again. Batter may appear a bit loose.

Turn down the speed on the mixer and add the flour mixture, a little at a time. Change to the kneader attachment and gently stir in chips and the nuts, if using.

Use the #50 scoop (1 T) to scoop dough onto a cool cookie sheet, about 6 to a sheet. Leave lots of room between since we're hoping for major spread.

**\*\*FLATTEN** batter to about 1/4 inch.

Bake 11 minutes til edges brown. Remove from oven but leave on cookie sheet about 5 minutes before removing them to cool thoroughly on a wire rack.

## Miscellaneous

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## Lemony Scones

Preparation: 5 minutes , Cook Time: 15-18 minutes

Yield: 8

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*They're not "Lemon Scones", but they have a strong hint of that flavor. Combined with berries, the taste is deliciously tart. I got this recipe from a golf buddy. She served me one in Florida and I immediately took her recipe.*

*Pro tips... freeze the berries. It makes stirring them in so much less messy. They don't get squashed in the preparation. She used dried cranberries (no need to freeze them). Add a squeeze of fresh lemon juice, but just a squeeze. This recipe yields 8 regular sized scones. Don't make less, they'll turn out too big. To make smaller ones, use a #16 scoop to make 12-14. In that case use 2 baking sheets and only bake for 12-15 minutes. Set oven racks at mid oven level or bottoms will burn.*

*Now that a single serve container of yogurt is only 5 ounces, you can opt to supplement 1 container of lemon with 3 more ounces of plain. If you do, just add a little more lemon juice.*



- 2 cups flour**
- 1/3 cup sugar**
- 2 teaspoons baking powder**
- 1/2 teaspoon baking soda**
- 1/4 teaspoon salt**
- 1 (8-ounce) container lemon yogurt**
- 1 egg**

**1 tablespoon lemon zest**  
**1/4 cup melted butter**  
**splash lemon juice**  
**2 cups frozen berries**

Preheat oven to 400°. Line rimmed baking pan or cookie sheet with parchment. Set oven rack to the middle. Add all dry ingredients to a mixing bowl and stir to blend. In the KitchenAid bowl, whisk the wet ingredients together. Combine both bowls and the frozen berries. Switch to the knead attachment and fold thoroughly (and slowly). Mixture may feel a bit dry but mix till dry ingredients are fully incorporated. Drop by spoonfuls onto pan. Be sure to get at least 8 scones from this batch. Bake 15-18 minutes until tops are light brown.

## Allen's Meat Marinade

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*Here's the special sauce that Allen uses to marinate his steak tips.  
This recipe yields marinade for 5 pounds of steak tips.*



- 1 bottle Soyaki (or low sodium soy sauce)**
- 2 kiwi fruits, peeled**
- 3 cloves garlic**
- 1 cup cilantro**

### **5 pounds steak tips**

Marinade: Place first 4 ingredients into a blender and mix. Use to marinate steak tips.

Tips: Use 5 pounds of meat to marinate at one time. Separate later into smaller portions to freeze for another day, if desired.

Not all tip meat cuts are equal. The best pieces seem to be the thick pieces. The thin, flat ones will fall apart during grilling.

Use a fork to poke the meat against the grain to tenderize. Put 5 pounds of meat and marinade together in a 1 gallon zip lock bag. With the bag secured, move the meat around to ensure all pieces come in contact with marinade.

Place the bag in the refrigerator, laying it flat, for 24 hours. Flip over several times during that period of time. The next day, remove the amount of meat you plan to grill. Freeze the rest, including the remaining marinade, in individual serving sizes for later.

## My Best Blueberry Muffins

Makes 3 Servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*Sweet and bursting with loads of fresh blueberries. Best made in summer after berries have been hand picked. Grandpa Hayes looked for these every time he stayed with me in Hanover.*



**1 egg**  
**1/2 cup milk**  
**1/4 cup salad oil**  
**1 1/2 cups flour**  
**1/2 cup sugar**  
**2 teaspoons baking powder**  
**1/2 teaspoon salt**  
**2 cups fresh blueberries**

Heat oven to 400° Spray bottoms of large non-stick muffin tin (6 muffins). Blend egg, milk, and oil. Mix in dry ingredients (except blueberries) just until flour is moistened. Carefully stir in berries using a spatula. Fill muffin cups 2/3 full. Bake for 20-25 minutes.

Notes: Variation, use 1 cup each blueberries and raspberries.

Cook at 400 for 30-35 minutes for 8x8 single batch cake in aluminum cake pan or 3 tea loaf pans.

Double this recipe for a 9x13 glass cake pan Bake for 30 minutes at 400

## Crustless Quiche

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*This makes quiche an almost anytime dish since you don't have to worry that you don't have a crust in the fridge. Made 2 for Family Christmas Brunch in 2017 and they got rave reviews.*

*Amounts can be flexible, as can the particular ingredients in each quiche. It's best to saute veggies and meats in advance. I usually use a combo of cubed ham, onion, mushroom, peppers, and broccoli. but you can get pretty creative here. Same with the cheese. I usually use TJ's Swiss/Gruyere but cheddar/Monterey Jack is good or Mozz/Fontina. You want to use a cheese that melts well. It's the proportion and the fat that makes this a creamy delight.*

*One last note; this is not a recipe where low fat dairy works. It requires the fat in the milk and cheese to produce a creamy quiche, which is the whole point of making it!*

*Any 1 1/2 cup combo of whole milk, half & half, or cream will do. Don't use low fat cheese either. It won't melt well.*

*Here is the recipe using real eggs. If you choose egg substitute it's 1 cup liquid egg to 1 1/2 c. half and half.*



**3 cups prepped veg/meat combo**  
**2 cups shredded cheese**  
**4 eggs**  
**1 1/2 cups half and half**  
**dash cayenne pepper**

Preheat oven to 350°. Butter a 9" pie plate. Dust with grated Parmesan . Place on a rimmed baking sheet.

Combine beaten egg, half and half, and cayenne.

Spread 1/2 of the veggie/meat combo on the bottom of the pie plate, top with 1/2 the cheese. Repeat. Pour egg mixture over the filling. Place in the oven using the baking sheet as protection against spillage.

Bake 50 minutes until egg mixture is firm and the top is lightly browned.

Cool a bit before serving. Filling will deflate a bit during cool-down but that is expected.

## Donna's Pesto

Yield: 4 servings

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*This must be made in a food processor, not a blender. Use only first quality ingredients and be sure the oil and the nuts are fresh. You can substitute walnuts for the pine nuts, if you want.*

*I freeze the entire batch in ice cube trays then I transfer the cubes to individual baggies for storage in the freezer. This way I have fresh pesto in individual portions to have on hand whenever I want it.*

*This 2 cup batch of basil yields 4 large ice cube tray portions.*



**2 cups fresh sweet basil**  
**1/4 cup evoo**  
**2 tablespoons pignoli**  
**2 cloves grated garlic**  
**1/4-1/2 cup grated Parmesan cheese**

Place basil leaves, nuts, and garlic in the processor bowl with the blade attachment in place. Blend while pouring the oil into the mixture thru the tube. Scrape the sides of the bowl often to incorporate all the pieces. When you are satisfied with the texture (make sure it's not too smooth) pour into a small bowl. Stir in 1/4 cup cheese and test for consistency. Add additional cheese if needed or desired.



## BBQ Spice Rub

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*Allen is sharing this with us to be used when you make his delicious St. Louis style ribs. You'll find that recipe here, too.*



- 1/2 cup brown sugar**
- 1/2 cup paprika**
- 1 tablespoon ground black pepper**
- 1 tablespoon salt**
- 1 tablespoon chili powder**
- 1 tablespoon garlic powder**
- 1 tablespoon onion powder**
- 1 teaspoon cayenne pepper**

Mix all ingredients in a bowl and transfer to a zip lock baggie. Use a spoon to measure out the rub so that you don't contaminate what remains in the baggie.

## Lemon Salad Dressing

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*This is a very light dressing. Perfect with a simple green salad. I love it on arugula. Period. It could also be used as a dressing for an orzo/spinach salad with feta and lemon zest. This needs to be made with a very light oil like safflower, sunflower, or canola. Do not make this with EVOO.*



**6 tablespoons fresh lemon juice**  
**1/4 teaspoon each salt & pepper**  
**1 clove garlic, crushed**

**1/2 cup safflower oil**  
**2 teaspoons Dijon style mustard**  
**2 teaspoons honey**

Combine first 4 ingredients in a sealable container and allow to sit for at least 5 minutes, Add remaining ingredients. Firmly secure the lid and shake vigorously to thoroughly blend.

## Mr. Penta's Liquid Gold

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*Mary shared her neighbor's recipe for fresh basil, whenever you need it. Mary keeps this in her fridge for use in several of her recipes. Use this in Nana's meat sauce recipe.*



**bunch fresh basil**  
**good quality olive oil**

Blend basil leaves in food processor. Place in a screw-top container. Cover with olive oil. Store in fridge .  
You can have fresh basil anytime. Just make sure the oil covers the surface of the basil and it will stay green.

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*This is the perfect make-ahead dish when you need a hearty breakfast but don't have time in the morning. Traditionally made for the morning after Thanksgiving. You can switch out the meat and vegetable to add whatever you've got on hand.*



- 3 cups half and half**
- 9 eggs**
- 1/2 teaspoon salt**
- black pepper**
- 6-9 pcs good quality bread, pulled into pieces**
- 8 ounces sharp cheddar cheese, shredded**
- 1/2 cup sliced onions**
- 1/2 cup sliced mushrooms**
- 1/2 cup diced ham**
- 1/2 cup chopped broccoli**

Pre-cook the meat and/or vegetables. Whisk together the milk, eggs, salt, and pepper. Grease a 9x13 baking dish. Line bottom of dish with bread, packing it close together. Scatter meat and vegetables on top, then cover with cheese. Pour egg mixture over evenly. Cover and refrigerate overnight.

Remove from fridge and allow to come to room temp. Preheat oven to 325°. Bake uncovered for 50-60 minutes. Let stand 10 minutes to set before serving.

\*\* 1/2 this recipe can be made in an 8x8 dish using 1/2 of all ingredients.

## Enchilada Sauce

Preparation: 3 minutes , Cook Time: 15 minutes

Yield: 12 ounces

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*

Miscellaneous

*Love this recipe! Spicy and fresh, it's a better choice than canned red enchilada sauce, especially for use in Meghan's enchilada recipe.*

*This recipe represents 1/2 of the original as that's all I'll usually need. There'll be no problem doubling it if necessary.*



**2 tablespoons safflower oil**  
**1 1/2 tablespoons flour**  
**1 1/2 tablespoons chili powder**  
**4 ounces Hunt's Tomato Sauce**  
**1 cup water**  
**1/2 tablespoon onion powder**  
**1/2 teaspoon garlic powder**  
**1/2 teaspoon cumin**  
**1/4 teaspoon salt**  
**1/2 teaspoon pepper**

Heat oil in saucepan over medium high heat. Add flour and chili powder. Whisk to blend, 1 minute. Add tomato sauce, water and all spices. Stir well to blend and bring to a boil. Reduce heat to simmer and cook for 10 minutes until thickened.

## Salty, Spicy Roasted Nuts

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*The type of nuts listed are just a suggestion. Use whatever type you prefer, but be sure to use the 4 cup total amount that's called for in whatever combination you choose. I make half of this batch size to have around the house for myself. The combination of nuts and spices is endless, so experiment with what tastes good to you but keep both proportional (nuts/spices/glaze). Try switching out white sugar for brown, the chili powder for cayenne; use your imagination.*

*Use good size pieces such as walnut and pecan halves or whole almonds and cashews. Small pieces won't work here.*



- 1 cup walnuts**
- 1 cup cashews**
- 1 cup pecans**
- 1 cup almonds**
- 1 teaspoon kosher salt**
- 1/4 teaspoon cumin**
- 1/4 teaspoon chipotle chili powder (or cayenne pepper)**
- 1/2 cup sugar**
- 1/4 cup water**
- 1 tablespoon butter**



Preheat oven to 350°. Line a rimmed baking sheet with parchment coated with cooking spray.

Toss nuts and spices together in a bowl. Set aside.

In a small skillet over medium heat melt the butter and sugar in the water until clear and sugar has thoroughly dissolved. Pour the melted sugar mixture over the nuts and stir to coat every nut. Turn coated nuts onto tray, spreading out to form a single layer.

Bake 10 minutes. Remove from oven and gently toss with a spatula until the sugar mixture coats the nuts and there is very little residue remaining on the parchment. The sugar should be cooling down and adhering to the nuts. Return to the oven for 6 minutes. Spread nuts out to cool before transferring to a serving container.

## Turkey Seasoning

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Miscellaneous

*After I ran out of Williams Sonoma brand I decided to blend my own.*



**1 tablespoon marjoram**  
**1 tablespoon oregano**  
**1 teaspoon ground sage**  
**1 teaspoon thyme**  
**salt & pepper**

Mix together in a bowl. Transfer to small container. Make only what you use at any given time so spices don't lose their flavor.

## **Tips & Tricks**

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## Breading Meat, Poultry, Eggplant or Fish

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*The trick to this is to let the breaded ( or floured) pieces rest for at least 30 minutes before cooking it. This allows the "glue" to form so the coating doesn't peel or break off during cooking.  
Use a shallow container to hold each individual coating ingredient. The dish needs to be big enough to hold whatever size portion you're preparing.*



**flour**  
**beaten egg**  
**panko or seasoned bread crumbs**  
**salt & pepper**

To simply flour coat for sauteeing: Season the flour. Dry the food with a paper towel. Dredge in flour mixture. Allow to rest about 30 minutes before frying or sauteing.

To bread: Season flour, if desired. Dredge in flour, then dip into beaten egg, then coat heavily with bread crumbs . Allow to rest for at least 30 minutes before continuing to fry.

## Caramelized Onions

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*This process takes 45 minutes for 2 onions. Larger volume takes longer, so be patient. The sweet taste is worth the effort. The ratio of combined fats to onion is 1/2 T fat per onion.*



**2 large onions**  
**1/2 tablespoon evoo**  
**1/2 tablespoon butter**  
**dash salt**  
**1/4 cup broth or**  
**balsamic vinegar**

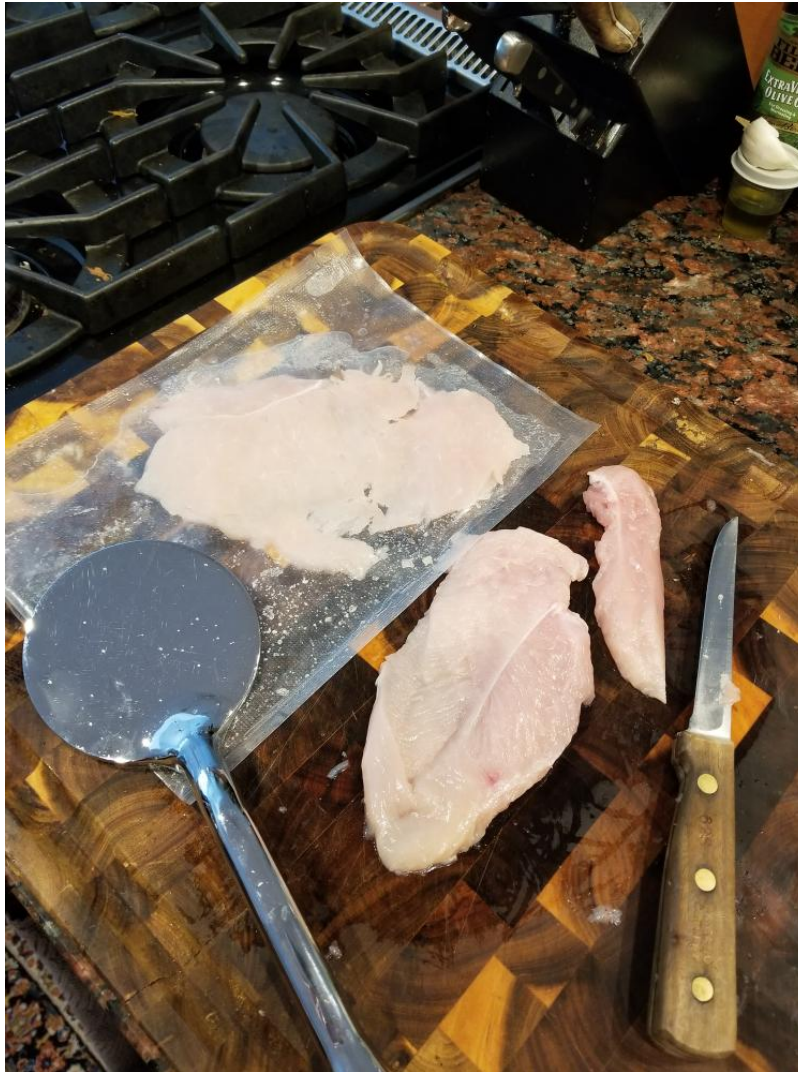
Peel and slice onion into half moon, or wedge shapes. Heat the flat bottom cast iron saute pan on medium heat until its hot. Add butter and oil and heat to hot. You can always add more if you need to later. Toss one half of the onion in the pan to coat every piece. Stir until soft. Add the rest of the onion. Stir frequently until onion is light brown and very soft. Let it cook on medium heat for 10 minutes or so before turning heat down a bit to prevent browning too fast. If the mixture is way too dry consider adding a few drops of the broth or vinegar. Adjust heat down again if necessary. Continue to stir as the onions start to stick to the pan, being sure to pick up the brown bits collecting on the bottom of the pan. When the onion is soft and golden you're done but remember this takes about 45 minutes to do it properly.

I suggest making more of this recipe than you need at one time. Wrap 1/4 cup portions in wax paper. Bag and freeze for use in other recipes.

## Chicken Cutlet (Scaloppine)

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*Use this method to thin out thick chicken breast halves. Once thinned out use them in any recipe that calls for sauteed or breaded cutlets.*



### **boneless chicken breast**

Pressing down on the meat with one hand to stabilize it, cut through the breast horizontally (parallel to the work surface) to form two thinner pieces. Working one piece at a time, place the portion into a plastic bag that will allow for the meat to expand.

Pound the meat 1 or 2 times with either a meat tenderizer or a heavy cast iron skillet to flatten. Use this method in recipes that call for sauteing or breading a cutlet.

## Freshen Stale Bread

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*Works for crusty breads*



Preheat oven to 325-350 degrees. Moisten the crust by running it under the faucet til wet, not soaked. Place uncovered bread on rack in oven for 4-8 minutes or until dry. Perfect!



## Hard Boiled Eggs

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*I've really struggled to find the perfect recipe for these, and especially how to cook them so that they peel easily. I tried this several times and it works perfectly!*



Use older, large eggs. Bring water to a boil in a saucepan. Gently add eggs to the pan, right from the fridge, being careful to avoid cracking the shells (do not bring eggs to room temp first). Reduce heat slightly to avoid water splashing out of the pan during cooking. Boil gently for 11 minutes. Meanwhile, prepare an ice bath for the eggs by filling a bowl with plenty of ice cubes and water. Once eggs have cooked completely, submerge them in the bath and allow them to sit for 10 minutes. Gently tap the shells to create cracks all over the egg. Peel.

## Microwave Cooked Rice

Makes 2 Servings

Cook Time: 20 min.

Yield: 3 cups

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*A friend told me how to make this but the directions are right on most rice containers in some variation of this one. This is a small portion recipe but it's very easy to double. Just be sure the container is large enough to allow for the water to bubble up without spilling over.  
One cup of rice makes enough for about 2-3 servings.*



**2 cups water**

**1 cup long grain white rice, Jasmine, Basmati, or Arborio**

**1/2 teaspoon evoo**

Using a 1 1/2 -2 quart covered, microwaveable casserole, stir rice into water. Add EVOO. Cover and cook on high for 6 minutes. Remove cover to stir. Return covered bowl to mic for 15 minutes on 40% power. Let rest for 5 minutes before stirring with fork to fluff.

At this point add additional ingredients to compliment meal such as fresh lemon or lime juice, cilantro, chive, etc.

## Microwave Corn on the Cob

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*Hayes Family Cookbook: 4 Generations of Recipes and Traditions  
Tips & Tricks*

*Easiest way ever to make 1 or two ears. Corn is hot and moist with no silk or husks to deal with.  
Place corn into the microwave, husk intact. Cook 1 ear for 4 minutes on 100%, cook 2 ears for 6 minutes at 100%.*

*Using a dish towel to stabilize the very hot cob, and using a serrated knife, cut off the bottom tip of the ear.  
Holding the silk end of the ear with the cloth, squeeze the husk and silk until the corn slips out completely.*

*Butter and flavor the corn however you like.*

*Butter and Trader Joe's Chili Lime seasoning is awesome on this as a salt substitute.*



## Oven Cooked Bacon

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions  
Tips & Tricks*

*After spending way too much time trying to clean the cooling racks I originally used for this recipe I purchased a reusable BBQ sheet and adapted it for dedicated use here.*

*Preheat oven to 400°. Using thick cut bacon, cut off any excess fat on the ends. Place the sheet over a foil lined disposable pan, lay bacon crosswise. The bacon may be a bit too big right now but it will shrink as it bakes. Bake for 20 minutes. Check for doneness Bake an additional 3-5 minutes. if needed Cool bacon strips on a paper towel lined plate.*



## Peppers and Onion Saute

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*Use this method to make a vegetable blend that can be used in many recipes. Make more than is needed for one recipe and store the rest for another use.*

*Use vegetables of equal size and amount to keep proportions balanced.*



**1 green bell pepper**  
**1 red bell pepper**  
**1 medium onion**  
**salt & pepper**  
**evoo**

Cut off tops and bottoms of peppers. I freeze these pieces for use later in both chicken cacciatore and chili or when a recipe calls for a small amount of diced peppers. Pull out seeds and discard. Cut through the pepper from top to bottom, making only 1 cut. Unroll pepper and cut off internal ribs before continuing to slice from top to bottom to make uniform sized strips.

Trim both ends of the onion and peel. Cut through from top to bottom. Lay flat sides of onion on cutting surface. Slice in half moon shape from side to side.

Heat a nonstick skillet. Add enough EVOO to coat the bottom of the pan. When oil is heated, add the peppers. Toss frequently to coat with oil and cook evenly. When the peppers appear to be softening, add in the onion and continue to toss. Only add more oil if the mixture looks very dry. Add salt and pepper to taste.

Cooking is done when both peppers and onion look limp but not wilted.  
Use what is needed and store the rest for another meal.

## Roasted Vegetables

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*The key to this working well is to select vegetables of similar density and size. This ensures that all of the pieces are cooked evenly.*

*Also be sure to roast at oven temperature of 400°. Roasting time will depend on vegetable selection.*



**various fresh vegetables**

**evoo**

**salt & pepper**

Preheat on Pure Convection Mode oven to 400°

The key to this dish is to select a combination of vegetables of similar density cut into equal size for even roasting.

Slice or cut veggies into bite sized pieces and place on rimmed baking sheet. Coat lightly with olive oil, spatula toss. Salt and pepper to taste. Consider other seasonings or spices such as cajun seasoning or rosemary.

Bake dense vegetable about 40 minutes; bake more delicate ones about 30 minutes in total. Toss twice during roasting.

Some combination suggestions: white potato, sweet potato, squash, carrots, beets, turnip, onion, brussels sprouts, broccoli, cauliflower

Thinner choices: green bean, asparagus, summer squash, zucchini, broccoli, cauliflower.



## Sauteed Mushrooms

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*This method produces the best results. 'Shrooms come out nicely browned and dry, rather than oily and mushy.*

*Amounts below are approximate. Experiment with proportions of fat to amount of mushrooms you're preparing.*



**1 tablespoon evoo**  
**1 tablespoon butter**  
**8 ounces sliced mushrooms**

To make this amount use a 12 inch skillet.

Don't crowd the pan. You may need to make this in 2 batches to avoid overcrowding.

To prevent sliced mushrooms from becoming soggy while sauteeing it's important to be sure the pan is properly heated, otherwise the mushrooms will absorb the fat and become mushy. Oil and butter should be in equal amounts. Use as little oil/butter as possible for the amount of mushrooms you're cooking and use as high a heat as you can control.

First, heat the pan, then add the oil/butter combo to melt and blend well. Continue to heat the pan until oil is hot. Add the sliced mushrooms being sure not to crowd the pan. Flip each slice once you see they've browned on the first side.

Do not add salt during cooking. That will cause liquid to leach from the mushrooms. Add salt to taste when fully cooked.

## Pre-cooked Pasta

*Hayes Family Cookbook: 4 Generations of Recipes and Traditions*  
Tips & Tricks

*I love this trick and it works like a charm.*

*Mary Doyle has perfected this restaurant style prep. Since hosting the most recent version of the "Hayes Family Dinner" she more often than not serves some form of mom's macaroni. Here's how she manages to serve piping hot pasta to a crowd of 15- 30. Start the preparation for this a day in advance.*



**any style macaroni**  
**boiling, salted water**

Cook pasta to within 1 minute of it being fully cooked. Strain in a colander and rinse under cool water to halt cooking process. Store in plastic bag or container of choice. Refrigerate until needed.

Prior to serving, bring a pot of water to a boil. Submerge desired amount of pasta into boiling water for 45 seconds. Test for doneness, strain, add sauce, and serve.

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