

A decorative border of autumn leaves in shades of red, orange, and yellow, arranged in a semi-circle at the top of the page.

HCP Recipes Fall 2020





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Dishes





Boeuf en Daube Provençal

Submitted by Young Sul

Ingredients:

2 cups drinking-quality red wine
2 garlic cloves, chopped
½ teaspoon dried thyme
2 bay leaves
2 tablespoons tomato paste
3 to 5 anchovy fillets, packed in olive oil, drained, and mashed (optional)
2 ½ pounds boneless chuck or round, cut into 1 1/2-inch cubes, trimmed of excess fat
2 tablespoons olive oil
1 large onion, sliced
⅓ cup pitted black olives, preferably oil-cured (optional)
½ teaspoon salt, or to taste
Freshly ground black pepper
4 large carrots, peeled (leave whole)
¼ cup finely chopped fresh parsley
1 tablespoon cornstarch
Special equipment: pressure cooker

Instructions:

Combine the wine, thyme, bay, tomato paste, and mashed anchovies (if using) in a large nonaluminum bowl or storage container. Add the beef, cover, and refrigerate for a few hours or overnight. Heat the oil in the cooker. Add the onion and cook over medium-high heat until lightly browned, about 4 minutes. Holding the beef cubes to one side, pour the wine marinade into the cooker and boil it over high heat until it reduces somewhat, about 5 minutes. Add the beef and stir in the olives (if using) plus salt (you are likely to need more if you have not used the olives and anchovies) and pepper to taste. Set the carrots on top. Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 16 minutes. Let the pressure drop naturally, about 10 minutes. Do not use the quick-release method. Remove the lid, tilting it away from you to allow steam to release. Test the beef for doneness. If it is not sufficiently tender, lock the lid back into place and return to high pressure for a few more minutes. Again, let the pressure drop naturally. Slash the carrots into chunks, Stir in the parsley. To thicken the sauce, dissolve the cornstarch in 1 tablespoon of water and stir it in. Boil gently, stirring occasionally, until the mixture thickens, 1 to 2 minutes. Remove the bay leaves and adjust the seasoning before serving. From: www.serious-eats.com/recipes/2010/01/cook-the-book-boeuf-en-daube-provençal-french-beef-stew-pressure-cooker-recipe.html.



Cheese and Pasta Boreg

Submitted by Silva Antreassian

Ingredients:

- 1 package Pepperidge Farm puff pastry sheets
- 1 package Pennsylvania Dutch flat egg noodles
- 1 8 ounce each shredded mozzarella/Monterey jack/cheddar cheese
- 1 small cup of feta cheese
- 1 stick of butter
- ¼ cup milk
- 1 teaspoon black pepper
- Half a bunch parsley cut up in small pieces

Instructions:

Boil the noodles in salt and put aside. Roll out the pastry sheets to fit the size of your pan 18 x 13 (or make 2 small) mix the pasta, all cheeses, parsley and melted butter, milk and pepper together. Place one of the sheets on the bottom of the pan, arrange the mix above, then place the second sheet on top and secure on all sides with your fingers to cover the stuffing. Pock in places with your fork, beat an egg and brush on the puff pastry and place in oven at 350° F for about 45 minutes or until brown. Cut up in squares and serve.



Kimchi Stew

Submitted by Young Sul
Makes 2 servings with side dishes, 4 without

Ingredients:

- 1 pound kimchi, cut into bite size pieces
- ¼ cup kimchi brine
- ½ pound pork shoulder (or pork belly)
- ½ package of tofu (optional), sliced into ½ inch thick bite size pieces
- 3 green onions
- 1 medium onion, sliced (1 cup)
- 1 teaspoon kosher salt
- 2 teaspoons sugar
- 2 teaspoons gochugaru (Korean hot pepper flakes)
- 1 tablespoon gochujang (hot pepper paste)
- 1 teaspoon toasted sesame oil
- 2 cups of anchovy stock (or chicken or beef broth)

For stock (makes about 2½ cups):

- 7 large dried anchovies, heads and guts removed
- ⅓ cup Korean radish (or daikon radish), sliced thinly
- 4 x 5 inch dried kelp
- 3 green onion roots
- 4 cups water

Instructions:

Make anchovy stock: Put the anchovies, daikon, green onion roots, and dried kelp in a saucepan. Add the water and boil for 20 minutes over medium high heat. Lower the heat to low for another 5 minutes. Strain. Make kimchi stew: Place the kimchi and kimchi brine in a shallow pot. Add pork and onion. Slice 2 green onions diagonally and add them to the pot. Add salt, sugar, hot pepper flakes, and hot pepper paste. Drizzle sesame oil over top and add the anchovy stock. Cover and cook for 10 minutes over medium high heat. Open and mix in the seasonings with a spoon. Lay the tofu over top. Cover and cook another 10 to 15 minutes over medium heat. Chop 1 green onion and put it on the top of the stew. Remove from the heat and serve right away with rice.

From: <https://www.maangchi.com/recipe/kimchi-jjigae>.



Pan Fried Chicken Wings with Oyster Sauce

Submitted by Ron Kessler

Ingredients:

½ teaspoon light soy sauce
½ teaspoon dark soy sauce
¼ teaspoon salt
¾ teaspoon granulated sugar
½ teaspoon sesame oil
1½ tablespoon oyster sauce
½ teaspoon ginger paste or ginger sauce
½ tablespoon cooking wine
1 dash ground black pepper
2 slices fresh ginger
1 cup chicken broth
10.5 ounces chicken wings
Chili peppers to taste, cut

Instructions:

Combine light soy sauce, dark soy sauce, salt, granulated sugar, sesame oil, ginger paste, cooking wine, ground black pepper, and 1/2 tablespoon oyster sauce in a bowl. Marinate chicken wings with the seasoning for a few hours or overnight in the refrigerator. Heat up frying pan with some oil and pan fry chicken wings on both sides till brown at medium heat. Add in the shredded fresh ginger and chili peppers (to taste) and continue to fry the chicken wings to almost cooked. Pour in chicken broth and the rest of the oyster sauce, bring to a boil. Lower heat and simmer for about 10 minutes or until sauce is slightly thickened (you may add a little water if you find the thickened sauce is too salty). Garnish with some toasted white sesame seeds. Serve immediately and enjoy! Adapted from:
https://www.sidechef.com/recipes/7405/pan_fried_chicken_wings_with_oyster_sauce/.



Turkey Chili

Submitted by David Perkins

Ingredients:

- 1-2 (1lb) packs of ground turkey
- 1 tablespoon chili powder
- 1-2 dried smoked chipotle peppers, cut in half (remove before serving)
- 1 tablespoon ground cumin
- 1 large diced onion
- 1-2 green peppers, chopped small
- 1-3 poblano peppers, chopped small
- 6-8 cloves garlic, crushed
- 2 cans crushed tomatoes
- 2 cans of sweet corn in water
- 2 cans black or red beans
- 2 cups chicken stock
- Crushed red pepper (optional)
- Salt
- Pepper
- Extra olive oil

Instructions:

Stovetop: Brown turkey with small amount of olive oil, add salt and pepper. Remove from pan. In same pan, sauté onion, garlic, peppers with olive oil. Add browned turkey. Add remaining ingredients with chicken stock. Bring to boil, then reduce to low and let simmer 1-2 hours.

Slow cooker: Add additional 1-2 cups of chicken broth. Cook 4 approximately hours on low.

Please note you may vary seasoning, ingredients, and cooking time to your taste.

Desserts





Apple Cider Caramels

Submitted by Nancy Keating
Makes 64 caramels

Ingredients:

4 cups apple cider
½ teaspoon ground cinnamon
2 teaspoons flaky sea salt, such as Maldon
1 stick butter, cut into chunks
1 cup sugar
½ cup packed light brown sugar
⅓ cup heavy cream
Special equipment: candy thermometer
Canola oil (for slicing)

Instructions:

Boil the apple cider in a 3- to- 4- quart saucepan over high heat until it is reduced to a dark, thick syrup, between 1/3 and 1/2 cup in volume. Stir occasionally. (This takes a while—30-45 min or more—but does not require a lot of attention.) Meanwhile, line the bottom and sides of an 8- inch square metal baking pan with 2 long sheets of crisscrossed parchment. Set it aside. Stir the cinnamon and flaky salt together in a small dish and gather other ingredients. Once you have finished reducing the apple cider, remove it from the heat and stir in the butter, sugars, and heavy cream. Return the pot to medium-high heat with a candy thermometer attached to the side, and let it boil until the thermometer reads 252° F (about 5 minutes). Watch closely. Immediately remove caramel from heat, stir in the cinnamon- salt mixture with a silicone spatula to distribute it evenly. Pour caramel into the prepared pan. Place in the fridge until it sets (1-2 hours) or overnight. Once caramel is firm, use your parchment paper sling to transfer the block to a cutting board. Use a well-oiled knife, oiling it after each cut, to cut the caramel into 1-by-1-inch squares. Wrap each one in a 4-inch square of waxed paper, twisting the sides to close. Caramels will be somewhat on the soft side at room temperature, and chewy/firm from the fridge. Adapted from: Smitten Kitchen.



Apple Cider Doughnut Loaf Cake

Submitted by Aliya Kitsakos

Makes about 8 servings

Ingredients:

9 tablespoons unsalted butter, divided, plus more for pan
1½ cups apple cider
½ cup sour cream
1 teaspoon vanilla extract
1¼ cups plus 2 tablespoons all-purpose flour
2 tablespoons cornstarch
1¼ teaspoons baking powder
½ teaspoons baking soda
1 teaspoon Diamond Crystal or ½ teaspoon Morton kosher salt, plus more
1 teaspoon ground cinnamon, divided
½ teaspoon freshly grated nutmeg, divided
2 large eggs, room temperature
1 cup sugar, divided

Instructions:

Place rack in middle of oven; preheat to 325° F. Lightly butter an 8½x4½" or 9x5" loaf pan. Line with parchment, leaving overhang on long sides. Bring cider to boil in a medium saucepan over medium-high heat. Reduce heat and simmer until cider is reduced to ¾ cup, 8-10 minutes. Pour ¼ cup reduced cider into measuring glass or bowl and set aside. Transfer remaining reduced cider to bowl; let cool 5 minutes. Stir in sour cream and vanilla and set aside. Melt 8 tablespoons butter in same saucepan (no need to clean) over low heat. Let cool slightly. Whisk flour, cornstarch, baking powder, baking soda, 1 teaspoon Diamond Crystal or ½ teaspoon Morton kosher salt, ½ teaspoon cinnamon, and ¼ teaspoon nutmeg in a bowl to combine. Vigorously whisk eggs and ¾ cup sugar in a bowl until pale, voluminous, and frothy, about 2 minutes. Whisking constantly, gradually add melted butter in a steady stream; continue to whisk until fully combined and emulsified (no spots of fat remaining). Reserve saucepan. Whisk dry ingredients into egg mixture in 3 additions, alternating with reserved sour cream mixture in 2 additions; whisk just until no lumps remain. Batter will be thin. Scrape into pan and set on rimmed baking sheet. Bake cake, rotating halfway, until golden brown and a tester inserted into the center comes out clean, 60-80 minutes. Transfer pan to wire rack and poke top of cake all over with toothpick. Spoon 3 tablespoons reserved reduced cider over; let cool 10 minutes. Meanwhile, mix a big pinch of salt, ¼ cup sugar, ½ teaspoon cinnamon, and ¼ teaspoon nutmeg. Melt 1 tablespoon butter in reserved saucepan and mix into 1 tablespoon reduced cider. Using parchment, lift cake onto rack and set rack inside rimmed baking sheet. Peel away parchment from sides. Brush warm butter mixture over top and sides of cake. Sprinkle generously with sugar mixture to coat every surface (use parchment to help rotate cake and collect any excess sugar). Remove parchment and let cool completely before slicing. From: www.bonappetit.com/recipe/apple-cider-doughnut-loaf-cake.



Brown Butter and Toffee Chocolate Chip Cookies

Submitted by Sam Sutherland
Makes about 20 cookies

Ingredients:

1 cup (2 sticks) unsalted butter
2 cups all-purpose flour
1 teaspoon baking soda
 $\frac{3}{4}$ teaspoon kosher salt
1 cup (packed) dark brown sugar
 $\frac{1}{3}$ cup granulated sugar
2 large eggs, room temperature
2 teaspoons vanilla extract
2 1.4-ounce chocolate toffee bars (preferably Skor), chopped into $\frac{1}{4}$ -inch pieces
 $1\frac{1}{2}$ cups chocolate wafers (disks, pistoles, fèves; preferably 72% cacao)
Flaky sea salt

Instructions:

Cook butter in a medium saucepan over medium heat, stirring often, until it foams, then browns, 5–8 minutes. Scrape into a large bowl and let cool slightly, about 10 minutes (an instant-read thermometer should register 125° F). Meanwhile, whisk flour, baking soda, and kosher salt in a medium bowl. Add brown sugar and granulated sugar to browned butter. Using an electric mixer on medium speed, beat until incorporated, about 1 minute. Add eggs and vanilla, increase mixer speed to medium-high, and beat until mixture lightens and begins to thicken, about 1 minute. Reduce mixer speed to low; add dry ingredients and beat just to combine. Mix in toffee pieces and chocolate wafers with a wooden spoon or rubber spatula. Let dough sit at room temperature at least 30 minutes to allow flour to hydrate. Dough will look very loose at first but will thicken as it sits. Place a rack in middle of oven; preheat to 375° F. Using a 1-ounce ice cream scoop, portion out balls of dough and place on a parchment-lined baking sheet, spacing about 3" apart (you can also form dough into ping pong–sized balls with your hands). Do not flatten; cookies will spread as they bake. Sprinkle with sea salt. Bake cookies until edges are golden brown and firm but centers are still soft, 9–11 minutes. Let cool on baking sheets 10 minutes, then transfer to a wire rack and let cool completely. Repeat with remaining dough and a fresh parchment-lined cooled baking sheet. From: www.bonappetit.com/recipe/brown-butter-and-toffee-chocolate-chip-cookies.



Chocolate Chip Pumpkin Bread

Submitted by Hannah Ziobrowski
Makes 1 loaf

Ingredients:

- 1¾ cups all-purpose flour (spoon & leveled)
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon ground ginger
- ¾ teaspoon salt
- 2 large eggs, at room temperature
- ¾ cup granulated sugar
- ½ cup packed light or dark brown sugar
- 1½ cups pumpkin puree (canned or fresh)
- ½ cup vegetable oil, canola oil, or melted coconut oil
- ¼ cup orange juice
- ⅔ cup semi-sweet chocolate chips

Instructions:

Adjust the oven rack to the lower third position and preheat the oven to 350° F. Lowering the oven rack prevents the top of your bread from browning too much too soon. Spray a 9x5 inch loaf pan with non-stick spray. Set aside. In a large bowl, whisk the flour, baking soda, cinnamon, nutmeg, cloves, ginger, and salt together until combined. In a medium bowl, whisk the eggs, granulated sugar, and brown sugar together until combined. Whisk in the pumpkin, oil, and orange juice. Pour these wet ingredients into the dry ingredients and gently mix using a rubber spatula or a wooden spoon. There will be a few lumps. Do not overmix. Gently fold in the chocolate chips. Pour the batter into the prepared loaf pan. Bake for 60-65 minutes, making sure to loosely cover the bread with aluminum foil halfway through to prevent the top from getting too brown. The bread is done when a toothpick inserted in the center comes out clean with only a few small moist crumbs. This may be before or after 60-65 minutes depending on your oven, so begin checking every 5 minutes at the 55-minute mark or so. Allow the bread to cool completely in the pan on a wire rack before removing and slicing. Cover and store leftover bread at room temperature for up to 3-4 days or in the refrigerator for up to about 10 days.
From: www.sallysbakingaddiction.com/pumpkin-chocolate-chip-bread/.



Plum Torte

Submitted by Cynthia Hobbs
Makes 8 servings

Ingredients:

$\frac{3}{4}$ to 1 cup sugar
 $\frac{1}{2}$ cup unsalted butter, softened
1 cup unbleached flour, sifted
1 teaspoon baking powder
Pinch of salt (optional)
2 eggs
24 halves pitted purple plums
Sugar, lemon juice and cinnamon (for topping)

Instructions:

Heat oven to 350° F. Cream the sugar and butter in a bowl. Add the flour, baking powder, salt and eggs and beat well. Spoon the batter into a springform pan of 8, 9 or 10 inches. Place the plum halves skin side up on top of the batter. Sprinkle lightly with sugar and lemon juice, depending on the sweetness of the fruit. Sprinkle with about 1 teaspoon of cinnamon, depending on how much you like cinnamon. Bake 1 hour, approximately. Remove and cool; refrigerate or freeze if desired. Or cool to lukewarm and serve plain or with whipped cream. To freeze, double wrap the torte in foil, place in a plastic bag and seal. To serve a torte that was frozen, defrost and reheat it briefly at 300° F. From: New York Times Cooking by Marion Burros.



Pumpkin Chocolate Chip Cookies

Submitted by Lauren Jett

Makes 24 cookies

Ingredients:

1 cup canned pumpkin
1 cup white sugar
½ cup vegetable oil
1 egg
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
½ teaspoon salt
1 teaspoon baking soda
1 teaspoon milk
1 tablespoon vanilla extract
2 cups semisweet chocolate chips
½ cup chopped walnuts

Instructions:

Combine pumpkin, sugar, vegetable oil, and egg. In a separate bowl, stir together flour, baking powder, ground cinnamon, and salt. Dissolve the baking soda with the milk and stir in. Add flour mixture to pumpkin mixture and mix well. Add vanilla, chocolate chips and nuts. Drop by spoonful on greased cookie sheet and bake at 350° F for approximately 10 minutes or until lightly brown and firm. From: www.allrecipes.com/recipe/10740/pumpkin-chocolate-chip-cookies-iii/.



Rhubarb Crisp

Submitted by Alan Zaslavsky

Ingredients:

About 12 stalks rhubarb
2 cups rolled oats
 $\frac{3}{4}$ cup whole wheat baking flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon cinnamon
1 quart fresh strawberries or other fruit (optional)

Instructions:

Cut rhubarb into 1-inch pieces. If any leaves are attached, be sure to remove and discard them (rhubarb leaves are poisonous!). Spread in a glass or cast-iron baking dish (should fill it about 1-1/2" deep). If using fruit, lay out evenly over the rhubarb. Mix dry ingredients well and spread evenly over fruit in baking dish; shake dish gently so some of the dry ingredients trickle down into the rhubarb. Bake at 375° F until rhubarb is soft and its juices begin to soak into the oats, about an hour. You may cover with foil for first 45 minutes to improve penetration of liquids.

Good hot or cold!! All measures approximate, adjust to taste.



Walnut Maple Pie

Submitted by Lauren Jett

Makes 1 9-inch pie

Ingredients:

- 1 9-inch pie shell, frozen for at least 30 minutes
- 2 cups roughly chopped walnuts
- 2 eggs, beaten
- 1 cup maple syrup (dark robust)
- 1 tablespoon dark rum (optional)
- ½ teaspoon vanilla extract
- 2 tablespoons melted butter
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon of ground nutmeg

Instructions:

Make egg, maple syrup base: Preheat oven to 375° F. In a bowl, mix the beaten eggs, maple syrup, rum (if using), vanilla extract, melted butter. Sprinkle with flour, salt, cinnamon, and nutmeg. Whisk until smooth. Pour base over walnuts in pie shell: Spread the chopped walnuts over the bottom of a prepared pie shell. Pour the maple syrup egg mixture over the walnuts. Bake: Place the pie in the preheated oven on the middle rack. Place a cookie sheet on the rack underneath to catch any drippings from the pie crust. Bake at 375° F for 40-45 minutes. After about 20 minutes (about halfway through the baking), you may want to tent the pie crust edges with foil, or use a pie protector, so that the edges do not get burnt. Do not worry if the surface of the pie "cracks" while cooking. The pie filling will puff up while hot (because of the eggs), and then deflate while it cools. Cool: Remove from the oven and let cool completely before serving.

Drinks





Apple Cider and Bourbon

Submitted by Silva Antreassian

Ingredients:

½ gallon store bought 100% apple cider
3 sticks of cinnamon
8 whole cloves
5 star anise
1 orange
Smoky Bourbon (High West Whiskey American Prairie Bourbon)

Instructions:

Simmer the apple cider with cinnamon, cloves, anise, orange peel and juice of the orange (let it stand overnight for best results). Mix one part of bourbon with 2 parts of hot apple cider and enjoy!



Hot Buttered Bourbon and Cider

Submitted by Nancy Sampson
Makes 4 servings

Ingredients:

2 cups apple cider
½ cup water
4 whole cloves
1 cinnamon stick
1 tablespoon chilled unsalted butter
¾ cup bourbon
2½ tablespoons fresh lemon juice
Ground nutmeg

Instructions:

Bring first 4 ingredients to simmer in medium saucepan. Remove from heat; cover and let steep 15 minutes. Add 2/3 tablespoons chilled butter to saucepan; bring to simmer. Remove from heat. Stir in bourbon and lemon juice. Strain into large measuring cup. Divide hot cider among 4 mugs. Cut 1/3 tablespoon butter into 4 pieces. Add 1 piece to each mug. Sprinkle nutmeg over. Adapted from: <https://www.epicurious.com/recipes/food/views/hot-buttered-bourbon-and-cider-201164>.