MARYVILLE \COOKS /

RECIPES FROM THE MARYVILLE COMMUNITY

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APPETIZERS

BACON-WRAPPED BROWN SUGAR SMOKIES

Makes about 40 pieces



INGREDIENTS

MARYVILLE

COOKS

- 13-14 slices of bacon (about 1lb-1.5lbs depending on thickness)
- 1 lb of brown sugar
- 1 package of miniature cocktail sausages
- 40 Wooden toothpicks

DIRECTIONS

- Layer a cookie sheet with aluminum foil with sides tilted up to create a ½" "boat" on all sides (to contain sugar-grease while baking). Place portion of brown sugar in shallow pie plate or bowl. Preheat oven to 350. Optional: Place toothpicks in small, easy-to-grab container. Place sausages in bowl.
- 2. On a large plate or cutting board, slice a piece of bacon into thirds and practice wrapping around a sausage to ensure there is at least a small section of overlap. (Tip: if needed, bacon will stretch a little further as it warms on the counter)
- 3. Slice the remaining pieces of bacon into thirds.
- 4. Place a piece of sliced bacon into brown sugar and coat thoroughly.
- 5. Place a sausage at one end of the sugarcoated bacon and roll.

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Recipe courtesy of A.J. Fox, '09, '10



BACON-WRAPPED BROWN SUGAR SMOKIES (CONTINUED)

Makes about 40 pieces

INGREDIENTS

- 13-14 slices of bacon (about 1lb-1.5lbs depending on thickness)
- 1 lb of brown sugar
- 1 package of miniature cocktail sausages
- 40 Wooden toothpicks

- 6. Place a toothpick through the overlapping sections of bacon and all the way into the sausage.
- 7. Place all assembled smokies onto foil-lined cookie sheet.
- 8. Bake at 350 for 30-60 minutes until bacon is cooked. (Timing will depend on thickness of bacon. Recommend checking every 5 minutes after 30.)
- 9. Remove from oven and let sit on cookie sheet for a minute. Then transfer to warmer or serving tray and allow to cool until warm. (Tip: Remove from the foil tray before the sugar-grease cools or the sausages will be stuck to the tray. If this happens, place back into the oven for a few minutes to reheat the mixture and the sausages should come off easily.)







SWEET POTATO CRISP

Serves 8 people



INGREDIENTS

- 1 8 oz. package cream cheese (softened)
- 1 40 oz. can cut sweet

potatoes, drained

- ¼ cup packed brown sugar
- 1⁄2 teaspoon ground cinnamon
- 1 cup peeled and chopped apple
- ²/3 cup dried sweetened cranberries
- 1/2 cup flour
- 1/2 cup old fashioned oats (raw)
- ½ cup packed brown sugar
- ¹/3 cup butter (softened)
- 1/2 cup chopped pecans

- 1. Preheat oven to 350 degrees.
- 2. Beat cream cheese, potatoes, ¼ cup brown sugar and cinnamon in a large mixing bowl at medium speed until well blended.
- 3. Spoon mixture into a greased 10x6 baking dish.
- 4. Top with chopped apple and dried cranberries.
- 5. Stir together flour, oats and ½ cup brown sugar in a medium bowl.
- 6. Cut in butter until mixture resembles coarse crumbs.
- 7. Stir in pecans.
- 8. Sprinkle mixture over fruit.
- 9. Bake 35 to 40 minutes or until thoroughly heated and a golden crisped top.





UGALI



A Kenyan corn flour porridge commonly served as a side dish with stew



INGREDIENTS

4 cups of corn flour 8 cups of water Butter or margarine

DIRECTIONS

- 1. Bring water to a boil in a saucepan.
- 2. Add the corn flour into the water, pouring slowly to avoid forming lumps.
- 3. Stir continuously and mash any lumps that form.
- 4. Add more corn flour until it becomes thicker than mashed potatoes.
- 5. Cook for 3-4 minutes and continue to stir as it thickens.
- 6. Top with butter or margarine.
- 7. Cover and keep warm until ready to serve.

You can serve this with any meat or vegetable stew, or any dish that has a sauce or gravy.



Recipe from International Education Week 2020



SUKUMA WIKI Braised collard green dish from Kenya–Pairs well with ugali



Photo by Paresh Jai

INGREDIENTS

- 2 lbs sukuma wiki greens, chopped (collard greens/kale)
- 1 onion, chopped
- 2 tomatoes, chopped
- 2 tbsp vegetable oil

¼ cup water

Salt

DIRECTIONS

- 1. Heat oil in a large pan. Once hot, add the onions and sauté until browned.
- 2. Add in tomatoes and sauté for 2 minutes.
- 3. Add in the Sukuma wiki and sauté for 2 minutes.
- 4. Add in ¼ cup water and salt to taste.
- 5. Let the mixture simmer until the Sukuma wiki has reached the desired tenderness, about 5-10 minutes.
- 6. Serve warm with ugali.



Recipe from International Education Week 2020



POUTINE

A traditional Canadian dish consisting of French fries, cheese curds and gravy



INGREDIENTS

- 3 tbsp cornstarch
- 2 tbsp water
- 6 tbsp unsalted butter
- ¼ cup unbleached all-purpose flour
- 20 oz. beef broth
- 10 oz. chicken broth

Pepper, to taste

- 4 large baking potatoes
- 2-3 tbsp olive oil
- 1 tbsp seasoned salt or lemon pepper
- 1 ½ cups white cheddar cheese curds

DIRECTIONS - GRAVY

- 1. In a small bowl, dissolve the cornstarch in the water.
- 2. In a large saucepan, melt the butter before adding in the flour. Stir regularly for about 5 minutes, until the mixture turns golden brown.
- 3. Add the beef and chicken broth. Bring to a boil.
- 4. Stirring with a whisk, add in about half the cornstarch mixture and let simmer for a minute. For a thicker gravy, add in more of the cornstarch, in small increments.
- 5. Salt and pepper to taste.

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Recipe from International Education Week 2020



POUTINE (CONTINUED)

A traditional Canadian dish consisting of French fries, cheese curds and gravy

INGREDIENTS

- 3 tbsp cornstarch
- 2 tbsp water
- 6 tbsp unsalted butter
- ¼ cup unbleached all-purpose flour
- 20 oz. beef broth
- 10 oz. chicken broth
- Pepper, to taste
- 4 large baking potatoes
- 2-3 tbsp olive oil
- 1 tbsp seasoned salt or lemon pepper
- 1 ½ cups white cheddar cheese curds

DIRECTIONS - FRIES

- 1. Preheat oven to 375 degrees.
- 2. Wash potatoes, leaving the skin on.
- 3. Cut potatoes into desired size for fries.
- 4. Let potatoes soak in cold water for at least 30 minutes. Remove from water and dry well.
- 5. Toss with oil and seasonings.
- 6. Bake for 20 minutes.
- Turn the oven to 425 degrees and cook fries until golden, about 20-25 minutes.

DIRECTIONS - PREPARE THE POUTINE

- 1. Add fries to a large, clean bowl and season lightly with salt while still warm.
- 2. Add a ladle of hot poutine gravy to the bowl and toss the fries in the gravy.
- 3. Add the cheese curds and toss with hot fries and gravy.
- 4. Serve with freshly ground pepper.



Recipe from International Education Week 2020

ENTREES



FAMOUS BARR ONION SOUP

Serves 4-6 people



INGREDIENTS

- 3lbs peeled onions (5lb bag)
- 4 ounces butter
- 1 ½ teaspoon pepper
- 2 tablespoons paprika
- 1 bay leaf
- ¾ cup flour
- 3 quarts beef bouillon
- 1 cup white wine
- Caramel coloring or Kitchen Bouquet, optional
- 2 teaspoon salt
- French Bread
- Swiss cheese slices

DIRECTIONS

- 1. Slice onions 1/8 inch thick.
- Melt butter, place onions in butter. Sauté slowly for 1 ½ hours in large soup pot.
- 3. Add all ingredients except bouillon. Sauté over low heat 10 minutes.
- 4. Add bouillon and simmer 2 hours. Adjust color to rich brown with caramel coloring or Kitchen Bouquet (optional). Season with salt.
- 5. Put in fridge overnight.
- To serve: Add soup to stovetop pot, top with 1 ½ slice French bread and top with slice of Swiss cheese. Heat over medium-high heat for 5 minutes.



Recipe courtesy of Pamela Kramer, Director of Alumni Services



FISH IN CHIPS Serves 4 people



INGREDIENTS - FISH

Approx. 2 lbs. of any mild, white, flaky fish (such as cod, rockfish, catfish)

2 eggs

- Approx. ½ all-purpose flour
- Approx. 1-1 ½ cups instant mashed potato flakes

Salt and pepper, to taste

Neutral oil for frying (i.e., vegetable oil)

DIRECTIONS - FISH

- 1. Cut the fish into approximately 4 in by 2-inch pieces.
- 2. Make a breading station:
 - A. In one bowl, tray or plate, place the flour.
 - B. In another, beat eggs with ¼ cup water.
 - C. In a third, place the potato flakes.
- 3. Heat oil in a heavy pan over medium-high heat. The oil should come up the sides of the pan about ¼ of an inch.
- 4. Season the fish with salt and pepper to taste.
- 5. Dip fish pieces into flour, shaking off excess.
- 6. Dip fish into egg wash, letting any excess drip off.
- 7. Dip fish into the potato flakes, making sure each piece is well covered.
- 8. Sauté the fish about 3 minutes each side, or until golden brown and delicious.

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FISH IN CHIPS (CONTINUED)

Serves 4 people

INGREDIENTS -CARROT SALAD

- 4 medium carrots, about 10 ounces, washed and shredded
- 1 teaspoon minced garlic
- ¹/8 teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ¹/8 teaspoon cayenne pepper (optional)
- 2 tablespoons olive oil
- Juice of one lemon
- 1 teaspoon kosher salt
- 1 teaspoon fresh chopped mint

INGREDIENTS -MAYONNAISE

- 2 large egg yolks
- 2 teaspoons Dijon mustard
- 1 tablespoon lemon juice
- 2 tablespoons water
- 2 cups neutral oil
- Kosher salt and pepper, to taste

DIRECTIONS - CARROT SALAD

- 1. Mix all ingredients except carrots in a bowl until combined.
- 2. Add in the carrots and toss until coated.
- 3. If time allows, let the salad sit in the fridge for 30 minutes.

Note: Grate or shred the carrots. A box grater or shredding attachment on a food processor will product thin and fine carrots. You can also julienne by hand with a knife. If is up to you to decide how thick and crunchy, or thin and fine you would like your carrots.

DIRECTIONS - MAYONNAISE

- 1. Whisk together the egg yolks, mustard, lemon juice and 1 tablespoon water in a large bowl.
- 2. Slowly drizzle in the oil, whisking constantly, until the oil is fully incorporated, and it looks like mayonnaise.
- 3. If it looks too thick, whisk in the additional tablespoon of water.
- 4. Add salt and pepper to taste.

Optional: add one teaspoon minced garlic and 1 tablespoon mixed fresh herbs.







JOLLOF A Ghanaian seasoned rice dish



Photo by DromoTetteh

INGREDIENTS

- 2 large yellow onions, roughly chopped
- ¹/3 cup vegetable oil,
- plus 2 tbsp., divided
- 7 oz diced tomato (1 can)
- 6 oz tomato paste (1 can)
- 1 habanero pepper
- 2 tsp curry powder
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1/2 tsp mixed dried herbs
- 3 chicken bouillon cubes, crushed
- 1 ½ cups long grain rice, rinsed
- 1 cup frozen mixed vegetables
- 1 ½ cups water

DIRECTIONS

- Add onions and 2 tablespoons of oil to a blender and pulse until smooth. Transfer to a medium bowl.
- 2. Add the diced tomatoes, tomato paste and habanero pepper to the blender. Pulse until smooth. Transfer to a separate medium bowl.
- 3. Heat the remaining ¹/₃ cup of oil in a large, heavy-bottomed pot over medium heat.
- 4. Once the oil is simmering, add the onion puree and cook until the water has cooked out and the puree is starting to brown. About 10 minutes.
- 5. Stir in the tomato puree and add the curry power, garlic powder, ginger, dried herbs and crushed bouillon cubes. Cook for 20-30 minutes, stirring occasionally, until the stew has reduced by half and is deep red in color.
- 6. Add the rice, mixed vegetables and water. Bring to a boil, then reduce heat to low and cover pot with foil and a lid.
- 7. Simmer for 30 minutes until the rice is cooked through and the liquid is absorbed.



Recipe from International Education Week 2020

BAKED GOODS & DESSERTS



CHOCOLATE ÉCLAIR 20-24 Servings



INGREDIENTS

- 2 small (4.3oz) boxes of instant vanilla pudding
- 3 cups cold milk
- 1 8oz tub of whipped topping (thawed)
- 1 box of honey graham crackers
- 1 tub of chocolate frosting

DIRECTIONS

- 1. In large mixing bowl, combine milk and pudding mix and stir until blended.
- 2. Add in whipped topping, stirring until color is consistent.
- 3. In a 13x9 pan/dish, layer graham crackers until bottom is covered.
- 4. Pour in half of pudding mixture (being careful not to move the graham crackers) and spread until even.
- 5. Add another layer of graham crackers.
- 6. Pour in remaining pudding mixture and spread until even.
- 7. Add final layer of graham crackers.
- 8. Remove lid and foil covering from tub of frosting and microwave tub for 50-60 seconds on half power.
- 9. Stir frosting with a spoon, pour over graham crackers and smooth until even.
- Cover and refrigerate for at least 4-6 hours (8-12 preferred).



Recipe courtesy of A.J. Fox, '09, '10



SALTINE TOFFEE



INGREDIENTS

- 1 sleeve of saltine crackers
- 1 cup of brown sugar
- 1 cup of butter
- 12 oz. chocolate chips
- Chopped pecans or walnuts, optional

DIRECTIONS

- 1. Pre-heat oven to 400 degrees.
- 2. Line cookie sheet or jelly roll pan with parchment paper. Lay out saltine crackers, salt side up, side by side on cookie sheet.
- 3. Melt brown sugar and butter in saucepan on medium heat. Once combined, pour mixture over layer of crackers.
- 4. Smooth mixture across the crackers to create a sheet. Bake for 5 minutes.
- 5. Remove saltines from oven. While hot, sprinkle chocolate chips over the top and spread as chips melt. Sprinkle with chopped nuts if desired.
- 6. Refrigerate to harden.
- 7. Tear apart to serve.



Recipe courtesy of Pamela Kramer, Director of Alumni Services



CINNAMON SUGAR SWEET ROLLS

20-24 Servings



INGREDIENTS - SWEET ROLLS

1/2 cup warm water

- 1/2 cup warm milk
- 1 egg
- 5 tbsp butter, softened
- ¹/₃ cup white sugar
- 1 teaspoon salt

3¾ cups all-purpose flour

- 1 (.25 ounce) package active dry yeast
- 4 tbsp butter, softened

CINNAMON SUGAR

1 cup of sugar

2-4 tbsp of cinnamon, baker preference

VANILLA GLAZE

2 cups of powdered sugar

2-4 tbsp of water or milk

1 tsp vanilla extract

DIRECTIONS

- 1. Mix water, milk, egg, 5 tbsp of butter, sugar, salt, flour and yeast in large mixing bowl until dough is elastic.
- 2. Cover bowl of dough with clean kitchen towel and let rise for 1 hour.
- 3. Preheat oven to 400 degrees.
- 4. In small mixing bowl add 1 cup of sugar and 2-4 tbsp of cinnamon and mix together. Add as much or as little cinnamon as preferred.
- 5. After dough has risen, roll dough out flat on floured surface. Spread 4 tbsp of softened butter on dough and evenly sprinkle with cinnamon sugar.
- 6. Fold dough into a log starting from one side of dough. Using a pizza cutter, slice dough into 16 small rolls.
- 7. Place rolls on nonstick cookie sheet. Put rolls in oven for 10-15 minutes, until golden brown.
- 8. In remaining minute of baking, mix 2 cups of powdered sugar, 2-4 tbsp of water or milk and 1 tsp of vanilla extract in bowl.
- 9. While rolls are cooling drizzle powdered sugar glaze over rolls.



Recipe courtesy of Bree Jones, '15, '20



PANDESAL

A traditional Filipino bread roll that is soft and airy and slightly sweet



INGREDIENTS

- 2 cups lukewarm water
- 2 packets dry active yeast
- 1 ½ tsp. salt
- ²/3 cup sugar
- ¼ cup oil
- 6 cups all-purpose flour
- Breadcrumbs

DIRECTIONS

- 1. Place yeast in lukewarm water and let sit for 10 minutes.
- 2. Add salt, sugar and oil.
- 3. Slowly add 4 cups of flour. Save the remaining 2 cups if needed to thicken the dough.
- 4. Let rise for one hour (brush bowl with oil, cover with warm towel).
- 5. Punch the dough to let air out.
- 6. Divide the dough to make 24 pieces.
- 7. Shape the dough and dip in breadcrumbs. Let rise for one hour.
- 8. Bake at 350 degrees for 17 minutes.



Recipe from International Education Week 2020

DRINKS



MOJITO



INGREDIENTS

4 mint leaves

1½ cups fresh fruit (strawberries, blackberries, other) 1⁄2 lemon, juiced 3 oz rum (preferably Malibu) 6 oz club soda or seltzer

1½ tbsp sugar

- 1. Shred 4 mint leaves
- 2. Add mint, fruit and sugar in glass and thoroughly muddle
- 3. Add lemon juice to glass
- 4. Pour in rum of choice
- 5. Top with club soda or seltzer and mix together





MISTLETOE MARGARITAS



INGREDIENTS

½ cup whole cranberries	12 oz silver tequila
¼ cup granulated	8 oz triple sec
sugar, divided	½ cup plus 1 tbsp lime juice,
2 tbsp kosher salt	divided
1 wedge lime, for rim	12 cups ice
2 cups cranberry juice	Mint, for garnish

- In a medium bowl, toss cranberries with 1 tbsp of lime juice. Drain out lime juice, then toss with 2 tbsp of sugar. Pour onto a baking sheet to dry.
- 2. Combine remaining sugar with salt on a shallow plate and mix to combine. Using the lime wedge, wet rim of glass, then dip in sugar and salt mixture.
- Combine cranberry juice, triple sec, tequila, remaining ½ cup of lime and ice in a large blender, working in batches if necessary. Blend until smooth.
- 4. Pour into prepared glasses and garnish with sprig of mint and sugar coated cranberries.





SUGAR COOKIE MARTINI



INGREDIENTS

½ cup whole milk
¼ cup Baileys
2 oz vanilla vodka
2 oz Amaretto

Ice Vanilla Frosting (optional) Sprinkles (optional)

- In a cocktail shaker, combine milk, Bailey's and Amaretto. Add ice and shake until cold.
- 2. Optional: Mix vanilla frosting and sprinkles together. Spread onto plate for rim of glass.
- 3. Pour cocktail mix into glass.

