



Susan's Favorite Recipes for Imagining Freedom 2020

Bacon Jam

Delicious on biscuits, cornbread, toasted bread, grilled cheese, or just a dab out of the jar. Very versatile condiment.

1 ½ pounds bacon, cooked, drained, chopped

2 sweet onions, chopped

3 cloves garlic, chopped

Sauté onions and garlic in bacon grease until translucent. Then combine the following and add to mixture of bacon, sautéed onions and garlic

½ cup apple cider vinegar

2 tablespoons balsamic vinegar

½ cup brown sugar

¼ cup pure maple syrup

¾ cup brewed coffee

Combine and simmer on low heat 1-2 hours until thickens. Cool slightly and then process until somewhat smooth. Store in a jar in refrigerator and will keep several weeks.

Chicken or Turkey Souvlaki

Souvlaki is a delicious traditional beef or lamb dish. Eliminating meat in my eating 30 years ago, adapting poultry or seafood to substitute for meat has been fun and delicious. Chicken and turkey slip easily into the recipe to make a yummy sandwich or served over rice pilaf or couscous. Marinade can be prepared the day before.

3 pounds boned chicken breasts or turkey breast meat, cut into strips, across grain

Marinade:

1 ½ cup chopped onion

1 1/2 cup chopped parsley

1 1/3 cups olive oil

1 cup lemon juice

1/4 cup chopped garlic

3/4 cup chopped oregano

1 tablespoon coarsely ground pepper

Mix together marinade ingredients from onion through pepper in processor, pulsing until well mixed. Pour half of marinade over chicken or turkey and marinate 4 hours or overnight. Drain chicken or turkey from marinade. Grill or pan fry in very hot cast iron skillet. When cooked well, add drained marinade and cook for at least 5 minutes to cook out raw meat juices. Remove meat from pan.

Grill or sauté onions until lightly browned and softened, about 15 minutes. Add tomatoes to onions and cook 15 minutes to release juices. Add remaining marinade to onion tomato mixture with red wine vinegar. Cook five minutes. Add chicken mixtures and cook over low heat for 10-15 minutes, until chicken or turkey is very tender. Serve with steamed couscous and serve Tzatziki on the side.

Large or 6 small sweet onions, coarsely chopped

6 large or 12 small tomatoes, coarsely chopped

3 tablespoons red wine vinegar salt, freshly ground pepper to taste

Sauté chicken in olive oil until done and lightly browned. Sauté onions until lightly browned, add tomatoes and cook 5 minutes. Add chicken to onion, tomato mixture. Salt and pepper to taste. Serve with Tzatziki and pita bread, if desired

Tzatziki:

1/2 cup chopped peeled, seeded, cucumber...squeeze to remove liquid
2 cups yogurt
2 tablespoons chopped garlic
2 tablespoons white vinegar
3 tablespoons olive oil, salt, pepper to taste

Mix together and serve with Souvlaki.

Eggplant Caviar or Capanota

Numerous versions of this culturally universal dish exist, but this is the first one I made and is still a favorite. So versatile as a dip with pita chips, raw veggies, spread on toast and topped with cheese, tossed with pasta. Flavors mix well, salty from olives, slight crunch from pine nuts, infused with fresh herbs.

1 large onion, chopped small
1 large eggplant, peeled, chopped small, salted, drained
1 pound mushrooms, chopped
1 red bell pepper, chopped small
2 tablespoons chopped garlic
1/2 cup olive oil

Sauté above vegetables and simmer for 10-20 minutes until tender. If there is a lot of liquid, raise heat to cook it out, until almost dry.

Add the following:

6 ounces tomato paste
1/4 cup red wine vinegar
1/2 cup chopped stuffed green olives
1/4 cup toasted pine nuts
2 teaspoons sugar
1/4 cup chopped fresh oregano
1/4 cup chopped fresh basil 1/4 cup water
salt, pepper to taste
1/2 cup capers, drained

Simmer uncovered for 15-20 minutes. If gets too dry a little more water can be added.

Flourless Chocolate to Die for Cookies

If you want a jolt of chocolate but not a heavy cookie, this is your hero! Chocolate intense, a little gooey with an added crunch of walnuts. Addictive but have no gluten or dairy...sugar, yes! But worth a little for this treat.

Preheat oven to 350 degrees

Line baking sheet with parchment paper and spray lightly with pan spray

1 cup dark cocoa powder (Ghirardelli's or King Arthur, not Hershey's)
3 cups confectioner's sugar
4 egg whites
1 tablespoon pure vanilla extract
1 teaspoon pure almond extract
1 cup walnuts
2 cups semisweet or bittersweet chocolate chunks dried, pitted dark cherries if desired instead of walnuts

Mix together cocoa powder and confectioner's sugar in mixing bowl with paddle attachment, just to blend together. In separate bowl, mix (do not beat) egg whites, vanilla and almond extracts. Turn mixture on low speed and pour in egg white and extracts mixture. Mix until blended, but do not beat or whip a minute at the most. Loosen paddle and remove bowl. Fold in walnuts, if using, chocolate chunks.... add cherries if using. With rubber spatula, scrape mixture off sides of bowl and lightly mix in. Using a

tablespoon, scoop out onto prepared baking sheet. Cookies will spread a bit, so leave an inch between each one. Bake for 10-12 minutes, until cookies just set in middle, tops should be shiny and crack just a bit... May take a minute or two more, just don't overcook. Better to undercook for them to be heavenly...remove pan from and let cookies cool.... they firm up as they cool. Spray a metal spatula with a little pan spray so they don't stick since you want them a little gooey. Place in airtight container to use within two-three days or they can be frozen for 3 months. Best to eat out of freezer since they will get a little soft as they defrost.

Corn, Crab and Avocado Salad

6 ears fresh corn, grilled, cut off the cob
1 pint fresh crabmeat, lump or claw, picked through to check for shells
2 large avocados, peeled, cut into 1 inch cubes, tossed with lemon juice to prevent browning
2 large green tomatoes, cut into 1 inch cubes
2 cups scallions, sliced thin
2 cups red bell peppers, cut into ½ inch cubes
1 cup chopped fresh parsley
½ chopped fresh chives
½ cup chopped fresh dill salt, pepper to taste

Toss ingredients together and dress with ½ amount of dressing. Let sit 20 minutes and add more dressing if needed:

¾ cup fresh lemon juice
2 tablespoons freshly grated lemon rind
2 tablespoons white balsamic vinegar
¼ cup horseradish
2 tablespoons chopped garlic
¾-1cup olive oil

Mix together lemon juice, white balsamic vinegar, horseradish, garlic and whisk in olive oil. Season with salt and pepper to taste. Toss half with salad ingredients, let sit 30 minutes, and add more dressing if needed

Spinach Eggplant Balls

As FGF began serving more vegetarian dish, new ideas were created from more traditional ones using vegetables in instead of meat. You will never miss the meat in this one. We served them over spaghetti squash with FGF's tomato sauce, topped with parmesan, as a meal. They became a very popular hors d'oeuvre served with roasted red bell pepper sauce, sun dried tomato tapenade or pesto. Great for snacks too...popping into your mouth like cheese balls, but with more substance and vitamins to boot! They freeze well and can easily be reheated in an oven, but don't microwave them.

2 pounds frozen spinach, thawed, squeezed very dry several times with clean kitchen towel
¼ cup olive oil
2 large eggplants, peeled, chopped medium fine, salted for 30 minutes to remove bitterness, rinse in colander, drain and pat dry
1 large onion, chopped fine
1 tablespoon chopped fresh garlic
1 1/2 cup toasted bread crumbs or panko crumbs
3 eggs, lightly beaten
¾ cup parmesan cheese
1/3 cup chopped fresh basil or 1 tablespoon dried basil
1/3 cup chopped fresh oregano or 1 tablespoon dried oregano
1/3 cup chopped fresh Italian parsley
salt and pepper to taste

Preheat oven to 350 degrees. Heat olive oil in frying pan; add eggplant, onions, garlic. Cook over medium heat until all vegetables are soft and all moisture has cooked out of mixture. Let cool to room temperature. Add bread crumbs, eggs, cheese, herbs, squeezed and dried spinach. Chill several hours or overnight. Form into ¾ inch balls and place on greased shallow baking sheet. Bake for 20-30 minutes until firm but not dry.

Spinach eggplant balls can be made ahead of time, flash frozen and placed in zip lock bag. Defrost and reheat in 300-degree oven. Serve with spaghetti squash and tomato sauce as a meal or with dipping sauce as an hors d'oeuvre.

Roasted red bell pepper sauce:

12 roasted prepared red bell peppers from jar, drained and dried
¾ cup balsamic vinegar
1 tablespoon chopped garlic
½ cup each chopped fresh basil, thyme, oregano
¾ cup olive oil salt and pepper

Puree peppers with vinegar and garlic. Add chopped herbs. Drizzle in olive oil. Salt and pepper to taste. Keeps 3 days in refrigerator.

Orange Honey Cornish Hens/Chicken

Honey Orange Cornish Hens were on our Passover Seder menu, so I made this tangy orange sauce for years. Soy sauce and Worcestershire cut the sweetness, with fresh ginger, garlic and scallions adding depth. The sauce caramelizes as it bakes along with chicken, onions, carrots, red bell peppers. Sauce can be doubled and will keep refrigerated for weeks. Wonderful served with quinoa, couscous, wild rice or roasted new potatoes. For greens, serve garlic sautéed spinach, kale or Chinese broccoli.

Marinade:

2 cups orange juice concentrate, undiluted
1 cup soy sauce
1/4 cup Worcestershire sauce
½ cup honey
½ cup chopped fresh ginger
½ cup chopped scallions
1/4 cup sherry
3 large sweet onions
12 large carrots or 1 one-pound bag baby carrots
4 red bell peppers, cut into chunks
8 Cornish hens or bone-in chicken breasts

Mix together marinade ingredients through sherry. Marinate Cornish hens in marinade for several hours or overnight. Add onions, carrots, peppers. Place in roasting pan. Roast at 325 degrees for 45 minutes, uncovered, turn Cornish hens over and continue roasting 30-45 minutes until browned and very tender. If baking chicken breasts, bake another 15-25 minutes testing doneness after 15 minutes. Drain off sauce. Place hens and vegetables on platter. Drizzle sauce over dish. Delicious served with couscous or rice pilaf. Amounts can be halved to cook for less than 8.

Pumpkin and Pine Nut Risotto

1 3/4 pounds of pumpkin or butternut squash, cut into 1 inch cubes
8 cups vegetable or chicken stock, kept hot on stove (low simmer)
Olive oil
1 Cup chopped onions
¼ cup chopped garlic
2 cups orzo or Arborio rice
½ cup white wine
½ cup chopped fresh basil
2 tablespoons chopped fresh sage
¼ cup chopped fresh parsley
2 cups chopped fresh spinach or Swiss chard
1/4 Cup toasted pine nuts
1 cup shredded parmesan cheese

Roast pumpkin or butternut squash cubes on oiled baking sheet at 400 degrees for 30 minutes until browned and caramelized. Salt and pepper cubes to taste and set aside. Sauté onions and garlic in 1/4 cup olive oil for 5-7 minutes, until softened. Stir in orzo or Arborio rice mixing with onion garlic mixture. Add white wine and 1 cup simmered stock. Stir well and turn heat down to low cooking until stock is absorbed. Continue adding one cup stock at a time, cooking until stock is absorbed by the grain after each addition. Do not cover the pot with a lid and keep heat low. After six cups are added, check grain to see if it is tender, but not mushy. If necessary more stock can be added, ½ cup at a time. When done, add herbs, spinach or Swiss chard, pine nuts and parmesan. Salt and pepper to taste. Risotto is best served immediately.

Hush Puppy Waffles

Tallahassee is lucky to have access to Bumpy Road Farm cornmeal and grits. Freshest grains ever since the com is ground the day before coming to market. Their smoked corn yields a wonderful smokey grits or polenta too. For this recipe we use com meal and theirs is the best! A creative twist on southern tradition, hush puppy waffles can be topped with honey or syrup for breakfast; shrimp creole, fried chicken or chicken etouffee for dinner; or toasted to crunch in an oven to munch on during the day as a snack or a scoop for dip.

¾ cup unbleached flour

¾ cup bumpy roads yellow cornmeal 2 tablespoons sugar

½ teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

Whisk together dry ingredients in large bowl and set aside.

1 ¼ cups buttermilk

2 eggs

¼ cup chopped Vidalia onion

¼ cup chopped red bell pepper

Beat buttermilk with eggs until light, approximately one minute. Fold into dry mixture along with chopped onions and red bell peppers.

Heat waffle iron until hot. Brush with oil. Pour 1/3 to ½ cup of batter for each 3 x 3" waffle, adjusting with more if waffle iron is bigger. Cover with waffle lid and cook until done and crispy. Serve with whatever makes you happy! You can double the recipe, make more and freeze them. Just crisp up out of freezer in toaster, toaster oven or oven to crisp. A 375 degree preheated oven should do it in 5-10 minutes depending on your crunch desire.