



MalwareBITES cookbook

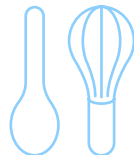
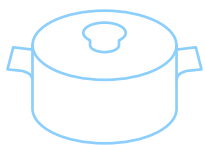
Recipes submitted by **Malwarenavts**

Welcome

Here at Malwarebytes, we love stopping cyberthreats, but we can't do that on an empty stomach. From Santa Clara to Cork, via Tallinn and Sydney, our offices are known for potlucks, bake sales, picnics, cook-offs and more! Malwarenavts have always found a way to celebrate culture and food from all around the world.

So the idea for MalwareBITES was born, to recreate an important part of our office culture while working from home. Our culinary, creative Malwarenavts handcrafted this colorful collection of recipes for the "I think I should open a restaurant" enthusiast, to the "Did I actually just burn water?" novice—whoever you are, there's a dish for you.

We hope you enjoy some of our favorite recipes from the comfort of your home. Stay safe and stay healthy—second servings are encouraged.



Conversion chart

Weights

Weights can be converted with the following table. Note that the ounces referred to in this table are not the same as fluid.

Quantity	Metric
1 ounce	28 g
4 ounces or $\frac{1}{4}$ pound	113 g
$\frac{1}{3}$ pound	150 g
8 ounces or $\frac{1}{2}$ pound	230 g
$\frac{2}{3}$ pound	300 g
12 ounces or $\frac{3}{4}$ pound	340 g
1 pound or 16 ounces	450 g

Oven temperatures

Fahrenheit	Centigrade	Description
225° F	105° C	Very cool
250° F	120° C	Very cool
275° F	135° C	Cool
300° F	150° C	Cool
325° F	165° C	Very moderate
350° F	176° C	Moderate
375° F	190° C	Moderate
400° F	204° C	Moderately hot
425° F	220° C	Hot
450° F	230° C	Hot
475° F	245° C	Very Hot

Liquids

Liquids can be converted to liters or milliliters with the following table. Small volumes (less than about 1 fluid ounce or 2 tablespoons) of ingredients such as salt, herbs spices, baking powder, etc. should also be converted with this table. Do not use this table to convert other non-liquid ingredients.

Quantity	Metric
1 teaspoon	5 mL
1 tablespoon	15 mL
1 fluid ounce or $\frac{1}{8}$ cup	30 mL
$\frac{1}{4}$ cup or 2 fluid ounces	60 mL
$\frac{1}{3}$ cup	80 mL
$\frac{1}{2}$ cup or 4 fluid ounces	120 mL
$\frac{2}{3}$ cup	160 mL
$\frac{3}{4}$ cup or 6 fluid ounces	180 mL
1 cup or 8 fluid ounces	240 mL
1 $\frac{1}{2}$ cups or 12 fluid ounces	350 mL
2 cups or 1 pint or 16 fluid ounces	475 mL
3 cups or 1 $\frac{1}{2}$ pints	700 mL
4 cups or 2 pints or 1 quart	950 mL
4 quarts or 1 gallon	3.8 L

Note

In cases where higher precision is not justified, it may be convenient to round these conversions off as follows:

1 cup. 250 mL
1 pint. 500 mL
1 quart 1 L
1 gallon 4 L

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SIDEbersecurity (sides)

Easy 7up biscuits

Submitted by

Tina B.

Clearwater, FL



Easy 7up biscuits

Submitted by **Tina B., Clearwater, FL**

Difficulty level (from easy to difficult):



Background

Super easy biscuits you can enjoy with any meal.

Ingredients and measurements:

- 2 ½ cups baking mix (or Bisquick)
- ½ cup 7up® or Sprite®
- ½ cup sour cream
- ¼ cup butter melted

Directions:

1. Heat oven to 450° F.
2. In a medium bowl stir together 2 cups of baking mix, soda, and sour cream.
3. Sprinkle the counter with the remaining baking mix and dump the dough out on it.
4. Get some of the baking mix (flour) on your hands and pat the dough out to about ½ inch thick. Fold the dough into quarters and pat down again to about ½ inch thick.
5. Pour the melted butter into a pie pan (or 8 x 8 baking dish).
6. Cut the biscuits out and place in the pan of butter.
7. Bake for 13 to 16 minutes until cooked through.

Hacks:

- When placing the biscuits in the pan, sides touching is better.
- If the top starts to get too dark, you can lay a piece of foil on top of the partially cooked biscuits to finish cooking.

SIDEbersecurity (sides)

Grietje's courgette pickle

Submitted by

Tjitske de V.

Bremen, Germany



Grietje's courgette pickle

Submitted by **Tjitske de V., Bremen, Germany**

Difficulty level (from easy to difficult):



Background

My mam started making this courgette (or for our American friends: Zucchini) pickles recently and I'm in love with them. They're perfect to use in salads or even on a piece of French bread or a toasted sandwich.

Ingredients and measurements:

- 500 ml water
- 1kg Courgette/Zucchini
- 2 onions
- 3 tablespoons salt
- 2 big carrots or 2 peppers
- 500 ml vinegar
- 300 grams sugar
- 2 teaspoons turmeric
- 3 teaspoons mustard seeds
- 1 teaspoon dill

Directions:

1. Add the salt to the water.
2. Peel the zucchini and remove the seeds. Cut the zucchini and the onions in small cubes. Add these to a bowl with the salty water and leave this for 5 hours. After 5 hours, rinse these carefully.
3. Cut the carrots in small cubes.
4. Boil the vinegar with the dill, turmeric, sugar and mustard seeds for a few minutes and add the zucchini, carrots and onions. Boil for 6 minutes without a lid.
5. Clean jam jars with cleaning soda and boiling water, rinse carefully and leave to air dry on a tea towel.
6. Add the vegetables to the jars and fill these to the brim with the vinegar. Screw the lids on and leave the jars upside down for 10 minutes.
7. Leave for at least 3 weeks.

SIDEbersecurity (sides)

Herbed cheese puffs

Submitted by

Ann S.

Santa Clara, CA



Herbed cheese puffs

Submitted by **Ann S., Santa Clara, CA**

Difficulty level (from easy to difficult):



Background

I started making these for family events, just because I thought it was an interesting recipe. Then it became a really popular thing that people were asking for, and I look for excuses to make them for people.

Ingredients and measurements:

- 1 cup water
- ½ cup butter
- ¼ teaspoon. salt
- 1 cup flour
- 4 eggs
- 1 ½ cups shredded cheese

The original recipe calls for Gruyere. I've used combinations of Gruyere and Havarti, subbed in Vermont White cheddar, just make sure they aren't competing overwhelming flavors.

- ½ cup shredded Parmesan
- 1 Tablespoon herbs

Sage is good for this (and what the original recipe calls for), but I've used summer savory, basil, oregano, rosemary—and small crushed combinations of those as well.

- Dash of Dijon mustard (optional, see Tips/Tricks)

Directions:

1. Preheat oven to 375° F.
2. In a large saucepan, bring water, butter, and salt to a boil. Lower heat and beat in the flour (preferably with a wooden spoon).
3. Stir in the Dijon mustard if you're using it—it does not have to be fully incorporated at this point.
4. Remove from heat, and beat in the eggs, one at a time. Beat for one minute after each addition. The mixture should pull away from the sides of the pan.
5. Stir in the 1 ½ cups of cheese and herbs. Drop by generous teaspoonfuls onto parchment lined baking sheets and top with the Parmesan (or, use more Gruyere, see Tips/Tricks below).
6. Bake for 25-30 minutes or until light golden brown on the outside, and dry on the inside.

Note: I've never gotten them perfectly dry inside (sometimes they're a little eggy, like a popover is), but they're perfectly edible and tasty.

Yield: approximately 40-48 puffs, depending on how generous you are with the teaspoonfuls. Eat while warm, but if there are leftovers, store in the fridge, and 10 seconds in a microwave, or a minute in a toaster oven will bring them back to life beautifully.

Hacks:

- The original recipe calls for 2 cups of Gruyere, divided into 1 ½ cups and ½ cup, using the ½ cup for topping (instead of the Parmesan I use).
- Additionally, the original recipe uses just sage for the herbs, and leaves out the Dijon mustard.

SIDEbersecurity (sides)

Sausage grits casserole

Submitted by

George W.
Clearwater, FL



Sausage grits casserole

Submitted by **George W., Clearwater, FL**

Difficulty level (from easy to difficult):



Background

April's grandmother, Betty, always made this dish for Thanksgiving and Christmas. Now that she's no longer with us, this is a way to honor her memory and carry on the tradition.

Ingredients and measurements:

- 1 lb. bulk pork sausage (I use Jimmy Dean Mild, but have successfully used chicken sausage for a friend who doesn't eat red meat)
- 1 green pepper, chopped
- 1 onion, chopped
- 2-3 stalks celery, chopped
- 1 cup quick grits (I use Quaker Quick 5-Minute)
- 4 cups water
- 1 teaspoon. salt
- 1 10.5 oz. can cream of chicken soup (I have used cream of mushroom)
- 16 oz (1 lb.) sharp cheddar cheese, grated (I use mild cheddar)

Directions:

1. Preheat oven to 375° F.
2. Brown the sausage in a large skillet. Drain off excess fat, if necessary.
3. Add green pepper, onion and celery; sauté until vegetables are slightly tender.
4. Cook grits in water with salt, according to package directions. (I cook mine for 7 minutes)
5. Butter a 2-quart casserole pan. (I use a cast iron roaster pan—it's large enough for all this goodness!)
6. Combine cooked grits and sausage mixture in the pan.
7. Add the undiluted soup to this mixture and stir it in. (The recipe says to spread it over the top of the grits mixture – results vary doing it this way so I prefer to stir it in)
8. Sprinkle the grated cheese on top.
9. Bake for 30 minutes or until hot and bubbly.

Cool for 5 minutes or so before serving otherwise it will burn your mouth!

SIDEbersecurity (sides)

Seasoned pretzels

Submitted by

Kara Y.

Santa Clara, CA



Seasoned pretzels

Submitted by **Kara Y., Santa Clara, CA**

Difficulty level (from easy to difficult):



Ingredients and measurements:

- 1 large barrel ULTZ Honey Wheat Pretzels
- 1 ½ cups Orville Redenbacher Butter Popcorn Oil
- 1 to 1 ½ packages Hidden Valley Ranch “Dips” mix, not dry salad dressing
- 2 tablespoons dill weed
- 2 tablespoons garlic powder

Directions:

1. Pour pretzels into a large bowl.
2. In a separate bowl, mix the oil, ranch-style dressing mix, garlic powder and dill weed. Pour the mixture over the pretzels and toss to coat evenly.
3. Marinate approximately 30 minutes, tossing approximately every 10 minutes.
4. Preheat oven to 250° F.
5. Spread the marinated pretzels on large cookie sheets. Bake approximately 1 hour stirring every 15 minutes.

MAINexploits (entrées)

Burgers with some heat

(makes 4 burgers)

Submitted by
Jason R.
Clearwater FL



Burgers with some heat

Submitted by **Jason R., Clearwater FL**

Difficulty level (from easy to difficult):



Background

I'm a burger fiend and I just love finding new ways to make the perfect (to me) burger.

Ingredients and measurements:

- 1 lb. of ground chuck
- ½ lb. of hot Italian sausage
- ½ a white or yellow onion
- ½ a green bell pepper
- 1 Habanero pepper (optional)
- 3-4 cloves of garlic
- Onion rolls
- Seasoning (salt, pepper, Cajun seasoning, Old Bay)
- Pepper jack cheese
- Crunch onion bits
- Butter

Directions:

1. Finely dice vegetables up and place on side plate for use later
2. If adding Habaneros, I would dice these last, and make sure to thoroughly wash your hands and not touch your face, it WILL burn!
3. Put pound of ground chuck and ½ pound of Hot Italian sausage into a large bowl and mix thoroughly.

4. Add seasoning into bowl as well as half of each diced vegetable and then mix by hand
5. Add additional seasoning into bowl and remainder of diced vegetables and thoroughly mix by hand again.
6. By hand, roll out 4 burger patties and place on cutting board
7. Season top and bottom of each burger patty.
8. Place a small divot in the center of one side of each burger with your thumb
9. Heat up grill on low setting and use cooking spray on grill racks.
10. I tend to go for a medium-rare burger and that is generally accomplished by grilling each side for ~3:45-4 minutes on each side at least with the grill I use on a low setting.
11. While burgers are grilling, cut Onion roll in half, butter the inside and toast on pan using the stove top.
12. Once you've flipped the burgers, for the last 45 seconds before you take them off, place a 1 to 2 slices of Pepper Jack cheese on each burger and close the lid again to get a nice melt.
13. Take each burger off and place on butter toasted onion roll.
14. I put crunchy onion bits on the burger and top with Sweet Baby Rays Sweet Golden Mustard

Hacks:

This is an original recipe that I've changed and adapted over the years as my tastes have changed. Rather than making 4 burgers, you can also make 6-8 smaller sliders as well and use Kings Hawaiian rolls. Recipe doubles well for larger serving sizes.

MAINexploits (entrées)

Chicken pot pie

Submitted by

Tina B.

Clearwater, FL



Chicken pot pie

Submitted by **Tina B., Clearwater, FL**

Difficulty level (from easy to difficult):



Background

This is a warm creamy comfort dish, that is just good for the soul.

Ingredients and measurements:

Crust

- 2 cups all-purpose flour
- 1 teaspoon of salt
- $\frac{3}{4}$ cups shortening
- 4 to 6 tbs cold water
- 2 tbs butter

Filling

- 2 $\frac{1}{2}$ cups of chunked cooked chicken
- $\frac{1}{3}$ cup butter
- $\frac{1}{3}$ cup chopped onion
- $\frac{1}{3}$ cup flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 $\frac{3}{4}$ cup chicken broth
- 1 cup peas
- 1 cup corn
- 1 cup mixed veggies

Directions:

1. Heat oven to 375° F.
2. Combine flour and salt in a large bowl, cut in shortening and butter until it resembles coarse crumbs. Mix in enough cold water with fork to moisten.
3. Divide the dough in half, shape into two balls, flatten slightly, wrap each in plastic and refrigerate.
4. Preheat oven to 425° F.
5. Cut chicken into chunks about 1 inch or less.
6. Take out one of the dough balls and roll it out to 11 inch circle. Fold into quarters, place dough into un-greased 9 inch pie pan, unfold, press firm against the bottom and sides. Set aside.
7. In a 2 qt sauce pan, melt butter over medium heat, add onions and cook for 2 minutes until tender, stir in flour, salt and pepper.
8. Gradually stir in broth and milk and cook until bubbly and thick. Stir in chicken and all veggies.
9. Spoon evenly into prepared pie crust, heaping the in the center, if needed.
10. Roll out the other dough ball, place it on top, and pinch seal it all the way around.
11. Bake for 30 to 40 minutes. Let stand 5 to 10 minutes before serving.

Hacks:

If you are starting with raw chicken, simply salt and pepper it, put it in a baking dish and cook it until it is done. You can use the broth you get from this freshly cooked chicken as part of the broth in the filling.

Adding flour to the plastic with the flattened dough is helpful.

MAINexploits (entrées)

Crunchwrap supremes

Submitted by

Marcin K.

Santa Clara, CA



Crunchwrap supremes

Submitted by **Marcin K., Santa Clara, CA**

Difficulty level (from easy to difficult):



Background

This is an easy replica of Taco Bell's Crunchwrap Supreme. Instead of eating processed fast food, eat this instead!

Ingredients:

- Ground chicken, beef, or impossible beef
- Cherry tomatoes
- Block of cheddar cheese
- Tostada shells
- Flour tortillas, approximately 12 inches
- Sour cream
- Salt, pepper, cumin, chili powder, garlic powder, onion powder

Preparation:

1. Dice some tomatoes.
2. Season ground chicken, beef, or impossible beef with salt, pepper, cumin, chili powder, garlic powder, and onion powder.
3. Cut slices of cheddar cheese.

Directions:

1. Brown then cook the meat in a sauté pan.
2. Place flour tortilla on a clean working surface.
3. Place slice of cheddar cheese on flour tortilla.
4. Top with the meat and diced tomatoes.
5. Drizzle with sour cream.
6. Place tostada on top and fold the flour tortilla into an octagon.
7. Place crunchwrap into a panini press, George Foreman grill, or sear on a pan to seal opening.
8. Serve with hot sauce!

MAINexploits (entrées)

Frog legs in roquefort sauce

Submitted by

Mieke V.

Bruges, Belgium



Frog legs in roquefort sauce (makes about 2 servings)

Submitted by **Mieke V., Bruges, Belgium**

Difficulty level (from easy to difficult):



Background

Most people know the popular fried or stir-fried frog legs. I prefer these with a punchy sauce, so you can dip a piece of bread in it.

Ingredients and measurements:

- 20 frog legs (you can buy these frozen). If they are small, use 30.
- 1 tablespoon olive oil
- 1 tablespoon of butter
- 3 ounce of Roquefort cheese (you can also use stilton or gorgonzola)
- Chopped chives
- 2 chopped Scallions
- Salt and pepper
- 1 cup (250 mL) cream
- 6 cocktail tomatoes (8 if really small)

Directions:

1. Thaw the Frog Legs (if frozen). Once thawed, use paper towels to remove the access water from it.
2. Chop the scallions and divide the cocktail tomatoes in 4 pieces
3. Heat oil and butter in a frying pan
4. Season the frog legs with salt and pepper and bake them until they get a light brown crust.
5. Remove the frog legs from the pan
6. Reduce the heat and poor the cream in the pan (with fond), together with the Roquefort. Stir it gently for 3 minutes.
7. Add the chopped tomatoes and scallions to the sauce and let it boil down a little bit
8. Put the frog legs in the pan again, have it mingle with the sauce
9. Add some chopped chives on top
10. Serve with bread (baguette)

Hacks:

I prefer to eat frog legs with my hands and dip the bread in the sauce. Use a lot of paper towels to clean your hands in between.

MAINexploits (entrées)

Greek mousaka

Submitted by

Darrell J.

Santa Clara, CA



Greek moussaka

Submitted by **Darrell J., Santa Clara, CA**

Difficulty level



Background

I first began dabbling with Greek cooking while at college in Iowa. Fascinated by Greek scholars such as Socrates, Hippopotamus, and Xylophone, I was equally impressed with their contributions to modern cooking. Did you know that both apple pi and the square root of ginger were of Greek origin? True! Such enlightenment motivated me to explore Greek recipes, and I offer you this tempting Greek Moussaka recipe as the perfect accompaniment for watching the Olympics or a spirited democratic debate.

Ingredients:

The bottom:

- 2 large eggplants
- 5 large Yukon potatoes
- 2 pounds of ground lamb (or grind your own)
- 6 large tomatoes, peeled to remove the skin
- ½ cup red wine (nothing too special)
- 1 large white onion
- 2 tablespoons minced garlic
- 1 cup chopped fresh parsley
- 1 tablespoon dried oregano
- ½ tablespoon dried rosemary
- 1 teaspoon salt
- ½ teaspoon cinnamon
- 1 teaspoon honey
- 2 eggs, beaten
- 1 teaspoon olive oil

The middle:

- 1 bottle of Greek ouzo
- 1 shot glass

The top:

- ½ cup butter
- ½ cup flour
- 2 teaspoons salt

- ½ teaspoon pepper
- 4 cups whole milk
- 6 eggs, beaten
- 2 cups Parmesan cheese
- 1 cup bread crumbs
- Dash of cinnamon
- ¼ cup fresh chopped parsley

Directions:

The eggplant:

1. Slice eggplant lengthwise in ¼ inch slices
2. Sprinkle each slice of eggplant with salt, place on a paper towel, and allow to sweat at room temperature for an hour like a Greco-Roman wrestler
3. After an hour, use paper towels to wipe off excess moisture
4. In a pan with olive oil, sauté eggplant slices on medium heat for 3-4 minutes on each side

The potatoes:

5. Boil potatoes for 30 minutes until they're soft but not mushy
6. Allow potatoes to cool and slice into ¼ inch slices

The bottom layer:

7. Preheat oven to 350° F.
8. In your already-dirty sauté pan, sauté the lamb, onion, and garlic until the lamb is cooked through
9. Drain and toss the excess "Greece grease" from all that fatty lamb
10. While no one is looking, take a shot of the ouzo and shout "Ya Mas!" to no one in particular
11. What the heck, take another shot
12. In a separate pan (good thing I'm not doing the dishes), sauté the tomatoes until mushy
13. Add the red wine, honey, cinnamon, salt, parsley, oregano, rosemary and simmer for 15 minutes (if there's a lot of extra moisture, use a paper towel to remove liquid so it's as thick as possible)
14. Combine the tomato mixture into the lamb mixture

15. Beat 2 eggs and fold them into the combined mixture
16. In a good-sized casserole dish, add a layer of sliced potatoes, then a layer of eggplant, then a layer of the lamb/tomato mixture
17. Repeat and make a second layer of potatoes, eggplant, and lamb/tomato
18. Might it be time to take another shot of ouzo?

The top layer:

19. As long as we're going to all the trouble of making the bottom's ingredients, let's make the top's ingredients too
20. In a large saucepan on medium heat, melt the butter then use a whisk to stir in the flour, salt, and pepper
21. Continue whisking until it begins to thicken (5 minutes?)
22. Add the milk and continue whisking for 5 or 10 minutes until it's as thick as the accent of the friendly waitperson at your favorite Greek restaurant
23. Pour the now-thickened milk mixture into yet another bowl (again, sorry), then gradually fold in the 6 beaten eggs

The assemblage:

24. Pour the milk goo on the eggplant/potato/lamb mixture, and evenly sprinkle the top with the breadcrumbs, Parmesan cheese, and cinnamon
25. Bake for 45 minutes (or more?), removing when the milk goo is starting to turn golden brown
26. Remove from the oven, top with remaining parsley, cover with aluminum foil and let it sit for as long as it takes to watch the movie My Big Fat Greek Wedding on fast-forward (20 minutes should do it)
27. I think you earned another shot of ouzo!

MAINexploits (entrées)

Hawaiian plate lunch

Submitted by
Sarah B.
Honolulu, HI



Hawaiian plate lunch

Submitted by **Sarah B., Honolulu, HI**

Difficulty level (from easy to difficult):



Each component is 1 or 2 stars, but there are multiple components

Background

“Plate lunch” can be for lunch or dinner. It is local Hawaiian food with lots of components that gets its name from bento lunches once served to pineapple and sugarcane plantation workers, mixing Chinese, Japanese, Portuguese, Korean, local Hawaiian, and other international cuisines. Plant-based cuisine is getting to be a big thing in Hawaii; I’ve included meat and vegan versions of my recipes so there is a little something for everyone.

Ingredients and measurements:

Instant pot kalua pig & cabbage (meat-based)

- 1-2 pounds pork shoulder, with fat still on
- Coarse salt
- Black pepper
- 1 ½ inch piece of ginger, cut into pieces
- 3 cloves garlic
- Dash soy sauce, to taste
- Dash sesame oil, to taste (for seasoning meat and sautéing onion and cabbage)
- 1 quarter of a large onion, sliced
- 1 ½ cups of green cabbage, shredded
- Dash liquid smoke, or other smoking method (see Tips next page)
- Sheet of parchment paper to fold around pork
- Instant Pot or other pressure cooker

Air fryer kalua no-pig & cabbage (plant-based)

- ¾ of a 16 - oz package soft tofu to marinate (save 1 quarter for musubi recipe)
- Coarse salt
- Black pepper
- 1 ½ inch piece of ginger, cut into pieces

- 3 cloves garlic
- 3 whole dried bay leaves
- Dash soy sauce, to taste
- Dash sesame oil, to taste (for seasoning tofu and sautéing onion and cabbage)
- 1 quarter of a large onion, sliced
- 1 ½ cups of green cabbage, shredded
- Dash liquid smoke, or other smoking method (see Tips)
- Air fryer or large skillet for pan-frying tofu

Spam musubi (meat-based)

- 1 can of Spam
- 2 Nori sheets, cut into ~1 ½ x 6 inch strips (follow the indentations on the sheets)
- 2 cups sushi rice, cooked according to package directions, seasoned with salt and a dash of rice vinegar; kept warm
- ¼ cup of teriyaki sauce (use bottled or use Teri Glaze recipe below)
- Small bowl of water for sealing nori strips
- Large tablespoon for forming rice balls

Teri tofu musubi (plant-based)

- ¼ of a block of soft tofu, frozen, thawed and gently pressed to remove moisture
- 2 Nori sheets, cut into 1 ½ x 6 inch strips (follow the indentations on the sheets)
- 2 cups sushi rice, cooked according to package directions, seasoned with salt and a dash of rice vinegar; kept warm
- Few slices of canned pineapple (optional)
- ¼ cup of teriyaki sauce (use bottled or use recipe for Teri Glaze below)
- Small bowl of water for sealing nori strips
- Large tablespoon for forming rice balls

Teri glaze (suitable for meat-based or plant-based versions)

- 1-2 tablespoons of soy sauce
- 6 tablespoons of juice and few pieces of fruit from a can of pineapple
- ½ to 1 teaspoon of finely grated ginger

Continued next page >

Hawaiian plate lunch (continued)

Submitted by **Sarah B., Honolulu, HI**

- 1-2 teaspoons of finely diced yellow onions
- 1 clove of garlic, pressed
- Dash sesame oil, to sweat the onions and garlic
- 1 teaspoon of cornstarch, dissolved in 1-2 tablespoons of warm water
- Pinch of sugar (optional)

Tossed salad (suitable for meat-based or plant-based versions)

- 2 cups of mixed salad greens, washed and dried
- 1 green onion, ends trimmed and finely sliced
- ½ cucumber thinly slices, slices cut in half

Shoyu-ginger vinaigrette (suitable for meat-based or plant-based versions)

- 1 Tablespoon soy sauce
- 1 Tablespoon rice vinegar
- 1 Tablespoon sesame oil
- ¾ teaspoon fresh ginger, finely grated
- 1 teaspoon toasted sesame seeds
- Hapa Rice (Suitable for Meat-Based or Plant-Based versions)
- 1 cup sushi rice, cooked according to package directions
- 1 cup short grain brown rice, cooked according to package directions

Haupia (coconut pudding — suitable for meat-based or plant-based versions)

- 1 can coconut milk
- 6 Tablespoons of cornstarch
- Scant ½ cup of sugar (or substitute—I use granulated monk fruit)

Directions:

Instant pot kalua pig (meat-based)

Spread out parchment paper on your work surface and put the pork in the center. Lightly score the pork with a knife and arial-salt the pork (add salt from a distance above the meat). Add soy sauce, sesame oil, ginger pressed through a garlic press, and pressed garlic, rub on the meat to distribute. Fold the parchment around the meat to make a packet. Carefully place the packet in your Instant Pot (or other pressure cooker) and add 3/4 cup water, making sure not to get water in the packet. Pressure cook according to weight, usually 20 to 40

mins, until the pork is tender. Carefully remove the packet (there may be liquid) and turn meat out onto a cutting board. Shred into small pieces using two forks (or meat forks if you have them). Add liquid smoke (or other smoking method – See Tips) Set aside. Remove any liquid from your pressure cooker inner pot and set to Saute (or use a large skillet if not using a pressure cooker with a Saute setting). Add dash of sesame oil, the sliced onions and the cabbage. Add the pork that you set aside, cook until the onions and cabbage are cooked through – you may need to add a little water while cooking so the cabbage and meat do not dry out.

Air fryer kalua no-pig (plant-based)

Put the tofu in a container with a tight- fitting lid and add salt, pepper, soy sauce, sesame oil, bay leaves and ginger. Snap on the lid and gently shake the container until the tofu is evenly coated. Marinate in the mixture for 4-6 hours. Remove tofu from the container, remove bay leaves and place in air fryer. Air fry for approx. 20 mins, pausing in the middle to flip the tofu. You can add more or less time; the point is to get some crispy edges on the tofu and make sure it is all browned. It will break up somewhat in the fryer; that is preferred. When done, add liquid smoke (or other smoking method – See Tips) and set aside. Add sesame oil to a large skillet. Add slices of onions and cabbage and the tofu, stirring occasionally. Remove from heat when the onions and cabbage are cooked through.

Spam musubi (meat-based)

Remove Spam from the tin, turn on its side and slice into 6 ~¼-inch slices. They should be shaped like the tin – rectangles with rounded edges. Cook the slices in a large non-stick or cast iron skillet until browned on both sides. To assemble, place a nori strip vertically on a cutting board, then place a Spam rectangle on top in the middle, so the nori and the Spam form a cross. Then brush Teri Glaze on the Spam (or bottled teriyaki sauce, if you prefer not to make it from scratch). Make a large ball of warm sushi rice with your tablespoon and put it on top of the Spam, gently pressing the ball so that it matches the shape of the Spam. Wrap the ends of the nori around the rice, sealing in the ends around the rice with water. Gently turn the completed musubi over and press down gently to flatten, if needed. Serve warm.

Teri tofu musubi (plant-based)

Freeze, thaw and gently squeeze out the tofu to remove moisture. Add salt, pepper, and sesame oil, and slice the tofu in ~2 X 3 X ¼ in slices. Place the slices in an air fryer (or oiled skillet) and fry until crisp on both sides. Remove from fryer or skillet and brush both sides with Teri Glaze (or bottled teriyaki sauce, if you prefer not to make it from scratch). To assemble, place a nori strip vertically on a cutting board, then place a fried tofu rectangle on top in the middle, so the nori and the tofu form a cross. Add a few small slices of pineapple, if desired. Make a ball of warm sushi rice with your tablespoon and put it on top of the tofu, gently pressing the ball so that it matches the shape of the tofu. Wrap the ends of the nori around the rice, sealing in the ends around the rice with water. Gently turn the completed musubi over and press down gently to flatten, if needed. Serve warm.

Teri glaze (suitable for meat-based or plant-based versions)

On low heat, gently sweat the diced onion and pressed garlic in a small amount of sesame oil, then add the rest of the ingredients except for the cornstarch dissolved in water. Whisk until the mixture reaches a low simmer, and then add the cornstarch in water, continuing to whisk until the mixture forms a glaze. Add more water and whisk if the mixture is too thick. Set aside and use for assembling musubi.

Tossed salad (suitable for meat-based or plant-based versions)

Wash and drain the salad greens and slice cucumber and green onion and toss together in a bowl. Cover and chill in the refrigerator.

Shoyu-ginger vinaigrette

Put the ingredients together in a small bowl or (preferably) a jar with a lid. Whisk (or shake the jar). Vinaigrette will be thin but flavorful. Chill in the refrigerator until ready to assemble the salad and serve the plate lunch.

Hapa rice

Hapa means “mix” in Hawaiian. You might mix 2 different rice types before cooking, or after. I prefer the latter as sushi rice and brown rice tend to have different cooking times.

Haupia (coconut pudding — suitable for meat-based or plant-based versions)

On low heat, combine the coconut milk and sugar in a medium saucepan until sugar is dissolved. Add the cornstarch a tablespoon at a time, making sure to whisk so that there are no lumps and the cornstarch does not collect on the bottom. When the mixture goes from frothy to smooth and thickens, remove from the heat and pour into a shallow container. Chill in the refrigerator until solid – less time for a pudding consistency and more time for firm panna cotta consistency. To serve, spoon into small cups or cut into squares.

To make all of these components into a plate lunch, use a sectioned bento box or other rectangular food container. A plate works too. Put hot items on one side and the dressed tossed salad and the haupia cup (or square) on the other. Enjoy with your favorite cold beverage while listening to Hawaiian music. It's almost like you're here on the islands!

Hacks:

I find liquid smoke chemical-y and pretty much deeply offensive to my palate. I like to impart smoke flavor by putting a small bunch of dried whole bay leaves on a piece of aluminum foil and lighting the end with a long barbecue lighter (they flame and go out almost immediately, but use caution!). Then I place the foil and smoldering leaves on a plate that my food to be smoked is on, placing a large metal bowl upside down over the top. The bowl must fit over the plate so the smoke does not seep out. I leave this for 10-15 mins, then remove the foil and bay leaves.

Musubi is usually made with a musubi press – They are ubiquitous in grocery and drugstores here on Oahu but may be tougher to find in other places. There are several options online if you get really committed to making them!

MAINexploits (entrées)

Oven roasted beef brisket

Submitted by
Russell E.
Clearwater, FL



Oven roasted beef brisket

Submitted by **Russell E., Clearwater, FL**

Difficulty level (from easy to difficult):



Background

This is a fantastic recipe that I've made for years and years. It always reminds me of being back home in the mountains of East Tennessee.

Ingredients and measurements:

- 1 5-10 pound beef brisket

Rub

- 4 tablespoon dark brown sugar
- 4 tablespoon smoked paprika can substitute regular paprika
- 2 tablespoon coarse salt
- 1 tablespoon ground black pepper
- 2 teaspoon garlic powder
- 2 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper

Directions:

1. In a bowl, mix the ingredients for the rub. The cool thing about this rub is that you can store it in an airtight container and store it for up to 6 months. I usually double the recipe for it for the next time I make this awesome dish.
2. Put the brisket on a cutting board and pat it dry with a paper towel. Spread a very generous amount of dry rub on top then flip the brisket

over and spread a generous amount of the rub over the other side. Make sure there is plenty of rub in every little nook and cranny on all sides of the brisket.

4. Wrap the seasoned brisket in a couple layers of aluminum foil, making sure it is wrapped tightly. Place it in a pan just in case some of the liquid leaks out and place it into the refrigerator from 12-16 hours. After that, take it out, unwrap it, and let it get to room temperature, at least one hour.
5. Preheat your oven to 300° F. Put a layer of aluminum foil in the bottom of the roasting pan and then place the rack in the pan. Put down a couple sheets of foil that are long enough to cover the brisket loosely in a crisscross shape on top of the rack.
6. Place the brisket with the fat cap up in the middle of the foil on the rack. Bring the foil together and close it, making sure it covers the brisket loosely. Place the brisket into the oven and bake for about an hour and 15 minutes or so per pound, until it reaches around 185° F.
7. Once it reaches 185° F, open the foil and bake it for another hour or so until the thermometer reads 200° F.
8. Take the brisket out of the oven and put it on the cutting board and tent it with foil and let it rest for 30-45 minutes.
9. Make sure to cut it against the grain to make sure it's tender.
10. I like mine with barbecue beans and homemade corn bread from my seasoned cast-iron skillet.

Hacks:

I like mine a little spicier so I usually add ½ teaspoon cayenne and use Sweet Spanish Paprika to make it just a bit sweeter.

MAINexploits (entrées)

Pasta carbonara

Submitted by
Riccardo V.
Perugia, Italy



Pasta carbonara

Submitted by **Riccardo V., Perugia, Italy**

Difficulty level (from easy to difficult):



Background

One of the most iconic pasta recipes in Italy, typical of the Lazio area. There are many stories about how this recipe was created, one of them says that a Roman cook used the ingredients available from the American soldiers (eggs and bacon) creating this masterpiece!

Ingredients and measurements:

For 2 people:

- 4 oz of spaghetti per person
- 2 yolks + 1 egg
- 4 oz of cured pork cheek (guanciale)
- 2 oz of pecorino romano cheese
- Ground black pepper
- Salt

Directions:

1. Put a large saucepan of water on to boil.
2. Chop the pork cheek in small pieces, put it in a pan and let it simmer. The fat part will melt, and the meat will become crispy. Turn the fire off.
3. Mix in a bowl the egg, the yolks, the pecorino (keeping a small handful back for sprinkling over, later), a pinch of pepper and salt.
4. When the water boils, add a large pinch of coarse salt to the water and wait until it boils again. When it boils, put the pasta into the water.
5. One minute before the pasta cooking time, drain the pasta from the water and put it into the pot with the pork cheek and a little bit of the cooking water. When the pasta has absorbed almost all the water and the fat of the pork, turn the fire off and add the mix of egg and pecorino cheese.
6. Mix for a few seconds, avoiding cooking the eggs. you want to have a creamy sauce! :)
7. Put the pasta on the serving plate, adding a little sprinkling of pecorino and some black pepper on the top.

Hacks:

If you can't find the pork cheek you can use pancetta or bacon.

MAINexploits (entrées)

Sausage strudel

(makes about 4 servings)

Submitted by

Timo A.

Tallinn, Estonia



Sausage strudel

Submitted by **Timo A., Tallinn, Estonia**

Difficulty level (from easy to difficult):



Background

I used to buy a similar pastry from the local supermarket on days where I did not have much time to cook or make food.

A month ago my partner decided to reverse engineer the pastry and add her own spin on it.

Ingredients and measurements:

- 500g yeast puff pastry
- 400g sausage
- 2 tablespoons of sweet mustard
- 10 slices of cheese
- 150 g sliced pickled cucumber
- 6 tablespoons of roasted onion flakes
- Egg

Directions:

1. Cover the baking sheet with baking paper.
2. Place the dough lightly on a floured table, roll out the dough thinner, if necessary. Turn the long side towards you. Divide the dough evenly into three.
3. Spread the sausages on the middle part, cover them with a bit of mustard, add slices of cheese, then slices of pickled cucumber and finish with a layer of roasted onions.
4. Make incisions in the side parts of the dough and lift them alternately over the filling so that you get a small strudel.
5. Glaze it with whisked egg
6. Bake in a 210° C oven for about 20 minutes until the pie is cooked through. Cut into slices and serve.

Hacks:

Roasted onion flakes can be skipped, as the pastry is great even without the onion.

MAINexploits (entrées)

Spanish tortilla

(makes about 4 servings)

Submitted by

Diego B.
Castro Urdiales,
Spain



Spanish tortilla

Submitted by **Diego B., Castro Urdiales, Spain**

Difficulty level (from easy to difficult):



Background

This is a traditional recipe, simple and delicious. There are lots of variations, but the basic one has just three ingredients, potatoes, eggs and onion.

Ingredients and measurements:

- 6 eggs
- 600 grams of potatoes
- 1 sweet onion

Directions:

1. Cut the potatoes in small dices (1 cm)
2. Fry them in abundant olive oil.
3. Cut the onion in small dices
4. Fry it until it's transparent
5. beat the eggs in a large bowl
6. Add the potatoes and the onion to the eggs, add some salt, and mix.
7. With the fire set to medium, fry the mix on both sides until it's golden.

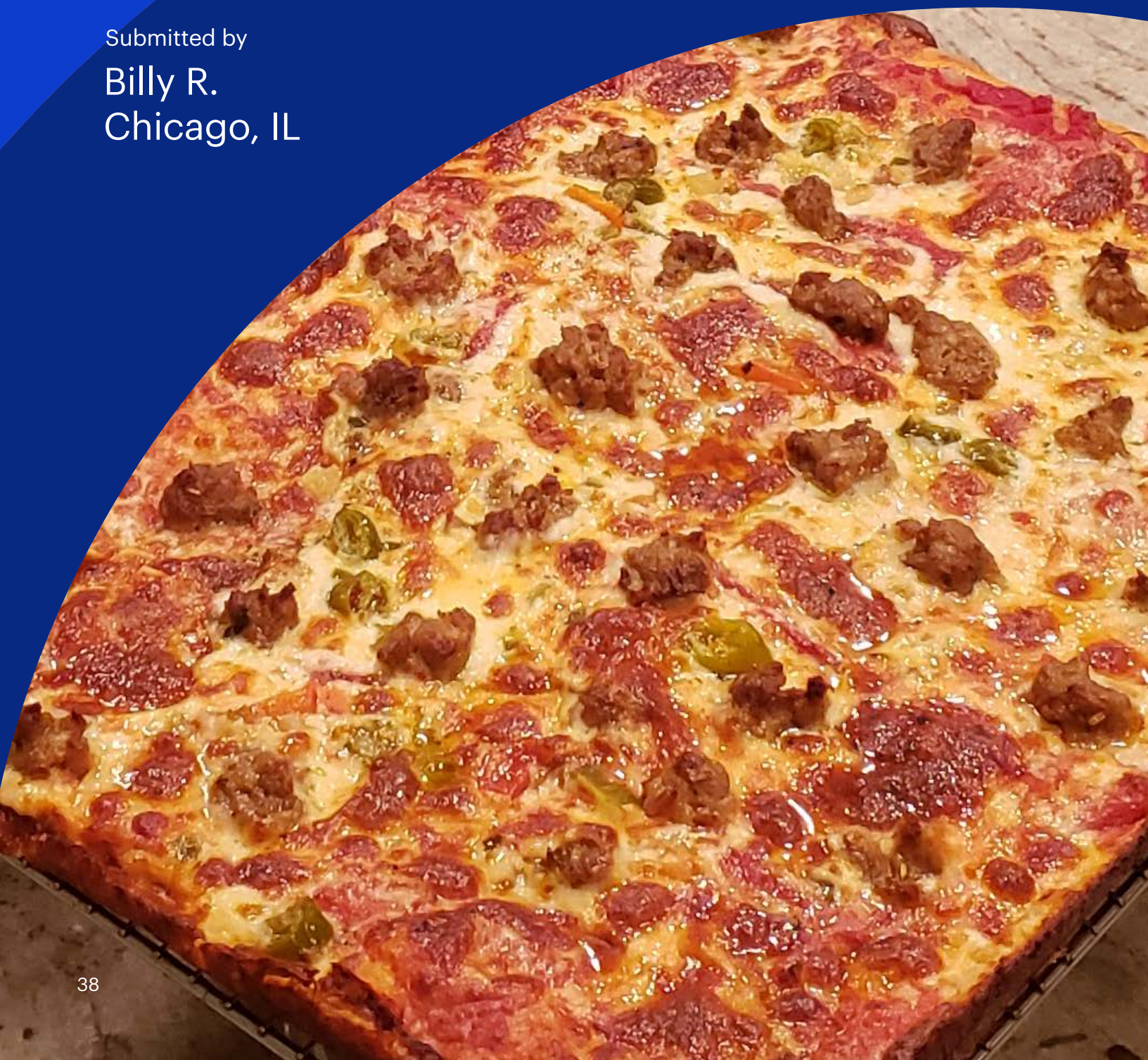
Hacks:

Be careful when turning the tortilla around to fry the second part. You can use a large dish to help.

MAINexploits (entrées)

Square sicilian pizza

Submitted by
Billy R.
Chicago, IL



Square sicilian pizza

Submitted by **Billy R., Chicago, IL**

Difficulty level (from easy to difficult):



Background

This pizza was a staple in my house as a kid and I will always remember my little grandmother down in the kitchen making the dough and crushing the tomatoes by hand. Because that is how you did it back in the day. Everything is by hand and that is how I have taught my sons to make this pizza.

Dough ingredients:

- 4 ½ cups all-purpose flour
- 1 ½ cup warm water
- ½ cup yellow cornmeal
- ½ cup canola oil
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 ¼ teaspoons (or 2 small packages) active dry yeast

Pizza sauce ingredients:

- 3 ½ cups crushed tomatoes
- 2 tablespoons Parmesan cheese
- 1 tablespoon Italian herbs/seasonings
- 1 teaspoon sugar

Directions:

1. In a mixing bowl, add the water, sugar, yeast, flour, cornmeal, and salt.
2. Using a Dough Hook or by hand Mix for a couple of minutes until dough comes together, then slowly add the oil. Continue to mix dough for 7 more minutes.
3. The dough should be somewhat wet and smooth, but not sticky. The dough should weigh about 2 pounds. Form the dough into a ball and place in a bowl. Loosely cover with plastic wrap and then a dish towel place on counter top to rise. You will have to punch it down several times in the process
4. Set the bottom oven rack to the lowest position in the oven and preheat the oven to 450°F for at least 30 minutes prior to baking.
5. Coat the bottom of a well-seasoned square sheet pan with regular olive oil (do not use extra virgin). Put on the side make sure to keep nearby
6. Place the entire dough ball on the counter and sprinkle with Flour ... Cut the big ball of dough in half. Place the other half back in the bowl use to make another pizza.
7. Next make sure to flour your work area so that the dough will not stick. Using only one half of the dough sprinkle with flour and begin to work into a small pizza shape pushing it down with fingertips, flip it over and dust with flour doing the same.
8. Using a rolling pin begin to roll out the dough into a somewhat square shape pressing it down as you roll making the dough very thin.
9. Once the dough is approximately the size and shape of the sheet pan. You need to carefully transfer it from the counter top to the oiled square sheet pan that is waiting nearby. The easiest method is to roll the dough up on the rolling pin part way and lift up while placing it on the sheet pan.
10. Using your fingers, position the dough in the pan working the dough up the side of the pan.
11. The edge should be pinched up against the side of the pan. If the dough resists holding shape, cover with a towel and let rest for 15 to 20 minutes before trying again. If there is some overhang of dough, simply trim it off all the way around the edge of the pan with a kitchen knife.
12. Using either sliced mozzarella or a mix of sliced mozzarella and provolone, cover the bottom of the dough with cheese.
13. Add your desired toppings - Italian Sausage, Pepperoni, Red peppers, Onions sliced paper thin, Italian hot pepper mix "giardiniera."
14. Top the pizza with the sauce that you prepared earlier. Use your hands if necessary, to spread out the tomatoes. This is a Sicilian Pizza and its made with the cheese on the bottom, then veggies or meat, then sauce—yes *sauce is last!*
15. Finish topping with Italian herbs/seasonings (chopped fresh basil and dried oregano flakes) and finally with freshly grated Parmesan cheese.
16. Place the pizza in the center on the bottom rack of the oven and cook for 20 to 25 minutes, turning once halfway through. Remove from the oven and let cool for about 5 minutes.
17. Remove pizza from pan, slice and serve. Enjoy!

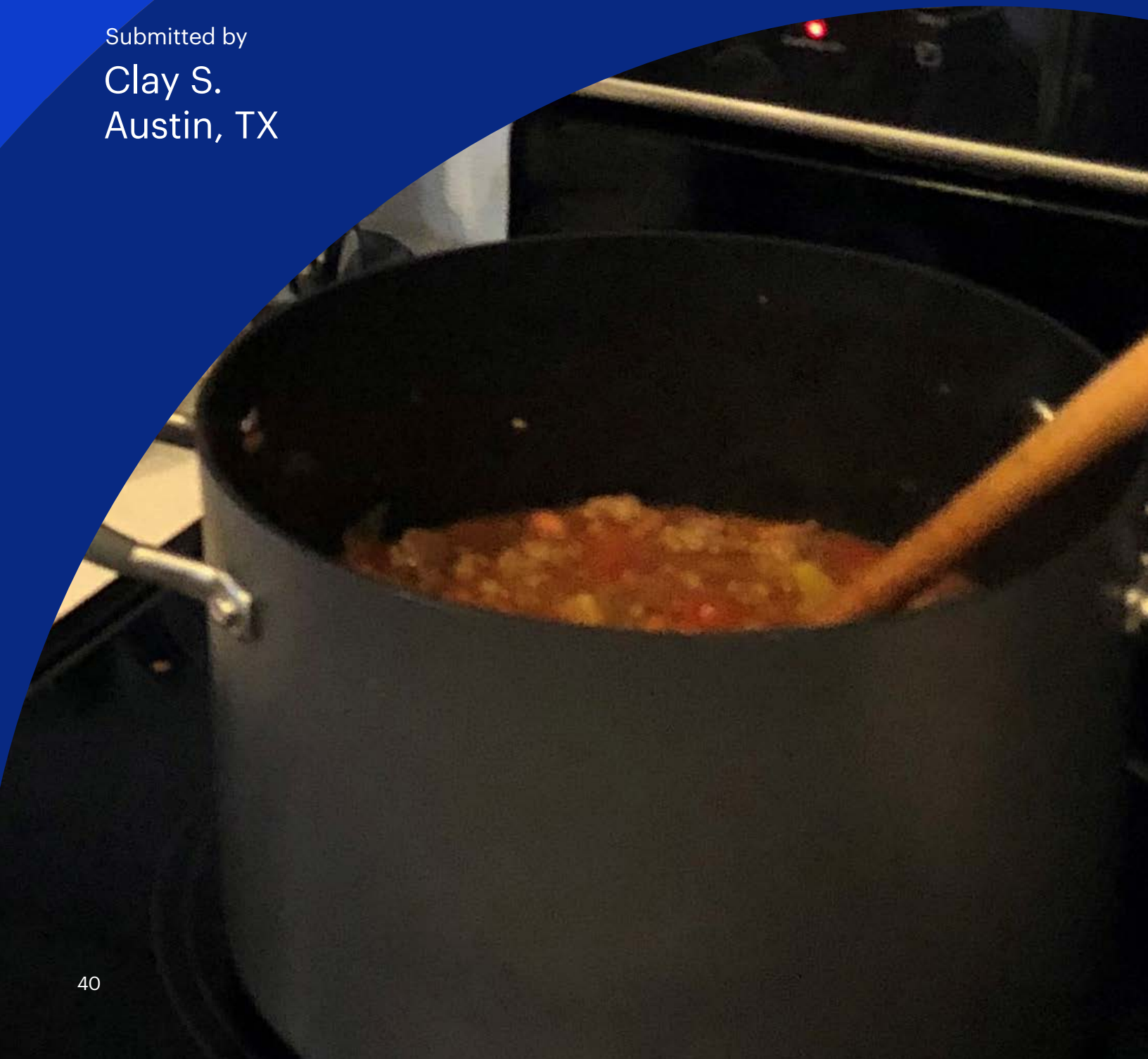
MAINexploits (entrées)

Texas chili

(makes about 6-8 servings)

Submitted by

Clay S.
Austin, TX



Texas chili

Submitted by **Clay S., Austin, TX**

Difficulty level (from easy to difficult):



Background

In Texas we use venison in many dishes, including chili. I am an avid hunter and like to get creative. This recipe though will work perfect with ground beef.

Ingredients and measurements:

- 3 lbs 80/20 ground beef
- 1 tablespoon butter (1 stick)
- 1 Shiner Bock or dark beer
- 1 large yellow onion
- 1 large shallot
- 1 fresh jalapeno (2 for spicy)
- 10 oz can green chili's (diced)
- 19 oz can red enchilada sauce
- 10 oz can tomato sauce w garlic/oregano if available
- 15 oz can of Rotel or diced tomatoes
- 15 oz can of pinto beans (only if you like beans)
- 3 tablespoons cumin
- 3 tablespoons chili powder
- 2 tablespoons garlic powder
- 1 tablespoon paprika
- 2 teaspoon Italian seasoning
- Salt and Pepper to taste (I prefer course black pepper and sea salt)

- Kraft Mexican cheese for topping
- Pickled jalapenos for topping if you like an extra kick
- Rice, Cauliflower rice, or Fritos if you would like to top with chili

Directions:

1. Melt butter in large pot over medium heat.
2. Dice yellow onion, fresh jalapeno, and shallots. Sauté in butter until translucent.
3. Add 3lbs of ground beef to pot and cook with vegetables until meat has browned.
4. Once meat is browned add canned tomatoes, green chilis, enchilada sauce, and beans. Stir until mixed well with ground beef.
5. Add all seasonings to the ground beef and mix thoroughly.
6. Add 1 Shiner beer and stir.
7. Bring chili to a boil, then turn down to low heat. Cook for 2-3 hours uncovered at low heat.
8. Serve hot and top with cheese, pickled jalapenos, or get creative with topping of choice. Other ideas are guacamole, diced avocado, raw onion, pickled onion, or sour cream.

Hacks:

- If you prefer spicier chili then add an additional jalapeno or Cholula.
- If not enough chili flavor add an additional Tablespoon of chili powder and cumin.

MAINexploits (entrées)

Two Lauras lasagna

Submitted by

Laura W.K.

Santa Clara, CA



Two Lauras lasagna

Submitted by **Laura W.K., Santa Clara, CA**

Difficulty level (from easy to difficult):



Background

My friend Laura gave me this recipe about 20 years ago. I've modified over the years, which makes this the Two Lauras Lasagna. It's my go-to for a hearty dish that will feed 8-10 people. Add a green salad and sourdough bread, and you're ready.

Ingredients and measurements:

- 1.5 lbs Italian sausage (I use mild – you can use spicy)
- 1 clove garlic, minced
- 1 tablespoon basil flakes
- 1 ½ teaspoon salt
- 2, 14-oz cans whole or diced tomatoes
- 2, 6-oz cans tomato paste
- 4 cup fresh Ricotta cheese
- ¾ cup grated Parmesan cheese
- 2 tablespoon fresh parsley, chopped
- 3 eggs
- ¾ teaspoon pepper
- 1.5 lbs fresh or processed Mozzarella cheese, thinly sliced.
- 1 cup water
- 10 oz lasagna noodles

Directions:

1. Preheat oven to 375°F (191°C)
2. Cook noodles and drain. Set aside. Let noodles cool down so you can handle them later in recipe.
3. Squeeze sausage meat from skin, and slice into small bite-size bits. Brown meat; spoon off fat. Add garlic, basil, salt, tomatoes and tomato paste. Stir. Add water, and stir again. Simmer covered for 15 minutes. Set aside.
4. In a large bowl, beat eggs. Add Ricotta and Parmesan cheeses, chopped parsley and pepper. Mix.
5. In 13x9x2" baking dish, layer as follows:
 - a. Half of noodles on bottom.
 - b. Half of Ricotta cheese filling.
 - c. Half of sliced Mozzarella cheese.
 - d. Half of meat sauce.
 - e. Repeat.
6. I always add a sprinkle of shredded Parmesan cheese on top of final meat sauce, if you have some.
7. Bake at 375°F (191°C) for 35-45 minutes (depending on oven). Let stand for 10 minutes before serving.

Hacks:

I've tinkered with the recipe to add more meat sauce and Ricotta cheese filling. This is my latest incantation. Try it out, then make it yours!

Cyber**SWEETS** (desserts)

“Almost Keto” peanut butter chocolate chip cookies

Submitted by

Tom F.

Santa Clara, CA



“Almost Keto” peanut butter chocolate chip cookies

Submitted by **Tom F., Santa Clara, CA**

Difficulty level (from easy to difficult):



Background

If you're like me, the first several weeks of quarantine meant a lot of eating. In May, I started a keto diet. Cookies are my weakness so I needed something “sweet” while I was cutting the carbs. I stumbled on these cookies, and while they are not technically keto-friendly, they're pretty close. And once you taste them you won't know the difference. (If you want to make them even more keto-friendly, substitute the brown sugar for another ½ cup of Truvia blend and be sure to use dark chocolate chips.)

Ingredients and measurements:

- ¾ cup rolled oats
- ¾ cup almond flour
- 1 teaspoon sea salt
- 2 teaspoon baking powder
- ½ cup brown sugar
- ½ cup Truvia cane sugar blend
- 1 ½ cups creamy salted natural peanut butter
- 1 teaspoon vanilla extract
- 3 large eggs
- ½ cup semi-sweet or dark chocolate chips

Directions:

1. In a medium mixing bowl, add oats, almond flour, salt, baking powder, brown sugar, and Truvia sugar blend. Whisk well to combine.
2. Add natural peanut butter, vanilla extract, and eggs to sugar/flour mixture and stir until wet ingredients are fully absorbed and a tacky dough is formed.
3. Stir in chocolate chips. Cover bowl with plastic wrap and refrigerate for 2-3 hours or overnight.
4. When ready to bake, preheat oven to 350° F. Take a large baking sheet and spray with canola oil or line it with parchment paper or a baking mat.
5. Scoop out 2 tablespoon amounts of chilled dough and roll into balls using your hands. Place balls on prepared baking sheet. Using a fork, press down firmly on each cookie using a crisscross pattern so that the balls become chunky discs. (If the fork sticks to the cookies, use a little bit of water to rinse the fork between presses.) Bake for 12-15 minutes, or until the edges appear slightly golden brown. Remove from oven and let cool in pan for 10 minutes. Using a spatula move slightly cooled cookies to a baking rack. Enjoy!

(Makes about two dozen cookies.)

Cyber**SWEETS** (desserts)

Apricot cobbler

(makes about 12 servings)

Submitted by

Lindsay L.

Santa Clara, CA



Apricot cobbler

Submitted by **Lindsay L., Santa Clara, CA**

Difficulty level (from easy to difficult):



Background

This recipe is right at the heart of my Italian culture. My grandparents both immigrated from Sicily and started an orchard in the Almaden Valley. They had acres of apricot trees and growing up this cobbler was readily available for every holiday. After a long day of picking and cutting up apricots in the harvesting season, my grandma would cook endless cobblers for family/friends. Hope you enjoy!

Ingredients and measurements:

- 6-8 cups halved fresh apricots
- ¼ - ½ cup lemon juice
- 1 ½ cups white sugar (the fresher your apricots, the sweeter they are so I usually cut this down quite a bit)
- ½ teaspoon cinnamon
- 4 tablespoon tapioca

Topping

- 2 cups white sugar
- 2 cups all-purpose flour
- ½ teaspoon salt
- 4 teaspoon baking powder
- cinnamon to taste
- ½ cup butter
- 2 eggs

Directions:

1. Preheat oven to 350° F.
2. Toss all non-topping ingredients together and pour into a 9 x 13 glass pan.
3. For the topping mix together the sugar, flour, salt, baking powder in a separate bowl. Cut in the butter with a pastry knife.
4. Beat eggs separately. Add to topping mixture and combine with a fork. Spread over apricots in pan.
5. Bake uncovered for 30 min.
6. Bake covered for an additional 15-30 min, or until golden brown on top.

Hacks:

Getting the freshest apricots can only makes this recipe even better. I also like to serve with vanilla ice cream.

Cyber**SWEETS** (desserts)

Arroz doce

(Portuguese Rice Pudding, serves 12)

Submitted by

Teresa S.,
Cork, Ireland



Arroz doce

Submitted by **Teresa S., Cork, Ireland**

Difficulty level (from easy to difficult):



Background

This is one of my favorite Winter time desserts, it is particularly common around Xmas, but it will start popping out in counter tops across Portugal as soon as the weather starts getting a little colder. As with the fish cakes, I only tried making this from scratch after moving to Ireland, and it was a fantastic Xmas treat at the office, and at home for friends. You need to babysit it while it is on the stove, but the payoff is definitely worth it! Enjoy!

Ingredients and measurements:

- 250g short grain rice
- 350-450g sugar
- 6 egg yolks
- 3 pieces of lemon rind (yellow only, non-waxed lemons)
- 2 cinnamon sticks
- 50g butter
- 1.7 liters full fat milk (low fat works too, but full fat adds to the creaminess of the rice)
- ½ liter water
- Pinch of salt
- Cinnamon powder (for decoration)

Directions:

1. In a medium pan, bring the rice and lightly salted water to the boil. Simmer until the rice is cooked through and the water has evaporated.
2. In another larger pan, gently simmer the milk with the lemon rind and the cinnamon stick. Do not allow to boil, to prevent forming the milky skin on top.
3. Before adding the rice, reserve 2 or 3 ladles of milk (about a cup).
4. Add the cooked and drained rice to the milk, stir and cook over med-low heat for about 30 minutes. Stir occasionally to prevent the rice from sticking to the bottom.
5. After the 30 minutes have passed, add the sugar, stir well and remove from the heat.
6. Add the reserved milk, which should still be warm, to the egg yolks, and mix carefully. You will end up with a runny mixture.
7. While stirring the now cooler rice and sugar, slowly add the yolk and milk mix. Return to low heat to cook the eggs.
8. When the rice, sugar and yolk mixture starts to bubble, remove from the heat. You should have a creamy mixture – don't worry if it looks a little runny, it will set once it cools down.
9. Transfer the rice to a big serving dish or individual cups. Use the powdered cinnamon to decorate the rice before it cools completely. It is best served at room temperature, but it is yummy slightly warm.

Hacks:

Don't feel tempted to skip cooking the rice in water first – I tried skipping this step and 2 things happened: the rice was not cooked properly, and everything stuck to the bottom.

Remember to dissolve the egg yolks in the warm milk – this helps bring the egg temperature closer to the rice temperature and prevents the yolks from cooking before they are completely mixed in with the rice. You do not want clumpy bits of egg in your pudding. If you forget to reserve some milk, simply get an extra cup of milk, warm it up, and do the step again. A couple extra minutes on the stove once everything is combined, and you will never know you added an extra cup of milk.

Cyber**SWEETS** (desserts)

Brazilian caramel banana upside-down cake

Submitted by

Jason C.

Clearwater, FL

(credit goes to
wife, Manny)



Brazilian caramel banana upside-down cake

Submitted by **Jason C., Clearwater, FL** (credit goes to wife, Manny)

Difficulty level (from easy to difficult):



Background

This is my wife's family recipe dating back two generations. She loves to cook and bake delicious Brazilian dishes and desserts. We enjoy this dessert any time of the year especially when we accidentally buy too many bananas.

Ingredients and measurements:

- 6 large ripened bananas
- 4 cups of sugar
- 3 cups of flour (sifted)
- 3 whole eggs
- 1 tablespoon of baking powder
- 1 cup of milk
- 1 cup of water
- ½ cup of oil (veggie/canola/coconut)
- Cinnamon (optional)

Directions:

1. Slice 4 ripened bananas and place them on a 13x9 baking pan
2. Make Caramel Sauce:
 - a. Add 2 cups of sugar to a medium sized pot on medium heat
 - b. Once the sugar starts melting and starts to brown slowly add water (be careful as the water may splash)
 - c. Mix until the sugar has dissolved and the sauce has a slightly runny consistency
 - d. Let cool
3. Pour the sauce in the cake pan on top of the sliced bananas
4. Preheat the oven to 395° F
5. Make Cake batter:
 - a. In a mixing bowl add in sugar, eggs, and oil, beat it until the mixture looks pale almost white.
 - b. Slowly add in the sifted flour, and milk, mix it until it's all combined.
 - c. Cube the 2 remaining bananas about an ¾ to 1 inch then fold the bananas in the batter mix it with a spoon and lastly add the baking powder.
 - d. Pour the batter into the pan with the sliced bananas and caramel.
 - e. Sprinkle cinnamon after the batter is poured as an added flavor.

Hacks:

You can omit the extra bananas in the batter but it'll taste better with more bananas.

Cyber**SWEETS** (desserts)

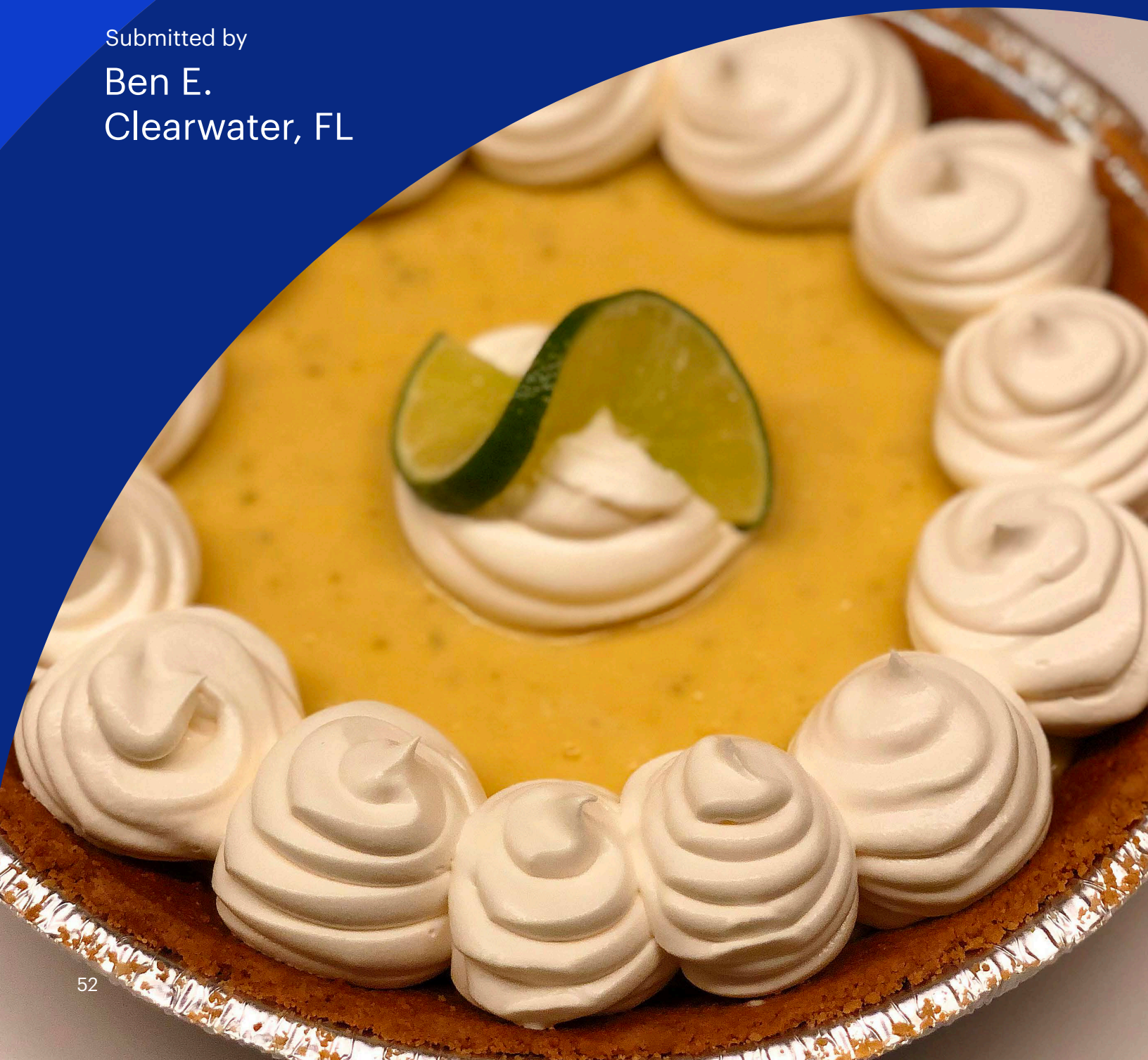
Key lime pie

(makes 6-8 servings)

Submitted by

Ben E.

Clearwater, FL



Key lime pie

Submitted by **Ben E., Clearwater, FL**

Difficulty level (from easy to difficult):



Background

This is my wife's recipe. She makes it because she knows I love key lime pie. Thanks Lynsey!

Ingredients and measurements:

Filling:

- 14 oz sweetened condensed milk
- 6-8 limes, juiced and zested
- 2 egg yokes

Pie crust:

- 1 ½ cups finely crushed graham crackers
- ⅓ cup white sugar
- 6 Tablespoon melted salted butter

Directions:

1. Mix pie crust ingredients and press into a pie pan. Bake at 350° F for 8 minutes. (If you use store bought crust, melt 2 tablespoon of salted butter and brush over pie crust, bake for 5 minutes at 350° F, this helps to give the crust a nice crisp texture)
2. While the pie crust bakes, whisk all pie filling ingredients together. Pour into par baked crust and bake for 20 minutes or until filling sets up and does not jiggle.
3. Refrigerate for at least 6 hours before topping with whip cream and serving. Enjoy!

Hacks:

Store bought graham cracker crust is just as yummy and easier :D

Cyber**SWEETS** (desserts)

Peanut butter balls

(makes about 25 servings)

Submitted by

Monica P.

Santa Clara, CA



Peanut butter balls

Submitted by **Monica P., Santa Clara, CA**

Difficulty level (from easy to difficult):



Background

I used to make these peanut butter balls with my sister. We'd get peanut butter all over the kitchen and my mom would be delighted and angry at the same time.

Ingredients and measurements:

- 2 cups creamy peanut butter (I use Jif or Skippy)
- ½ cup butter (1 stick)
- 4 cups confectioners' sugar
- 3 cups crisp rice cereal
- 2 cups semisweet chocolate chips (1 bag)

Directions:

1. Melt peanut butter and butter in saucepan over low heat.
2. In a separate large bowl, mix crispy rice cereal and powdered sugar.
3. Pour melted peanut butter mixture over cereal and sugar and blend together thoroughly.
4. Form into 1 inch or smaller balls and spread on cookie sheets lined with parchment paper. Chill until firm in refrigerator (overnight is okay).
5. Melt chocolate in double boiler and keep melted while working with balls. A teaspoon is best to use in dipping the balls in chocolate. Dip good and place on cookie sheet. As you dip them place them back on cookie sheet and keep chilled till firm.

Okay, this is the hardest step and one that caused me to act like a frustrated 6-year-old. If you have experience melting chocolate for dipping, by all means, go for it. I finally gave up on dipping and instead decided to drizzle the chocolate on top. Melt the chocolate chips in the microwave, fill a ziplock with the melted chocolate, and cut a tiny hole in the corner with scissors. Gently squeeze chocolate over balls

Hacks:

This is the original recipe, however, I cut the powdered sugar in half due to some reviews that the original is too sweet. This recipe doubles perfectly fine.

Cyber**SWEETS** (desserts)

Red velvet cake w/cream cheese frosting

Submitted by

Tina R.

Clearwater, FL



Red velvet cake w/cream cheese frosting

Submitted by **Tina R., Clearwater, FL**

Difficulty level (from easy to difficult):



Background

My mother made the best red velvet cake for my birthday every year and on special occasions.

Ingredients and measurements:

Makes (1) 9" cake or 24 cupcakes.

- 2 cups vegetable oil
- 2 cups white sugar
- 2 large eggs
- 2 ½ Cups Cake Flour (I use Swan's Down)
- 1 ½ teaspoon cocoa
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup buttermilk
- 2 oz red food coloring
- 1 teaspoon white vinegar
- 1 teaspoon vanilla extract

Icing

- 1 8oz cream cheese softened
- 1 box confectioner's sugar
- 1 stick of butter softened
- 2 teaspoon vanilla
- Chopped pecans or walnuts (optional)

Directions:

Cake:

Grease and flour two 9" cake pans. (Trace the bottom of a pan on parchment paper. Cut out the stencil. After greasing the pan, place parchment paper cutout on the bottom of each pan, grease again the flour). Mix all dry ingredients together. In a separate bowl, mix the vegetable oil and sugar until well blended. Beat in eggs one at a time. Mixing well after each one. Mix in dry ingredients a little at a time, alternating with buttermilk. Mix in food coloring, vinegar, and vanilla extract.

Pour ½ of the batter into each pan. Bake at 350° F for 23-25 minutes or until inserted toothpick comes out clean. Do not over bake.

Icing:

Mix butter and cream cheese until smooth. Add vanilla and mix well. Add confectioner's sugar a little at a time until well combined. Cool cake completely before icing. Add chopped nuts to top of cake if desired. Keep refrigerated. Enjoy!!

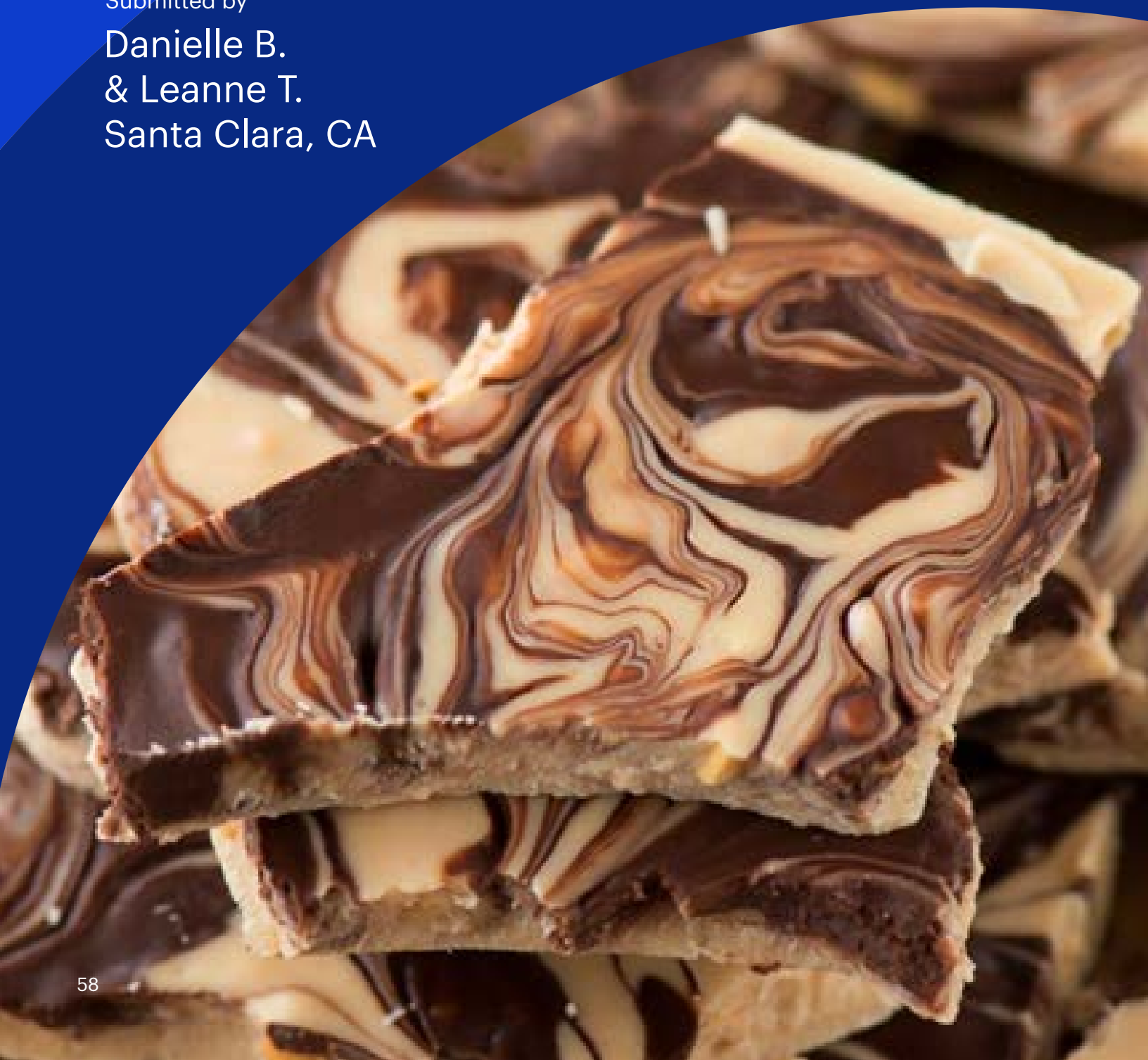
Cyber**SWEETS** (desserts)

Tiger butter bark

(makes about 12 servings)

Submitted by

Danielle B.
& Leanne T.
Santa Clara, CA



Tiger butter bark

Submitted by **Danielle B. & Leanne T., Santa Clara, CA**

Difficulty level (from easy to difficult):



Background

We used to enjoy this at all our family gatherings before and after dinner until our aunt moved away to Connecticut. It just was not the same without it, so we quickly got the recipe and continued the tradition!

Ingredients and measurements:

- 3 cups white chocolate chips
- 1 cup crunchy peanut butter
- 1 cup chocolate chips, milk or semi-sweet, whichever you prefer

Directions:

1. Prepare a baking pan (ideally one with a lip on all four sides) with wax or parchment paper to avoid chocolate sticking and so the cleanup is easy.
2. In a microwave safe bowl, heat the white chocolate chips and crunchy peanut butter until melted (30 second intervals to avoid burning).
3. In another microwave safe bowl, heat the chocolate chips until melted and smooth (30 second intervals to avoid burning).
4. Once both chocolates are melted and smooth, pour the white chocolate and peanut butter mixture onto the pan until spread evenly and thin.
5. With the chocolate, using a spoon, drop several spoonful's on top of the white chocolate mixture.
6. Using a butter knife, starting at the edge and working your way across, swirl the chocolate back and forth until you have a swirly masterpiece.
7. Place in the fridge for a few hours to harden (you can also place it in the freezer to speed it up—15 minutes or so).
8. Take it out and break into pieces, big or small! Eat immediately.

Hacks:

Great for gatherings and potlucks at work or to enjoy as a quick treat after dinner or whenever you want.

