



## **Recipe Swap**

**YP Mixer: June 2020**

## Heather Starkey: Carrot Cake Pancakes

<https://blog.myfitnesspal.com/carrot-cake-pancakes-2/>



### Ingredients

- 1 1/4 cups all-purpose flour (about 5.6 ounces)
- 1/4 cup chopped walnuts, toasted
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon nutmeg
- Dash of ground cloves
- Dash of ground ginger
- 1/4 cup brown sugar
- 3/4 cup low-fat buttermilk
- 1 tablespoon canola oil
- 1 1/2 teaspoons vanilla extract
- 2 large eggs, lightly beaten
- 2 cups finely grated carrot
- Cooking spray
- 3 tablespoons butter, softened
- 2 tablespoons honey

### Directions

Weigh or lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, walnuts, baking powder, cinnamon, salt, nutmeg, cloves and ginger in a large bowl, stirring with a whisk.

In a separate bowl, add brown sugar, buttermilk, oil, vanilla extract and eggs. Stir until well combined.

Add sugar mixture to flour mixture, stirring just until moist. Fold in 2 cups grated carrot.

Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon 4 (1/4 cup) batter mounds onto pan, spreading with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 minute or until bottoms are lightly browned. Repeat procedure twice with remaining batter.

Combine butter and honey in a small bowl and serve with pancakes.

## Ozlem Akodogan: Karniyarik – Turkish Stuffed Eggplants

<https://www.wandercooks.com/karniyarik-turkish-stuffed-eggplants/>

### Ingredients

- 6 small purple eggplants/aubergines washed
- 250 g beef or lamb mince
- 2 tbsp vegetable oil
- 2 tbsp corn oil
- 1 brown onion thinly chopped
- 4 cloves garlic thinly chopped
- 1 green bell pepper / capsicum thinly chopped + extra slices for garnish
- 2 tomatoes or 400g can chopped tomatoes
- 1 small bunch parsley washed and chopped
- 1 tsp chilli flakes
- 1 tsp sweet paprika
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- salt & pepper to taste

### Instructions

1. First, preheat that oven to 180°C / 356°F.
2. Now, prepare your eggplants by peeling 4 strips from the skin lengthways. Chop off the top and bottom then slice through the middle (but not all the way). Pull apart to expose the inside and get ready to fry.
3. Heat 1 tbsp vegetable oil in a large frypan and add your eggplants. Cover with a lid and fry gently until softened.
4. Alright now pop your beef or lamb mince in a separate pan and heat gently. Allow it to cook down in its own juices until the liquid has evaporated and the meat is nicely browned. Top with corn oil and pop in your chopped onion, garlic and capsicum/peppers. Continue to fry until ingredients are soft, then add your tomatoes and cook down for another 5 minutes.
5. Now add your parsley, sweet paprika, cumin, cinnamon, salt and pepper and mix through until all the ingredients are well combined.
6. Arrange your eggplants in a large baking dish belly side up. Feel free to scoop out the seeds if you like, but it's totally optional. Stuff with the beef mixture and pop any remaining filling around the outsides of the eggplants.
7. Don't forget to garnish with a few extra long green peppers or slices of capsicum.
8. Bake in the oven for 30 minutes, and be sure to serve hot!

## Ozlem Akdogan: Trilece Irresistible Sweet Treat

<http://balkon3.com/en/trilece-irresistible-sweet-treat/>



### Ingredients:

#### For the cake:

- 6 eggs
- 300 gr sugar
- 2 packets vanilla sugar
- 1 packet baking powder
- 400 gr flour

#### For the topping:

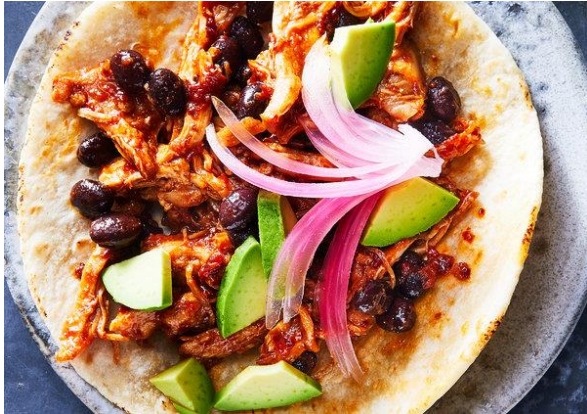
- 500 ml sweet cream
- 2 l milk
- 300 gr powdered milk
- liquid caramel

### Preparation:

Separate egg whites from egg yolks and put them in a bowl. Beat the yolks in a separate bowl. Beat the whites together with the sugar then gradually add the beaten yolks, flour, baking powder and vanilla sugar. You can also use a spoon to mix the ingredients. Pour the mixture in a square pan and bake for 30 minutes at a temperature of 220 ° C. Meanwhile, prepare the topping. Mix the milk, powdered milk and sweet cream in a big bowl. Let the cake cool and then pour the milk topping on it. Let it soak then top with liquid caramel.

## Jaclyn Epstein: Slow Cooker Chipotle-Honey Chicken Tacos

<https://cooking.nytimes.com/recipes/1019693-slow-cooker-chipotle-honey-chicken-tacos?smid=ck-recipe-iOS-share>



### Ingredients

- 1 ½ pounds boneless, skinless chicken thighs
- 3 tablespoons honey
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- 1 teaspoon kosher salt
- 1 to 4 chipotles from a can of chipotles in adobo, finely chopped, plus 2 tablespoons adobo sauce
- 1 (15-ounce) can black beans, rinsed and drained
- Juice of 1 lime
- Warmed tortillas, for serving
- Pickled onion, for serving (see Tip)
- Sliced or cubed avocado, for serving

### Preparation

1. Combine the chicken, honey, onion and garlic powders, cumin, salt and chipotle chiles and adobo sauce in a 5- to 8-quart slow cooker. Stir well. Cook for at least 3 hours and up to 5 hours on low. If it's more convenient, you can let the slow cooker switch to warm after 5 hours. The dish will hold on warm for about another 3 hours before the chicken starts to become quite dry.
2. Using two forks, coarsely shred the chicken in the sauce. Stir in the black beans and lime juice. Cover and let the beans warm through, about 5 minutes. Taste and add more salt or lime juice if necessary. Serve in tortillas with pickled onion and avocado.

### Tip

- *To make quick-pickled onions, thinly slice a red onion and put the slices in a bowl or container. Bring about 1 1/2 cups cider or white vinegar to a boil, and add about 3 heaping spoonfuls of sugar and a big pinch of salt to dissolve. You can also add a pinch of red-pepper flakes, a bay leaf or some dried oregano, if you like. Pour the hot vinegar over the onions and let them cool. They're ready to use right away, and can be stored in the refrigerator for 2 weeks.*

**Janaysha Hamilton: Spaghetti and Polish sausages**

Ingredients: onion, bell pepper, chopped polish sausages, salt, pepper, red crushed pepper, cayenne pepper.

Instructions: Boil them together until sausage is done. Add spaghetti strings.

**Brennan Augst: Early Mohny Stew**

Ingredients: 3-4 zucchinis, diced large, 1 big can tomato sauce, 1 envelope Dry Onion Soup Mix, 1 Package polish sausage, Brown Sugar to taste.

Instructions: Simmer on low heat till zucchini is done (30-45 min). Serve over white rice.

**Farrah Scears: Grandma Shirley's Apple Pie**

Ingredients:

(filling) 8 Cups Apples; 1 cup sugar; 1tsp cinnamon; 1/3 cup flour

(crust) 1tsp salt; 1/2 cup oil; 1/2 cup cold water & 1tbs butter to top it off

**Sierra Boone: Cayenne Spicy Pretzels**

Ingredients: vegetable oil, ranch dressing dry mix, garlic, cayenne pepper

Instructions: Mix together and bake for 1.5 hours at 200 F stirring occasionally

**Lena Sharesky: Chocolate Peanut Butter Cupcakes**

Cupcakes

1 box devils food cake mix

1 cup buttermilk (in place of the water called for on the box)

Vegetable oil (the amount on the box)

4 large eggs (in place of the number on the box)

Mix all ingredients and bake at 350 degrees.

Peanut Butter Icing

1 1/2 sticks unsalted butter - cut into 1 inch pieces and softened

8 oz marshmallow fluff

1/4 cup confectioners' sugar, plus more if desired

1/2 teaspoon vanilla extract

1/4 cup peanut butter

Mix all ingredients and add additional confectioners sugar and peanut butter to taste.

## Hamed Majeed: Potato Pakoras With Yogurt Sauce

<https://www.finedininglovers.com/recipes/brunch/potato-pakoras-yogurt-sauce>



*Potato pakora recipe is perfect for an Indian inspired and vegetarian brunch: don't forget to dip the spicy potato pakora fritters in a creamy yogurt sauce!*

### Ingredients:

- Potato: 450 g, peeled and cut into chunks
- chickpea flour: 75 g
- cornmeal: 50 g
- Fennel seeds: 5 ml
- green chili: 3 each, finely chopped
- Coriander: 30 ml chopped leaves
- Onion: 1, finely chopped
- Sunflower oil: As needed, for frying
- amchur (mango powder): 1 g
- yogurt: 250 ml
- sugar: 5 ml
- salt: 1 pinch
- Coriander: 15 ml chopped leaves
- Mint: 15 ml chopped leaves

### Preparation:

1. To prepare **potato pakora recipe** start cooking the potatoes in salted boiling water for 30 minutes or until soft and then mash. Together with potatoes, you can use also other vegetables to prepare pakoras (as shown in the pictures): cauliflower, broccoli, etc.





2. Mix the chickpea flour, cornmeal and the fennel seeds in a bowl.
3. Stir in the chilies, coriander and onion.
4. Then add the potatoes and as much water as necessary to form a thick, kneadable dough.



5. Heat the oil in a deep frying pan until bubbles appear on a wooden spoon held in the fat.
6. Drop tsp-sized portions of the dough into the oil and fry until golden yellow.
7. Drain on kitchen paper.



### ***For the yogurt sauce***

1. Mix all the ingredients together and season to taste.
2. Serve the **potato pakoras** with yogurt sauce.

## Teri Genesis Ortiz: Spring Rolls

<https://www.recipetineats.com/spring-rolls/>



### Ingredients

#### Filling

- 1 tbsp oil
- 2 garlic cloves, *finely chopped or minced*
- 400 g / 13 oz pork mince (*ground pork*), *or chicken or turkey*
- 6 dried shiitake mushrooms soaked in boiling water OR 8 fresh (*Note 1*)
- 1 1/2 cups shredded carrot (*1 large or 2 small*)
- 1 1/2 cups (heaped) bean sprouts
- 1 1/2 cups (packed) shredded green cabbage (*any type is fine*)
- 1 tsp cornflour / cornstarch
- 1 1/2 tbsp Oyster Sauce
- 2 tsp soy sauce (*light or all purpose is best, dark is also ok*)

#### Spring Rolls

- 15 – 20 spring roll wrappers, defrosted (21.5 cm / 8" squares) OR 35 - 40 small spring roll wrappers (*Note 2*), or Egg Roll wrappers to make Egg Rolls (*Note 6*)
- 2 tsp cornflour (for sealing rolls)
- 1 tbsp water (for sealing rolls)
- Oil for frying (I use vegetable) OR oil spray for baking (I use canola)

#### Sweet and Sour Sauce (Makes ~2/3 cup)

- 2 tsp cornflour/ cornstarch
- 2 tbsp water
- ½ cup apple cider vinegar
- 1/3 cup brown sugar (*adjust to taste*)
- 2 tbsp tomato ketchup
- 2 tsp soy sauce

### Instructions

#### Filling

1. Heat oil in a skillet or wok over high heat. Add garlic, stir quickly, then add pork. Cook, breaking it up as you go, until it turns white.

2. Add carrot, bean sprouts, cabbage and mushrooms. Cook for 3 minutes or until vegetables are wilted. Add cornflour, soy sauce and Oyster sauce, cook for 1 minute until the liquid is gone. The Filling should not be watery, it should be kind of sticky (watery filling = soggy spring rolls = ? ).
3. Cool Filling (super speedy: spread on tray, refrigerate 5 minutes). (Hot filling = spring rolls burst open = ? )

#### Spring Roll

1. Mix cornflour and water in a small bowl (for sealing the rolls).
2. Carefully peel off one spring roll wrapper, keep the others covered under a damp tea towel.
3. Place the wrapper with the SMOOTH SIDE DOWN (Note 3) in a diamond position. Place a very heaped dessert spoon of filling on the bottom. Roll up halfway, fold sides in, then finish rolling. Use cornflour sludge to seal. (Watch VIDEO below). They should be about 12 cm / 5" long, 2.5cm / 1" wide once wrapped.
4. Pour enough oil in a wok or large saucepan (Note 4) so it is double the height of the spring rolls. Heat on medium high until hot - stick a bamboo chopstick or wooden spoon handle in, if rapid bubbles appear, then it's hot enough.
5. Carefully place spring rolls in the oil (about 4 - 5 at a time) and cook, turning occasionally, until deep golden - around 1 1/2 - 2 minutes. Transfer to paper towels to drain.
6. Repeat with remaining spring rolls. Serve while hot with Sweet and Sour Sauce!

#### BAKING OPTION:

- Place spring rolls on a rack and place the rack on a tray. Spray very generously with oil all over (use canola or other natural oil). Bake at 200C/400F (standard) or 180C/350F (fan / convection) for 20 to 25 minutes until golden and crispy - no need to turn.

#### Sweet and Sour Sauce

- Combine ingredients in a small saucepan over medium heat. Bring to simmer, stirring regularly, then simmer until it thickens to taste (about 3 - 5 minutes).

## Stephen Bussa: Chicken Cordon Bleu I

<https://www.allrecipes.com/recipe/8495/chicken-cordon-bleu-i/>

### Ingredients

- 4 skinless, boneless chicken breast halves
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 6 slices Swiss cheese
- 4 slices cooked ham
- ½ cup seasoned bread crumbs

### Preparation

Step 1: Preheat oven to 350 degrees F (175 degrees C). Coat a 7x11 inch baking dish with nonstick cooking spray.

Step 2: Pound chicken breasts to 1/4 inch thickness.

Step 3: Sprinkle each piece of chicken on both sides with salt and pepper. Place 1 cheese slice and 1 ham slice on top of each breast. Roll up each breast, and secure with a toothpick. Place in baking dish, and sprinkle chicken evenly with bread crumbs.

Step 4: Bake for 30 to 35 minutes, or until chicken is no longer pink. Remove from oven, and place 1/2 cheese slice on top of each breast. Return to oven for 3 to 5 minutes, or until cheese has melted. Remove toothpicks, and serve immediately.

## Daniel Phung: Authentic Pho Recipe

<https://www.allrecipes.com/recipe/228443/authentic-pho/>

### Ingredients

- 4 pounds beef soup bones
- 1 onion, unpeeled and cut in half
- 5 slices fresh ginger
- 1 tablespoon salt
- 2 pods star anise
- 2 ½ tablespoons fish sauce
- 4 quarts water
- 1 (8 ounce) package dried rice noodles
- 1 ½ pounds beef top sirloin, thinly sliced
- ½ cup chopped cilantro
- 1 tablespoon chopped green onion
- 1 ½ cups bean sprouts
- 1 bunch Thai basil
- 1 lime, cut into 4 wedges
- ¼ cup hoisin sauce
- ¼ cup chile-garlic sauce (such as Sriracha®)

### Preparation

Step 1: Preheat oven to 425 degrees F (220 degrees C).

Step 2: Place beef bones on a baking sheet and roast in the preheated oven until browned, about 1 hour.

Step 3: Place onion on a baking sheet and roast in the preheated oven until blackened and soft, about 45 minutes.

Step 4: Place bones, onion, ginger, salt, star anise, and fish sauce in a large stockpot and cover with 4 quarts of water. Bring to a boil and reduce heat to low. Simmer on low for 6 to 10 hours. Strain the broth into a saucepan and set aside.

Step 5: Place rice noodles in large bowl filled with room temperature water and allow to soak for 1 hour. Bring a large pot of water to a boil and after the noodles have soaked, place them in the boiling water for 1 minute. Bring stock to a simmer.

Step 6: Divide noodles among 4 serving bowls; top with sirloin, cilantro, and green onion. Pour hot broth over the top. Stir and let sit until the beef is partially cooked and no longer pink, 1 to 2 minutes. Serve with bean sprouts, Thai basil, lime wedges, hoisin sauce, and chile-garlic sauce on the side.

## Jessica Spadaccino: Slow Cooker Chicken Noodle Soup

<https://www.foodnetwork.com/recipes/food-network-kitchen/slow-cooker-chicken-noodle-soup-3364248>



### Ingredients

- 8 ounces carrots, sliced 1/4 inch thick (about 3 large carrots)
- 6 ounces celery, sliced 1/4 inch thick (about 5 large stalks)
- 1/4 small onion, peeled and root end intact
- 2 large sprigs parsley, plus 1/4 cup chopped leaves
- 2 large sprigs thyme
- 1 bay leaf
- Kosher salt
- 2 pounds bone-in, skin-on chicken thighs (about 6 thighs)
- 8 cups low-sodium chicken broth
- 6 ounces wide egg noodles (about 4 cups)
- 1 to 2 tablespoons freshly squeezed lemon juice
- Freshly ground black pepper

### Preparation

1. Toss the carrots and celery together in the slow cooker. Add the onion, sprigs parsley, thyme, bay leaf and 1 teaspoon salt.
2. Rub the chicken thighs all over, including under the skin, with 1 teaspoon salt total, and put them on top of the vegetables. Add the chicken broth. Cover, and cook on low for 8 hours. During the last 15 minutes of cooking, remove the chicken and stir in the noodles.
3. While the noodles cook, remove and discard the chicken skin and bones and shred the chicken-it will mostly fall apart on its own. When the noodles are done, turn off the cooker, remove the parsley and thyme stems, and add the shredded chicken and 1 tablespoon lemon juice. Taste, and add more lemon juice and salt as needed. Stir in a good amount of pepper and the chopped parsley, and serve hot.

**Lisa Lockwood: Healthy Sesame Chicken Chopped Salad: Paleo & Whole30**

<https://www.wholekitchensink.com/sesame-chicken-chopped-salad/>



### **Ingredients**

For the Dressing:

- 1/3 cup coconut aminos
- 1/4 cup red wine vinegar (or apple cider vinegar)
- 3 tablespoons avocado oil
- 2 tablespoons toasted sesame oil
- 2 tablespoons minced ginger
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon pepper

For the Salad:

- 1.5 pounds boneless, skinless chicken thighs
- 4 diced green onions (can sub for 1/2 red onion finely diced)
- 1/2 large green cabbage, thinly sliced, or one whole green cabbage if it's small
- 1/2 red cabbage, thinly sliced
- 2 cups shredded or matchstick carrots
- 1 cup sliced almonds
- 1 can Mandarin oranges (no sugar/syrup – check labels!)
- 1/2 cup chopped and loosely packed cilantro
- 1 tablespoon black sesame seeds
- 1 tablespoon white sesame seeds

**Instructions**

1. Combine all the ingredients for the dressing in a bowl
2. In a plastic baggie, add about 3-4 tablespoons of dressing with the chicken
3. Allow to marinate for at least a half hour
4. Add chicken with the dressing into a large skillet and cook over medium heat for 6-8 minutes on each side or until cooked thoroughly or grill
5. Allow to cool to room temperature before chopping and adding to the salad
6. Combine all other salad ingredients besides dressing and chicken in a large bowl
7. When chicken is cool, add to the salad
8. Stir in dressing well and enjoy!