



Recipes

Here are some of my favorite recipes from my past, from my present . . . and from my heart.



PASTA PRIMAVERA

8 servings

Compliments of my vegetarian former life.

1 pound penne

4 tablespoons butter

2 tablespoons olive oil

½ onion, chopped

4 garlic cloves, minced

1 cup bite-size broccoli pieces

2 carrots, peeled and sliced thin

1 red bell pepper, cut into strips

1 yellow squash, sliced thin

2 zucchini, sliced thin

8 ounces crimini or button mushrooms, sliced thin

Salt to taste

¼ to ½ cup dry white wine

½ cup low-sodium vegetable or chicken broth (plus more as needed)

1 cup heavy cream

1 cup half-and-half (plus more as needed)

½ cup freshly grated Parmesan cheese (plus more for garnish)

Freshly ground black pepper to taste

½ cup frozen peas

8 basil leaves, cut into a chiffonade (plus more for garnish)

Cook the pasta according to the package directions.

Heat 2 tablespoons of the butter and the olive oil in a large skillet over medium-high heat. Add the onion and garlic and cook for 1 or 2 minutes, until they start to turn translucent. Throw in the broccoli, and stir. Add the carrots. Cook for 1 minute, then transfer the vegetables to a large plate.

Add the red pepper strips to the skillet. Stir them around for a minute, then transfer them to the plate.

Add 1 tablespoon butter to the skillet. Add the squash and zucchini, cook for less

than a minute, and transfer to the plate. Cook the mushrooms for 1 or 2 minutes, add salt to taste, and transfer to the plate.

To make the sauce, pour $\frac{1}{4}$ to $\frac{1}{2}$ cup wine into the skillet. Add the broth and the remaining 1 tablespoon of butter and scrape the bottom of the skillet. Cook for 2 to 3 minutes, or until the liquid starts to thicken.

Stir in the cream and half-and-half. Add the Parmesan and salt and pepper to taste.

Dump the veggies, peas, and basil into the sauce. Add the pasta and stir. If the sauce seems a little thick, or if there doesn't seem to be enough sauce, add a good splash of broth and a little more half-and-half.

Adjust the seasonings and garnish with additional Parmesan and basil as desired.

TIRAMISU

12 servings

My one true love . . . before I met Marlboro Man, anyway.

5 whole egg yolks

**$\frac{1}{4}$ cup plus 4 tablespoons sugar,
divided**

$\frac{3}{4}$ cup Marsala wine, divided

**1 pound mascarpone cheese, at room
temperature**

1 cup heavy cream

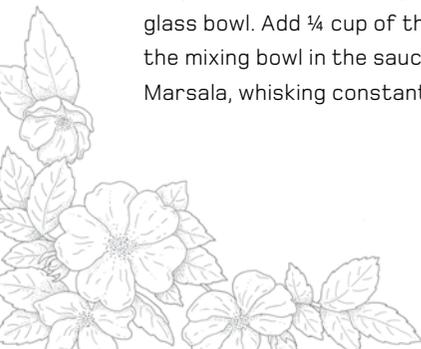
$1\frac{1}{2}$ cups brewed espresso or coffee

1 tablespoon vanilla

**One 7-ounce package ladyfingers
(savoardi)**

Cocoa powder, for dusting

Prepare a medium saucepan of simmering water. Place the egg yolks in a medium glass bowl. Add $\frac{1}{4}$ cup of the sugar and whisk until the eggs are pale yellow. Place the mixing bowl in the saucepan of simmering water. Gradually add $\frac{1}{2}$ cup of the Marsala, whisking constantly.



Cook the mixture, scraping the sides and bottom of the bowl occasionally, for 5 minutes. Cover with plastic wrap and refrigerate for at least 45 minutes, or until cool. (This mixture is called zabaglione.)

Place the mascarpone cheese in a small bowl and stir until smooth. In a large mixing bowl, combine the heavy cream and the remaining 4 tablespoons sugar and whip until soft peaks form. Add the mascarpone cheese and the zabaglione. Fold the mixture gently. Cover with plastic wrap and refrigerate for 1 to 2 hours.

In a small mixing bowl, combine the espresso or coffee, the remaining $\frac{1}{4}$ cup Marsala, and the vanilla.

Arrange the ladyfingers in a single layer in a 9 x 13-inch pan. Spoon $\frac{1}{2}$ to 1 tablespoon of the coffee mixture over each ladyfinger. Plop $\frac{1}{3}$ of the zabaglione mixture on top of the coffee mixture and spread smoothly. Sprinkle a thin layer of cocoa powder on top. Repeat the layering process two more times.

Cover and refrigerate the tiramisu for a few hours before serving. To serve, spoon helpings onto individual plates.

NOTE: Tiramisu does not last beyond 24 to 36 hours, as everything eventually starts to break down and become soupy.



LINGUINE WITH CLAM SAUCE

6 servings

Serve to cowboys with caution.

1 pound linguine

1 tablespoon olive oil

2 tablespoons butter

3 garlic cloves, minced

**Two 10-ounce cans chopped clams,
drained, juice reserved**

$\frac{3}{4}$ cup white wine

**Juice of $\frac{1}{2}$ lemon, plus lemon slices
for garnish**

2 tablespoons flat-leaf parsley

$\frac{3}{4}$ cup heavy cream

**Salt and freshly ground black pepper
to taste**

**Freshly grated Parmesan cheese, for
garnish**

Cook the linguine al dente, according to the package directions.

In a large skillet over medium-high heat, add the olive oil and 1 tablespoon of the butter.

Add the garlic and clams. Stir and cook for 3 minutes.

Pour in the white wine, scraping the bottom of the pan with a spoon. Cook for 3 to 4 minutes, until the sauce has reduced. Add the remaining 1 tablespoon of butter and stir to melt.

Reduce the heat and squeeze in the lemon juice.

Sprinkle in the parsley and pour in the cream. Add salt and pepper to taste and more clam juice if needed. Cook over low heat for 3 minutes.

Pour the pasta into a heated serving bowl. Pour the contents of the skillet over the pasta. Toss to combine and top with the Parmesan. Garnish each bowl with a slice of lemon.



MARINATED FLANK STEAK

4 servings

Finished product should not resemble leather.

½ cup soy sauce

½ cup sherry

3 tablespoons honey

2 tablespoons sesame oil

2 heaping tablespoons minced ginger

5 garlic cloves, minced

½ teaspoon crushed red pepper flakes

1 flank steak

Combine all the ingredients except the flank steak in a glass or ceramic dish. Place the flank steak in the dish and flip it to coat both sides of the meat with the marinade. Cover with plastic wrap and refrigerate for at least 3 to 6 hours.

Heat a grill or grill pan over high heat. Grill the steak for 2 minutes on each side, rotating the meat 90 degrees once on each side to achieve nice grill marks.

Remove the meat to a cutting board and let it rest for a few minutes before slicing.

Cut the meat against the grain into strips and serve with potatoes or pasta.



TAGLIARINI QUATTRO FORMAGGI (FOUR-CHEESE PASTA)

6 servings

Slightly undercook the pasta so the dish won't look like grits.

1 cup heavy cream

**1 pound tagliarini or angel hair
pasta**

2 tablespoons butter

½ cup grated Fontina cheese

½ cup grated Parmesan cheese

½ cup grated Romano cheese

4 ounces goat cheese

**Salt and freshly ground pepper to
taste**

¼ teaspoon ground nutmeg

**1 garlic clove, halved (for rubbing
bowls)**

Warm the cream in a small saucepan over low heat.

Prepare the pasta according to the package directions, but just until al dente; do not overcook!

Drain the pasta and return it to the pot. Add the butter, the warmed cream, and the cheeses. Stir gently, allowing the cheeses to melt and coat the pasta. Season with salt, pepper, and the nutmeg. Stir gently to combine.

Rub pasta bowls with the garlic. Serve the pasta in the bowls.



ROASTED BEEF TENDERLOIN

8 servings

Serve to any vegetarians that might need converting.

**One 6- to 7-pound whole beef
tenderloin (or two 3-pound beef
tenderloin butts)**

2 tablespoons kosher salt

3 teaspoons black pepper

1 tablespoon sugar

1/3 cup plus 1 tablespoon olive oil

2 tablespoons bacon grease

1 tablespoon butter

Preheat the oven to 450°F.

Trim all the fat and tough tissue from the tenderloin (or have the butcher do it!).

Combine the salt, pepper, sugar, 1/3 cup of the olive oil, and the bacon grease in a small bowl. Set aside.

Heat a heavy skillet over very high heat. Add the butter to the skillet with the remaining 1 tablespoon olive oil. When the pan is very hot, place the tenderloin in it. Sear each side for 1 to 1½ minutes, until it starts to turn brown.

Place the meat in a baking pan fitted with a roasting rack and pour the seasoning/bacon grease mixture over the top. Rub the seasoning mixture into the meat with your fingers, making sure it coats the surface evenly. Insert a meat thermometer sideways into the thickest part of the meat and roast for 15 to 20 minutes, until the thermometer registers 120°F to 125°F.

Remove the meat from the oven and allow it to rest on a cutting board for 10 minutes.

Slice and serve.



TOMATO-BASIL PIZZA

8 servings

Where's the beef?

CRUST

1 teaspoon or ½ packet active dry yeast

4 cups all-purpose flour

1 teaspoon kosher salt

½ cup extra virgin olive oil, plus more for drizzling

TOPPING

5 tablespoons prepared pesto

Kosher salt

1 pound fresh mozzarella, sliced thin

5 Roma tomatoes, sliced

½ cup grated Parmesan cheese

To make the crust, pour 1½ cups warm water into a bowl. Sprinkle the yeast over the water and set aside.

Combine the flour and salt in a mixing bowl.

Drizzle the olive oil into the flour/salt mixture by hand or with an electric mixer on low speed, and mix until just incorporated.

Gently stir the yeast mixture. Drizzle it into the flour/oil mixture and mix until the dough forms a ball.

Drizzle a little olive oil into a large, clean bowl. Toss the dough in the bowl to coat it with oil. Cover the bowl with a moist kitchen towel and set in a warm place to rise for 1 to 2 hours, or cover the bowl with plastic wrap and store in the fridge for up to 2 days.

When you are ready to prepare the pizza, preheat the oven to 500°F.

Divide the dough in half and store one half for another use (it can be frozen). Lightly drizzle olive oil on a pizza pan or rimmed baking sheet.

Use your hands to stretch the dough to the desired shape, pressing the dough into the pans with your fingers. The thinner the better!



Spread the pesto over the crust and sprinkle lightly with kosher salt.

Place half of the sliced mozzarella in a layer over the pesto.

Place the sliced tomatoes over the mozzarella.

Top with the remaining mozzarella, then sprinkle generously with the Parmesan.

Bake for 8 to 11 minutes, or until the cheeses are melted and the crust is golden brown.

LASAGNA

8 servings

As meaty and magnificent as it gets.

1 tablespoon olive oil

Salt

10 ounces lasagna noodles

1½ pounds ground beef

1 pound hot breakfast sausage meat

4 garlic cloves, finely chopped

Two 14.5-ounce cans whole tomatoes

Two 6-ounce cans tomato paste

Freshly ground black pepper

10 to 12 basil leaves, chopped fine

¼ cup chopped flat-leaf parsley

3 cups low-fat cottage cheese

2 eggs, beaten

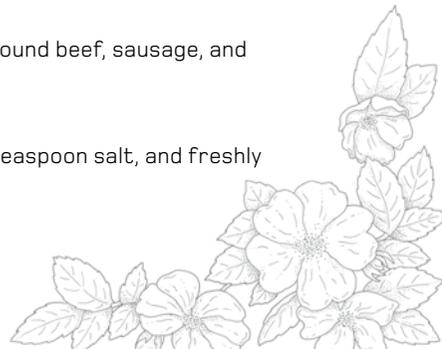
1 cup grated Parmesan cheese

1 pound mozzarella cheese, sliced thin

Bring a large pot of water to a boil. Add the olive oil and a dash of salt. Cook the lasagna noodles according to the package directions until al dente. Drain the noodles and lay them flat on a piece of aluminum foil.

In a large skillet over medium-high heat, sauté the ground beef, sausage, and garlic until brown. Drain off the excess fat.

Add the tomatoes with their juice, tomato paste, ½ teaspoon salt, and freshly



ground black pepper to taste. Mix well. Simmer over low heat, uncovered, for 45 minutes, stirring occasionally.

Add half the basil and half the parsley to the meat mixture and stir.

In a medium bowl, combine the cottage cheese, the eggs, ½ cup of the Parmesan, and the remaining herbs. Mix well.

Preheat the oven to 350°F.

To assemble, lay 4 lasagna noodles in the bottom of a deep rectangular baking pan. The noodles should slightly overlap.

Spoon half the cottage cheese mixture onto the noodles. Spread to distribute evenly. Lay half of the mozzarella on top of the cottage cheese mixture.

Spoon just under half of the meat mixture on top of the mozzarella. Spread evenly, being careful not to disrupt the layers below.

Repeat these layers, ending with a thick layer of meat. Top with the remaining Parmesan and bake for 35 to 45 minutes.

Allow to stand 10 minutes before cutting into squares.



CHICKEN SPAGHETTI

8 servings

Soothes the soul . . . and warms a cowboy.

1 cut-up fryer chicken

¼ cup finely diced green bell pepper

1 pound spaghetti, broken into 2-inch pieces

One 4-ounce jar diced pimientos, drained

2 cans cream of mushroom soup

1 teaspoon seasoned salt

2½ cups grated cheddar cheese

Freshly ground black pepper to taste

1 small onion, diced

⅛ to ¼ teaspoon cayenne pepper to taste

Add the chicken to a stockpot. Cover with water and bring to a boil. Reduce the heat to medium and simmer until the chicken is cooked, about 25 minutes.

Remove the chicken pieces from the water using tongs or a slotted spoon and set them aside on a plate to cool.

Remove 2 cups of broth from the pot and set aside.

Bring the remaining broth back to a boil and add the spaghetti. Cook it al dente. Drain the spaghetti, discarding the cooking liquid. Place the spaghetti in a large bowl.

With two forks (or your fingers), remove the bones from the chicken. Shred or cut the meat into bite-size chunks and add it to the bowl.

Preheat the oven to 350°F.

Add to the bowl the cream of mushroom soup, 2 cups of the cheese, the onion, green pepper, pimientos, seasoned salt, black pepper, cayenne pepper, chicken, and reserved broth. Stir well to combine, then taste to check the seasonings.

Pour the mixture into a large baking pan and top with the remaining ½ cup of cheese. Bake for 35 to 45 minutes, or until bubbly.



CHILI

8 servings

Sticks to ribs. Freezes beautifully.

2 pounds ground beef
2 garlic cloves, chopped
One 8-ounce can tomato sauce
1 teaspoon ground oregano
1 tablespoon ground cumin
¼ teaspoon cayenne pepper
 (optional)
2 tablespoons chili powder
1 teaspoon salt
¼ cup masa (corn flour) or cornmeal

OPTIONAL INGREDIENTS

1 can pinto beans, drained
1 can kidney beans, drained
1 jalapeño, seeded and finely diced
1 can diced tomatoes and chilies
 (such as Rotel brand)

FOR SERVING

Shredded cheddar cheese
Chopped onion
Corn chips

In a large pot or Dutch oven over medium heat, cook the beef and garlic until the meat is browned, stirring often. Drain off the excess fat.

Pour in the tomato sauce, spices, and salt. Stir, cover, and reduce the heat to low. Simmer for 1 hour, stirring occasionally. (If the chili becomes dry, add ½ cup water at a time as needed.)

After an hour, combine the masa with ½ cup water in a small bowl. Stir together with a fork. Dump the masa mixture into the chili. Stir well, taste to adjust the seasonings, and cook for 10 minutes.

Stir in the optional ingredients, if using, and cook for 10 more minutes.

Serve with shredded cheddar, chopped onion, and corn chips, as desired.



POT ROAST

6 servings

It's the right thing to do.

Salt and black pepper to taste

One 3- to 5-pound chuck roast

2 to 3 tablespoons olive oil

2 onions, peeled and halved

6 carrots, cut into 2-inch chunks

1 cup red wine (optional)

3 to 4 cups beef stock

3 sprigs fresh thyme

3 sprigs fresh rosemary

Preheat the oven to 275°F.

Generously salt and pepper the chuck roast on both sides.

Heat a large pot or Dutch oven over medium-high heat. Add 2 tablespoons of the olive oil. When the oil is very hot, add the onions, browning them on one side and then the other, about 1 minute per side. Remove the onions to a plate.

Throw the carrots into the hot pan and toss them around a bit until slightly browned, about 1 minute. Remove the carrots to the plate.

If needed, add a bit more olive oil to the very hot pan. Place the roast in the pan and sear it on all sides until nice and brown all over, about 2 minutes. Remove the roast to a plate.

With the burner still on high, deglaze the pan by adding the red wine or 1 cup of the stock and scraping the pan with a whisk to loosen all the flavorful bits.

Place the roast back in the pan and add enough stock to cover the meat halfway (about 2 to 3 cups). Add the onions, carrots, thyme, and rosemary.

Cover the pot and roast the meat for approximately 3 hours (for a 3-pound roast) or 4 hours (for a 4- to 5-pound roast). The roast is done when the meat is tender and pulls apart easily with two forks.

Slice and serve with Creamy Mashed Potatoes (page 14).



CREAMY MASHED POTATOES

12 servings

Sinful. In a forgivable way.

5 pounds Yukon Gold or russet potatoes

1½ sticks butter, softened, plus ½ stick for dotting

One 8-ounce package cream cheese, softened

½ cup half-and-half

½ teaspoon seasoned salt

Salt and black pepper to taste

Milk, as needed for thinning

Chopped chives, for garnish

Peel the potatoes and rinse them in cold water. Cut the potatoes in quarters, place them in a large pot, and add water to cover the potatoes. Bring to a boil over medium heat and cook for 20 to 25 minutes, or until fork tender.

Preheat the oven to 350°F.

Drain the potatoes and return them to the pan. With the burner on low heat, mash the potatoes with a potato masher for about 2 minutes to release the steam. Turn off the burner.

Add the butter, cream cheese, half-and-half, seasoned salt, and salt and pepper. Stir to combine, and if the mixture needs thinning, add a little milk. Taste to check the seasoning.

Spread the mashed potatoes in a large casserole pan and dot the surface with the remaining butter. Cover with foil (you can refrigerate it for up to 2 days at this point) and bake for 15 minutes. Remove the foil and bake for 10 more minutes.

Sprinkle with chopped chives and serve immediately.



BEEF STEW WITH MUSHROOMS

6 servings

For long, cold winters on the ranch. Extra wine helps, too.

4 tablespoons flour

2 pounds cubed beef stew meat
(sirloin)

4 tablespoons butter

2 tablespoons olive oil

2 shallots, minced

3 garlic cloves, minced

8 ounces white mushrooms

½ cup red wine

Half a 10½-ounce can beef
consommé

Salt and pepper to taste

2 fresh thyme sprigs

Cooked egg noodles, for serving

Sprinkle 2 tablespoons of the flour over the meat and toss to coat.

In a heavy pot or Dutch oven, melt the butter in the olive oil over high heat.

Working in batches, add the meat and sear it until brown on all sides, taking care not to crowd the meat, a few minutes per batch. Set the meat aside on a plate as it's done.

Reduce heat to medium-low and add the shallots and the garlic. Sauté for 2 minutes. Add the mushrooms and cook for 2 minutes. Pour in the wine, the consommé, and ½ cup water.

Add salt and pepper to taste and stir. Bring to a boil, then add the browned meat and the juices from the plate. Reduce heat to low and add the thyme.

Cover and simmer for 90 minutes, or until the meat is very tender. In a small bowl, mix the remaining 2 tablespoons flour with ¼ cup water and stir it into the stew. Cook the stew for 10 minutes, until thickened. Turn off the heat and allow the stew to sit for 15 to 20 minutes before serving.

Serve with egg noodles.



FRIED ROUND STEAK

6 servings

Lifefood for hungry cowboys.

½ cup canola oil

1 cup all-purpose flour

1 teaspoon seasoned salt

Ground black pepper

**3 pounds cube steak (round steak
that's been extra tenderized)**

Salt

2 tablespoons butter

Heat the oil in a large skillet over medium heat.

On a plate, combine the flour, the seasoned salt, and 3 teaspoons of black pepper.

Season both sides of the cube steaks with salt and pepper. Dredge each piece in the flour mixture, pressing to coat with as much flour as possible.

Add the butter to the pan right before frying. When the butter is melted, add the steak, working in batches so as not to crowd the meat. Flip when the surface of the meat is deep golden brown and cook about 1 minute on the other side.

Remove to a paper towel-lined plate. Serve immediately.



CHOCOLATE CHIP COOKIES

3 dozen cookies

For a little pick-me-up . . . or a big chocolate fix.

½ cup (1 stick) butter, softened	1 heaping teaspoon instant coffee granules
½ cup (1 stick) margarine	1 teaspoon baking soda
1 cup firmly packed brown sugar	1½ teaspoons salt
½ cup white sugar	2 tablespoons flaxseeds, slightly crushed with a rolling pin (optional)
2 eggs	¾ cup semisweet chocolate chips
2 teaspoons vanilla extract	1 heaping cup milk chocolate chips
2¼ cups plus 2 tablespoons all-purpose flour	

Preheat the oven to 375°F.

In a large bowl, stir together the butter, margarine, brown sugar, and white sugar until combined. Add the eggs and vanilla and mix thoroughly.

In a separate bowl, combine the flour, instant coffee, baking soda, and salt. Add the flour mixture to the butter/sugar mixture in batches, stirring gently after each addition.

Stir in the flaxseeds, if using, and the chocolate chips.

Drop balls of the dough onto an ungreased cookie sheet and bake for 11 to 13 minutes, or until golden. Move the cookies to a rack and eat them warm.



CINNAMON ROLLS

Makes 4 dozen rolls (using about 7 pie pans— I often use aluminum ones for easy gift giving)

Guaranteed to heal an aching heart.

DOUGH

- 1 quart whole milk**
- 1 cup vegetable oil**
- 1 cup sugar**
- 2 packages (4½ teaspoons) active dry yeast**
- 9 cups all-purpose flour**
- 1 heaping teaspoon baking powder**
- 1 scant teaspoon baking soda**
- 1 heaping tablespoon salt**

FILLING

- 2 cups melted butter, plus more as needed**
- 2 cups sugar, plus more as needed**
- ¼ cup ground cinnamon**

MAPLE ICING

- 1 pound powdered sugar**
- 2 teaspoons maple flavoring**
- ½ cup whole milk**
- ¼ cup melted butter**
- ¼ cup strongly brewed coffee**
- ⅛ teaspoon salt**

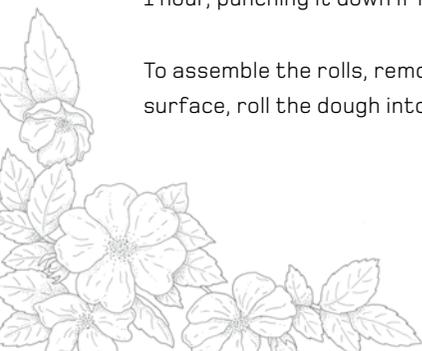
To make the dough, heat the milk, vegetable oil, and sugar in a large saucepan over medium heat; do not allow the mixture to boil. Set aside and cool to a little warmer than lukewarm.

Sprinkle the yeast on top and let it sit on the milk mixture for 1 minute.

Add 8 cups of the flour. Stir until just combined. Cover with a clean kitchen towel and set aside in a relatively warm place for 1 hour.

Remove the towel and add the baking powder, baking soda, salt, and remaining 1 cup of flour. Stir thoroughly to combine. Refrigerate the dough for at least 1 hour, punching it down if it begins to rise too much.

To assemble the rolls, remove half the dough from the pan. On a floured baking surface, roll the dough into a large rectangle, about 30 x 10 inches.



Pour 1 cup of the melted butter over the surface of the dough. Use your fingers to spread the butter evenly.

Sprinkle 1 cup of the sugar over the butter. Sprinkle generously with half of the cinnamon.

Beginning at the end farthest from you, roll the rectangle tightly toward you. Use both hands and work slowly, being careful to keep the roll tight. Don't worry if the filling oozes out as you work!

When you reach the end, pinch the seam together. Cut 1½-inch slices with a sharp knife. Place the sliced rolls onto buttered pie pans, being careful not to overcrowd.

Repeat with the other half of the dough.

Cover the pans with towels and set aside to rise for 20 minutes. Preheat the oven to 375°F.

Bake for 13 to 17 minutes, or until golden brown.

While the rolls are baking, combine all the icing ingredients in a large bowl, adjusting the proportions of sugar and liquid until you have the desired consistency.

Pour icing over warm rolls fresh out of the oven. Allow the icing to settle into the cracks and crevices.

Serve warm. You can also cover and freeze the cinnamon rolls for gift giving.

