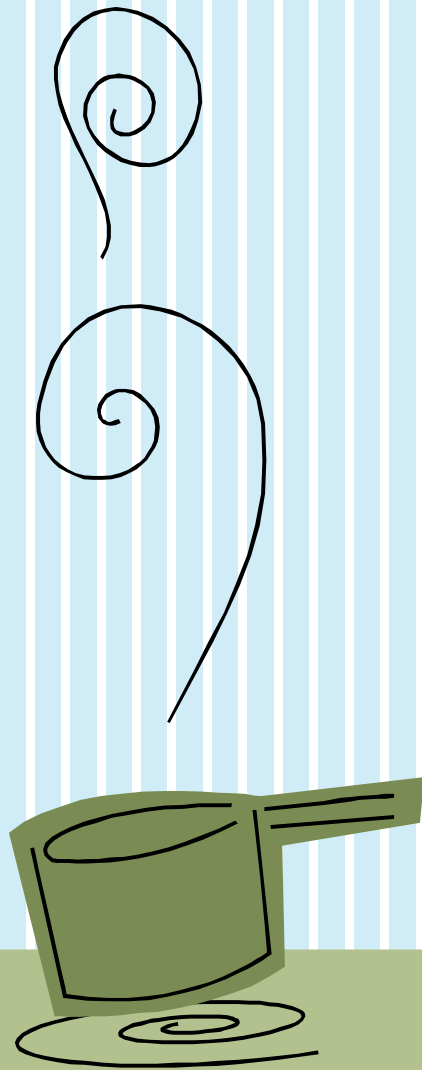




**Defining Dining**  
**It's About Me**

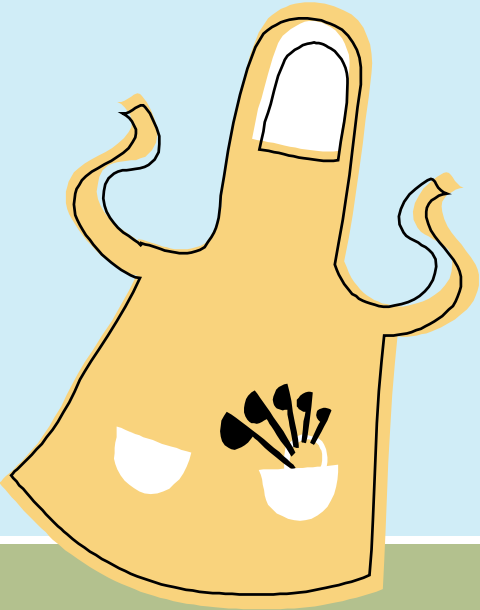


**RECIPES**

Sponsored by: Philadelphia Long Term Care Ombudsman Program (PCA, CARIE, NIM)

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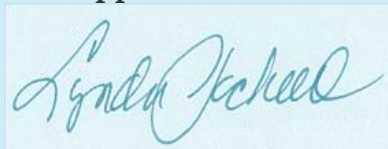
The memory of a favorite dish served and the socialization that occurred during a holiday, family gathering, or cookout has a way of evoking positive feelings that contribute to our well being.

For that reason, we are thankful to the Philadelphia Long Term Care (LTC) residents, volunteers, facility staff, family and friends for embracing this project by helping us make those memories a reality by sharing a bit of their life story and their recollection of favorite recipes.

Our purpose in gathering and sharing this compilation of recipes is twofold: We hope that they will help us reach our aim of “creating connections between the residents and the community” through a reminder that residents should be given choices of the types of food served. Meals can be tasty, nutritious, visually appealing and served at a time and location of the resident’s preference. Equally important, we have identified recipes that are significant to LTC residents - dishes that residents would actually like to eat, with the hope that long term care facilities will duplicate and have them added to the menu.

We give special thanks to Chef Mark McKellar, Instructor, and his students, at the Community College of Philadelphia, Culinary Arts Program for their expertise and assistance with evaluating the submitted recipes and for helping us identify twelve (12) recipes that will not only be tasty, but can be replicated to increased quantities and prepared and served to long term care residents. Large quantity recipes are available upon request.

**Bon Appétit!**



**LYNDA PICKETT**  
Ombudsman Program Manager  
Philadelphia Corporation for Aging

**INTRODUCTION**

**BANANA BREAD or MUFFINS - MARIE SMITH**  
Registered Dietitian  
Sacred Heart Home

**INGREDIENTS**

- 4 Cups of Flour**
- 1 Cup Sugar**
- 2 Teaspoons Baking Soda**
- 2 Teaspoons Salt**
- 2 Teaspoons Vanilla**
- 1 1/2 Cups Mayonnaise (low fat or light mayo works well too.)**
- 6 Large Ripe Bananas**

**DIRECTIONS**

**Take all ingredients and mix together.**

**You can add chocolate chips or raisins or finely chopped nuts for variety.**

**Bake @ 375 degrees for 19-20 minutes until lightly brown for muffins and 25 to 30 minutes for bread. (Depends on your oven.)**

**Use toothpick as tester.**

**Do not overcook or muffins will be dry.**

**Double Recipe - makes about 5 dozen**

**BREAD**

## **PUMPKIN BREAD - CLAIRE WALSH**

**Resident**

**Deer Meadows Retirement Community**

### **INGREDIENTS**

- 3 1/2 Cups Flour**
- 2 TSP Baking Soda**
- 1 1/2 Salt**
- 3/4 Cup Water**
- 2 Cups Pumpkin**
- 3 Cups Sugar**
- 2 TSP Cinnamon**
- 1 TSP Nutmeg**
- 1 Cup Vegetable Oil**
- 4 Eggs**

### **DIRECTIONS**

**Sift dry ingredients together.**

**Mix pumpkin, water, oil and eggs together.**

**Pour into two greased medium loaf pans.**

**Bake in 350° oven (pre-heated) 1 hour and 15 minutes.**

**Cool before removing from pan.**

**BREAD**

**BREAKFAST CORN CREAM - ESMERONIA SOTO**  
Resident  
Philadelphia Nursing Home

**INGREDIENTS**

- 1 Cup Milk
- A Pinch of Sugar
- A Pinch of Salt
- 1 TSP Cinnamon
- 1 TSP Vanilla Extract
- 1/2 Cup Corn Meal

**DIRECTIONS**

Mix ingredients little by little in a large sauce pan.  
Stir ingredients on medium heat.  
Stir constantly until creamy, and then serve.

**BUTTER BISCUITS - CARL W. BAILEY**  
Volunteer Ombudsman  
AARP

**INGREDIENTS**

- 2 Cups Self-Rising Flour
- 1 Stick Butter or Margarine
- 2/3 Cup Milk

**DIRECTIONS**

Cut butter into flour.  
Add milk and stir.  
Roll out and cut with biscuit cutter.  
Bake at 450° for 10 minutes.

**BREAKFAST**

**FRENCH OMELETTE - SANDRA DRANOFF**  
Resident  
Bala Nursing & Retirement Center

**INGREDIENTS**

- 4 Eggs**
- 2 Slices Swiss Cheese**
- 1/4 Cup Tomatoes Diced**
- 1/4 Cup Cucumbers, Diced**
- 1/4 Cup Peppers Diced, Yellow**
- 1/4 Cup Diced Onions**
- 1/4 Cup Celery**

**DIRECTIONS**

**Mix all ingredients together.**  
**Heat in frying pan until done and serve.**

**BREAKFAST**

**"FAUX" POUND CAKE - CATHERINE M. SIARCZYNSKI**  
**Resident**  
**Caring Heart Rehab & Nursing Center**

**INGREDIENTS**

- 1 Box Pound Cake Mix**
- 1 Box Yellow or White Cake Mix**  
**Add amount of Eggs called for on each box**  
**Instead of water use Milk for better moisture**
- 2-3 Tsp Vanilla Extract (Optional)**
- 2-3 Tsp Orange or Lemon Flavoring (Optional)**  
**Powdered Sugar for Sprinkling (Optional)**

**DIRECTIONS**

**Heat oven at 325°**

**Mix together pound cake mix, as instructed on box**

**In a separate bowl, mix together yellow or white cake mix as instructed on box**

**Then blend together both cake mixes**

**Grease and flour 2 tube pans**

**Bake for 1 hour**

**Once done, place on cake rack for cooling and sprinkle with powdered sugar, if desired**

**DESSERT**

**123 POUND CAKE - BERNICE E. ERVIN**  
Care Manager Supervisor  
Philadelphia Corporation for Aging

**INGREDIENTS**

- 3 Cups Sugar**
- 1/2 Lb. Butter**
- 1/2 Cup Crisco Shortening**
- 5 or 6 Eggs (depending on size)**
- 3 Cups Flour**
- Pinch of Salt**
- 1 Cup Milk (room temperature)**
- 1 Teaspoon Vanilla**
- 1 Teaspoon Lemon**

**DIRECTIONS**

**Cream (whip) shortening, butter and eggs until they peak.**  
**Add flour and milk gradually until thoroughly blended.**  
**Add teaspoon vanilla and 1 teaspoon lemon and pinch of salt.**  
**Pre-warm oven 300°.**  
**Use a heavy duty pound cake pan.**  
**Bake at 300° for 2 hours.**  
**DO NOT; DO NOT open the oven door while baking.**  
**If you open the oven door, the cake will go flat.**

**DESSERT**

**BUTTER CAKE - STELLA WAHL**  
Resident  
Philadelphia Protestant Home

**INGREDIENTS**

- Package Yellow Cake Mix
- 1/4 Lb. Butter (melted)
- 1 Egg (beaten)
- 8 Oz. Cream Cheese (softened)
- 2 Eggs (beaten)
- 3/4 LB. 10X Sugar

**DIRECTIONS**

Mix cake mix, butter, and 1 (beaten) egg and press into a 9"x13" greased pan (press up the sides a bit).

Mix cream cheese, 2 (beaten) eggs, and sugar well and pour on top of batter.

Bake in 350° oven for 30 to 40 minutes.

**DESSERT**

**COCONUT CRÈME PIE - DOROTHY MERLINO**  
Resident  
Care Pavilion of Walnut Park

Selected as: 'BEST CLASSIC PIE'  
by: Chef Mark McKellar  
Community College of Philadelphia

**INGREDIENTS**

**COCONUT PIE:**

- 2 Baked Crusts
- 2 Tbsp. Cornstarch
- 4 Tbsp. Flour
- 2/3 Cup Sugar
- 4 Egg Yolks
- 3 Cups Hot Milk
- 1 Cup Coconut
- Tsp. Vanilla

**MERINGUE:**

- 4 Egg Whites, Beaten
- 3 Tbsp. Sugar
- 1/4 Tsp. Cream of Tartar

**DIRECTIONS**

Mix cornstarch, flour, sugar and egg yolks. Add hot milk. Boil all until thick. Add coconut and vanilla. Put in pie crust and top with meringue. Sprinkle top of meringue with coconut and bake in oven until golden brown.



**DESSERT**

**EASY CHERRY COBBLER - ANNE McKnight and  
RACHEL GUCWA  
Activities Directors  
Sacred Heart Home**

**INGREDIENTS**

- 2 Cans Cherry Pie Filling**
- 1 Box Yellow Cake Mix**
- 1 Stick of Butter, Slightly Softened**

**DIRECTIONS**

**Preheat oven to 350 degrees.**

**Lightly grease baking pan.**

**Crumble butter into cake mix until mixture is coarse and crumbly.**

**Pour pie filling in pan.**

**Top with cake mix / butter mixture.**

**Bake for about 40 minutes until golden brown.**

**Let sit 10 minutes before serving.**

**Serve warm with whipped cream or ice cream.**

**DESSERT**

**ENGLISH SCONES – MADINGA DWEH**  
Resident  
St. Ignatius Nursing Home

**Selected as: 'BEST AFTERNOON SWEET TREAT'**  
**by: Chef Mark McKellar**  
**Community College of Philadelphia**



**INGREDIENTS**

- 2 Cups Flour
- 2 Tsp Baking Powder
- 1/4 Cup Sugar
- 1 Tsp Salt
- 6 Tablespoons Butter
- 1/2 Cup Milk
- 2 Eggs

**DIRECTIONS**

Sift the flour, baking powder and sugar.

Add the butter.

Mix the butter with the dry ingredients.

Add all the other ingredients, milk and eggs.

Sprinkle some flour on a board.

Knead on the board about 12-15 times.

Rollout to about 1/2 inch.

Take a round cookie cutter.

Place in flour and cut out about 12 scones.

Brush with milk.

Place on cookie sheet: Bake in a preheated oven for 10-15 minutes  
or until golden brown.

Serve with whipped cream and strawberry jam.

**DESSERT**

**NOTE: RECIPE, ENGLISH SCONES, SUBMITTED BY MADINGA DWEH,  
ST. IGNATIUS NURSING HOME, TIED WITH RECIPE, WELSH  
CAKES, SUBMITTED BY MARY HENNEFORTH, SPRINGS at the  
WATERMARK, AS BEST AFTERNOON SWEET TREAT.**

**ENGLISH TRIFLE - VALERIE NESWANGER**  
Resident  
St. Monica Manor

**INGREDIENTS**

- Glass Bowl**
- 1 Package Instant Vanilla Custard**
  - 2 Cups Milk**
  - Whipped Cream**
  - Maraschino Cherries**
  - 1 Package Lady Fingers**
  - 1 Jar Raspberry Jam**
  - 1/2 Cup Orange Juice or Wine**

**DIRECTIONS**

Use separate bowl, add custard package and mix with 2 cups milk, add 1/2 cup orange juice or wine (your choice).

Fill all the lady fingers with raspberry jam.

Line lady fingers around the inside of glass bowl (1/2 of them).

Pour some custard over them.

Stack the rest of the lady fingers on top of the others in the glass bowl, top with whipped cream & cherries (cut cherries in halves).

Refrigerate it.

**DESSERT**

**FIVE GENERATION RHUBARB PIE - JANE K. WENZINGER**  
Resident  
Bala Nursing & Retirement  
Center

**INGREDIENTS**

- 2 Eggs**
- 2 Tablespoons Milk (Whole)**
- 1 1/2 Cups Sugar**
- 6 Saltines**
- 3 Cups Rhubarb**
- Butter to dot Rhubarb Custard**
- Pie Crust for 2 crust pie, homemade or store bought**

**DIRECTIONS**

**Line pie pan with pie crust.**

**Beat the eggs and add milk.**

**Stir in sugar.**

**Crush saltines, add to above.**

**Mix in rhubarb.**

**Pour mixture into bottom crust in pie pan.**

**Dot with butter.**

**Cover with top crust.**

**Bake at 400° for 50-60 minutes.**

**DESSERT**

**JEWISH APPLE CAKE - GENESSA SUGARMAN**

**Resident  
Deer Meadows Retirement Community**

**Selected as: 'BEST FALL DESSERT'  
by: Chef Mark McKellar  
Community College of Philadelphia**



**INGREDIENTS**

**Set Aside:**

- 4 Large Apples Peeled**
- 4 Tbs. Cinnamon**
- 1/2 Cup Sugar**

- 3 Cup Unsifted Flour**
- 2 Cup Sugar**
- 3 Tbs. Baking Powder**
- 1 Cup Cooking Oil**
- 4 Large Eggs**
- 1/2 Cup Pineapple Juice**
- 2 1/2 Tbs. Vanilla Extract**

**DIRECTIONS**

**Peel, core and slice apples. Blend with cinnamon and 1/2 cup sugar. Set aside.**

**Combine all other ingredients and beat to a smooth batter.**

**Pour 1/2 batter into greased pan.**

**Pour 1/2 apple mixture over**

**Add rest of batter and cover with rest of apple mixture as topping.**

**Bake 350° 1 1/2 hours.**

**DESSERT**

**LEMON CHEESECAKE - "NO BAKE"**  
**BARBARA HORNER**  
Resident  
Philadelphia Protestant Home

**INGREDIENTS**

- 1 Large 8 oz package Soft Cream Cheese (Room Temp)**
- 1/2 Cup Milk (Stir milk and cream cheese together)**
- 1 Box instant Lemon Pudding Mix (Jello Brand)**
- 1 1/2 Cup Milk**  
Sweetened Whipped Cream (Cool Whip) for serving
- 1 Graham Cracker Ready Pie Crust in 8" Pan - baked ahead  
as per below instructions - cooled**

**DIRECTIONS**

**Stir soft cream cheese and 1/2 cup milk (room temp) together until smooth and creamy.**

**Add beating slowly on low - 1 1/2 cup milk and 1 box instant lemon pudding mix until really smooth about 1 to 1 1/4 minutes.**

**Pour into 9" baked graham pie crust that is thoroughly cooled. Pudding thickens as it cools.**

**Cool in refrigerator 30 minutes.**

**To serve, top with whipped cream, if desired.**

**DESSERT**

**POPPY SEED COOKIES – FAY HANKIN**  
Resident  
Paul's Run

**INGREDIENTS**

- 1 1/2 Cup Sugar
- 1/2 Cup Poppy Seeds
- 4 Cups Flour
- 2 Teaspoons Baking Powder
- 2 Eggs
- 1/2 Cup Oil
- 1 Teaspoon Vanilla
- 1/4 Cup Milk

**DIRECTIONS**

Heat oven to 350°.

In bowl, combine oil and sugar and mix – add eggs, vanilla, milk and then add poppy seeds.

Add flour and mix lightly until smooth.

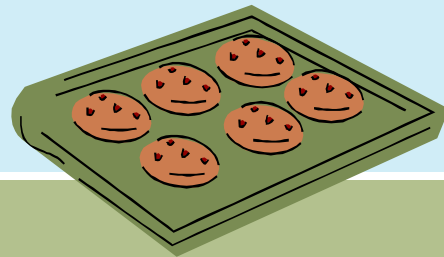
Break off a small piece of dough.

Roll with your hands into a small round ball. Place on cookie sheet.

Dip a glass into flour and flatten dough to form a circle.

Bake on ungreased cookie sheet for 12 minutes or until golden brown.

**DESSERT**



**POUND CAKE - GLENNA SPICER**  
Resident  
Chapel Manor

Selected as: 'BEST RECIPE LIKE MY MOM'S'  
by: Chef Mark McKellar  
Community College of Philadelphia

**INGREDIENTS**

- 1 Lb of Butter (No Substitute)
- 10 Large Eggs
- 3 Cups of Granulated Sugar
- 3 Cups of Flour
- 10 Inch Tube Pan with removeable bottom

**DIRECTIONS**

Cream butter and sugar until pale color and fluffy about 20 - 30 minutes at high speed.

Add eggs alternating with flour ending with flour.

Pour into ungreased tube pan.

Bake 325° for 1 1/2 hours

Do not remove from pan until cold.

Swift powdered sugar over top, if desired.



**DESSERT**

## RICE PUDDING - MICHELE BERNER

Volunteer

Delaware Valley Veteran Home

### INGREDIENTS

- 8 Cups Whole Milk
- 1/2 Tsp Salt
- 1 Cup Rice
- 1/2 Cup Raisins
- 3/4 Cup Sugar
- 1 Tbsp Vanilla
- 2 12 Oz Cans Evaporated Milk

### DIRECTIONS

Heat oven to 350°. Grease a 13 x 9 glass dish.

In 4 qt. saucepan, over medium heat, heat milk and salt to simmering. Stir in rice. Reduce heat to low. Cover and simmer 45-50 minutes, or until rice is very tender. Make sure to stir occasionally. Stir in raisins.

In large bowl, with wire whisk, beat sugar, vanilla, evaporated milk and eggs. Gradually stir in hot rice mixture.

Place a large roasting pan into heated oven. Then place glass dish inside roasting pan. Pour rice mixture into glass dish and fill the roasting pan halfway with water.

Bake until golden (times vary).

DESSERT

**STRAWBERRY SHORT CAKE - MARION JONES**

**Resident**

**Caring Heart Rehab & Nursing Center - Page 1 of 2**

**Selected as: 'BEST SUMMERTIME DESSERT  
by: Chef Mark McKellar  
Community College of Philadelphia**



**INGREDIENTS**

**CAKE**

- 1 Cup Butter**
- 2 Cups Sugar**
- 3 Cups Sifted Flour**
- 3 Teaspoons Baking Powder**
- 1/2 Teaspoon Salt**
- 4 Eggs**
- 1 Cup Milk**
- 1 1/2 Teaspoons Vanilla Extract**

**TOPPING**

- 1 Quart or more Strawberries**  
**Sugar to taste**
- 1 Pint or more Heavy Cream**
- 1 Teaspoon Vanilla Extract**
- 2 Tbsp Soft Butter**

**DESSERT**

**\*\*\* SEE NEXT PAGE FOR DIRECTIONS \*\*\***

## STRAWBERRY SHORT CAKE - MARION JONES

Resident

Caring Heart Rehab & Nursing Center - Page 2 of 2

### DIRECTIONS

#### CAKE

Preheat oven to 350°. Butter and flour three 9-inch cake pans.

In a mixing bowl cream butter and gradually add sugar, cream until light and fluffy.

Add eggs one at a time, beating well after each addition.

In another bowl sift flour with baking powder and salt. Add flour mixture alternately with milk and flavorings to creamed mixture, beating after each addition until smooth. Pour batter into cake pan.

Bake for 25 to 30 minutes. Cool in pans 10 minutes. Remove from pans and finish cooling on rack.

#### TOPPING

Gently wash berries in cold water, drain, hull.

Reserve 12 or more large berries. Slice or mash remaining berries into medium bowl. Add sugar, stir gently. Set aside until ready to use.

In bowl, whip cream until stiff. Stir in vanilla.

Place one cake on serving platter, spread with butter. Spoon on half the sliced berries.

Add third cake, spoon on the whipped cream.

Garnish with whole berries.

DESSERT

**SWEET POTATO LOAF CAKE - CARL W. BAILEY**  
Volunteer Ombudsman  
AARP

**INGREDIENTS**

- 1 1/2 Cups Sugar
- 1/2 Cup Vegetable Oil
- 2 Eggs
- 1/3 Cup Water
- 1 3/4 Cup All-Purpose Flour
- 1 1/2 Teaspoon Ground Cinnamon
- 1 Teaspoon Ground Nutmeg
- 1 Teaspoon Soda
- 1/2 Teaspoon Salt
- 1 Cup Cooked, Mashed Sweet Potatoes
- 1/2 Cup Chopped Pecans
- 1/2 Cup Raisins

**DIRECTIONS**

Combine sugar, oil, eggs and water; beat at medium speed of electric mixer just until combined.

Combine next five ingredients; add mixture, mixing just until moistened. Stir in sweet potatoes, pecans, and raisins.

Spoon batter into two greased and floured 1 pound coffee cans. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean.

Let cool in pans 10 minutes; remove from pans to complete cooling.

**DESSERT**

**WELSH CAKES - MARY HENNEFORTH**  
Resident  
Springs at the Watermark

Selected as: 'BEST AFTERNOON SWEET TREAT'  
by: Chef Mark McKellar  
Community College of Philadelphia

**INGREDIENTS (Makes 3 dozen)**

- 3 Cups Flour
- 1 Cup Sugar
- 1 Tbs. Baking Powder
- 1/2 Tsp. Salt
- 1/2 Cup Currants
- 1/2 Tsp. Nutmeg
- 1 1/2 Sticks Butter
- 2 Eggs
- 1/4 Cup Milk

**DIRECTIONS**

1. Combine the above ingredients
2. Chill the dough
3. Roll out to 1/4 inch thickness
4. Cut with cookie cutter
5. Cook in fry pan, turning once
6. Sit back and enjoy!



**DESSERT**

**NOTE: RECIPE, WELSH CAKES, SUBMITTED BY MARY HENNEFORTH, SPRINGS at the WATERMARK, TIED WITH RECIPE. ENGLISH SCONES, SUBMITTED BY MADINGA DWEH, ST. IGNATIUS NURSING HOME. AS BEST AFTERNOON SWEET TREAT.**

## **BAKED HAM IN CAN - SHIRLEY MARTIN**

**Resident  
St. Ignatius Nursing Home**

### **INGREDIENTS**

- 1 Can Ham**
- 1 Cup Maple Syrup**
- 1 Cup Barbecue Sauce**
- Cloves (few)**

### **DIRECTIONS**

**Remove key from can and be sure can is right side up.  
Punch holes around top of lid. Place in oven at 375° for 20 min.  
Pour off liquid and discard.  
Mix syrup, barb. Sauce and a few cloves.  
Pour into holes in can until even with top.  
Bake 2 hours at 300°.  
Open can and serve.  
Serve sauce hot to be poured over Ham or potatoes.**

## **BARBECUE BRISKET - BERNICE LEWIS**

**Resident  
Paul's Run**

**ENTREE**

### **INGREDIENTS**

- 3 Lbs First Cut Brisket**
- 1 Bottle Chili Sauce**
- 1 Can French Fried Onions**
- 1 Can Hot Water**

### **DIRECTIONS**

**Combine Chili Sauce, French Fried Onions, & Hot Water and  
pour over Brisket.  
Cover and cook at 350° for 3 hours.**

**CHICKEN & BROWN RICE - VIRGINIA HINES**  
Resident  
St. Monica Manor

**INGREDIENTS**

- 1 Whole Chicken**
- Vegetable Oil**
- 1 Box of Uncle Ben's Brown Rice**
- 1 Medium Onion**
- 1/2 Cup Kosher Salt**
- 1 Cup Water**
- 2 Cups Flour**

**DIRECTIONS**

**Put whole chicken in cold water w/kosher salt for 20 minutes.**

**Drain & dry chicken, then cut chicken into pieces.**

**Put oil in pot, put chicken in pot and brown both sides.**

**In the mean time, have brown rice cooking (follow directions on box).**

**Take chicken out once it has browned, throw some italian onions in pan & let them brown.**

**Add 2 cups flour & 1 cup water to make gravy, mix until lumps are out, add water as needed.**

**Put rice & chicken back in bravy.**

**Serve with broccoli / string beans.**

**ENTREE**

**CHICKEN & DUMPLINS - CARL W. BAILEY**  
**Volunteer Ombudsman**  
**AARP**

**INGREDIENTS**

- 2 1/2 Cups All Purpose Flour**
- 1/2 Teaspoon Salt**
- 1 Teaspoon Baking Powder**
- 1/2 Cup Shortening**
- 1/2 Cup Milk**
- Dash of Black Pepper**
- 1 Hen or Large Fryer**

**DIRECTIONS**

**Cover chicken with water; add salt and pepper. (Celery and onions may be added, if desired). Cook and debone. Return to broth.**

**Dumplings:**

**Blend shortening with all dry ingredients, and then add milk to make soft dough.**

**Knead with flour as for pie crust.**

**Roll out thin and cut into strips.**

**Break strips into 2 inch pieces and drop into boiling chicken broth.**

**Cover and simmer 15 to 20 minutes.**

**Serves 6 to 8.**

**ENTREE**

## **CHILI - ELLEN TURNER**

**Resident**

**Caring Heart Rehab & Nursing Center**

### **INGREDIENTS**

- 1 Large Vidalia Onion**
- 2 Bottles Heinz Ketchup**
- Chili Powder**
- Salt & Pepper to taste**
- 1 1/2 Lbs. Ground Beef**
- Rice (to be served with)**
- 1 Can of Dark Red Kidney Beans**

### **DIRECTIONS**

**Cook onions in olive oil until tender - put aside.**

**Brown ground beef then add cooked onions, Heinz Ketchup, and chili powder - stir until well blended.**

**Then add can dark red kidney beans, salt and pepper to taste, cook for about 45 minutes or until done.**

**Can be served over rice or can be eaten with saltine crackers or tortilla chips.**

**ENTREE**

**COWBOY'S SPECIAL - CARRIE WALTON**  
**Resident**  
**St. Ignatius Nursing Home**

**INGREDIENTS**

- 1 Box Minute Rice**
- 8 Hot Dogs, Sliced Thin (Round)**
- 2 Small Cans Baked Beans**
- 1 Small Onion, Finely Chopped**
- 1 Small Can Tomato Paste**
- 1 Tablespoon Oil**

**DIRECTIONS**

**Combine hot dogs and onion in pan with oil and simmer until browned.**

**Add baked beans and simmer until done. Serve over rice.**

**ENTREE**

## **CRAIG'S MOTHER'S MEATBALLS - CRAIG STEPHENS**

**Resident  
Philadelphia Nursing Home**

### **INGREDIENTS**

- 1 1/2 Lb. Ground Beef, Ground Veal, Ground Pork (meat loaf mix)**
- 1 Tbls. Parsley Flakes**
- 1/4 - 1/2 Cup Bread Crumbs**
- 3 Fresh Minced Garlic Cloves**
- 1/2 T. Garlic Powder**
- 1/2 T. Onion Powder**
- 2 Eggs**
- Salt & Pepper to taste**

### **DIRECTIONS**

**In a large bowl, combine ground beef, ground veal and ground pork, parsley flakes, both garlicks, onion powder and eggs.**

**Add bread crumbs, starting with 1/4 cup. Mix in. Add remaining bread crumbs until a rollable consistency is reached.**

**Roll into meatballs 1 to 2 inches big, place in a baking dish.**

**Place meatballs into a 325° oven and bake 25 - 30 minutes.**

**ENTREE**

**FRIED RICE - THAN THI NGO, Resident  
Philadelphia Nursing Home and  
Daughter ANNIE POOLY**

**INGREDIENTS**

- 6 C. Steamed Rice**
- 1 C. Chopped Onions**
- 1 Tsp. Black Pepper**
- 1/2 Tbsp. Soy Sauce**
- 1 C. Chopped Carrots**
- 1 C. Frozen Peas**
- 1 C. Scrambled Eggs**
- 3 C. Chinese Red Barbeque Pork**
- 1/2 C. Chopped Scallions**
- 1/2 C. Canola Oil**

**DIRECTIONS**

**Add oil to frying pan and sauté onions and rice for 10 minutes.**

**Add soy sauce and pepper, stir well.**

**Microwave peas and carrots in a microwaveable dish for 5 minutes and add to rice along with the pork and scrambled eggs.**

**Cook for another 10-15 minutes on medium heat, stirring occasionally.**

**Garnish with scallions.**

**ENTREE**

**GRAVY & SPAGHETTI - SUE DePESCAUL**  
Resident  
St. Monica Manor

**INGREDIENTS**

- 1/2 Head of Garlic**
- Parsley - Couple of Leaves**
- 2 Cans of Tomato Sauce**
- 1 Pound of Spaghetti**
- 1 Pinch of Salt**
- 1 Pinch of Pepper**
- 1/2 Onion**
- 1 Tablespoon Oil**

**DIRECTIONS**

**Sauté garlic then add tomato sauce, add salt, pepper, parsley, onions.**

**Cook sauce for about 10 minutes.**

**Boil spaghetti for about 15 minutes, then drain and place on a plate. Then add the sauce to the spaghetti and serve.**

**ENTREE**

## **GROUND BEEF PIE - JOYCE McCULLOUGH**

**Resident**

**Deer Meadows Retirement Community**

**Selected as: 'BEST FAMILY STYLE ONE DISH MEAL'**

**by: Chef Mark McKellar**

**Community College of Philadelphia**



### **INGREDIENTS**

- 2 Lbs. Ground Beef**
- 2 Cans Biscuits**
- 1 Large or 2 Med Spaghetti Sauce**
- 1 Medium Onion - Diced**
- 1/2 Red Pepper - Diced**
- 1/2 Green Pepper - Diced**
- 1 Stalk Celery - Diced**
- 2 Slicing Tomatoes**
- 1 Large Bag Shredded Mozz Cheese**
- 1 Tablespoon Dry Oregano**
- 1 Tablespoon Dry Parsley**
- 1 Tablespoon Garlic Powder**
- 1 Tablespoon Oil**

### **DIRECTIONS**

**In a greased cake pan, arrange biscuits as a crust for pie. Bake until just starting to get crust on it. Remove and let cool.**

**In a sauce pan, soften veg in oil. Remove and (put) aside.**

**In same sauce pan, put ground beef and brown it.**

**Add veg when ground beef is done. Drain grease from pan. In sauce pan, add sauce, simmer on low heat. When it bubbles, remove from heat.**

**Slice tomatoes not too thick. Put beef mixture over biscuits. Put tomato slices on top of mixture, covering all. Next get more cheese, spread it over tomato.**

**Put back in oven until biscuits are done and cheese melts.**

**ENTREE**

**MACARONI & MEATBALLS - PHYLLIS MARINO**  
Resident  
St. Monica Manor

**INGREDIENTS**

- 1 Pound of Ground Meat**
- 3 Medium Eggs**
- 1 Tablespoon Salt**
- 1 Head Garlic**
- 1 Tablespoon Pepper**
- 1 Pound Spaghetti**
- 2 Medium Cans Tomato Sauce**
- 1 Tablespoon Oil**
- 1 Tablespoon Parsley**

**DIRECTIONS**

**Meatballs - Add ground meat to the eggs and add salt, pepper, parsley and mix together and roll into meatballs.**

**Boil Spaghetti.**

**Sauté garlic in oil until brown, add tomato sauce and let cook for 30 minutes.**

**Fry meatballs, then add to tomato sauce and let cook on low heat for 30 minutes.**

**ENTREE**

## **MEATBALLS - EDITH DiSALVESTRO**

**Resident**

**Caring Heart Rehab & Nursing Center**

### **INGREDIENTS**

- 1 Pound Ground Meat**
  - Salt**
  - Black Pepper**
  - Garlic Powder**
  - Ricotta Cheese**
  - Handful of Bread Crumbs**
- 1 Egg**
- 1 Large Can of Tomatoes**
- 1 Can Tomato Paste**
- 2 Cans of Water**
- 1 Onion**
- Oil**

### **DIRECTIONS**

**In a mixing bowl, add ground meat, salt, black pepper, garlic powder, ricotta cheese, 1 egg, and a handful of bread crumbs.**

**Mix together**

**With the tip of your fingers, pick up a ball full of mix.**

**Roll the mixture in the palm of your hands into a ball. (You should be able to make at least 8 meatballs)**

**Fry balls in frying pan until golden.**

**Boil tomatoes, paste, and water.**

**Add meatballs to pot.**

**Cook on low heat for 2 - 2 1/2 hours.**

**Serve.**

**ENTREE**

## MEATBALLS WITH SPAGHETTI - GUIDA CICCANTELLI

Resident

Care Pavilion of Walnut Park

### INGREDIENTS

La Rosa Spaghetti Sauce

\* Salt (varies on amount made)

\* measurements

\*2 2 Teaspoons Oregano

based on a meal

\*6 - 7 Bay Leaves

for 20 people

Braciole (Rolled Round Steak)

Linguine or Spaghetti (thick or thin)

### DIRECTIONS

**Pasta:** Boil until the noodles are soft enough to chew.

**Sauce:**

Open cans of La Rosa spaghetti sauce and pour into sauce pan, place sauce pan on medium setting on the stove.

Add bay leaves, oregano, and salt into sauce.

Then roll bracioles with a pinch of salt having been added to the roll.

Then add bracioles to sauce pan. Stir as needed.

Cook braciole until fully cooked.

Once done, pour sauce over pasta noodles.

ENTREE

**MEATLOAF - MARIAN TYLER**  
**Resident**  
**St. Monica Manor**

**INGREDIENTS**

- 1 Lb. Fine Ground Meat**
- 1 Egg**
- 2 Slices of Bread**
- 1 Medium Onion**
- 1/2 Cup Milk**
- Salt**
- Pepper**
- Vegetable Oil**
- 2 Cups Flour**
- 1 Cup Water**

**DIRECTIONS**

**Dice up the onion, preheat oven to 350°.**

**Mix milk, bread, eggs and meat in bowl. Make sure it is mixed up good so you can't see bread.**

**Add a pinch of salt & pepper.**

**Mold into desired shape.**

**Place in oven for approximately 1 hour.**

**Put oil in frying pan, add flour slowly, when it gets a nice color slowly add water until it is a thin gravy.**

**When meatloaf is done, pour gravy over it.**

**ENTREE**

**MEATLOAF FIT FOR A "KING" - MARY J. KING**  
Resident  
Chapel Manor

Selected as: 'BEST MEAL FIT FOR ROYALTY'  
by: Chef Mark McKellar  
Community College of Philadelphia



**INGREDIENTS**

- 1 Lb. Ground Sirloin
- 3 Slices Bacon
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1 Small Onion - Chopped
- 1/4 C. green Bell Pepper - Chopped
- 3 Slices White Bread - cut into 1/2" pieces
- 1 Egg
- 1/4 Lb. American Cheese
- Seasoned Tomato Sauce

**DIRECTIONS**

In a large bowl:

Mix ground meat with salt, pepper, onion, bell pepper, & bread with 1 raw egg.

Divide meat mixture into 1/3 - 2/3 oval pieces.

On 2/3 oval piece, make a depression with your hand and place American cheese (slices broken in half) in depression about 1" thick.

Place 1/3 meat mixture on top and pat meat into one whole oval loaf. Place 3 strips of uncooked bacon on top of meatloaf.

Bake at 350° for 45 minutes.

Top with tomato sauce when serving.

**ENTREE**

**RICE & BEANS (W/PORK CHOPS) - ANTONIA VELASQUEZ**

**Resident**

**Bala Nursing & Retirement Center**

**INGREDIENTS**

- 1 Small White Beans**
- 1 Lb. White Rice**
- 4 Pork Chops**
- Lettuce & Tomatoes**
- Bread & Butter**

**DIRECTIONS**

**Wash beans. Boil beans. Put 1 small potato xxx 2 tbs tomato paste.**

**Make 1 lb. rice - salt & pepper.**

**Fry pork chops. Put them in oven 350°.**

**Make salad.**

**Serve (with) bread & butter (Italian bread)**

**ENTREE**

## ROUND ROAST RECIPE - RAY FLANNERY

Resident  
Sacred Heart Home

Selected as: 'BEST SUNDAY DINNER'  
by Chef Mark McKellar  
Community College of Philadelphia

### INGREDIENTS

- 5 Lbs. Lancaster Brand Round Roast
- 10 Cups of Spring Waters (it's important to use spring water for this recipe)
- 10 Chicken Bouillon Cubes
- 5 Lbs. Red Skin Potatoes, cut in Quarters
- 2 Onions, cut into chunks
- 2 Bags of medium sized Carrots, cut into pieces
- 1 Package Gravy Mix
- 1 Cup of White Wine
- 3 Tbsp. Flour
- 3 Tbsp. Olive Oil
- 3 Tsp. Salt
- 3 Tsp. Pepper
- 4 Tbsp. Butter, cut in slices

### DIRECTIONS

Preheat oven to 375°. Place roast in roasting pan. Sprinkle flour around roast.

Mix salt, pepper, olive oil together and rub on roast. Surround roast with chunks of potatoes, carrots, and onions. Boil 10 cups of spring water. Add bouillon cubes. Boil till dissolved. Pour broth over roast. Pour wine over roast. Place butter slabs on roast. Place entire pan in roasting bag. Place in oven 2<sup>nd</sup> shelf from the bottom. Heat at 375° for one hour.

After hour, baste roast with liquid in pan. Turn oven down to 350° and cook for 2-1/2 hours more. Take out oven and let sit for 10 minutes.

While waiting, follow directions on package for gravy. Place potatoes, carrots, and onions in serving bowls. Take roast out of pan and slice it thin and put on top of vegetables. Pour gravy on top of each serving.

Enjoy your roast!



ENTREE

**SHRIMP & CHICKEN DISH - QUEEN THOMAS**  
Resident  
St. Ignatius Nursing Home

**INGREDIENTS**

**Chicken Breast**  
**1 Lb. of Shrimp**  
**Egg Noodles**  
**Olive Oil**  
**White Wine**

**DIRECTIONS**

**Cut Chicken Breast into small pieces.**

**De-vein pound of Shrimp.**

**Cook bag of Egg Noodles.**

**Put all ingredients into a pot - add 1 cup Olive Oil and 1 cup White Wine. Bring to a boil; cover; simmer for few minutes.**

**Turn off heat and serve.**

**ENTREE**

## **SHRIMP GUMBO - ELIZABETH COOK**

**Resident**

**Caring Heart Rehab & Nursing Center**

**Selected as: 'BEST SOUTHERN STYLE ONE POT MEAL'**  
**by: Chef Mark McKellar**  
**Community College of Philadelphia**

### **INGREDIENTS**

- 2 Lbs. Large Cooking Shrimp (Do not overcook)**
- 1 Large can whole Tomatoes**
- 1 Lb. package green lima beans (dried) or can**
- 1 Lb. Okra**
- 2 Cans of Whole Kernel Corn**
- Salt & Pepper to taste**
- Sugar (Optional)**

### **DIRECTIONS**

**Cut up the whole tomatoes, small chunks, add the green lima beans, okra, corn, salt and pepper (sugar if desired) in a 2 quart pot. Bring to a boil, then reduce heat to simmer, cooking time 30 - 45 minutes. Place okra on top and cover. At the last 5 minutes of cooking add shrimp, let cook additional 5 minutes, until shrimp turn pink.**

**Can be eaten alone or served over rice.**

**Serving - about 4 people.**



**ENTREE**

## **SPAGHETTI & MEATBALLS in SAUCE**

**MYRA KAUFFMAN CURLETT**

**Resident**

**Paul's Run**

### **INGREDIENTS**

- 1 Lb. Ground Beef**
- 1/3 Cup Dry Bread Crumbs**
- 1 Egg - beaten**
- 1 Clove Cropped Garlic**
- 1/3 Cup of your favorite Grated Cheese**
- 1 3/4 Cup canned Crushed Tomatoes in Puree**
- 1/3 Cup Water & 1/4 Cup Water**
- 1/4 Tsp Salt**
- 1/4 Tsp Pepper**

### **DIRECTIONS**

**Place bread crumbs in water - blend in eggs, garlic, cheese, salt and pepper. Add meat and combine. Form into meatballs and place in baking pan.**

**Stir 1/4 cup water into tomatoes with 1/8 teaspoon salt and pepper. Pour over meatballs and top with grated cheese. Bake about 18 minutes at 425° until meatballs are cooked through.**

**ENTREE**

**SPAGHETTI w/TOMATOES, BASIL, & FRESH MOZZARELLA**  
**MICHELE BERNER**  
Resident  
Delaware Valley Veterans Home

**INGREDIENTS**

- 2 Lbs. vine-ripened Tomatoes, chopped**
- 3/4 Lb. salted Fresh Mozzarella, cut into 1/4 inch cubes**
- 1 1/4 Cups fresh Basil, chopped**
- 3 Tsp Balsamic Vinegar**
- 1 1/4 Tsp Salt**
- 1/2 Tsp Fresh ground Black Pepper**
- 1 Lb box Spaghetti**
- 1/2 Cup Olive Oil**
- 3 Cloves Garlic, minced**

**DIRECTIONS**

**In large bowl, combine tomatoes with the mozzarella, basil, balsamic vinegar, salt & pepper.**

**Cook spaghetti until just done. Drain and add to tomato mixture and toss.**

**Heat oil in a small frying pan over low heat. Add garlic and cook, stirring for 1 minute.**

**Put over pasta and toss again.**

**ENTREE**

**STEW CHICKEN & DUMPLINGS - DORTHY SMITH**  
Resident  
St. Monica Manor

**INGREDIENTS**

- 1 Whole Chicken**
- 1 Can of Chicken Broth**
- Pinch Onion Flakes seasoning**
- Pinch Oregano**
- Pinch Herbs**
- Pinch Salt**
- Pinch Pepper**
- 1 Can of Chicken Soup**
- 1 Can Pillsbury Biscuits**

**DIRECTIONS**

Clean and cut whole chicken into desired pieces and set it aside. Put the chicken broth, chicken soup, Pillsbury biscuits in a big pot, then add the herbs, salt, pepper, oregano, garlic, mix it all together.

At last, you add the chicken into the big pot and let simmer for about 1 hour.

Serve with whole grain rice or mashed potatoes.

**ENTREE**

**SUCCOTASH W/SMOKED BACON or SMOKED TURKEY**  
**LOUISE BOGGS**  
Resident  
Caring Heart Rehab & Nursing Center

**INGREDIENTS**

- 6 Ears Fresh Corn**
- 1 Pint Fresh Green Lima**  
**Smoked Bacon or Smoked Turkey (Seasoning)**
- 2 Tsp. Salt**
- 2 Tsp. Pepper**
- 2 Cups of Water**  
**Corn Starch (optional) for thickening**

**DIRECTIONS**

**Shuck the ears of corn.**

**Shell the lima beans.**

**Cook smoked bacon or turkey in a separate pot to boil until tender or done, cut it up and add to corn and green lima beans.**

**Add salt, pepper and water according to taste. Use a 2 quart pot to steam all the ingredients, cook until tender or done.**

**Cooking time 30 - 45 minutes.**

**Can be served with rice or white potatoes or as a side dish.**

**ENTREE**

**BAKED MACARONI & CHEESE - RUBY WASHINGTON**  
Resident  
Caring Heart Rehab & Nursing Center

**INGREDIENTS**

**Butter**  
**Milk**  
**Eggs**  
**Sharp Cheese**  
**Mozzarella Cheese**  
**Macaroni**  
**Pinch of Salt**  
**Mayonnaise**

**DIRECTIONS**

**Grate the cheese on a medium grater.**

**Cook & drain the macaroni - cut butter up in small pieces and stir in the macaroni.**

**Beat eggs and milk together, stir into the mixture.**

**Stir in a little salt.**

**Grate cheese and mix the cheese together. Save out enough cheese to cover the top of the baking dish.**

**Add the rest of the cheese and some mayonnaise.**

**SIDE DISH**

## **BREAD STUFFING - MARY ROSE ERNST**

**Resident**

**Deer Meadows Retirement Community**

### **INGREDIENTS**

**Stale Bread  
Onions  
Celery  
Parsley  
Sausage (Optional)  
Poultry Seasoning (Bell's - very good)  
Salt  
Pepper  
Chicken Broth**

### **DIRECTIONS**

**Bread must be stale. Cut in small cubes. Cut crust off. If not stale, put in a large container and toss daily. May take 4 or 5 days.**

**Sauté sausage. I use Habbersett's bulk, form patties. Remove sausage and sauté onions - about 5 large, depending on amount of bread cubes. Add celery about 2 cups, chopped. Add parsley.**

**If not using sausage, use butter and oil. Add seasoning. Salt and pepper to taste. Moisten with chicken broth a little at a time to just hold stuffing together but not compact like mashed potatoes.**

**Bake in a moderate oven about 30 minutes.**

**SIDE DISH**

## **BROCCOLI BAKE - GLENNA SPICER**

**Resident  
Chapel Manor**

### **INGREDIENTS**

- 2 10 Oz. Packages of Frozen Broccoli**
- 1/2 Lb. of Velveeta Cheese**
- 1 Stick of Butter**
- 33 Ritz Crackers - Crushed**

### **DIRECTIONS**

**Cook Broccoli and drain.**

**Mix hot broccoli, cheese and 1/2 stick of butter in a glass flat pan 9"x13". Crushed crackers on top.**

**Pour other 1/2 stick of butter melted on top and back @ 350° for 20 - 25 minutes.**

**SIDE DISH**

**CREAMY MACARONI & CHEESE - YVETTE GREEN**  
Resident  
Inglis House

Selected as: 'BEST SIDE DISH'  
by: Chef Mark McKellar  
Community College of Philadelphia



**INGREDIENTS**

- 1 Tbsp Salt
- 1 Pound Elbow, shell or other bite-sized, shaped pasta
- 1 Cup Chicken Broth
- 1 1/2 Tbsp Dijon Mustard
- 2 12 Oz. Cans Evaporated Milk
- 3 Tbsp Butter
- 1/3 Cup Flour
- 1/2 Cup Parmesan Cheese
- 1 Pound Grated Extra-Sharp Cheddar Cheese
- Freshly Ground Black Pepper, to taste

**DIRECTIONS**

Bring 2 quarts of water to a boil in a large soup kettle. Add salt and pasta. Using package directions as a guide, cook until dente. Drain. To prevent sticking, pour onto a large baking sheet with rim to let cool while preparing the sauce.

Meanwhile, microwave the milk and chicken broth in a 4-cup Pyrex measuring cup or bowl until hot and steamy (not boiling). Melt butter in the empty pasta pot; whisk in flour, then hot milk mixture. Continue to whisk until thick and bubbly, 3 to 4 minutes. Whisk in mustard, Parmesan cheese and pepper. Turn off heat, stir in cheddar until melted.

Add drained pasta to sauce, and stir until everything is well combined over low heat. Stir to heat through, and thin with a little water if the sauce is too thick. Serve hot.

**SIDE DISH**

## **HONEY GLAZED LIMA BEANS - MICHELLE GARRISON**

**Director of Recreation  
St. Ignatius Nursing Home**

### **INGREDIENTS**

- 2 Cups Dried Lima Beans**
- 1 Cup of Chopped Onions**
- 1/2 Cup of Shortening**
- 3/4 Cup of Honey**
- 1 1/2 Teaspoon of Salt**

### **DIRECTIONS**

**Wash beans and soak about 2 hours in water, drain. Cover beans with water and bring to a boil. Cover and simmer over medium heat for 2 hours, drain.**

**Melt shortening and sauté onions until tender.**

**Mix beans, onions, honey and salt together. Pour into casserole. Bake in preheated 350° + over until beans are glazed and tender, about 1 hour.**

**SIDE DISH**

## **NOODLE KUGEL - LILLIAN BRODSKY**

**Resident  
Paul's Run**

### **INGREDIENTS**

- 1 Lb. Noodles**
- 1 Cup Raisins**
- 1/2 Cup Sugar or more to taste**

### **DIRECTIONS**

**Heat a frying pan with peanut oil.**

**Add ingredients and put on top of stove until brown and turn over to get other side.**

**OLD-TIMEY "STEWED" TOMATOES - CARL W. BAILEY**  
Volunteer Ombudsman  
AARP

**INGREDIENTS**

- 1 14 1/2 Oz can Tomatoes
- 1 14 Oz can Butter Beans, drained  
Small can Corn, drained
- 1 Slice bread, cut in 1/2 inch cubes  
1 - 2 tablespoons brown sugar
- 1 Tablespoon Vinegar  
Salt & Pepper to taste
- 2 Teaspoons Butter or Margarine

**DIRECTIONS**

Cut tomatoes in pieces. Combine in a Pyrex casserole with remaining ingredients. Dot with butter and bake in preheated 350° oven for 30 minutes until bubbly and browned slightly on top.

**STRING BEANS & POTATOES - CARMELLA DeCARLO**  
Resident  
St. Monica Manor

**INGREDIENTS**

- 2 to 3 Heads of Garlic
- 2 Large cans of Tomato Sauce  
Salt - pinch  
Sugar - pinch
- 2 Pounds String 'Beans (long Italian string beans)
- 4 Potatoes - cut in halves

**DIRECTIONS**

Saute garlic until tendered, add the tomato sauce and mix it together, add a pinch of salt, a pinch of pepper, then add the string beans into the sauce and let cook for approximately 30 minutes. At last, add the potatoes in the pot and cook until tender.

**SIDE DISH**

**BROWN FLOUR SOUP W/STRING BEANS**  
**MENGA SANDOE**  
Resident  
Paul's Run

**INGREDIENTS**

- 1/4 Cup Butter**
- 10 Tablespoons Flour**
- 5 Cups Stock**
- Salt**
- Pepper**
- 2 Cups String Beans**

**DIRECTIONS**

**Melt butter, stir in flour and cook until light tan, stirring constantly.**

**Add stock slowly, stirring constantly.**

**Add string beans and simmer for 10 minutes.**

**Add salt & pepper to taste and continue cooking for up to 2 hours.**

**SOUP**

## POTATO LEEK SOUP - STEPHANIE COSTEA

Receptionist  
Chapel Manor

Selected as: 'BEST SOUP'  
by: Chef Mark McKellar  
Community College of Philadelphia



### INGREDIENTS

- 5 Medium Red Bliss Potatoes
- 3 Medium Leeks
- 2 Small Yellow Onions
- 32 Oz. Chicken Stock - low sodium
- White Pepper to taste
- Fresh Parsley chopped fine
- 4 Tablespoons Sweet Butter
- 1/2 Pint Light Cream

### DIRECTIONS

Peel and slice potatoes 1/8 inch thick.

Thoroughly wash and slice white part of leeks.

Peel and slice 1/8 inch thick onions.

Using a 3 - 4 quart sauce pan, melt butter and sauté, on medium flame, onions and leeks 3 to 4 minutes. Add potatoes and continue to sauté for 3 or 4 minutes more.

Add stock, partially cover and simmer till potatoes are done.

Puree in blender in batches till smooth.

Pour back into a clean 3 - 4 quart pan.

Add cream and pepper and re-heat on very low flame, avoiding scorching.

Before serving, add parsley and serve hot.

SOUP



# Thank You

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**Defining Dining**  
**It's About Me**

**TOP 12 RECIPES SELECTED BY CHEF MARK McKELLAR  
as 'BEST' IN THEIR CATEGORY**



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