



Dine Below the Line

Chef's Recipe Book

Thursday, July 11, 2024 at 6 pm
at Princeton Alliance Church
in Plainsboro



CULINARY LEARN AND SHARE

Dine Below the Line

Tuna Stuffed Arancini

Ingredients

- 12 oz can tuna
- 2 tsp butter
- 1 medium onion, chopped
- 2 clove garlic, minced
- 2 cups arborio rice
- 1 cup white wine
- 2 cups chicken broth (or water)
- ½ cup parmesan cheese
- 1 cup bread crumbs
- Oil for frying 1/3 cup olive oil
- 1 tsp crushed red pepper flakes
- ½ tsp salt
- 3 clove garlic, minced
- 1 28 oz can peeled tomatoes, hand crushed
- Handful fresh basil, chopped
- Zest of one lemon

Tomato-Basil Fresca

Combine olive oil, pepper flakes, garlic & salt in a cold sauce pan. Over medium heat, slowly saute everything until the garlic is fragrant but not brown. Add the tomatoes, reduce heat and slowly simmer for 10 minutes. Remove from heat and stir in fresh basil and lemon zest.

Directions

1. Melt butter in a saucepan, add onion and garlic, sauté until tender.
2. Add rice, stir, and cook for 1-2 minutes.
3. Add white wine, cook, and stir until evaporated.
4. Add broth ¼ cup at a time, stir, and cook until absorbed, continue until all the broth has been completely absorbed. Taste the rice to test for tenderness.
5. Remove from the heat, stir in the cheese, spread rice out to cool. Set aside.
6. Using rested rice, gather small handfuls. Fill with bits of tuna, encasing the tuna completely in rice.
7. Roll rice balls in a layer of bread crumbs, pan fry in hot oil to crisp the outside. Serve with tomato-basil fresca sauce.



*Recipe Submitted by Chef Brian
Representing The Sharon Baptist Pantry*



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STEAKHOUSE
85



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Easy Peasy Shepherd's Pie

Ingredients

- 1 lb of ground beef
- 3 packs of gravy mix
- 12 oz of frozen (or canned) mixed vegetables
- 1 pouch of dried mashed potato mix

Directions

1. Preheat oven to 375 degrees. In a large pot, brown the ground beef until cooked through.
2. Mix 3 packs of gravy mix with 2 ½ cups of water. (The recipe printed would call for 3 cups of water, but we are reserving a bit.)
3. Add gravy mix to the beef, stir and cook until the sauce comes to a simmer and thickens.
4. Remove from heat and stir in the mixed vegetables.
5. Pour beef and vegetable mix into an oven safe casserole or baking pan, and set aside to set.
6. Mixed mashed potatoes according to directions. Slowly layer the potatoes over the beef and vegetable mix.
7. Bake in the oven for 20 minutes, or until the potatoes are slightly brown on top.



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No-Bake Protein Bombs

Ingredients

- 2 cups of rolled oats
- 1 scoop of protein powder
- 2 cups of peanut butter
- 1 cup of honey
- ½ cup of chocolate chips
- 1 sleeve saltine crackers, smashed by hand

Directions

1. In a large bowl, combine everything and thoroughly mix.
2. Refrigerate for at least 1 hour.
3. Roll into 1" balls, arrange in a container lined with parchment paper.
4. Enjoy for breakfast, snack, or as a dessert combined with a can of "caramel sauce cheat code".

Caramel Sauce Cheat Code

- 1 14 oz can of sweetened condensed milk
 - A big pot of boiling water
1. Fill a large pot with water and bring it to a boil.
 2. Submerge the can of condensed milk in the water.
 3. Reduce heat to a simmer, and cook can for 3 hours, moving can once in a while to evenly distribute the heat.
 4. Remove can from the water, and set aside for at least 3 hours.
 5. Open can to reveal the greatest caramel sauce ever.



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Pork and Shrimp Shumai Dumplings

Serves: 6-8 People / About 30 Dumplings

Estimated Time: 15-20 Min Prep / 10 Min Cooking

Delicate, bite-sized dumplings filled with a savory mixture of ground pork and shrimp, wrapped in wonton wrappers and steamed to perfection. Popular in the Philippines and other Asian countries, these easy-to-make shumai are a staple in dim sum meals, ideal for any occasion.

Ingredients

- 1 lb ground pork
- ½ lb ground shrimp
- 1 tbsp minced onion
- 1 tbsp minced garlic
- 2 tbsp rice wine
- 1 pack of Wonton wrappers (thin)
- 3 tbsp oyster sauce
- 3 tbsp potato starch
- 1 tbsp sesame oil

Dumpling Sauce

Use store-bought or quickly make your own by combining 3 tbsp soy sauce, 1 tbsp rice vinegar, and 1 tsp sesame oil. Optionally, add 1 tsp hot chili oil or your favorite Asian hot sauce for a spicy kick.

Directions

1. Combine ground pork, ground shrimp, minced onion, minced garlic, rice wine, oyster sauce, potato starch, and sesame oil.
2. Place 1 oz of the mixture in a wonton wrapper and crimp to form shumai.
3. Freeze assembled dumplings on a parchment-lined baking sheet, then store in a resealable bag for up to 3 months.
4. Steam dumplings for at least 9 minutes or until internal temperature reaches 165°F.
5. Serve hot with dumpling sauce.



*Recipe Submitted by Chef Maricel
Representing The Pantry at Princeton Alliance Church*

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CULINARY LEARN AND SHARE

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Chicken Adobo over Jasmine Rice

Serves: 6-8 people

Estimated Time: 15-20 Min Prep / 1.5 Hrs Cooking

Filipino Chicken Adobo is a savory, tangy dish rooted in Spanish and indigenous Filipino traditions. It features chicken marinated in vinegar, soy sauce, garlic, bay leaves, and peppercorns, then simmered to tender perfection. Serve over steamed Jasmine rice to enjoy its rich flavors.

Ideal for busy weeknights or special occasions, Chicken Adobo can be prepared ahead and reheated, showcasing the flavorful and accessible nature of Filipino cuisine.

Ingredients

- 2 lbs chicken (can use wings, leg quarters, thighs) cut in small pieces
- 2 bay leaves
- ½ cup soy sauce
- ½ cup white vinegar
- ½ cup water
- 1 tbsp black pepper
- 2 heads of garlic, crushed
- 4-5 cups of jasmine rice

Directions

1. In a pot, add vinegar, soy sauce, water, garlic, black pepper, and bay leaf.
2. Place the chicken in the pot with the marinade.
3. Simmer on high, uncovered, until it boils. Then lower heat to medium and cover.
4. Simmer for 1 to 1.5 hours until chicken is tender. Stir occasionally.
5. If desired, simmer uncovered for an additional 10 minutes to thicken the sauce.
6. Serve over jasmine rice

Cooking Jasmine Rice

To cook jasmine rice, rinse 4-5 cups until the water is clear, use a 1:1.5 rice-to-water ratio, and either cook in a rice cooker on the white rice setting or boil, then simmer, on the stovetop for 15-20 minutes, let rest for 10 minutes, and fluff before serving.



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Fruit Salad Filipino

Serves 6 to 8 people

Estimated Time: 20 Min Prep / 1 hour Chill

Filipino Fruit Salad, made with fruit cocktail, condensed milk, and cream, is a beloved and easy dessert perfect for any weather. It's fun for kids to help prepare, evokes nostalgic family memories, and can be customized with additions like coconut jelly, sweet palm fruit, and tapioca pearls.

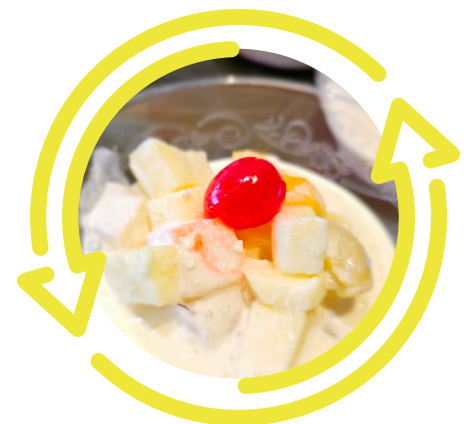
Ingredients

- 3 cups of Fruit Cocktail (or 1 large can, 30 oz)
- 3 cups of chopped apples (about 3 medium size apples)
- 8 oz (1 bar) of cream cheese, softened to room temperature
- 14 oz (1 small can) of condensed milk
- 1 cup of heavy cream
- Maraschino cherries for garnish

Optional Ingredients include fresh coconut meat, Nata de Coco (coconut jelly), Kaong (sweet palm fruit), and peeled grapes.

Directions

1. Drain all fruit ingredients well and refrigerate for an hour.
2. Bring cream cheese to room temperature.
3. Mix Cream Base: Combine cream cheese, condensed milk, and heavy cream until smooth.
4. Prepare Apples: Peel and cube apples.
5. Combine Ingredients: Add apples, drained fruit cocktail, and optional ingredients to the cream mixture.
6. Serve and Garnish: Serve chilled and garnish with maraschino cherries.



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