

2024 Holiday Recipe Book



RECIPES FROM MY PARTIALLY
UPDATED YET EXCEPTIONALLY
CLEAN KITCHEN

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RED
BICYCLE
BOOKS

PUBLISHING

GATHER YOUR FAMILY GATHER YOUR TASTE BUDS

Food is central to the festive season that welcomes a time of celebration with loved ones. From culinary delicacies we enjoy cooking and baking in our kitchen, to pausing and reflecting on the gratitude we have in our lives, I am delighted to share my labor of love for cooking and baking in this fourth edition of my holiday recipe book.

I have crafted some flavorful and colorful ingredients in dishes that will have your utensils busy, taste buds singing, and your tummy full. Working on some traditional dishes, I have experimented to create some unique flavor profiles with a twist, perhaps with a slice of lemon included.

This holiday season pause for a moment to think about who is truly special in your life today and the memories you are creating together. Our history is being written at this very moment in time.

Remember the most salient story you can write is your own.

What legacy will you leave at the dinner table?

From my heart to yours, happy holiday season and don't forget to save me some dessert. Enjoy!



Safety Tips

Cooking temperatures-follow guidelines at www.foodsafety.gov

Always wash hands before any food preparation. Prevent cross-contamination by minimizing contact with raw meat and eggs. When handling raw meat and eggs, ensure any surface touched is properly disinfected with disinfectant wipes.

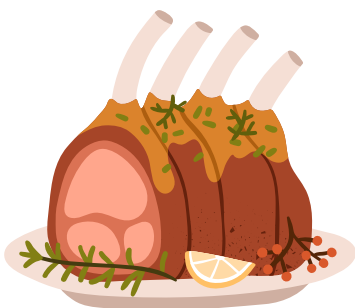
If possible, use food gloves when handling raw meats to limit cross-contamination.

Keep fruit and veggie prep away from raw meats and eggs at all times.

Do as much prep work as possible to prevent a scramble in the kitchen and less stress.

Be careful when dicing veggies and slicing. Carefully add ingredients slowly to a hot pan of oil to prevent splash.

Get your favorite oven mitts and let's get started!



Sides & Appetizers



Asparagus & Mushroom Risotto

INGREDIENTS:

1 bunch fresh asparagus (cut into 1- inch pieces)
6 ounces baby portobello mushrooms, about 7 mushrooms (diced)
2 cups Arborio rice
4 cups water
1/2 stick unsalted butter (4 tablespoons)
1/2 cup Marsala cooking wine
2 tablespoons garlic powder
1 tablespoon Better than Bouillon™ Roasted Chicken Base
Salt and pepper to taste
1 teaspoon dried thyme

COOK TIME:

17 minutes

SERVINGS:

Makes approximately 10 servings

DIRECTIONS:

Wash and cut veggies. In a Dutch oven on low heat, add the rice, butter, water, and bouillon. Stir for one minute. Add in the veggies, wine, garlic, and thyme. Cover and simmer on low heat until the rice and veggies are soft. Stir frequently to prevent rice from sticking to the bottom of the pan. If rice absorbs water too quickly but remains firm, add a tablespoon of water and stir. As a suggestion, serve as the bed for the Lemon Caper Chicken in the main dishes section. Enjoy!



Quinoa, Cucumber, & Basil Salad

INGREDIENTS:

1 package grape tomatoes (sliced in half)
1 cup red wine vinegar
1 teaspoon Balsamic glaze
1/2 cup Feta cheese (exclude to make vegan)
1 English cucumber (sliced in quarters;
1/4 inch thickness)
1 cup fresh basil leaves (chopped)
1 cup quinoa
1/4 teaspoon ginger
Salt and pepper to taste
Mini bread toast (optional)

PREP TIME:

20 minutes

Refrigerate 1 hour before serving

SERVINGS:

Makes roughly 7 servings



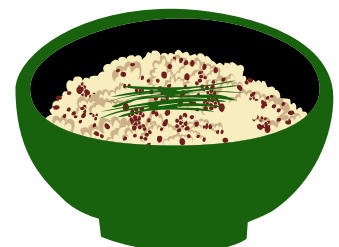
GLUTEN FREE

DIRECTIONS:

Cook quinoa according to package instructions. Remove from heat and allow it to cool.

In the meantime, wash the tomatoes, cucumber, and basil and cut them according to the recommended sizes above. In a mixing bowl, generously add vinegar, Balsamic glaze, ginger, and salt and pepper to taste. Refrigerate for at least an hour. Serve over mini bread toast (optional). Place additional basil or glaze on top of toast if desired.

Refrigerate up to one week.



Smoky Baked Beans

INGREDIENTS:

16 ounce package dried Kidney beans (soaked overnight)
1/2 package Hickory smoked bacon (about 7 strips)
1 pound ground beef (85% lean)
3 cups apple juice
2 cups tomato puree
1/2 cup light brown sugar
1/4 cup yellow mustard
1 teaspoon allspice
1 teaspoon cardamom
1 tablespoon ground garlic powder
1 tablespoon ground ginger
1 teaspoon ground cinnamon

COOK TIME:

7 hours in a crock pot on high heat

PREP TIME:

Two days (one to soak beans)
(one day to prepare)

SERVINGS:

Makes approximately 13 servings

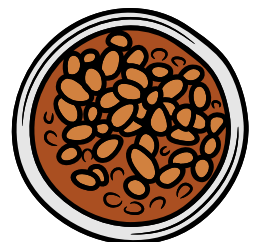
GLUTEN FREE

DIRECTIONS:

The night prior, take the package of beans and place them in a large bowl with at least 5 cups of water to saturate. In the morning, they will appear larger and slightly rugged in texture. Drain the beans and place them in the crock pot on high heat (4 to 5 hour setting). Add 3 cups of apple juice. Meanwhile, cook the bacon according to the package instructions. Once bacon is cooked, place on paper towels to absorb extra grease and cool.

Add beef to the pan and season with the garlic powder, salt and pepper, and cinnamon. Brown meat until well cooked, about 10 minutes. Place aside.

Cut bacon into pieces and add to the crock pot. Drain the fat from the beef and add to the crock pot. Add the tomato paste, brown sugar, mustard, allspice, cardamom, and ginger to the mixture. Stir occasionally (every hour). Cook beans until they soften approximately 7 hours in the crock pot.



Whipped Mashed Potatoes

INGREDIENTS:

3 pound bag of gold potatoes
1 8 ounce container sour cream
1 stick of unsalted butter (8 tablespoons)
1 tablespoon garlic powder
Salt and pepper to taste
1 cup Mexican shredded cheese blend
1 teaspoon chives (optional)

COOK TIME:

40 minutes

SERVINGS:

Makes approximately 12 servings

GLUTEN FREE

DIRECTIONS:

Peel potatoes. Cut into halves. Boil over heat for roughly 40 minutes or until potatoes are tender. Drain potatoes. In a mixing bowl add all ingredients. Mix with blender for 3 minutes until creamy. Garnish with chives on top if desired. Serve immediately.



Main Dishes



Prime Rib Roast

INGREDIENTS:

7 pound fresh prime rib roast
2 tablespoons crushed sea salt
2 tablespoons crushed black peppercorns
2 tablespoons ground garlic powder
1/2 stick unsalted butter (4 tablespoons)

COOK TIME:

4 1/2 hours including prep time

SERVINGS:

Makes approximately 7 servings

GLUTEN FREE

DIRECTIONS:

Pat prime rib roast dry with paper towels. Using a roasting pan place prime rib roast in the center. Season all sides of the prime rib roast. Place in a cool oven at 250 degrees. Cook for 3 1/2 hours or until temperature reaches 120 degrees.

Remove from oven and melt 1/2 stick of butter. Baste all sides of the roast. Turn oven to at least 490 degrees. Cook for twenty minutes until reaching an internal temperature of 135 degrees (medium). As a serving suggestion, pair with whipped mashed potatoes.



Lemon Caper Chicken

INGREDIENTS:

2 pounds thin boneless chicken breasts
1 fresh lemon (cut into slices)
5 tablespoons unsalted butter
7 garlic cloves (whole)
1 tablespoon dried rosemary
1 jar (3.5 ounces) capers
1/4 cup Marsala cooking wine
1/4 cup Sherry cooking wine
1/3 cup whole milk
1/2 pint grape tomatoes (sliced)
1 cup spinach
1/3 cup fresh shaved cheese blend (asiago, romano, parmesan, such as Belgioioso)

COOK TIME:

20 minutes (5 minutes prep time)

SERVINGS:

Makes roughly 7 servings

COOKING TIP:

Optimal cooking method is using an electric skillet set to 250 degrees. If not using an electric skillet, ensure your pan remains on low heat to prevent the chicken from sticking/burning

GLUTEN FREE

DIRECTIONS:

Peel garlic cloves. Wash and slice tomatoes in half. Wash and slice lemon. Set aside. Cut butter into slices and place throughout the electric skillet. Heat to 250 degrees. Add the garlic and stir for one minute. Add the chicken to the pan. Salt and pepper chicken, then add the rosemary. Pour the Marsala and Sherry wine into the pan. Add the lemon, capers, and tomatoes. Cook for about 5 minutes with the lid. Remove lid then add the milk, shaved cheese, and spinach. Keep on low heat covered, stirring occasionally. Cook until chicken reaches an internal temperature of 165 degrees, about 20 minutes.

Mix sauce. Serve chicken. As a serving suggestion, pair with the asparagus and mushroom risotto.



Italian Sausage & Peppers

INGREDIENTS:

1 package mild Italian sausage (1 pound large links)
1 tablespoon ground garlic powder
1 tablespoon Italian seasoning
3 sprigs fresh oregano
10 fresh basil leaves
2 tablespoons Extra Virgin olive oil
1 green bell pepper (diced)
1/2 sweet onion (diced)
1 cup spinach
1/4 teaspoon red pepper flakes

8 ounce package baby portobello mushrooms (sliced)
1/2 cup Sherry cooking wine
2 tablespoons grated parmesan cheese
14.5 ounce can of crushed tomatoes
Salt and pepper to taste
2 cups of pasta of your choice

COOK TIME:

70 minutes (10 minutes prep time)

SERVINGS:

Makes roughly 10 servings

DIRECTIONS:

Add one tablespoon of oil to a skillet. Place Italian sausage in pan. Sprinkle 1 tablespoon ground garlic powder, 1 tablespoon Italian seasoning, and salt and pepper to taste on medium heat. Brown the sausages turning over occasionally until sausage reaches an internal temperature of 165 degrees.

Meanwhile, dice bell pepper, onion, and baby portobello mushrooms. Add 1 tablespoon of oil to a Dutch oven. Add veggies (except spinach). Stir for three minutes. Add 1/2 cup Sherry cooking wine, crushed tomatoes, red pepper flakes, spinach, fresh oregano, and basil leaves. Gradually add parmesan cheese. Cut sausage into small pieces. Add to tomato mixture. Simmer on low to medium heat covered in the Dutch oven for 40 minutes. Mix occasionally.

While the mixture is cooking, cook 2 cups of pasta of your choice according to package instructions. Serve pasta underneath, add sausage and peppers. Garnish with additional cheese or herbs as desired.



Desserts



Mango Marmalade Cake with Almond Buttercream Frosting

INGREDIENTS:

1 1/2 cups all-purpose flour (I use Pamela's Gluten Free Baking Mix)
2 fresh Ataulfo mangos (diced and separated)
2 large eggs
2 teaspoons pure vanilla extract
1/2 cup granulated sugar
1/4 cup orange marmalade jam
1/4 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 cup sour cream
1 stick unsalted butter (8 tablespoons)
1 tablespoon water

BAKE TIME:

40 minutes
60 minutes total time

SERVINGS:

Makes approximately 12 servings

GLUTEN FREE

DIRECTIONS:

With a peeler remove the mango flesh of both mangos. Dice each mango, but keep them separated. Be careful when cutting the mango as it can slip upon slicing. In a saucepan, add one of the diced mangos, the orange marmalade jam, 1 tablespoon of water, 1 teaspoon of pure vanilla extract, and cinnamon. Stir on low heat until the mixture thickens, about 7 minutes. Remove from heat.

In a mixing bowl combine flour, sugar, and ginger. Soften butter for roughly 30 seconds in the microwave. Add 1 teaspoon pure vanilla extract, eggs, butter, and sour cream. Beat on high for 3 minutes until the mixture is creamy. Remove the mixer blades. Slowly fold in the other mango with a spoon. Mix with the spoon until the mango is combined.

Pour the mango marmalade mixture into a glass pan. Slowly fold in the flour mixture. Bake for 40 minutes at 350 degrees or until the toothpick comes out clean.

Make frosting (next page).



Almond Maple Buttercream Frosting

INGREDIENTS:

3 tablespoons unsalted butter
3 cups powdered sugar
5 tablespoons whole milk
1 teaspoon maple syrup
1 teaspoon almond extract

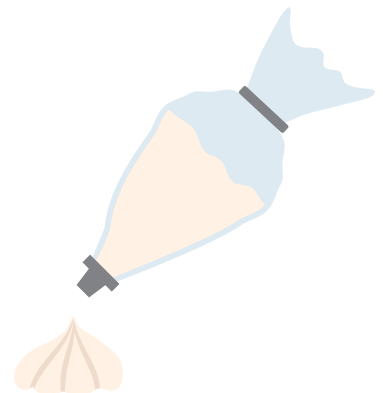
SERVINGS:

Makes approximately 2 cups

GLUTEN FREE

DIRECTIONS:

Pour powdered sugar into mixing bowl. Cut butter into pieces and add to bowl. Add 2 tablespoons of milk. Add maple syrup and almond extract. Beat for one minute. Then add the remaining 3 tablespoons of milk. Beat on high until creamy. Once the mango cake cools, spread across the top.



Matcha Lemon Blueberry Cake

INGREDIENTS:

1 1/2 cups all-purpose flour (I use Pamela's Gluten Free Baking Mix)
1 heaping tablespoon Matcha powder
1/4 cup lemon curd (I use Bonne Maman™)
1/2 cup granulated sugar
1 tablespoon pure maple syrup
1/2 teaspoon cardamom
3/4 stick unsalted butter (6 tablespoons)
2 large eggs
1/2 cup applesauce
2 fresh lemons (squeezed)
2 cups wild blueberries
1 teaspoon pure vanilla extract
Powdered sugar (optional)

SERVINGS:

Makes approximately 12 servings

BAKE TIME:

35-40 minutes

GLUTEN FREE

DIRECTIONS:

Set oven to 350 degrees. In a mixing bowl add flour, Matcha powder, granulated sugar, and cardamom. Stir well with a spoon until combined. Soften butter for about 1 minute in the microwave. Add applesauce, vanilla, and the lemon curd. Squeeze the lemons and add to the mixture. Add butter and eggs. Beat on high for two minutes with a mixer. Remove mixer and slowly fold in blueberries with a spoon to combine the batter. Place batter in pan. Bake for approximately 35 to 40 minutes until the cake comes out clean with a toothpick.

Sprinkle powdered sugar on top if desired.



Strawberry Chocolate Mousse

INGREDIENTS:

1 pound fresh strawberries
1 7 ounce jar Nutella™
1/4 cup powdered sugar
2 cups heavy cream
1/4 cup whole milk
1 tablespoon pure vanilla extract

PREP TIME:

5 minutes (freeze overnight or
at least 5 hours)

SERVINGS:

Makes approximately 8
servings

GLUTEN FREE

DIRECTIONS:

Clean and cut the tops off the strawberries. In a blender add cream, milk, frozen strawberries, powdered vanilla extract, and Nutella.™ Blend for three minutes. Remove from blender and freeze in cups. Place in the freezer for at least five hours. Recommended to freeze overnight and enjoy the next day.



Is this time for a shameless self-promotion? Hey, you can't blame a girl for trying! As your taste buds ignite with the pure sweetness of this simple treat, *ignite the valor in you!*

Check out my new album, **Meridiani** told in song and story.



Have a wonderful holiday season! Enjoy the culinary creations you will make spending time with all the special people in your life. Not only will your utensils smile at you, but the faces of your loved ones as they savor the tasty food you prepare this holiday season.

This year my kitchen received a few updates. In the spring, I painted a fresh coat on the kitchen walls with a color called Cotton Linen, purchased the coffee bar sign on clearance that says “love is brewing” underneath, and added a new “tile” backsplash....in progress. Covering up the old outdated tiles with this peel-and-stick version is coming along nicely, but as you can see it remains exceptionally clean and partially updated!

Let's see if I can finish the backsplash by the time the 2025 holiday recipe book comes out. You know what they say, “When life gives you lemons, make something sweet.” Ahh, refreshing.



Happy Holidays



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The story continues on...



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