

CENTERBROOK RECIPES

April 2020

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Paleo Almond Flour Pizza Crust

Sarah Afragola, recipe from Meal Garden

Ingredients

2 cups almond flour/meal, Bob's Red Mill
2 medium eggs
2 tbsp. extra virgin olive oil
1 tsp. salt

Instructions

1. Mix all the ingredients together to form a dough.
2. Preheat the oven to 350°F.
3. Lightly oil two pieces of parchment paper.
4. Put the dough between the two pieces of parchment paper and roll it until desired thickness.
5. Moved the pizza and bottom piece of parchment paper to a pizza tray.
6. Bake for 10-15 minutes – until middle is cooked.
7. Take out of the oven. Put all of your desired pizza topping on it.
8. Put the pizza back in the oven for about 15 minutes – until the veggies are cooked and the cheese is bubbling. Enjoy!

Florentine Chicken Ring

Rene Brakels, recipe by Gwynne Widlicka, a friend of Kimberly Brakels

Ingredients

10 oz. cooked chicken
1/2 cup red bell peppers, chopped
10 oz. frozen spinach, thawed and drained
1 cup shredded cheddar cheese
1/3 cup mayonnaise
1 tsp. lemon zest
1/2 tsp. salt
1/8 tsp. nutmeg
Refrigerated crescent rolls

Directions

1. Preheat oven to 375.
2. Add chicken to chopped bell pepper along with spinach, cheese, mayo, lemon zest and nutmeg. Mix well.
3. Unroll crescent dough, separate into triangles. Arrange triangles in circles on 2 pie plates with wide ends of triangles overlapping in center, and points toward the outside.
4. Scoop chicken mixture evenly onto widest end of each triangle. Bring outside points of triangles up over filling and tuck under wide ends of dough at center of ring.
5. Bake 20–25 minutes, or until golden brown.



Pumpkin Chocolate Chip Cookies

Jill Cartagena, recipe adapted from Betty Crocker

Dry Ingredients

4-1/2 cups flour
2 cups sugar
2 tsp. allspice
1 tsp. nutmeg
1/2 tsp. cloves
2 tsp. baking soda
1 tsp. salt
2 cups chocolate chips

Wet Ingredients

1 16 oz. can pumpkin
1 cup canola oil
2 eggs
2 tbsp. milk
1 tsp. vanilla

Directions

1. Preheat oven to 375 degrees. Grease cookie sheet.
2. Mix all dry ingredients, then add the wet. Add chocolate chips last.
3. Spoon on to cookie sheet. Bake 14 min. Cool. Enjoy!



Vegetarian Buffalo Cauliflower Wing Dip

Caitlin Fearon, recipe from Kara Lydon Nutrition

Ingredients

1 head cauliflower, chopped into florets
1 tablespoon olive oil
1/8 teaspoon salt
1/8 teaspoon pepper
4 ounces cream cheese
1 cup plain Greek yogurt
1/2 cup Frank's hot sauce (or Buffalo wing sauce)
1 tablespoon ranch seasoning
3/4 cup shredded mozzarella cheese, divided
1/4 cup crumbled blue cheese (optional)
Sliced green onion for garnish (optional)
Carrot and celery sticks and/or tortilla chips for serving

Directions

1. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.
2. Toss cauliflower florets with olive oil, salt and pepper on baking sheet. Bake for 15–20 minutes, or until tender and slightly browned. When cauliflower is done, lower oven temperature to 350 degrees F.
3. Add roasted cauliflower to food processor and pulse until finely diced. Add cream cheese, yogurt, hot sauce, ranch seasoning and 1/2 cup mozzarella to the food processor and pulse until smooth and creamy.
4. Transfer cauliflower mixture to a baking dish. Top with remaining mozzarella and optional blue cheese. Bake for 25–30 minutes, or until mixture is heated through.
5. Remove from oven and garnish with sliced green onion and serve with carrot and celery sticks and/or tortilla chips.

Almost No-Knead Sourdough Bread

Derek Hayn, original recipe from America's Test Kitchen

Notes

This is the most straightforward sourdough recipe I've found. There are long rise times, but it's really just mix, rise, fold, rise, bake—hardly any work. The mix of white and wheat flour is a nice mix (all wheat doesn't rise as well). For the best results, weigh your ingredients. Don't wait until the oven has preheated in step 4 to start your timer or the bread will burn. You may have to adjust for shorter rise times in the summer and longer in the winter, depending on your location and kitchen temperature/humidity.

Ingredients

220g King Arthur all-purpose flour
207g King Arthur whole wheat flour
1-3/4 teaspoons salt
11 oz water, room temperature
90g mature sourdough starter

Instructions

1. Whisk flour and salt together in a large bowl. Whisk room-temperature water and starter in a separate bowl. Add water and starter mixture to flour mixture and stir using the handle end of a wooden spoon until dough comes together into a shaggy ball and no dry flour remains. Cover bowl loosely and let sit at room temperature for at least 12 hours.
2. Transfer dough to lightly floured counter and knead 10–15 times. Shape dough into ball by pulling edges into middle. Transfer dough, seam side down, to center of a sheet of parchment paper. Pick up dough by lifting parchment edges and lower into heavy bottomed Dutch oven. Cover loosely with plastic wrap.
3. Let rise 2–3 hours. You can speed this process along by placing the Dutch oven into a (cold) oven with 3 cups of boiling water in a pan below. The steam will raise the humidity and temperature of the oven and help with the rise. Dough will again double in size.
4. Remove water pan from oven. Lightly flour top of dough and, using razor blade or sharp knife, make a 1/2-inch-deep slit along top of dough. Cover Dutch oven with the lid (be sure to discard any plastic wrap) and place on middle of rack in oven. Heat oven to 425 degrees. Bake bread for 30 minutes (starting timing as soon as you turn on oven).
5. Remove lid and continue to bake until loaf is deep brown and registers over 200 degrees, 20–30 minutes longer. The more you bake, you'll be able to tell the bread is done by the sound it makes when you tap on the bottom. Carefully remove bread from pot to cool on a wire rack. I know it's hard, but do try to let it cool for a half-hour or so. The loaf will stay warm for at least an hour.



Dark Chocolate Banana Bread

Leslie Henebry

What makes this recipe a keeper is that it uses a lot of overripe bananas. Not just 2 or 3, but the giant bunch that got away from you on the counter. The best bananas to use are so ripe they smell like alcohol and have shrunk from their original size to almost half. Even better, this recipe uses no eggs and sneaks wheat flour past unsuspecting wheat flour haters. The trick is using really good cocoa powder.



Ingredients

2 cups overripe mashed banana
2-1/2 tsp. pure vanilla extract
1 tbsp. vinegar (white vinegar or rice vinegar)
1/4 cup oil (your choice, neutral flavored)
2/3 cup pure maple syrup
1/2 cup dark cocoa powder*
1-3/4 cup whole wheat flour**
1 tsp baking soda
3/4 tsp baking powder
3/4 tsp salt
1/2 cup dark chocolate chips

**Cocoa Barry Extra Brute is worth the splurge. (Cocoa Barry is a division of Callebaut). Mild mannered Hershey's will not give the same effect. Try making identical smoothies, one with mild cocoa and one with Cocoa Barry Extra Brute. You'll be sold on it.*

***Regular all-purpose flour will also work, or a mix of flours, your choice.*

Directions

1. Preheat oven to 350 degrees F and grease a 9x5 loaf pan.
2. Mix all of the wet ingredients together in a large mixing bowl until combined, but don't worry about those pea-sized pieces of banana in there; they don't have to be perfectly pureed.
3. Combine the flour, baking soda, baking powder, salt, cocoa powder, and chocolate chips in a separate bowl and then fold gently into the wet mixture in the large bowl.
4. Transfer to the loaf pan and spread gently to even the batter into the corners. Sprinkle additional chocolate chips on top if desired.
5. Bake 45 minutes, then turn off the oven, but do not open the door. Let sit 10 additional minutes in the closed oven before removing. A toothpick inserted into the center of the batter should come out clean.

Roasted Fall Veggie Bowl with Green Tahini Sauce

Mark Herter, recipe from Delish

Ingredients

1-1/2 cups semi-pearled farro
2 cups butternut squash, cubed
2 cup baby bello mushrooms, quartered
2 cup Brussels sprouts, quartered or halved
6 tbsp. extra-virgin olive oil, divided
Kosher salt
Freshly ground black pepper
Juice of 1-1/2 lemons
1 small clove garlic, minced
2 tbsp. tahini
1/4 cup fresh parsley leaves

Directions

1. Preheat oven to 425° and cover two baking sheets with aluminum foil.
2. Place farro in a large saucepan and cover with cold water. Let soak 15 minutes, then drain, return to pan, and cover again with water. Bring to a boil and let simmer 15 minutes. Drain and spread out on a paper towel-lined baking sheet to let cool.
3. Arrange vegetables on prepared baking sheets and drizzle with 3 tablespoons olive oil. Season with salt and pepper and toss to coat. Roast until golden and tender, 18 minutes. Remove from oven and let cool slightly.
4. Make dressing: Meanwhile, in a mini food processor or blender, combine lemon juice, garlic, tahini, parsley, and remaining olive oil. Add 3 tablespoons water to achieve thinner consistency and season with salt and pepper.
5. In a large bowl, toss together farro and roasted vegetables.
Divide into serving bowls and drizzle with dressing.

Grammie's Potato Casserole

Chris Hill, recipe by Joan B. Hill

The ultimate comfort food and super easy to make.

Ingredients

5 lbs. Yukon Gold potatoes (about 9 large)
1 8oz cream cheese
1 cup sour cream
2 tsp. onion salt
1 tsp. pepper
2 tbsp. butter

Directions

1. Peel, cut and boil potatoes.
2. Mash and mix in other ingredients, except the butter.
3. Cool in a buttered 13" x 9" casserole dish. Top with pats of butter.
4. Bake in 350F oven for 30–40 minutes.

Turrón De Alicante

Kas Leiva, recipe by various contributors

Ingredients

150 g Honey
150 g Sugar
250 g Almonds – peeled
and toasted
1 Egg white
Wafer paper sheets (optional)

Directions

1. Pick a rectangular mold or baking pan that will accommodate the dimensions of the turrón you intend to make. Line it with a long sheet of greaseproof baking paper lengthwise, then crosswise with another paper sheet. Cover the bottom with a wafer paper sheet. Leave the rest of the wafer sheets aside for later.
2. Heat a saucepan with honey and sugar. Stir continuously. Bring to boil and leave heat on for a few minutes, then remove from heat.
3. Add egg white to the mix, stirring constantly so that it does not set. Bring it back to the heat over a low temperature and keep stirring until achieving a caramel-like texture.
4. Add almonds. Continue stirring until all the ingredients are well blended. Remove from the heat and let cool.
5. Pour the mix into the mold until you have a 2cm thick base. Cover with another wafer paper sheet. Put pressure on top for even distribution of mix. Let cool.
6. Ready to eat!



My Favorite White Bread

Ben Mayne, recipe from Brown Eyed Baker

Ingredients

4-1/2 teaspoons instant yeast
(two 0.25-ounce packets)
3/4 cup + 2-2/3 cups warm water (divided)
1/4 cup granulated sugar
1 tbsp. salt
3 tablespoons unsalted butter, cubed,
at room temperature
9 to 10 cups all-purpose flour
3 tablespoons unsalted butter melted, for brushing

Directions

1. In the bowl of a mixer, stir to dissolve the yeast in 3/4 cup of the warm water, and let sit for 5 minutes. Add the remaining 2-2/3 cups water, sugar, salt, room temperature butter, and 5 cups of the flour and stir to combine.
2. Using a dough hook, mix on low speed and gradually add the remaining flour until the dough is soft and tacky, but not sticky (you may not need to use all of the flour). Continue to knead until a soft ball of dough forms and clears the sides of the bowl, about 7 to 10 minutes.
3. Place the dough in a lightly greased bowl and turn it over so it is completely coated. Cover with plastic wrap and set in a draft-free place to rise until doubled in size, about 45 minutes to 1 hour.
4. Turn the dough out onto a clean, lightly floured surface. Gently press it all over to remove any air pockets. Divide the dough in two and, working with one piece at a time, gently pat it into a 9x12-inch rectangle. Roll up the rectangle, starting on the short end, into a very tight cylinder. Pinch to seal the seams and the ends, tuck the ends of the roll until the bread, and place into greased 9-inch loaf pans. Cover the loaves loosely and place in a draft-free area until doubled in size, 30 to 45 minutes.



5. Position an oven rack on the lowest setting and preheat the oven to 400 degrees F.
6. Brush the loaves with some of the melted butter. Bake the loaves for 30 to 35 minutes, rotating halfway through, until golden brown (an instant-read thermometer inserted into the center should read 195 degrees F).
7. Remove from the oven and immediately brush with more of the melted butter. Allow to cool for 10 minutes, then remove from the pans and cool completely before slicing. The bread can be stored in an airtight bread bag or wrapped tightly in plastic wrap at room temperature for up to 4 days. It can also be frozen for up to 1 month.

Recipe Notes

1. This recipe can be halved to make only one loaf.
2. You can substitute active dry yeast for the instant yeast. Ensure that it is indeed activated in step #1 before continuing, and note that the rise times will be slightly longer.

Lemon Chicken Quinoa Soup

Chuck Mueller, recipe from 12 Tomatoes

Ingredients

2 cups cooked chicken, cubed or shredded
2 cups carrot, chopped
1 cup onion, chopped
1 cup celery, chopped
6 cups low-sodium chicken stock
1 cup milk
1/2 cup flour or cornstarch
1/2 cup quinoa, uncooked
1/4 cup freshly squeezed lemon juice
2 tablespoons extra-virgin olive oil
3 cloves garlic, minced
2 bay leaves
2 teaspoons lemon zest, plus fresh lemon, sliced, garnish
1 teaspoon tarragon
1 teaspoon chives
1/2 teaspoon red pepper flakes, optional
kosher salt and freshly ground pepper, to taste

Directions

1. Heat olive oil in a large stock pot over medium-high heat and sauté carrot, celery and onion for 8-10 minutes, or until softened.
2. Add garlic and red pepper flakes and cook for 1 minute, or until fragrant, then pour in chicken stock. Add bay leaves and tarragon, and season generously with salt and pepper.
3. In a separate bowl, whisk together cornstarch and milk until you've formed a smooth slurry. Pour slurry into soup and stir until incorporated completely.
4. Bring mixture to a boil and pour in quinoa.
5. Reduce heat to medium-low and cook for 20 minutes, or until quinoa is tender.
6. Stir in chicken, lemon juice and zest, and chives, then cook for another 5-10 minutes.
7. Ladle into serving bowls and serve hot, topped with fresh lemon slices.

Jamaican Jerk Marinade for Chicken or Pork

David O'Connor

Makes marinade for 5 to 6 pounds of meat

Ingredients

1 Scotch bonnet pepper (or habaneros), with seeds, chopped (add more for more heat)
1-1/2 medium onions chopped
4-6 cloves of garlic lightly chopped
6 stalks of green onion (scallions) chopped
8-12 stalks of fresh thyme leaves (leave on stalks)
1-1/2" bump of fresh ginger
(2 teaspoons of ground ginger)
4 tablespoons of soy sauce
4 tablespoons extra virgin olive oil
(add more to liquefy marinade)
7 teaspoons of ground allspice
3 teaspoons salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Directions

1. Combine all ingredients in a food processor to create marinade. Marinade should have the consistency of ketchup (it will not be smooth like a puree).
2. Add to meat and marinate for a minimum of 1 hr, best if left overnight in the refrigerator.
3. Cook meat on direct medium heat and serve hot.

Tips

1. Use excess marinade to baste meat when cooking.
2. Best results are with a charcoal grill, but can also be done on a gas grill.



Mark's Easy Gazpacho

Mark Simon

Ingredients

1-1/2 Qts. V8 Juice
1 large clove of garlic (or 3-4 regular cloves)
3-4 tbsp. virgin olive oil
2 tsp. cumin
1 cucumber, peeled and seeded
1 red bell pepper, seeded
Dash of powdered red pepper (cayenne)
Salt and pepper to taste

Directions

1. Blend all of the above in a Cuisinart or blender until smooth
2. Chill well before serving
3. Serve with bowls of garnishes: chopped sweet onion, chopped red pepper, chopped cucumber (peeled and seeded), chopped ripe tomatoes (seeded)

Aunt Norma's Cherry Squares

Aaron Trahan, recipe by Aaron's aunt

Ingredients

3 sticks of butter (softened)
1-1/2 cups of sugar
3 cups of flour
3 eggs
1-1/2 teaspoons of vanilla extract
1 cup chopped walnuts
1 can of cherry pie filling

Directions

1. Preheat oven to 350 degrees.
2. Mix the sugar, eggs and butter.
3. Add in flour, vanilla and walnuts.
4. Spread 3/4 of the batter into an ungreased 9" x 14" pan.
Then spread pie filling evenly on top. Dot remaining batter on top
(make little batter islands in the cherry filling).
5. Bake for approximately 45 mins. or until edges are golden brown and
"islands" are firm and no long doughy.

Try not to eat entire pan.

Traditional Venezuelan Arepas

Patricia Valdez

These are the classic, traditional Venezuelan arepas to be eaten with your favorite filling. (Pictured: beef, avocado)

Ingredients

PAN arepa dough
(find it on Amazon or
Latino markets)
Water
Salt

Directions

1. Pour the water in a bowl.
2. Add the flour and mix with your hands until well incorporated.
3. Form balls of dough according to the size of your palm and make it flat about 3/4 inch and make a round shape with your hand.
4. Place into a pan and cook it in low to medium heat for about 8 min. Then flip it and cook them for 8 minutes more.
5. They will be ready when they look crispy.
6. Open each arepa, spread butter and fill it with any food you want. In this case I chose beef, but you can fill them with cheese, fish, chicken.



Hearty Winter Chili

Andrew Wait, recipe by various contributors

Ingredients

- 2 Vidalia onions
- 4 bell peppers
(vary color as desired)
- 2 lbs. ground beef
(85% or 90% lean recommended)
- 30 oz. beans
(vary as desired – pinto, black, etc.)
- 30 oz. tomato sauce
- 6 oz. tomato paste
- Spices and seasoning as desired
(cumin, paprika, etc.)

Directions

1. Dice the onions, about the size of a quarter. Simmer on low heat until onions start to become translucent.
2. Dice the peppers and combine with the onions. Before the peppers become soft, transfer to an eight-quart pot and continue to simmer on low heat.
3. Brown the ground beef, adding salt and other spices.
4. While the beef is browning, add the beans, tomato sauce, tomato paste, and spices to the pot with the onions and peppers. Taste, and add additional spices as required; a healthy amount of salt, a small, finely chopped carrot, or generous tablespoon of brown sugar can help mediate the strength of the tomato in the chili.
5. Add the browned beef to the pot. A slotted spoon or spatula work best.
6. Taste the chili, and add additional spices and seasonings as desired. When in a rush, the chili can be served at this point. Additional simmering for 5-10 minutes can help to better distribute flavor, but be careful to avoid overcooking the peppers. The slightest hint of crunch helps make this meal especially hearty and filling.

Enjoy your chili as prepared, or serve alongside bread and with cheese on top.

