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Subject: some eats to start

Posted by [rick](#) on Sun, 11 Jun 2006 10:55:54 GMT

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### Fajita Marinade

1 cup soy sauce

1-2 heaping tps. roasted garlic puree. (8oz. Christopher Ranch

Juice of 1 lemon.

1-2 tps. ground fresh ginger.

1-2 tps. pepper mix (chipotle, cayenne etc).

1 skirt steak (if you can find them) or flank steak.

Marinate meat 1 hour to overnight (4 is good for chicken breast)  
veggies 20 minutes prior to cooking. Grill over very high heat (bbq)  
on a bbq wok (a frying pan full of holes). I've seen them at bed bath  
and beyond, meijers etc. For additional flavor add a couple of chunks  
of your favorite wood for smoke

### Enchilada Sauce

2 tbs. olive oil

1-6 oz. can tomato paste

1 small onion chopped

2 heaping tbs. roasted garlic paste (1 jar Christopher ranch roasted

4 tbs. butter

4 tbs. flour

3 cups chicken or beef broth

1 tps. Oregano

1 tps. cocoa baking powder

1 lb. Sweedish Fontina Cheese cut into 1"2 cubes

1 pkg LaTortilla Rosemary Wraps

1 cup grated Asiago/Kasseri cheese.

for 3-4 minutes , add garlic paste, butter stir to mix. Add flour,  
stir and heat for 3-4 minutes. Add oregano, chile mix and cumin mix  
till incorporated. Add broth stirring till mixed smooth and add

cocoa. Bring to boil and simmer for 10 minutes. Remove from heat and chill 1 hour to overnight.

For beef brown a chuck roast on both sides in a dutch oven. Preheat

for 2 hrs. Use liquid for the above stock. As an alternative you can off fire cook/smoke (oak for the smoke. If you have a piece of unfinished oak trim around this works great.) the beef on the grill for one hour. Then transfer to the dutch oven and roast for 1 hour in the oven at 350F.

meat and add the cubed Fontina cheese. In a 12" pan brown the rosemary wraps and fill with an appropriate amount of filling and place in a (glass preferably) baking pan.

Spoon the rest of the sauce on top of the enchiladas and sprinkle with the grated cheese and bake in a 375F oven till heated and the cheese is lightly browned.

## BURGERS

1 LB. GROUND CHUCK  
2 TBS A-1 STEAK SAUCE  
1 TBS WORSCHESTSHIRE SAUCE  
1 TPS SALT  
1 TPS PEPPER

LOOSELY MIX ALL INGREDIENTS AND REFRIDGERATE FOR 1 TO 4 HOURS. GENTLY MAKE PATTIES BEING CAREFUL NOT TO OVER PRESS.

LIGHT FIRE AND ADD ONE STICK OF OAK OR MAPLE WOOD. SPRAY BBQ WOK WITH PAM AND PLACE ON GRILL FOR 5 MINUTES TO PREHEAT. COOK TO DESIRED DONENESS.

### Topping

1/2 Cup Mayo  
1 Tbs A-1  
2 Tbs. Mrs. Renfros green salsa

1 slice Fontina  
1 slice Pepperjack (or any yellow cheese of choice)  
1 slice of red onion  
1 slice ripe tomato  
1 Kaiser roll toasted on grill  
construct

### Asparagus with red onion salad

1 bunch asparagus blanched for 2 minutes then chilled in ice water bath.

1 red onion thinly sliced.

4 Tbs balsamic vinegrette.

### Balsamic Vinegrette

1/2 cup EV Olive oil

1/4 cup Colavita Sweet Balsamic vinegar

1 tsp black pepper

1 tsp coarse ground salt

1 tbs dried basil

Mix

### SLAW Vinegrette

1/2 cup white vinegar

1/2 cup cider vinegar

1 cup sugar

1 tsp salt

1 tsp pepper

blend till solids are dissolved

### SEAFOOD SAUCE

1-2 tbs Mrs. Renfro's green salsa

### SMOKED CORN VEGGIE MEDLEY

3 EARS OF CORN

3 SMALL ZUCCINNI HALVED

1 RED ONION HALVED

### GRAPE TOMATOS

BLACK OLIVES

4 CLOVES ROASTED GARLIC MINCED

2 TSPS MRS. RENFRO'S GREEN SALSA

SALT AND PEPPER

BRUSH CORN, ZUCCINNI AND ONION WITH OLIVE OIL AND SEASON WITH SALT AND PEPPER. GRILL OVER HOT COALS WITH 2 PCS. OF WOOD FOR SMOKE TILL WELL CARMELIZED. REMOVE AND LET COOL TO ROOM TEMP.

AND THE SAME TO THE ONION. ADD OLIVES, GRAPE TOMATOS, GARLIC, THE JUICE FROM THE GRILLED LIME AND THE MRS. RENFRO'S. MIX ; SERVE WARM OR CHILLED.

### Guacamole

1 Avacado cut into 1/2" pieces

1/4 cup dices fire roasted tomatos  
1 tsps Sambol  
Juice of 1/2 lemon

Barley Salad Vinaigrette  
1 cup quick pearled barley  
1 tsp salt  
2 cups boiling water  
2 cups mushroom slices  
1 cup thin carrot slices

1/3 cup lemon juice

1 tsp prepared mustard

1/8 tsp pepper

Cook barley in salted water according to package instructions. Drain, cool. Combine barley, mushrooms carrot and onion. Add combined remaining ingredients, mix well. Chill about 3 to 4 hours.

## PUMPKIN PIES

4 Cups pumpkin  
8 Eggs Separated  
2 Cups sugar  
4 Cups milk  
2 Tps salt  
3 Tps ginger 3 tbs if fresh grated ginger  
3 Tps nutmeg  
6 Tps cinnamon  
8 Tbs butter  
4 Pkgs gelatin  
1 Cup cold water

Place pumpkin in saucepan over medium heat. Mix in egg yolk, sugar and milk stirring and add to this the butter and spices. Heat until the mixture thickens and bubbles (15 to 20 minutes). Remove from heat and add dissolved gelatin/water until well blended and chill till cold.

Beat egg whites until stiff adding gradually the powdered sugar. Fold this into the chilled pumpkin mixture and add to pie shells.  
Chill overnight

## Pineapple Cream Pies

4 Pies		2 Pies	
2 TBS	Flour	1 TBS	
6 TBS	Cornstarch	3 TBS	(heaping) Mix
2 Cans pineapple)	Pineapple	1 Can	(sub fresh
6 + 2 Mix	Egg yolks/whites	3 + 1	

#### TOPPING

4	Egg whites	2
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1 TBS	Vanilla	1 TPS
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Beat eggs and sugar until very thick then add (fold) sour cream and vanilla. Pour onto pies and chill overnight.

#### Apple Pie

3 Fuji apples peeled cored and diced.  
 1/3 cup brown sugar /alt/ 1/3 cup honey + 1 1/2 tbs. maple syrup  
 3 tbs. unsalted butter

1/8 tps. Cinnamon  
 1/8 tps. Nutmeg

1 pkg. peanut butter/chocolate chips  
 2 pie crusts  
 1 egg beaten

minutes. Add salt, cinnamon, nutmeg and cook another 2 minutes. Add cornstarch, stir for one minute and remove from heat.

Place first pie shell in pie plate; generously poke with fork on bottom and sides then brush with eggwash. Cover the bottom of the shell with a single layer of the peanut butter/ chocolate morsels then add apple mixture over ships. Now sprinkle another layer of the

morsel over the apples and cover with second pie crust and brush with the eggwash covering completely. Cut slits in top crust approx. 1" apart and bake 10 minutes in a 450\* oven. Reduce temperature to 350\* and bake for 35 minutes more. If edge crust is getting to browned then cover the edge with tin foil for the remainder of the baking time.

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Subject: Re: some eats to start  
Posted by [Bill Lorentzen](#) on Sun, 11 Jun 2006 15:32:23 GMT  
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My mouth is watering.

My seafood sauce is simple: equal parts mayo + ketchup; cayenne to taste.

That's all I got.

Bill

"rick" <parnell68@hotmail.com> wrote in message  
news:irpn825st5sauo9gf63p3h23n9g2lbujrg@4ax.com...

> Fajita Marinade

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> 1 cup soy sauce

> 1-2 heaping tps. roasted garlic puree. (8oz. Christopher Ranch

> Juice of 1 lemon.

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> veggies 20 minutes prior to cooking. Grill over very high heat (bbq)

> on a bbq wok (a frying pan full of holes). I've seen them at bed bath

> and beyond, meijers etc. For additional flavor add a couple of chunks

> of your favorite wood for smoke

>

>

> Enchilada Sauce

>

> 2 tbs. olive oil

> 2-3 tbs. pepper mix (your favorite ground dried peppers.I make my own)

> 1-6 oz. can tomato paste

- > 1 small onion chopped
- > 2 heaping tbs. roasted garlic paste (1 jar Christopher ranch roasted
- > 4 tbs. butter
- > 4 tbs. flour
- > 3 cups chicken or beef broth
- > 1 tps. Oregano
- > 1 tps. cocoa baking powder
- > 1 lb. Sweedish Fontina Cheese cut into 1"2 cubes
- > 1 pkg LaTortilla Rosemary Wraps
- > 1 cup grated Asiago/Kasseri cheese.
- >
- > for 3-4 minutes , add garlic paste, butter stir to mix. Add flour,
- > stir and heat for 3-4 minutes. Add oregano, chile mix and cumin mix
- > till incorporated. Add broth stirring till mixed smooth and add
- > cocoa. Bring to boil and simmer for 10 minutes. Remove from heat and
- > chill 1 hour to overnight.
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- > For beef brown a chuck roast on both sides in a dutch oven. Preheat
- > for 2 hrs. Use liquid for the above stock. As an alternative you can
- > off fire cook/smoke (oak for the smoke. If you have a piece of
- > unfinished oak trim around this works great.) the beef on the grill
- > for one hour. Then transfer to the dutch oven and roast for 1 hour in
- > the oven at 350F.
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- > meat and add the cubed Fontina cheese. In a 12" pan brown the
- > rosemary wraps and fill with an appropriate amount of filling and
- > place in a (glass preferably) baking pan.
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- > Spoon the rest of the sauce on top of the enchiladas and sprinkle with
- > the grated cheese and bake in a 375F oven till heated and the cheese
- > is lightly browned.
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- > BURGERS
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- > 1 LB. GROUND CHUCK
- > 2 TBS A-1 STEAK SAUCE
- > 1 TBS WORSCHTSHIRE SAUCE
- > 1 TPS SALT
- > 1 TPS PEPPER
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- > LOOSELY MIX ALL INGREDIENTS AND REFRIDGERATE FOR 1 TO 4 HOURS. GENTLY
- > MAKE PATTIES BEING CAREFUL NOT TO OVER PRESS.

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> LIGHT FIRE AND ADD ONE STICK OF OAK OR MAPLE WOOD. SPRAY BBQ WOK WITH  
> PAM AND PLACE ON GRILL FOR 5 MINUTES TO PREHEAT. COOK TO DESIRED  
> DONENESS.

>  
> Topping  
> 1/2 Cup Mayo  
> 1 Tbs A-1  
> 2 Tbs. Mrs. Renfros green salsa

>  
> 1 slice Fontina  
> 1 slice Pepperjack (or any yellow cheese of choice)  
> 1 slice of red onion  
> 1 slice ripe tomato  
> 1 Kaiser roll toasted on grill  
> construct

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> Asparagus with red onion salad  
> 1 bunch asparagus blanched for 2 minutes then chilled in ice water  
> bath.  
> 1 red onion thinly sliced.  
> 4 Tbs balsemic vinegrette.

>  
> Balsemic Vinegrette  
> 1/2 cup EV Olive oile  
> 1/4 cup Colavita Sweet Balsemic vinegar  
> 1 tsps black pepper  
> 1 tsps coarse ground salt  
> 1 tbs dried basil  
> Mix

>  
> SLAW Vinegrette  
> !/2 cup white vinegar  
> 1/2 cup cider vinegar  
> 1 cup sugar  
> 1 tsps salt  
> 1 tsps pepper  
> blend till solids are dissolved

>  
> SEAFOOD SAUCE

> 1-2 tbs Mrs. Renfro's green salsa

>  
> SMOKED CORN VEGGIE MEDLEY  
> 3 EARS OF CORN  
> 3 SMALL ZUCCINNI HALVED  
> 1 RED ONION HALVED



- > GRAPE TOMATOS
- > BLACK OLIVES
- > 4 CLOVES ROASTED GARLIC MINCED
- > 2 TSPS MRS. RENFRO'S GREEN SALSA
- > SALT AND PEPPER
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- > BRUSH CORN, ZUCCINNI AND ONION WITH OLIVE OIL AND SEASON WITH SALT AND
- > PEPPER. GRILL OVER HOT COALS WITH 2 PCS. OF WOOD FOR SMOKE TILL WELL
- > CARMELIZED. REMOVE AND LET COOL TO ROOM TEMP.

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- > JUICE FROM THE GRILLED LIME AND THE MRS. RENFRO'S. MIX ; SERVE WARM
- > OR CHILLED.

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- > Guacamole
- > 1 Avacado cut into 1/2" pieces
- > 1/4 cup dices fire roasted tomatos
- > 1 tsps Sambol
- > Juice of 1/2 lemon

- >
- > Barley Salad Vinaigrette
- > 1 cup quick pearled barley
- > 1 tsp salt
- > 2 cups boiling water
- > 2 cups mushroom slices
- > 1 cup thin carrot slices

- > 1/3 cup lemon juice

- > 1 tsp prepared mustard

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- > Cook barley in salted water according to package instructions. Drain,
- > cool. Combine barley, mushrooms carrot and onion. Add combined
- > remaining ingredients, mix well. Chill about 3 to 4 hours.

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- > PUMPKIN PIES

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- > 8 Eggs Separated
- > 2 Cups sugar
- > 4 Cups milk
- > 2 Tps salt
- > 3 Tps ginger 3 tbs if fresh grated ginger



- > 3 tbs. unsalted butter
  
- > 1/8 tps. Cinnamon
- > 1/8 tps. Nutmeg
  
- > 1 pkg. peanut butter/chocolate chips
- > 2 pie crusts
- > 1 egg beaten
- >
  
- > minutes. Add salt, cinnamon, nutmeg and cook another 2 minutes. Add
- > cornstarch, stir for one minute and remove from heat.
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- > Place first pie shell in pie plate; generously poke with fork on
- > bottom and sides then brush with eggwash. Cover the bottom of the
- > shell with a single layer of the peanut butter/ chocolate morsels then
- > add apple mixture over ships. Now sprinkle another layer of the
- > morsel over the apples and cover with second pie crust and brush with
- > the eggwash covering completely. Cut slits in top crust approx. 1"
- > apart and bake 10 minutes in a 450\* oven. Reduce temperature to 350\*
- > and bake for 35 minutes more. If edge crust is getting to browned
- > then cover the edge with tin foil for the remainder of the baking
- > time.
- >

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Subject: Re: some eats to start  
Posted by [emarenot](#) on Mon, 12 Jun 2006 02:55:29 GMT  
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I haven't eaten all day. I started out in the studio, but ended up in the boat house gettin' her ready to "go over the side." After reading through your recipies, I'm glad my sweetie has some of her homemade meatballs and spag ready to go!

I saved your creations for future reference.  
Cook on dude,  
MR

"rick" <parnell68@hotmail.com> wrote in message  
news:irpn825st5sauo9gf63p3h23n9g2lbujrg@4ax.com...

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- > 1 cup quick pearled barley
- > 1 tsp salt
- > 2 cups boiling water
- > 2 cups mushroom slices
- > 1 cup thin carrot slices



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> Heat until thickened stirring constantly.do not boil. Remove from  
> heat and chill till cold. Spoon into baked pie shells and add.

>  
> TOPPING

> 4 Egg whites 2

> 1 TBS Vanilla 1 TPS

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> Beat eggs and sugar until very thick then add (fold) sour cream and  
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> Apple Pie

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