



## DEEP SQUARE PAN RECIPES



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**DELICIOUS APPETIZERS, DIPS, SOUPS, STEWS,  
MAIN AND SIDE DISHES, SWEETS AND MORE.**

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## Chili Cheese Party Dip

2 (16 oz.) cans refried beans  
2 (16 oz.) cans chili with beans (or chili without beans)  
2 (8 oz.) packages cream cheese, softened  
1 bunch scallion, chopped  
1 (4 oz.) can diced green chilies (or to taste)  
1 (24 oz.) jar salsa (medium heat and chunky, or to taste)  
1 (8 oz.) package shredded Monterey jack cheese  
1 (8 oz.) package shredded mild cheddar cheese

### Directions:

1. Preheat oven to 350°F.
2. Mix the cream cheese and refried beans together well and spread with a spatula into the Square Pan.
3. Spread the 2 cans of chili over the bean mixture.
4. Pour the jar of salsa over the chili.
5. Sprinkle the diced green chilies over the salsa.
6. Sprinkle the onions over the green chilies.
7. Sprinkle both cheeses over the onions.
8. Bake in oven for 30 minutes or until cheese is bubbly.
9. Serve with tortilla chips, Italian bread, or corn chips.

## Beer-Battered Kosher Dill Pickles

1 cup all-purpose flour, plus more for dusting  
1 Tbsp. sugar  
1/8 tsp. baking soda  
1/4 tsp. baking powder  
1/2 tsp. kosher salt  
pinch cracked black pepper  
pinch cayenne  
1/2 cup buttermilk  
1 cup pilsner-style beer  
5 fresh kosher dill spears  
salt and freshly ground black pepper

1. For the batter and pickles: Heat the peanut oil in your Square Pan to 375°F.
2. Whisk together all the dry ingredients for your beer batter.
3. Whisk together the wet ingredients, and then combine with dry ingredients.
4. Pat the pickle spears dry with a paper towel, dust with a little flour, coat with the beer batter. Place in the Fry Basket and lower into hot oil. They are ready in about 2 minutes when they are golden brown.
5. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.
6. Season with salt and pepper. Serve with chilled Horseradish Buttermilk Dip, recipe below.

## Horseradish Buttermilk Dip

1 (2-inch) piece fresh horseradish  
1 lemon, juiced, plus more if necessary  
1/2 cup buttermilk  
1 tsp. Dijon mustard  
1 egg yolk  
3/4 cup blended oil  
1/2 tsp. kosher salt  
Pinch ground white pepper

For the dip: Peel and roughly chop your horseradish root. Puree it in your food processor on high with the lemon juice, buttermilk, Dijon, and egg yolk. If the mixture is not a wet puree, add a few drops of water. Turn the machine to low and drizzle the oil until an emulsion is formed. Taste and adjust with salt, white pepper, and lemon juice, if necessary. Chill until ready to serve.

## Cajun Crab Fondue

3 cans (6oz.) canned crabmeat, drained  
6 green onions, chopped  
2 cloves garlic, minced  
1 large red bell pepper, diced  
½ Tbsp. butter  
1 can (14.5 oz.) diced tomatoes, drained  
1 pound soft processed American cheese loaf, cut into chunks  
2 cups shredded Monterey Jack cheese  
⅛ tsp. Cajun seasoning or cayenne pepper (to taste)

### Directions

1. Sauté onion, garlic and pepper in butter in the Square Pan, add sautéed vegetables with the tomatoes, cheese and seasoning.
2. Cook on medium-high until cheese is melted. Stir in crabmeat and cook on low for approximately 30 minutes. Serve with tortilla chips or toasted garlic bread squares.

## Autumn Reuben Dip

⅓ cup mayonnaise  
¼ cup sour cream  
½ cup Thousand Island dressing  
16 oz. sauerkraut, rinsed and pressed dry  
12 oz. corned beef, cut small and shredded  
½ cup Velveeta cheese, cut into small cubes  
½ cup Provolone cheese (shredded)  
3 oz. cream cheese, cut into small cubes (Neufchatel is ok)

### Directions:

1. Preheat oven to 350°F.
2. Combine all ingredients gently in a medium sized bowl.
3. Spread in the Square Pan.
4. Top with a bit more shredded Provolone, if desired.
5. Bake for 25 minutes.
6. Serve warm with rye rounds or your choice of dippers.



## Best Buffalo Chicken Wings

peanut oil, for frying  
4 lb. chicken wings (about 40), separated into 2 pieces, wing tips removed, rinsed  
12 tbsp. margarine  
1 cup hot sauce, preferably Frank's Red Hot Original Cayenne Pepper Sauce  
1 ⅓ cups chunky blue cheese dressing  
4 ribs celery, halved lengthwise, then cut crosswise into 3" sticks

### Directions:

1. Pre-heat oven to 200°F.
2. Pour oil to a depth of 2" in Square Pan, and heat over medium heat until a deep-fry thermometer reads 350°F.
3. Dry wings thoroughly with paper towels. Place in the Fry Basket and lower into hot oil. Working in batches, fry wings until golden brown, about 12 minutes.
4. Lift the Fry Basket out, let the oil drain. Transfer wings to a wire rack set over a baking sheet, and place in oven to keep warm until all wings are fried.
5. Heat margarine in a 12" deep-sided skillet over medium heat; stir in hot sauce until smooth. Add wings, and toss until completely coated. Serve wings in a large bowl with dressing and celery on the side.



## Chipotle Popcorn Chicken

2 chicken breasts  
1 cup buttermilk  
½ cup canned chipotles in adobo sauce, pureed  
2 cups flour  
salt and pepper  
1 bunch cilantro, chopped

### Directions:

1. Cut chicken breasts into 1 ½-inch pieces. Place in mixing bowl and cover with buttermilk and pureed chipotle chilies.
2. Cover and refrigerate overnight.
3. Once the chicken has had time to sit in buttermilk, dredge the chicken in seasoned flour.
4. Place chicken in the Fry Basket and lower into hot oil. Fry in the Square Pan at 350°F until lightly browned.
5. Lift the Fry Basket out, let the oil drain. Remove to paper towel lined plate.
6. Once out of fryer, season with salt, pepper and chopped cilantro.

## Italian Herbed Pull-Apart Bread

3 cans large biscuits  
½ cup butter, melted  
1 cup grated Parmesan cheese, divided  
1 tsp. dry parsley flakes  
1½ tsp. garlic powder  
½ tsp. salt  
½ tsp. Italian seasoning  
½ tsp. onion powder

### Directions:

1. Remove biscuits rolls from cans.
2. Cut rolls in half with a clean pair of scissors.
3. Combine melted butter and seasonings together. Pour over dough and gently mix. Add ½ cup of grated cheese and combine. You want each piece of dough to be coated.
4. Line the Square Pan with the pieces of dough and then top with remaining grated cheese.
5. Bake at 350°F for 20-25 minutes or until center is completely done. Dip in marinara sauce!





## Good Ole Southern Fried Shrimp

2 dozen large, or extra-large, shrimp, peeled and deveined  
 ½ tsp., plus 1½ Tbsp. Kosher salt  
 ½ tsp., plus 1 Tbsp. fresh ground black pepper  
 2 cups all-purpose flour  
 2 tsp. of cayenne pepper  
 vegetable oil, for frying  
 1 cup buttermilk, well-shaken  
 2 tsp. of whole-grain mustard

### Directions:

1. Place the shrimp in a medium bowl and season with ½ tsp. salt and ¼ tsp. black pepper.
2. In a separate bowl, whisk together the flour with the remaining 1½ Tbsp. of salt, 1 Tbsp. of pepper, and the cayenne.
3. Heat the oil, in the Square Pan (about 3–4 inches deep, to 350°F).
4. Mix the buttermilk and mustard in a bowl, and then pour over the seasoned shrimp and combine.
5. Working in batches, use a slotted spoon to remove the shrimp from the buttermilk and transfer to the seasoned flour.
6. Using a separate dry spoon, toss to evenly coat.
7. Place shrimp in the Fry Basket and lower into hot oil, work in batches. Fry until golden brown and crisp, about 4 minutes. Be sure not to overcrowd the fryer with too many shrimp, this lowers the temp of the oil, and the shrimp won't crisp up as nicely as they should.
8. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.
9. Serve with cocktail sauce.

## Fried Pickle Wonton Poppers

### Fried Pickle Poppers:

6 kosher dill pickles  
 1 cup cheddar & horseradish pub cheese  
 (pimento cheese or softened cream cheese)  
 6 egg roll wrappers  
 oil, for pan-frying, preferably peanut

### Chipotle Mayo Dip:

¾ cup mayonnaise  
 1 Tbsp. lime juice (about 1 lime)  
 1 chipotle pepper in adobo sauce, chopped  
 1 garlic clove, chopped  
 ½ teaspoon kosher salt

### Directions:

1. Using an apple corer, remove the centers of the pickles. To do this, stand the pickle straight up, twist the corer to break the pickle skin, and then push it down until you reach the opposite end of the pickle. Twist and pull towards you to remove the inside of the pickle. You can discard these centers or save them to use in relish, macaroni salad, potato salad, or tartar sauce.
2. Spoon the pub cheese into the cored pickle, pressing it in until the pickle is full. You will want to hold your thumb against the opposite end of the pickle to make sure that the filling doesn't squeeze out as you're pushing more in.
3. Once the pickles are filled with cheese, get out your egg roll wrappers. Take one pickle and lay it in the center of an egg roll wrapper. You want the egg roll wrapper to be angled so that it looks like a diamond, with the pickle going down the center.
4. Fold over one side of the egg roll wrapper to cover the pickle. Then, fold up the bottom end and fold down the top end. Dip a finger in water and run it over the unfolded side of the wrapper. Then, roll it up tightly. You should have a traditional egg roll shape now! Repeat with the remaining pickles.
5. In the Square Pan, fill about ½" high with oil and heat over medium-high heat.
6. Place pickles in the Fry Basket and lower into hot oil. Fry until golden brown all around, turning to cook evenly.
7. Lift the Fry Basket out, let the oil drain. Place the pickles on a rack or track to cool.
8. As the pickles cool, add the Chipotle Mayo Dip ingredients in a food processor or blender and mix until well-combined.
9. Serve the Fried Pickle Poppers warm with the Chipotle Mayo Dip.

## Deep Fried Bell Pepper Rings

3 large bell peppers, I use one green, one red, and one yellow  
 2 large eggs, lightly beaten  
 2 cups milk  
 ⅔ cup Italian seasoned breadcrumbs  
 ½ cup Parmesan cheese, grated  
 1 cup all-purpose flour  
 vegetable oil

### Directions:

1. Slice peppers into ¼ inch rings; remove and discard seeds and membranes. Set aside.
2. Combine eggs and milk, stirring well. Combine breadcrumbs and cheese, stirring well.
3. Dip pepper rings into egg mixture, and dredge in flour. Dip again into egg mixture, and then dredge through the breadcrumb/cheese mixture, coating well.
4. Pour oil to a depth of 2 inches in the Square Pan. Heat to 375°F.
5. Place pepper rings in the Fry Basket and lower into hot oil. Fry pepper rings 1 to 2 minutes or until golden brown, turning once.
6. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.



## Hot Tuna and Artichoke Dip

2 can or pouch (5 oz.) tuna, drained and flaked  
 2 jar (12 oz.) marinated artichoke hearts, drained  
 2 cup shredded low-moisture part skim Mozzarella cheese  
 1 cup grated Parmesan cheese  
 ½ cup diced canned green chilies  
 2 Tbsp. diced green onions  
 ¼ tsp. hot pepper sauce (to taste)  
 French bread or assorted crackers for spread

### Directions:

1. Preheat oven to 350°F. In food processor or blender combine tuna, artichokes, cheeses, chilies, onion and pepper sauce.
2. Transfer tuna mixture to Square Pan. Bake at 350°F for 30 minutes or until mixture is golden.
3. Serve hot as appetizer with sliced French bread or assorted crackers.

## Korean Fried Broccoli

### For the broccoli:

6 cups broccoli florets  
 ¾ cup cornstarch  
 1 ¼ tsp. baking powder  
 2 Tbsp. Panko crumbs  
 1 tsp. salt  
 ½ cup flour  
 ½ cup ice-cold seltzer water  
 ½ cup ice-cold vodka  
 ¼ cup very thinly sliced scallions  
 1 Tbsp. toasted sesame seeds

### For the sauce:

1 Tbsp. minced garlic  
 2 tsp. minced ginger  
 2 Tbsp. plus 2 tsp. soy sauce  
 ¼ cup gochujang (Korean Chile paste)  
 2 Tbsp. black rice vinegar  
 2 Tbsp. plus 1 tsp. toasted sesame oil  
 2 tsp. brown sugar

### Directions:

1. Blanch broccoli in boiling water in Square Pan for two minutes. Drain and toss into ice water. Drain.
2. Toss the smoked broccoli in ¼ cup of the cornstarch, then shake off excess powder.
3. Mix the remaining cornstarch, baking powder, panko, salt, and flour together. Add vodka and seltzer to the cornstarch mixture. Roll the broccoli in the wet batter.
4. Heat oil in Square Pan to 350°F.
5. Place broccoli in the Fry Basket and lower into hot oil. Deep fry broccoli in batches until golden. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.
6. For the sauce, mix together all sauce ingredients in a big bowl. Toss the fried broccoli in the sauce. Remove, sprinkle with sesame seeds and scallions, and serve.

## St. Louis Toasted Ravioli

2 Tbsp. whole milk  
 1 egg  
 ¾ cup Italian seasoned bread crumbs  
 ½ tsp. salt (optional)  
 ½ (25 ounce) package frozen cheese ravioli, thawed  
 3 cups vegetable oil for frying  
 1 Tbsp. grated Parmesan cheese  
 1 (16 ounce) jar spaghetti sauce

### Directions:

1. Combine milk and egg in a small bowl. Place breadcrumbs and if desired, salt in a shallow bowl. Dip ravioli in milk mixture, and coat with breadcrumbs.
2. In a saucepan, heat marinara sauce over medium heat until bubbling. Reduce the heat to simmer.
3. In the Square Pan, pour oil to depth of 2 inches. Heat oil over medium heat (350°F) until a small amount of breading sizzles and turns brown.
4. Place ravioli in the Fry Basket and lower into hot oil. Fry ravioli, a few at a time, one minute on each side or until golden. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.
5. Sprinkle with Parmesan cheese and serve immediately with hot marinara sauce.

## Whiskey Wings

3 lbs. chicken wings, separated  
1 cup flour  
¼ cup plus 1 tsp. Brown Sugar  
Bourbon Seasoning  
2 tsp. salt, divided  
vegetable oil for frying

For the Whiskey Glaze:  
6 cloves of garlic, grated with a hand grater  
or chopped very fine  
1 Tbsp. canola oil  
½ cup water  
¾ cup pineapple juice  
¾ cup brown sugar  
½ cup teriyaki sauce  
½ cup Crown Royal whiskey  
¼ tsp. cayenne pepper  
1½ Tbsp. cornstarch mixed with 1½ Tbsp. of water

### Directions:

1. Heat the oven to 400°F, and also start heating the Square Pan filled half way with oil over medium heat.
2. Season the wings with 1 tsp. of the salt and ¼ cup of the grill seasoning.
3. Bake for 25 minutes.
4. While the wings are in the oven you can start the glaze. Heat the oil in a small pan and cook the garlic for 30 seconds, careful not to let it burn.
5. Carefully add the whiskey and let it cook down for 2 minutes.
6. Next add the rest of the glaze ingredients (except the cornstarch mixture) and cook, simmering for 10 minutes.
7. Whisk in the cornstarch mixture to thicken the glaze. Bring to a boil and cook for another 10 minutes, then set aside.
8. Combine the flour, the remaining Tbsp. of grill seasoning and the other teaspoon of salt in a large bowl.
9. After the wings have cooled coat them with the flour mixture shaking off the excess.
10. Once the oil temperature reaches 350°F.
11. Place the wings in the Fry Basket and lower into hot oil. Fry the wings for 2-3 minutes until the coating is light brown in color and crispy. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.
12. Toss the wings in the whiskey glaze and serve.



## Creamy Salmon Soup

1 can (14.75 oz.) salmon, drained and flaked (remove skin & bones as desired)	1 tsp. dry marjoram leaves
1 Tbsp. extra-virgin olive oil	1 Tbsp. tomato paste
1 large onion, diced	¼ tsp. paprika
1 celery stalk, chopped	⅛ tsp. ground white pepper
1 medium green bell pepper, chopped	¼ tsp. salt
2 medium thin-skinned potatoes, diced	
1 tsp. dry thyme leaves	

### Directions:

1. Heat oil in Square Pan. Add onion, celery, bell pepper and potatoes, lightly sauté about 5 minutes. Add salmon, thyme, marjoram, tomato paste, paprika, white pepper, salt, chicken broth and half-and-half.
2. Stir mixture and bring to a gentle boil, simmer for about 15 minutes or until potatoes are tender.



## Cheese Shrimp Chowder

2 cans (4 oz.) canned tiny shrimp, drained	¼ tsp. pepper
3 medium potatoes (about 2 lbs.), peeled and diced	1 can (12 oz.) evaporated milk
1 cup diced celery with tops	2 cups (8 oz.) shredded Cheddar cheese
1 large onion, chopped	¼ cup dry sherry
4 cups water	¼ tsp. salt

### Directions:

1. In Square Pan, combine potatoes, celery, onion, and water. Cook on medium heat for 30 minutes or until potatoes are tender. Stir in pepper, evaporated milk, cheese and shrimp. Reduce heat and cook on low for 10 minutes, stirring gently until hot.
2. When ready to serve, stir in sherry and salt. Makes 2 ½ quarts.

## Chicken Avocado Lime Soup

1 ½ lbs. boneless skinless chicken breasts*
1 Tbsp. olive oil
1 cup chopped green onions (including whites, mince the whites)
2 jalapeños, seeded and minced (leave seeds if you want soup spicy, omit if you don't like heat)
2 cloves garlic, minced
4 (14.5 oz.) cans low-sodium chicken broth
2 Roma tomatoes, seeded and diced
½ tsp ground cumin
salt and freshly ground black pepper
⅓ cup chopped cilantro
3 Tbsp. fresh lime juice
3 medium avocados, peeled, cored and diced
tortilla chips, Monterrey jack cheese, sour cream for serving (optional)

### Directions:

1. Heat 1 Tbsp. olive oil in Square Pan over medium heat. Once hot, add green onions and jalapeños and sauté until tender, about 2 minutes, adding garlic during last 30 seconds of sautéing.
2. Add chicken broth, tomatoes, cumin, season with salt and pepper to taste and add chicken breasts. Bring mixture to a boil over medium-high heat. Then reduce heat to medium, cover with lid and allow to cook, stirring occasionally, until chicken has cooked through 10–15 minutes (cook time will vary based on thickness of chicken breasts). Reduce burner to warm heat, remove chicken from pan and let rest on a cutting board 5 minutes, then shred chicken and return to soup.
3. Stir in cilantro and lime juice. Add avocados to soup just before serving. Note: If you don't plan on serving the soup right away, add the avocados to each bowl individually, about ½ an avocado per serving.
4. Serve with tortilla chips, cheese and sour cream if desired.
5. \*For thicker chicken breasts, cut breasts in half through the length (thickness) of the breasts, they will cook faster and more evenly.

# Corn and Wild Rice Chowder

4 large ears fresh sweet corn cobs  
6 oz. thick-cut bacon cut into small pieces  
1 sweet potato  
1 large Vidalia onion  
3 Tbsp. butter  
1½ tsp. salt  
4 clove garlic  
2 tsp. minced fresh rosemary  
¼ tsp. freshly ground pepper  
3 cup cooked wild rice

## Directions:

1. In a Square Pan over medium heat, combine cobs and 7 cups water, simmer for 30 minutes. Remove cobs with tongs and discard; reserve stock in separate bowl.
2. In the Square Pan over medium heat, cook bacon, stirring often, until cooked through but not crisp. Transfer to a paper-towel-lined plate.
3. Add sweet potato, onion, and butter to Square Pan. Season with ½ teaspoon salt and cook until potato and onion soften, about 15 minutes. Add garlic and rosemary, and cook for 1 minute. Add corn kernels, 5 cups of corn stock, pepper, remaining salt, bring to a simmer.
4. Transfer half of soup to a blender and puree until smooth. Using a fine-mesh sieve, transfer pureed soup back into stockpot. Stir wild rice and reserved bacon into soup. Serve immediately.

# Asian Salmon Soup Bowl

1 can or pouch (5 oz.) pink salmon, drained and flaked  
1 (14 ounce) can reduced sodium chicken or vegetable broth  
1 ½ cups water  
1 Tbsp. lime or lemon juice  
2 tsp. grated fresh ginger  
¼ tsp. crushed red pepper (optional)  
2 oz. dry vermicelli pasta (or soba/buckwheat noodles), broken in half  
1 medium carrot, thinly sliced  
1 cup snow peas, halved diagonally  
2 green onions, sliced  
chopped cilantro for garnish  
salt and pepper to taste

## Directions:

1. In Square Pan, bring broth, water, lime juice, ginger and red pepper to a boil. Stir in pasta and carrot; simmer 4 minutes.
2. Add salmon, snow peas and green onion and continue simmering for about 2 minutes, until heated through. Garnish with chopped cilantro.



# Creamy Basil Parmesan Soup

1 pound chicken breasts, chopped bite size	1 tsp. sugar
2 cups uncooked small macaroni	2 bay leaves
3 Tbsp. olive oil, divided	½ tsp. dried oregano
3 Tbsp. butter	½ tsp. ground cumin
1 small onion, chopped	1 Tbsp. chicken bouillon
1 cup sliced carrots	1 tsp. dried parsley (or 1 Tbsp. fresh)
1 cup chopped celery	¼ cup loosely packed fresh basil, chopped
1 red bell pepper, chopped	Dash - ¼ tsp. red pepper flakes
4-6 garlic cloves, minced	½ tsp. salt
¼ cup flour	¼ tsp. pepper
5 cups chicken stock or broth	2 cups heavy cream or half and half
2 14.5 oz. cans Fire Roasted Diced Tomatoes (with garlic), NOT drained	1 cup grated Parmesan cheese
1 tsp. sugar	<u>Garnish</u>
2 bay leaves	freshly grated Parmesan cheese (optional)
	fresh basil

## Directions:

1. Cook pasta in Square Pan in salted water until al dente. Drain and set aside.
2. In Square Pan, heat 1 tablespoon olive oil over medium high heat. Add chicken and cook until almost cooked through. Remove to a plate.
3. Melt butter with 1 tablespoon olive oil in the now empty pan and heat over medium high heat. Add onions and carrots and cook, while stirring, for 4 minutes.
4. Add 1 more tablespoon olive oil, celery, red bell peppers and garlic and cook for 1 minute. Sprinkle in flour and cook, while stirring, for 3 minutes (it will be thick). Gradually stir in chicken stock followed by tomatoes, sugar, bay leaves and all remaining herbs and spices. Bring to a boil; cover, and reduce to a gentle simmer for 15–20 minutes or until vegetables are tender and chicken is completely cooked through.
6. Stir in Parmesan cheese until smooth followed by heavy cream/half and half. Stir in pasta and chicken. If you would like a less “chunky” soup, stir in additional broth or cream/half and half.
7. Garnish individual servings with freshly grated Parmesan cheese and basil (optional) and season with salt and pepper to taste.

## Crab Gumbo

2 cans (6 oz.) crabmeat, drained	¼ cup chopped green onion tops
1 Tbsp. butter	2 sprigs parsley, chopped
1 Tbsp. all-purpose flour	¼ tsp. salt
2 medium onions, finely chopped	¼ tsp. ground black pepper
2 cups water	⅛ tsp. cayenne pepper (if desired)
1 can (14.5 oz.) diced tomatoes, do not drain	1 Tbsp. Gumbo File spice or Creole seasoning
1 slice of lemon, diced	serve with hot cooked rice (as desired)

### Directions:

1. In Square Pan, melt butter over low heat, blend in flour and onions. Stir constantly until mixture is light brown (approximately 10 minutes). Stir in water and tomatoes.
2. Add crab, lemon, green onion, parsley, salt, pepper and cayenne. Continue cooking over medium heat, simmer for 30 minutes. Add Gumbo File and remove from heat.
3. Serve over rice or with hot French bread and a salad. Makes 4 ½ cups Gumbo.
4. For variation: canned shrimp and/or canned oysters may be added the last 10 minutes of cooking.

## Curried Pumpkin, Kale, and Tuna Stew

2 can or pouches (5 oz.) solid white Albacore tuna in water, drained
2 cups cubed pumpkin (or butternut squash)
2 Tbsp. extra virgin olive oil, divided
1 small onion, cut into half-moons
1 clove garlic, minced
1 Tbsp. curry powder
1 tsp. powdered ginger
½ tsp. salt
dash cayenne (to taste)
1 can (14.5 oz.) diced tomatoes (not drained)
1 cup vegetable broth
2 cups kale, stems removed and cut into slivers

### Directions:

1. Preheat oven to 425°F.
2. Toss pumpkin with 1 Tbsp. of olive oil and bake on a non-stick baking sheet (or one lined with parchment paper) for 25 minutes, or until pumpkin is fork tender and slightly browned on the edges. Set aside.
3. Heat remaining oil in the Square Pan over medium high heat; add onion and garlic and cook until softened, about 3-5 minutes, stirring frequently. Add pumpkin, spices, tomatoes, broth, and reduce to a simmer. Add kale, fold in, cover and cook for 10 minutes, until kale is soft and wilted. Fold in tuna and heat for 5 minutes.



## Roasted Carrot Apple Soup

4-5 medium-large (about 1 lb.) carrots, scrubbed, ends trimmed, and chopped into 1-inch pieces	2 large cloves garlic, grated
1 medium-large onion, peeled and chopped into large chunks	1 Tbsp. fresh grated ginger
1 medium-large sweet/tart apple (washed but unpeeled), cored and quartered	½ tsp. turmeric
2 Tbsp. olive oil	⅛ tsp. cinnamon
½ tsp. salt, divided (plus more to taste)	⅛ tsp. nutmeg
¼ tsp. black pepper, divided	3 cups low-sodium vegetable or chicken stock
2 Tbsp. butter, divided	½ tsp. ground sweet paprika
	Crème fraiche, for garnish (optional)

### Directions:

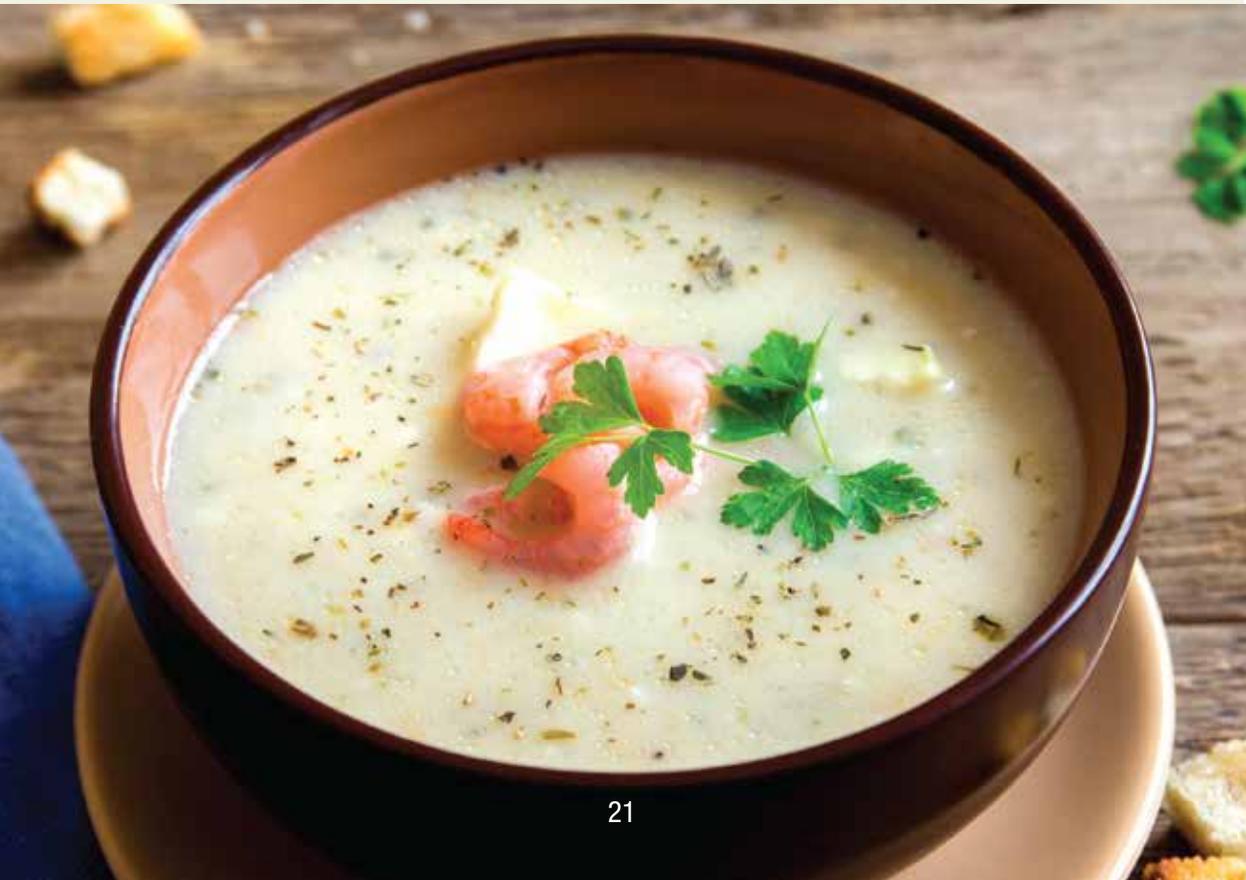
1. Preheat oven to 400°F.
2. Toss together the carrot, onion, apple, olive oil, ¼ teaspoon salt, and ⅛ teaspoon black pepper on a baking sheet and spread out in an even layer. Roast until everything is tender and starting to turn golden in spots, about 30 minutes, stirring once halfway through.
3. Heat 1 tablespoon butter in the Square Pan over medium heat; once melted, add the garlic, ginger, turmeric, cinnamon, nutmeg, and remaining ¼ teaspoon salt and remaining ⅛ teaspoon black pepper; cook 30 seconds, stirring constantly. Add the stock and roasted vegetables, and turn the heat off.
4. Puree the soup using an immersion blender (or puree it in batches in a regular blender). Transfer the soup back to the Square Pan and bring to a simmer over medium heat. Taste and season with additional salt as desired.
5. While the soup is coming to a simmer, heat the remaining 1 tablespoon butter and the paprika in a small saucepan over medium-low heat. Once melted, cook until the butter starts to smell nutty and turn golden, about 1 minute, whisking constantly.
6. Ladle the soup into individual bowls and serve topped with paprika brown butter, and crème fraiche.

## Easy Thai Shrimp Soup

1 cup uncooked basmati rice	1 Tbsp. freshly grated ginger
2 Tbsp. unsalted butter	2 Tbsp. red curry paste
1 pound medium shrimp, peeled and deveined	2 (12-ounce) cans unsweetened coconut milk
Kosher salt and freshly ground black pepper, to taste	4 cups vegetable stock
2 cloves garlic, minced	juice of 1 lime
1 onion, diced	2 Tbsp. chopped fresh cilantro leaves

### Directions:

1. In a large saucepan of 1 ½ cups water, cook rice according to package instructions; set aside.
2. Melt butter in the Square Pan over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2–3 minutes; set aside.
3. Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3–4 minutes. Stir in ginger until fragrant, about 1 minute.
4. Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1–2 minutes.
5. Bring to a boil; reduce heat and simmer until slightly thickened, about 8–10 minutes.
6. Stir in rice, shrimp, lime juice and cilantro. Serve immediately.



## Holiday Oyster Stew

1 can (8 oz.) whole oysters, drained (reserve liquid)
1 Tbsp. margarine
½ cup diced onion
1 chicken bouillon cube, crumbled
1 quart low-fat milk
2 tsps Worcestershire sauce
2 drops liquid hot pepper sauce (optional)

### Directions:

1. In a medium saucepan, heat margarine and sauté onion until soft.
2. Add reserved ¼ cup oyster liquid, bouillon cube, milk, Worcestershire, and hot pepper sauce. Cook over low heat stirring about every 5 minutes. Do not allow mixture to come to a boil.
3. Add oysters and heat for 2 minutes longer until heated through. Makes about 5 cups.

## Fava Bean Pasta e Fagioli

3 pounds fava bean pods, shelled
1 Tbsp. extra-virgin olive oil, plus more for serving
2 thick slices of lean, meaty bacon, cut crosswise ½ inch thick
1 large carrot, halved lengthwise and cut crosswise into ¼-inch-thick half-moons
1 medium onion, cut into ½-inch pieces
1 large garlic clove, very finely chopped
one 3-inch-long rosemary sprig
1 quart chicken stock or low-sodium broth
1 cup tubetti or other small pasta
salt & freshly ground pepper
freshly grated Parmigiano-Reggiano cheese, for serving

### Directions:

1. Bring the Square Pan filled with water to a boil. Add the shelled fava beans and blanch until bright green, about 1 minute. Drain and peel the favas. Put aside.
2. In the Square Pan, heat the 1 Tbsp. of olive oil. Add the bacon and cook over moderate heat until starting to brown, about 4 minutes. Add the carrot, onion, garlic and rosemary and cook, stirring occasionally, until softened, about 5 minutes. Add the stock, cover and simmer over low heat until the carrot is tender, about 6 minutes.
3. Meanwhile, in a medium saucepan of boiling salted water, cook the pasta until al dente. Drain.
4. Discard the rosemary sprig and season the soup with salt and pepper. Add the favas, pasta and mint leaves. Spoon the soup into bowls, drizzle with olive oil and serve, passing the cheese at the table.

## Golden Beet Soup with Cashew Cream

3 large golden beets, scrubbed clean with roots and leaves trimmed  
1 medium white or yellow onion  
1 Tbsp. of coconut oil  
3 cups of organic vegetable broth  
1 bulb of garlic  
1 tsp. sea salt  
¼ tsp. coarse ground pepper (plus more for garnish)  
1 tsp. paprika  
chopped chives, for garnish

### Directions:

1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. Quarter the beets and onion, and coat evenly with the coconut oil. Spread the vegetables out on the baking sheet, along with the bulb of garlic. Roast for about 35 – 40 minutes or until soft and tender, flipping half way.
3. When the veggies are done cooking take them out of the oven and set them aside. Take the bulb of garlic and pop out two of the cloves for the soup, set the rest of the bulb aside, this will be used for the cream.
4. Blend smooth the beets, onions, vegetable broth, 2 garlic cloves, paprika, sea salt and pepper in either your immersion blender or food processor.

### Cashew Cream:

1 head of garlic {minus two cloves, see above}  
½ cup raw cashews (optional: soaked for 2–4 hours)  
1 tsp. olive oil  
juice from ½ lemon  
½ cup unsweetened almond milk  
¼ tsp. of sea salt  
¼ tsp. coarse ground pepper

1. Pop the roasted garlic out of the bulb.
2. Combine the garlic cloves, cashews, olive oil, lemon juice, almond milk, salt and pepper in a blender and blend until smooth.
3. Serve soup hot or chilled with a dollop of roasted garlic cashew cream, fresh chives and lots of black pepper.



## Egyptian Red Lentil

2 Tbsp. unsalted butter  
1 medium onion, chopped  
2 carrots, finely chopped  
3 celery ribs, finely chopped  
3 garlic cloves, thinly sliced  
1 tsp. ground cumin  
½ tsp. ground coriander  
½ tsp. ancho Chile powder  
1 pound tomatoes, seeded and diced  
2 cups red lentils (14 oz.)  
salt  
plain yogurt, lemon wedges and warm pita, for serving

### Directions:

1. In the Square Pan, melt the butter. Add the onion, carrots, celery and garlic and cook over moderate heat, stirring, until softened, 5 minutes. Add the cumin, coriander and chile powder and cook until fragrant, 3 minutes. Add the tomatoes and cook just until softened, 2 minutes. Add the lentils and 8 cups of water and season with salt.
2. Simmer over moderately low heat until the lentils are very soft, 30 minutes.
3. Working in batches, puree the soup or use immersion blender. Season with salt and serve with yogurt, lemon wedges and warm pita.

## Old South Catfish Gumbo

6 catfish fillets	1 package frozen okra
cooking spray	2 cans tomatoes+green chilies, mild
2 Tbsp. Blackening seasoning	juice of 1 lemon
¼ cup olive oil	1 Tbsp. browning+seasoning sauce
4 celery hearts	1 Tbsp. balsamic vinegar
1 medium onion	1 Tbsp. Worcestershire sauce
1 yellow bell pepper	6 dash hot sauce
1 clove garlic	2 bay leaves
¼ cup all-purpose flour	½ tsp. chopped fresh thyme
8 cup seafood stock or chicken broth	1 Tbsp. Old Bay seasoning
1 can cola	1 Tbsp. granulated garlic
1 can tomato paste	1 Tbsp. onion powder
¼ cup dry white wine	½ tsp. freshly ground pepper & Kosher salt
2 Tbsp. black coffee	3 cup cooked white rice
¾ lb. fresh okra	

### Directions:

1. Preheat oven to 375°F. Meanwhile, pat the catfish fillets with a paper towel to dry. Coat a baking sheet with cooking spray and set aside. Add Blackening Seasoning to a shallow bowl. Lightly dredge both sides of each fillet in the seasoning, then place on the prepared baking sheet. Bake fish until flaky, 30 minutes. Set aside to cool.
2. In the Square Pan over medium heat, heat the oil. Add celery, chopped onion, and bell pepper, and cook, stirring, until soft, about 10 minutes. Add the minced garlic and cook for 5 more minutes. Stirring constantly, add flour and cook roux until golden brown, about 7 minutes.
3. Whisk in stock or broth, can of cola, tomato paste, wine, and coffee until smooth, then bring to a low simmer for about 15 minutes. Add okra, tomatoes, lemon juice, browning+seasoning sauce, vinegar, Worcestershire sauce, hot sauce, bay leaves, and thyme. Bring to a simmer for 15 more minutes. Add the Old Bay, granulated garlic, onion powder, freshly ground pepper, and salt to taste. Reduce heat to low and cook until thickened, 1 hour and 15 minutes.
4. Crumble the cooked catfish in small to medium pieces into the Square Pan and continue to cook, at a low simmer, for 45 minutes. Remove the bay leaves.
5. Season with salt to taste. Divide gumbo among 8 bowls, top each with about ⅓ cup rice.

## Mushroom Soup with Winter Vegetables

2 head garlic	1 bay leaf
6 Tbsp. unsalted butter	1 butternut squash
2 large onions	1 cup light red wine
1½ lb. assorted wild mushrooms	2 tsp. salt
8 carrots	½ tsp. coarse-ground pepper
2 ribs celery	2 Tbsp. fresh lemon juice
8 sprig fresh parsley	

### Directions:

1. Roast the garlic: Heat oven to 400°F. Cut about 1 inch off the top of both heads of garlic, dot each with 1 Tbsp. butter, wrap in foil, and roast until soft - about 45 minutes; let cool and squeeze to release the roasted meat. Discard the skins and set meat aside.
2. Make the vegetable stock: Melt 1 Tbsp. butter in the Square Pan. Add half the onions and cook over low heat until caramelized – about 25 minutes. Add the mushroom stems, half the carrots, and the celery and cook until soft – about 10 minutes. Add 8 cups water, parsley sprigs, and bay leaf, increase heat to high, and bring to a boil. Reduce heat to low and simmer for 45 minutes. Strain and discard the solids. Pour into bowl and add enough water to bring stock to 6 cups. Set aside.
3. Make the soup: Melt 1 Tbsp. butter in the Square Pan over medium heat. Cook the mushrooms in thirds, adding an additional 1 Tbsp. butter with each batch, until golden - about 3 minutes per batch. Add the remaining onion and cook until softened – about 3 minutes. Add the squash and remaining carrots and cook for 2 minutes. Add the red wine, salt, pepper, roasted garlic, and reserved vegetable stock, stir to combine, and bring to a boil. Reduce heat to low and simmer until vegetables are tender – about 25 minutes.
4. Stir in chopped parsley and lemon juice and serve immediately.

## Nicoise Potato Soup

1 can or pouch (5 oz.) tuna, drained	dash salt & pepper
1 ½ lbs. russet potatoes (3 medium potatoes)	¼ tsp. chopped fresh rosemary
4 cups vegetable broth	2 Tbsp. chopped fresh parsley
½ pound asparagus (½ bunch), sliced into ½-inch pieces	2 hard-boiled eggs, roughly chopped
4 tsp. olive oil, divided	¼ cup chopped red bell pepper
	¼ cup chopped green pitted olives

### Directions:

1. Preheat oven to 400°F.
2. Chop potatoes into small chunks, about an inch square. Place in a Square Pan over high heat with broth and bring to a boil, then reduce to simmer for 25 minutes, or until potatoes are soft.
3. Meanwhile, toss asparagus with 2 teaspoons olive oil and a pinch of salt and pepper and roast on a baking sheet for 15 minutes. Remove and cool.
4. When potatoes are done cooking, puree with the broth in the pan and rosemary, parsley, and remaining 2 tsp. oil until smooth using an immersion or standing blender.
5. Chill in the fridge until cool, about an hour. Divide into 4 bowls and top each with one quarter of the chilled asparagus, tuna, egg, red pepper, and olives.



## Spicy Crab Bisque

4 Tbsp. unsalted butter	1 14.5-oz. can fire roasted tomatoes
½ cup minced shallots	⅓ cup tomato paste
4 large cloves garlic, minced	1 tsp. smoked paprika
¼ cup flour	⅛ tsp. cayenne pepper
6 c. seafood stock	¾ to 1 lb. fresh or thawed frozen lump crab meat
1 ½ cup heavy cream	¼ cup dry sherry, or dry white wine
½ tsp. kosher salt	⅓ cup minced fresh parsley
¼ tsp. freshly ground black pepper	

### Directions:

1. In Square Pan over medium heat, melt the butter. Add shallots and garlic, and sauté until very soft, stirring regularly for 5 to 7 minutes. Stir in flour and cook, stirring regularly, for 2 minutes. Slowly pour in 1 cup of the broth, whisking all the while to break up any clumping. Then pour in the remaining broth and whisk again to incorporate.
2. Turn heat up a bit to medium-high and bring broth to a boil. Then turn heat down to medium and simmer for 15 minutes. Add cream and bay leaf, and bring mixture back to simmering, stirring and scraping the pan bottom occasionally. Stir in fire roasted tomatoes and tomato paste, and then very carefully blend the mixture with an immersion blender until very smooth. Stir in paprika and cayenne pepper.
3. Reduce heat to medium-low and stir in the crab meat. Cook until heated through, about 5 to 10 minutes. Stir in the sherry and heat for another 2 to 3 minutes. Taste, adding more salt and pepper if needed. Ladle into bowls or mugs and garnish with fresh parsley, plus a sprinkle of smoked paprika and freshly ground black pepper. Serve with oyster crackers or soft rolls.

## Lemony Chicken & Dill Soup

2 Tbsp. olive oil	3 sprig fresh thyme
3 medium carrots	Kosher salt
3 stalk celery	freshly ground black pepper
½ medium onion	⅔ cup orzo
3 clove garlic	4 cup packed fresh baby spinach
8 cup low-sodium chicken broth	3 Tbsp. fresh dill
3 boneless, skinless chicken breasts	1 Tbsp. finely grated lemon zest
2 bay leaves	2 Tbsp. fresh lemon juice

### Directions:

1. Heat oil in a Square Pan over medium-high heat. Add carrots, celery, onion, and garlic and sauté until onions are soft, 4 to 6 minutes.
2. Add broth, chicken, bay leaves, and thyme. Season with salt and pepper. Cover and bring to a boil. Reduce heat and simmer until the internal temperature of chicken reaches 165°F, 24 to 26 minutes.
3. Discard bay leaves and thyme sprigs. Remove chicken to a bowl and shred, with two forks, into bite-size pieces.
4. Stir pasta into broth and cook until tender, 8 to 10 minutes. Add spinach, dill, lemon zest, lemon juice, and shredded chicken. Season with salt and pepper.

## Stracciatella with Spinach

3 large eggs
1 Tbsp. chopped parsley
¼ tsp. freshly grated nutmeg
salt and freshly ground pepper
½ cup freshly grated Parmigiano-Reggiano cheese, plus more for serving
2 quarts chicken stock
1 ½ cups baby spinach leaves

### Directions:

1. In a small bowl, whisk the eggs, parsley, nutmeg and a large pinch each of salt and pepper. Stir in the ½ cup of grated cheese.
2. In Square Pan, bring the stock to a boil over moderately high heat. Vigorously whisk in the eggs, then stir in the spinach. Cook over low heat, stirring a few times, until the egg and spinach are cooked, 2 minutes. Remove from the heat and season with salt and pepper. Ladle the soup into small bowls and serve with more cheese.

## Vegan African Curried Coconut Soup with Chickpeas

1½ cups raw chickpeas, black-eyed peas or a mix, soaked overnight  
1 cup millet, quinoa, or brown rice  
2 Tbsp. olive oil  
1 medium onion, chopped  
1 medium red bell pepper, chopped  
1 jalapeño chili, seeded and finely chopped  
2 large cloves garlic, finely chopped  
3 cups vegetable broth  
2 tomatoes, chopped  
1 Tbsp. curry powder  
½ tsp. salt  
freshly ground black pepper, to taste  
1 lb. mixed greens – kale, collards, mustard greens, Swiss chard  
1 (14 oz.) can light coconut milk

### Directions:

1. Drain the beans that you've soaked overnight. Tip: The longer you soak the beans, the less time they take to cook. Let them soak for about 16 hours.
2. Put in the Square Pan and cover with water until the water is about an inch higher than the beans. Add about 1 Tbsp. salt to the water. Bring to a boil. Cover and simmer for 20-30 minutes or until beans are tender. Drain and set aside in a bowl.
3. Put the millet in a pan and cover with 3 cups water. Cover, bring to a boil, and then simmer for 20–25 minutes or until water has evaporated. Set aside with beans.
4. Heat the oil in the Square Pan over medium heat. Add the onion, bell pepper, and chili and cook, stirring, until softened, about 5 minutes. Add the garlic and cook, stirring constantly, 1 minute.
5. Add the broth, chickpeas, tomatoes, curry powder, salt and black pepper. Bring to a boil over high heat. Reduce the heat and simmer gently, uncovered, stirring occasionally, about 10 minutes. Add the greens and stir until wilted.
6. Add the coconut milk and millet and cook, stirring occasionally, until heated through, about 4 minutes. Add salt, pepper, and curry powder to taste. Serve warm

## Tofu-and-Zucchini Soup with Bean Sprouts

2 large garlic cloves, minced  
8 cups water  
¼ cup plus 2 Tbsp. doenjang, a Korean soybean paste (see Note), or dark miso  
2 Tbsp. soy sauce  
1 Tbsp. light brown sugar  
½ tsp. kochukaru, a Korean red pepper powder (see Note), or Aleppo chilies  
½ pound mung bean sprouts  
1 medium zucchini, very thinly sliced  
14 to 16 ounces soft tofu, cut into ½ inch cubes  
1 spicy green long Chile, preferably Korean, thinly sliced

### Directions:

1. Heat the canola oil in Square Pan. Add the onion and garlic and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Add the water and doenjang and whisk until dissolved. Add the soy sauce, brown sugar and kochukaru and bring to a boil.
2. Add the bean sprouts and zucchini and cook until the zucchini is just tender, about 2 minutes. Add the tofu cubes and cook until the tofu is heated through, about 2 minutes. Ladle into bowls, garnish with the sliced Chile and serve.

Note: Doenjang and kochukaru are available at Korean and Asian markets.

## Vegan Potato Chowder

1 yellow onion, chopped  
3 shallots, chopped  
1 Tbsp. olive oil  
4 cups white potatoes, peeled and cubed  
2 cups sweet potatoes, peeled and cubed  
6 cups low-sodium vegetable broth  
1 bay leaf  
1 tsp. garlic granules  
1 tsp. sea salt  
¼ cup red wine  
1 cup frozen organic sweet corn  
1 cup raw cashews, soaked in water for 4 hours  
¾ cup filtered water  
coarse ground pepper, to taste  
sliced green onions, for garnish

### Directions:

1. Heat the olive oil in the Square Pan over low heat. Add the onions and shallots and cook for about 5 minutes, until softened.
2. Add in the potatoes, sweet potatoes, broth, bay leaf, garlic granules and sea salt and bring to a boil. Reduce heat to a simmer and cook until the potatoes are tender, about 15 minutes.
3. While the potatoes are simmering, you can prepare your cashew cream. Simply blend the cashews with ¾ cup filtered water.
4. Add in the cashew cream, corn and red wine. Stir thoroughly and simmer for about another 5 minutes.
5. Serve hot with cracked black pepper and scallions.

## Tuna Vegetable Chowder

3 cans or pouches (5 oz.) tuna, drained and flaked  
2 cups chopped vegetables\*  
2 Tbsp. butter  
¼ cup all-purpose flour  
2 ⅔ cups low-fat milk  
1 cup chicken broth  
1 ½ tsp. dried basil or Italian seasoning  
¼ tsp. ground black pepper  
2 Tbsp. cooking sherry (optional)

### Directions:

1. In Square Pan with steam rack, steam vegetables over simmering water for 5–6 minutes or until almost tender. Set aside.
2. In Square Pan melt butter, stir in flour. Add milk and broth, stirring constantly until mixture thickens and comes to a boil. Stir in cooked vegetables, tuna, herb, pepper and sherry. Cook for 2 minutes to simmer and heat through.

\*Suggested vegetables: broccoli, cauliflower, carrot, zucchini, mushrooms or a combination.

## Tomato Fennel Gouda Soup

2 tbsp. olive oil	½ tsp. red-pepper flakes
1 clove garlic	1 tsp. light brown sugar
1 ½ cup chopped fennel	½ tsp. salt
1 medium onion	¼ cup chopped fresh parsley
2 can peeled whole tomatoes	1 tsp. fresh thyme
1 Tbsp. lemon zest	⅓ cup heavy cream
1 Tbsp. chopped fresh rosemary	

### Directions:

1. Pour oil in the Square Pan and heat over medium-high heat. Add the garlic and cook until softened, about 2 minutes. Add the fennel and onions and cook until onions are translucent, about 5 more minutes. Add the tomatoes, zest, rosemary, and pepper flakes and cook for 5 minutes. Add the reserved tomato liquid, 2 cups of water, sugar, and salt. Reduce heat to low, cover, and simmer until fennel is very tender, about 45 minutes.
  2. Beat soup until smooth with an immersion blender or transfer the soup (in small batches) to a blender or food processor and purée until smooth. Add the parsley and thyme to the last batch and purée until smooth.
  3. Stir in the heavy cream. Ladle hot soup into bowls and serve immediately.
- To reheat: Heat gently until just hot so as cream will not curdle.



## Autumn Pork and Pumpkin Stew

2 ¼ lbs. pork butt, cut into 1-inch cubes	¼ tsp. ground cloves
3 Tbsp. extra-virgin olive oil, divided	¼ tsp. allspice
salt and pepper	1 (15 oz.) can diced tomatoes
1 yellow onion, chopped	1 Tbsp. apple cider vinegar
2 cloves garlic, minced	1 small sugar pumpkin (butternut squash or any other hardy winter squash), seeded and peeled, cut into 1-inch cubes (about 5 cups)
1 Tbsp. tomato paste	4 cups chicken broth
½ tsp. cinnamon	1 Tbsp. fresh sage, chopped
¼ tsp. ground nutmeg	
½ tsp. cumin	
¼ tsp. ground coriander	

### Directions:

1. In the Square Pan, heat 2 Tbsp. of the olive oil over medium-high heat.
2. Season the pork generously with salt and pepper to taste.
3. Brown the pork on all sides and transfer to another dish. You will probably have to do this in 2–3 batches to avoid overcrowding the pot.
4. Add the remaining Tbsp. of olive oil to the Square Pan and add the chopped onions. Sauté for about 3 minutes until softened.
5. Add the garlic and cook for another 30 seconds until fragrant.
6. Add the tomato paste and all the spices. Mix with a wooden spoon or spatula and cook for another minute.
7. Add the diced tomatoes with their juices, the apple cider vinegar, pumpkin and the pork to the pan. Stir to combine. Add the chicken broth (it should just cover the top of all the ingredients in the pot), stir and bring to a boil.
8. Lastly, add the chopped sage and season once more with salt and pepper. Stir, cover and transfer to a 325°F oven. Cook for 2 ½ - 3 hours until the liquid has reduced and the pork is fall apart tender. Enjoy.

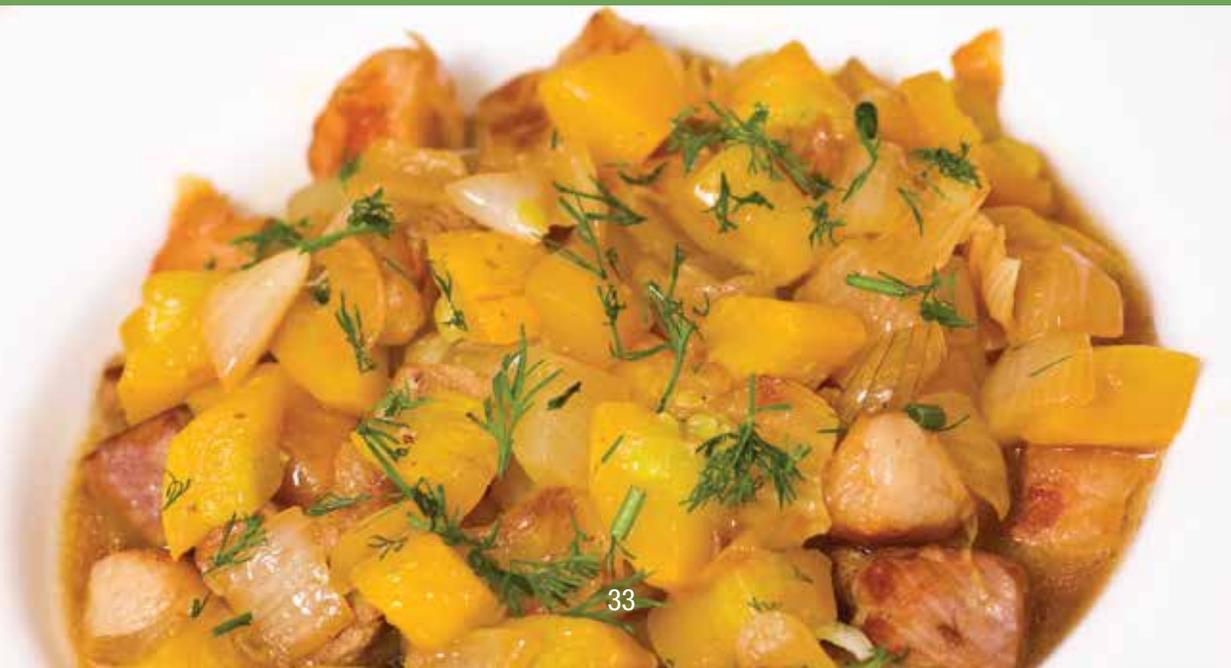


## Bacon and Sardine Penne

1 can (3.75 oz.) canned sardines in oil, drained and flaked
4 ounces dry whole grain penne
1 Tbsp. olive oil
2 slices center cut bacon
½ cup sliced orange bell pepper
¼ yellow onion, thinly sliced
¾ cup grape tomatoes
¼ tsp. freshly ground black pepper
¼ tsp. salt
pinch cayenne pepper

### Directions:

1. Prepare penne according to directions.
2. In the Square Pan over medium-high heat, cook bacon in olive oil until cooked through, about 6 minutes. Remove bacon, leaving oil in pan. Chop bacon and set aside.
3. Sauté the bell pepper, onion, and tomatoes in the oiled pan until tender, about 5 minutes. Sprinkle with pepper, salt, and cayenne. Remove from heat and add sardines, bacon, and pasta, tossing gently to mix all ingredients.





## Baked Lobster Mac and Cheese

1 lb. elbow macaroni  
2 cups of heavy cream  
1 cup of water  
1 Tbsp. of corn starch  
1 tsp. Old Bay Seasoning  
2 cups shredded Cheddar cheese  
2 cups chunk lobster meat

### Directions:

1. Pour heavy cream into Square Pan and whisk cornstarch into the cream.
2. Add the rest of the ingredients except lobster and stir.
3. Cover and cook on low flame until macaroni is fully cooked and dish is creamy.
4. Stir in lobster meat, serve and enjoy.

## Brazilian Black Bean Stew

2 cups dried black beans, rinsed and picked over, then covered by at least double the height of water to soak* (see Note)	2 tsp. cumin
5 cups water	¼ to ½ tsp. cayenne pepper, to taste
3 tsp. salt, divided	1 medium carrot, peeled and minced
2 Tbsp. olive oil, divided	1 red bell pepper, seeded, stemmed, and diced
1 large sweet potato, scrubbed, peeled, and diced into ⅛ to ¼-inch cubes	1 ½ cups fresh orange juice (or unsweetened orange juice)
freshly ground black pepper, to taste	2 medium tomatoes, diced, or 1 small can of diced tomatoes
3 cups chopped onion	the zest of one orange
2 Tbsp. minced garlic, divided	

### Directions:

1. Preheat the oven to 425°F.
2. Drain and rinse your soaked beans, then add them to the Square Pan with 4 cups of the water. Bring to a boil, stir in 2 teaspoons of the salt, cover tightly, lower heat and simmer until the beans are very, very tender, about 1 hour and 15 minutes or so.
3. While the beans are simmering, toss the sweet potato cubes with 1 tablespoon of the olive oil, the remaining 1 teaspoon of salt and a goodly amount of freshly grated black pepper. Roast on a small rimmed baking sheet in the oven for 20 minutes, stirring every so often, or until the cubes are tender, caramelized on the outside, and lightly charred in just a few places. Set aside.
4. Add the remaining Tbsp. of olive oil to the frying pan and swirl to coat. Toss the onions, carrots, half of the garlic, the cumin, cayenne, and a pinch of additional salt into the oil and sauté over medium heat until the carrot is tender. Stir in the diced bell pepper and the rest of the garlic and sauté until all of the vegetables are almost meltingly tender, about 10 minutes.
5. Scrape the cooked vegetables along with the tomatoes into the finished black beans. Add the orange juice and final cup of water to the fry pan used to cook the vegetables and swirl it to get all the good bits from it. Pour this into the beans as well. Use an immersion stick blender to puree the stew ever so slightly. You still want a lot of texture in the stew. If you don't have a stick blender, you can scoop 2 cups into a blender and pulse to break it up before returning it to the rest of the stew.
6. After you've pureed, stir the roasted sweet potato cubes into the stew and simmer for another 8–10 minutes. Taste the stew, adjust seasonings if you wish, and serve with any or all of the optional toppings: plain Greek yogurt or sour cream, fresh cilantro, hot sauce of choice, avocado cubes, or crumbled crispy bacon.

\*Note: To determine how much water to use to soak the beans, you want to add water to the container to about double the height of the beans. For example, if you add a 4-inch depth of beans to a container, you want to top it with an 8-inch depth of water.



## Easy Seafood Paella

3 Tbsp. extra-virgin olive oil, 2 turns of the pan	1 medium onion, chopped
3 cloves garlic, crushed	¾ lb. chorizo, casing removed and sliced on an angle
½ tsp. crushed red pepper flakes	1 lb. peeled and deveined large shrimp, 24 shrimp
2 cups enriched white rice	18 green lipped mussels, cleaned
¼ tsp. saffron threads	1 cup frozen peas
1 bay leaf	2 lemons zested
1 quart chicken broth or stock	Garnish:
4 sprigs fresh thyme	¼ cup chopped flat-leaf parsley
1 ½ lbs. chicken tenders, cut into thirds	4 scallions, chopped
salt and freshly ground black pepper	lemon wedges
1 red bell pepper, seeded and chopped	

### Directions:

1. In the Square Pan, preheated over medium high heat, add 2 tablespoons extra-virgin olive oil, crushed garlic, red pepper flakes, add rice and sauté 2 or 3 minutes. Add saffron threads, bay leaf, broth, and thyme and bring liquids to a boil over high heat. Cover the pan with lid and reduce heat to simmer.
2. In a frying pan, over medium high heat, brown chicken on both sides in 1 tablespoon extra-virgin olive oil, 1 turn of the pan. Season chicken with salt and pepper. Add peppers and onions to the pan and cook 3 minutes longer. Add chorizo to the pan and cook 2 minutes more. Remove pan from heat.
3. After about 13 minutes, add shellfish to the rice pan, nesting them in cooking rice. Pour in peas, scatter lemon zest over the rice and seafood, then cover the pan again. After 5 minutes, remove cover from the paella and discard any unopened mussel shells.
4. Stir rice and seafood mixture and lift out bay and thyme stems, now bare of their leaves. Arrange cooked chicken and peppers, onions and chorizo around the pan. Top with parsley and scallions. Serve with wedges of lemon and warm bread.

## Creamy Pasta with Salmon and Spinach

1 can or pouch (5 oz.) pink salmon, drained and flaked
2 cups dry penne pasta
¾ cup chicken broth
¼ cup minced sundried tomatoes
2 cloves garlic, minced
¼ tsp. salt
¼ tsp. ground black pepper
6 ounces fresh baby spinach
1 cup ricotta cheese

### Directions:

1. Prepare pasta according to package directions in Square Pan. Drain and put in large bowl.
2. In Square Pan, bring to a boil, chicken broth, sundried tomatoes, garlic, salt and pepper. Simmer 2 minutes. Add spinach and cook until wilted.
3. In large bowl, combine ricotta cheese and salmon. Add to spinach mixture and drained pasta and toss to combine.

## Cheesy Vegetable Pasta Dinner

8 oz. penne pasta (2 ¾ cups)	2 Tbsp. butter
2 ½ cups cauliflower florets (½ medium head)	2 Tbsp. all-purpose flour
1 medium onion, chopped	¼ tsp. salt
2 cloves garlic, minced	¼ tsp. ground black pepper
1 Tbsp. olive oil	1 cup fat-free milk
2 medium carrots, sliced	4 oz. extra-sharp Cheddar cheese, shredded (1 cup)
1 stalk celery, chopped	2 Tbsp. finely shredded or grated Parmesan cheese
12 oz. kale, stems removed, leaves torn (12 cups)	
½ cup frozen peas	
½ cup frozen whole kernel corn	

### Directions:

1. Preheat oven to 350°F. In Square Pan cook pasta according to package directions; add cauliflower during the last 4 minutes of cooking. Drain; rinse. Set aside in bowl.
2. In Square Pan cook onion and garlic in hot oil over medium heat for 2 minutes. Add carrots and celery; cook just until carrots are tender. Add kale; cook just until wilted. Stir in pasta mixture, peas, and corn.
3. For cheese sauce, in a small saucepan melt butter; stir in flour, salt, and pepper. Add milk all at once; cook and stir until thickened and bubbly. Reduce heat; add cheddar cheese. Cook and stir until melted. Stir sauce into pasta and vegetables.
4. Bake, covered, for 35 minutes. Uncover; sprinkle with Parmesan Bake 5 minutes more.



## Fabulous Fried Chicken

2 whole chickens (4 lbs. each) cut into 10 pieces (2 wings, 2 thighs, 2 legs, the breast cut into 4)	1 tsp. cayenne pepper
1 carton of buttermilk (about a quart)	1 Tbsp. dried thyme
10 dashes hot sauce	1 Tbsp. freshly ground pepper
salt	1 Tbsp. cumin
3 cups all-purpose flour	1 Tbsp. spice of your choice
1 Tbsp. garlic powder	vegetable, canola, or peanut oil
1 Tbsp. smoked paprika	honey (for serving)

### Directions:

1. Start, if you can, the day before (or at least a few hours ahead) by marinating the cut-up chicken in the buttermilk spiked with the hot sauce and a few pinches of salt. Stir it all around with your hands, make sure the chicken is coated, and then refrigerate.
2. An hour before you're ready to fry, remove the chicken from the fridge and bring to room temperature. Meanwhile, make your flour mixture by whisking the flour with all of those spices.
3. Pour oil into the Square Pan so it comes  $\frac{1}{3}$  rd of the way up. Heat on high heat and begin checking the temperature with a thermometer; it's ready when it hits 350°F.
4. Lift the chicken out of the buttermilk, scrape off any excess, and sprinkle the chicken with a little salt before you drop it in the flour. Repeat with a few more pieces of chicken. Then, coat the chicken in the flour mixture, shake off any excess. Place chicken pieces in one layer in the Fry Basket and carefully lower into hot oil. For safety, make sure the oil comes no more than  $\frac{1}{2}$  up the side of the pan.
5. Fry the chicken in there for a few minutes, then flip over, watching and flipping every so often, until the chicken is a beautiful burnished brown all over and a thermometer inserted into the chicken reads 165°F. Remove the chicken to a cooling rack with clean tongs and sprinkle with salt. Repeat with the rest of your chicken and then serve with some honey!

## Irresistible Guinness Beef Stew Recipe with Carrots

3 Tbsp. olive oil
2 lbs. boneless chuck roast, cut into 1-inch cubes
$\frac{1}{4}$ cup flour
2 cups coarsely chopped onion
2 cups coarsely chopped carrots
1 cup coarsely chopped celery
3 garlic cloves, minced
1 11.5-ounce Guinness Stout beer
3–4 sprigs fresh thyme or 1 tsp. dried thyme
2 tsp. Worcestershire sauce
2 Tbsp. tomato paste
4 cups beef stock
salt and pepper

### Directions:

1. Heat oven to 275°F. Heat 2 Tbsp. of olive oil in the Square Pan over medium heat. While the oil heats, pat the beef dry, season with 1 tsp. of salt, and then roll in flour so that all sides are lightly dusted. Working in batches and adding additional oil as needed, add beef in one layer to the hot oil and brown on all sides. Remove with a slotted spoon and reserve for later.
2. Add onions, carrots and celery to the Square Pan. Cook, stirring occasionally, for 2–3 minutes until the onion just begin to sweat and soften. Add garlic and cook another minute.
3. Pour in Guinness and use a wooden spoon to scrape the bottom of the pan to get up any brown bits left over from cooking the beef and vegetables.
4. Add the reserved beef, thyme, Worcestershire sauce, tomato paste, beef stock and 1 tsp. of salt. Stir then cover with lid and place into oven. Cook 1 hour then check on the stew. If the top of the stew is dry, add some extra beef stock or water. Taste for seasoning and add salt/pepper as needed then cover again and cook another 30 minutes to an hour until the beef is tender and can easily be pulled apart with a fork.



## Healthy Stuffed Peppers with Monterey Jack Cheese

4 large peppers (green, red, orange or yellow)  
 (save tops to chop pieces for garnish)  
 1 cup uncooked brown rice  
 1 medium onion, chopped  
 ½ tsp. salt  
 pepper to taste  
 1 cup water  
 1 cup Monterey Jack cheese

### Directions:

1. Make brown rice according to directions, using chicken stock instead of water.
2. While rice is cooking, remove tops and seeds from peppers. Place in Square Pan, bring water to boil; cook peppers for 5 minutes. Drain.
3. Spoon rice mixture into peppers. Top with chopped pepper pieces and Monterey Jack cheese.
4. Bake, uncovered, at 375° for 15-20 minutes.

## Irene's Shepherd's Pie

extra-virgin olive oil, as needed  
 2 pounds boneless lamb shoulder or leg, cut into ½-inch dice  
 Kosher salt  
 ½ cup all-purpose flour  
 3 carrots, peeled and cut into ¼-inch dice  
 3 ribs celery, cut into ¼-inch dice  
 2 large leeks, white part only, cut into ½-inch dice  
 2 cloves garlic, smashed and finely chopped  
 ¼ cup tomato paste  
 1 cup stout beer, such as Guinness  
 3 to 4 cups chicken stock  
 2 bay leaves  
 1 bundle fresh thyme  
 2 pounds Yukon gold potatoes, cut into 1-inch dice  
 ¾ to 1 cup heavy cream  
 2 to 3 Tbsp. cold butter  
 1 cup frozen peas

### Directions:

1. Coat the Square Pan with olive oil and bring to a medium-high heat. Sprinkle the lamb with salt and toss with the flour. Add the lamb to the pan and brown well on all sides. Remove the lamb from the pan and reserve. Wipe out the oil in the pan and add a splash of new olive oil.
2. Add the carrots, celery and leeks to the same pan. Season the mixture with salt and cook, stirring frequently until the vegetables are soft and very aromatic, 8 to 10 minutes. Add the garlic and cook 2 to 3 minutes more. Add the tomato paste and cook until the tomato paste starts to brown, 2 to 3 minutes.
3. Add the beer and cook until it reduces by half. Return the lamb to the pan. Add enough stock to just cover the surface of the lamb. Taste and season with salt if needed. Toss in the bay leaves and thyme bundle. Bring the stock to a boil and reduce to a simmer. Partially cover and simmer until the lamb is tender, about 1 hour. When the stock level reduces, replace with more to keep the meat submerged.
4. Place the potatoes in a medium saucepan and cover by 1 inch with tap water. Season the water with salt and bring the water to a boil. Boil the potatoes until they are fork tender, about 15 minutes. Drain the water from the potatoes and pass them while they are still hot through a food mill.
5. In a small saucepan over medium-high heat, bring the cream to a boil. Beat the cold butter and hot cream into the pureed potatoes. Taste and season with salt if needed. The potatoes should be creamy and very flavorful.
6. Remove the lid from the lamb and add the peas. Simmer for 15 minutes more to allow the stock level to reduce. Taste and adjust the seasoning if needed. When done, the lamb mixture should be thick and stew-like. Remove the bay leaves and thyme bundle and discard.
7. Preheat the broiler.
8. Spread the mashed potatoes over the lamb mixture in an even layer. Place the Square Pan under the preheated broiler. Broil until the potatoes are golden brown and crispy.

## Lamb and Pear Stew

4 lbs. lamb shoulder meat cut into chunks - (you may also use lamb bone chunks in the stew for more flavor)	$\frac{2}{3}$ lb. string beans, trimmed
3 Tbsp. olive oil	6 cups water
1 yellow onion	2 tsp. salt
1 clove garlic, minced	$\frac{1}{2}$ tsp. pepper
4 pears, peeled, cored and halved	1 sprig thyme
4 medium potatoes, peeled and quartered	1 sprig parsley
	1 bay leaf

### Directions:

1. Preheat oven to 325°F. Season the meat with salt and pepper. In Square Pan, brown the lamb pieces in olive oil till they form a dark crust. Remove and set aside.
2. In the same pan, brown the onions and garlic. Be sure to scrape up any brown bits from the bottom of the pan. Once the onions and garlic are tender and have some color, return the lamb to the pan.
3. Make an herb bouquet by tying the thyme, parsley and bay leaf together with cooking twine. Add 2 tsp. salt,  $\frac{1}{2}$  tsp. pepper, herb bouquet and enough water to cover. Approx. 6 cups.
4. Cover and place in the preheated oven for 1 hour. Remove from oven and add the pears, potatoes and string beans to the pan. Cover and cook for an additional hour, or longer if needed, till lamb is very tender and pears, potatoes and beans are cooked through and tender. Remove the meat and lay in a mound in the center of a serving dish. Surround with the vegetables and pears.
5. Remove the herb bundle from the sauce.
6. Add 1 Tbsp. of corn starch mixed with a little cold water. Simmer it till it thickens into a nice gravy. You can add more cornstarch mixed with water to thicken it further, if desired. Season with salt and pepper to taste.
7. Serve the stew with hot gravy to pour over each serving. Enjoy!



## Mediterranean Beef Stew

1-2 Tbsp. olive oil	1 can black olives, cut in half
8 oz. sliced mushrooms	$\frac{1}{2}$ cup garlic cloves, cut in thin slices
1 onion, diced in $\frac{1}{2}$ inch pieces	2 Tbsp. finely chopped fresh rosemary or
2 lbs. trimmed and diced chuck steak, cut in bite-sized pieces	1 Tbsp. dried cracked rosemary
2 cups beef stock	2 Tbsp. finely chopped fresh parsley or use 1 Tbsp. dried parsley
1 can (14.5 oz.) diced tomatoes with juice	1 Tbsp. capers (or more)
$\frac{1}{2}$ cup tomato sauce	fresh ground black pepper and salt to taste
$\frac{1}{4}$ cup balsamic vinegar	

### Directions:

1. Preheat oven to 300°F.
2. Heat small amount of olive oil in Square Pan, add mushrooms and sauté several minutes, until starting to brown. Remove to bowl. Add a little more oil, then sauté diced onions about 5 minutes, or until starting to brown. Add to bowl. Add a little more oil again, then add diced beef and brown well, about 10–15 minutes. Don't rush the browning step. Add meat to bowl.
3. Add 1 cup beef stock to the pan and simmer a few minutes until slightly reduced, scraping off all browned bits, then add bowl contents.
4. Add diced tomatoes and juice, tomato sauce, balsamic vinegar, olives, garlic, rosemary, parsley, capers, and a little black pepper. Stir gently to combine.
5. Put lid on and place in preheated oven. Cook 4-6 hours.



## Puff Pastry Pot Pie

1 pkg. (17.3 ounces) Puff Pastry Sheets, thawed	3 ¼ cups chicken broth
⅓ cup butter	1 tbsp. Dijon-style mustard
4 medium carrots, peeled and sliced (about 2 cups)	1 tsp. dried thyme, crushed or
3 medium onions, chopped (about 1½ cups)	1 tablespoon minced fresh thyme leaves
8 oz. mushrooms, sliced (about 3 cups)	½ tsp. ground black pepper
⅓ cup all-purpose flour	3 cups cubed cooked chicken
	1 cup frozen peas, thawed
	¼ cup chopped fresh parsley

### Directions:

1. Heat the butter in the Square Pan over medium heat. Add the carrots, onions and mushrooms and cook for 5 minutes or until the vegetables are tender-crisp, stirring occasionally. Add the flour and cook and stir for 3 minutes or until the flour is golden brown. Slowly stir in the broth and heat to a boil. Cook and stir until the mixture boils and thickens.
2. Stir in the mustard, thyme, black pepper, chicken, peas and 3 tablespoons parsley. Remove the pan from the heat.
3. Unfold the pastry sheet on a lightly floured surface. Cut the pastry sheet to a 9" x 9" square.
4. Place on top of chicken filling. Sprinkle with the remaining parsley. Place the Square Pan into the oven.
5. Bake for 45 minutes or until the filling is hot and bubbling and the pastry is golden brown.

## Salmon Kedgeree

1 can (14.75 oz.) salmon, drained and flaked (remove skin & bones as desired)	½ cup water
2 hardboiled eggs, peeled	⅛ tsp. cayenne pepper
3 cups cooked rice	1 Tbsp. chopped parsley
2 cups shredded Cheddar cheese	4 slices lemon (for garnish)
1 chicken bouillon cube, crumbled	1 parsley sprig (for garnish)

### Directions:

1. Slice eggs in half, separate yolk from white. Crumble yolks in separate bowl, set aside. Coarsely chop egg whites, set aside.
2. In the Square Pan, heat cooked rice, cheese, bouillon, water and cayenne until cheese melts. Add salmon and egg whites into rice mixture and heat through. Sprinkle with crumbled egg yolk and chopped parsley. Garnish as desired with lemon slices and parsley sprig.

## Spicy Mussels with Chorizo Sausage

1 medium onion, chopped	¾ cup white wine
3 Tbsp. butter	1 ½ cups chicken stock
3 cloves garlic, minced	2 to 3 lbs. fresh mussels, scrubbed and de-bearded
8 oz. fresh chorizo, removed from casing	½ cup heavy cream
1 tablespoon harissa	French bread, for dipping
1 teaspoon red pepper flakes	

### Directions:

1. Cook's Note: If harissa cannot be found, substitute 1 tablespoon of tomato paste plus ¼ teaspoon cayenne pepper.
2. In the Square Pan, cook the onions in the butter over medium heat until soft, about 5 minutes. Add the garlic and chorizo to the onions and cook until the sausage loses its raw color, about 5 minutes. Add the harissa and red pepper flakes, and then turn up the heat to high.
3. Once fragrant, deglaze the pan with the wine, allowing to bubble for a minute. Lower the heat to medium, add the chicken stock and bring to a simmer.
4. Add the prepped mussels and cover to steam until the mussels open, 3 to 4 minutes. Add the cream and stir. Serve immediately with plenty of sliced French bread for dipping.

## Two Bean Tamale Pie

1 cup chopped green sweet pepper	1 6 oz. can vegetable juice ( $\frac{2}{3}$ cup)
$\frac{1}{2}$ cup chopped onion	1 4 oz. can diced green chile peppers, undrained
2 cloves garlic, minced	1 tsp. chili powder
1 Tbsp. cooking oil	$\frac{1}{2}$ tsp. ground cumin
1 15 oz. can kidney beans or black beans, rinsed, drained, and slightly mashed	1 8 $\frac{1}{2}$ oz. package corn muffin mix
1 15 oz. can pinto beans, rinsed, drained, and slightly mashed	$\frac{1}{2}$ cup shredded Cheddar cheese (2 oz.)
	$\frac{1}{4}$ cup snipped fresh cilantro or parsley

### Directions:

1. In Square Pan cook sweet pepper, onion, and garlic in hot oil until tender. Stir in kidney beans, pinto beans, vegetable juice, chile peppers, chili powder, and cumin; heat through.
2. Prepare corn muffin mix according to package directions. Add cheese and cilantro to muffin mix, stirring just until combined. Spoon cornbread mixture evenly over top of bean mixture.
3. Bake, uncovered, in a 400°F oven about 25 minutes or until golden. If desired, serve with salsa and sour cream.
4. Makes 6 main-dish servings.

## Succulent Short Ribs

$\frac{1}{4}$ cup olive oil	2 stalks celery, diced small
Four 8-ounce boneless beef short ribs	1 Vidalia onion, diced small
$\frac{1}{2}$ tsp. salt	1 cup red wine
$\frac{1}{2}$ tsp. black pepper	2 cups chicken stock
$\frac{1}{2}$ tsp. garlic salt	2 cups veal stock or beef stock
$\frac{1}{2}$ tsp. seasoned salt	2 cups water
1 cup all-purpose flour	one 14.5-ounce can peeled plum tomatoes
6 cloves garlic, smashed	2 Tbsp. Worcestershire sauce
2 carrots, peeled and diced small	6 medium red potatoes, diced small, with skin on

### Directions:

1. Preheat oven to 325°F. In the Square Pan, heat the olive oil over medium-high heat.
2. Sprinkle the short ribs on all sides with the salt, pepper, garlic salt and seasoned salt. Pat the seasonings into the meat. Dredge the short ribs in the flour and pat off any excess flour.
3. Place the short ribs in the Square Pan and sear until browned on both sides, 2 to 3 minutes. Add the garlic, carrots, celery and onions and sauté for 3 minutes.
4. Add the wine and simmer for 5 minutes. Stir in the chicken stock, veal stock, water, undrained tomatoes and Worcestershire sauce. Bring to a simmer. Cover and place in the oven.
5. Roast for 2 hours. Then add the potatoes, cover and roast for an additional 30 minutes.
6. Be sure to occasionally check the liquid in the pan to make sure there is enough to keep the meat moist and simmering. Add more stock if necessary.



## Vegetable Lasagna

8 oz. dried lasagna noodles (9 or 10 noodles)	$\frac{1}{2}$ teaspoon black pepper
2 eggs, beaten	1 $\frac{1}{4}$ cups milk
2 cups cream-style cottage cheese	1 10 oz. package frozen chopped spinach, thawed and thoroughly drained
1 15 oz. carton ricotta cheese	1 10 oz. package frozen chopped broccoli, thawed and thoroughly drained
2 tsp. dried Italian seasoning, crushed	1 cup shredded carrot
2 cups sliced fresh mushrooms	$\frac{3}{4}$ cup shredded Parmesan cheese (3 oz.)
1 cup chopped onion (1 large)	1 8 oz. package shredded Mozzarella cheese (2 cups)
4 cloves garlic, minced	
2 Tbsp. olive oil or cooking oil	
2 Tbsp. all-purpose flour	

### Directions:

1. Cook lasagna noodles according to package directions. Drain; set aside.
2. In a medium bowl combine eggs, cottage cheese, ricotta cheese, and Italian seasoning. Set aside.
3. In Square Pan, cook onion, and garlic in hot oil until tender. Stir in the flour and pepper; add milk all at once. Cook and stir until slightly thickened and bubbly. Remove from heat. Stir in the spinach, broccoli, carrot, and  $\frac{1}{2}$  cup of the Parmesan cheese. Place in separate bowl.
4. To assemble, wipe out Square Pan, layer one-third of the noodles, folding or cutting to fit, if necessary. Spread with one-third of the cottage cheese mixture, then one-third of the vegetable mixture. Sprinkle with one-third of the mozzarella. Repeat the layers twice. Sprinkle with the remaining  $\frac{1}{4}$  cup Parmesan cheese.
5. Bake, uncovered, in a 350°F oven for 35 minutes or until heated through. Let stand for 10 minutes before serving. Makes 12 servings.



## Turkey Tetrazzini

2 cups cooked turkey, cut into bite sized pieces	½ cup low-fat milk
8 oz. dry thin spaghetti or linguine	½ teaspoon paprika
8 oz. sliced fresh mushrooms	½ teaspoon salt
1 cup chopped onion	¼ teaspoon ground black pepper
2 Tbsp. vegetable oil	¼ cup grated Parmesan or Romano cheese
3 Tbsp. all-purpose flour	2 Tbsp. chopped fresh parsley
1 cup chicken broth	

### Directions:

1. Prepare pasta according to package directions in Square Pan. Set aside.
2. In Square Pan, sauté mushrooms and onion in vegetable oil for 3 minutes or until limp.
3. Stir in flour. Add chicken broth and milk stirring over medium heat until mixture thickens and bubbles.
4. Add turkey, paprika, salt and pepper; stir and cook for 2 more minutes or until heated through. Pour mixture over pasta and top with cheese and parsley.

## Sundried Tomato, Tuna and Basil Baked Pasta

2 pouches (2.5 oz.) Sundried Tomato & Basil seasoned tuna, do not drain	3 Tbsp. sundried tomato puree
½ pound dry penne or fusilli pasta	3 Tbsp. vegetable broth
1 cup tomato sauce	2 Tbsp. extra virgin olive oil
salt and pepper, to taste	1 Tbsp. fresh basil, chopped
½ cup shredded Mozzarella cheese	fresh basil leaves (for garnish)
	¼ cup grated Parmesan cheese (for garnish)

### Directions:

1. Preheat oven to 375°F. Prepare pasta according to package directions, set aside.
2. In Square Pan, combine tomato sauce, pasta, salt and pepper. Add ¼ cup of the Mozzarella cheese with sundried tomato puree, vegetable broth, olive oil, chopped basil and the tuna. Mix well. Top with remaining Mozzarella cheese.
3. Bake for 12-15 minutes or until slightly golden. Garnish with fresh torn basil leaves and fresh grated Parmesan.

## Tuna Zoodle Casserole

2 cans or pouches (5 oz.) canned chunk light tuna in water, drained	1 cup frozen peas
2 small zucchini	½ tsp. salt
½ cup rice flour (or whole wheat flour)	1 tsp. dried thyme
¼ cup grated Parmesan cheese	2 medium carrots, chopped
1 cup shredded Cheddar cheese	1 clove garlic, minced
8 oz. cremini (baby bella) mushrooms (about 2 ½ cups)	1 Tbsp. olive oil

### Directions:

1. Preheat oven to 350°F. Cut stem and bottom end off the squash. Using a mandolin with a julienne blade, or a vegetable spiralizer, create noodles out of squash.
2. Place in a large mixing bowl and sprinkle on rice flour and Parmesan, tossing to coat noodles. Add the cheddar cheese, mushrooms, peas, salt, thyme, carrots, garlic, and tuna and toss to evenly distribute all ingredients throughout the squash noodles.
3. Place the mixture into the Square Pan. Bake for 45 minutes. Remove and allow to cool at room temp for 10 minutes. Serve warm.

## Vegetable Stuffed Cornish Game Hens

4 cornish game hens  
2 stalks celery  
2 carrots  
1 large onion, quartered  
4 cloves garlic, peeled and kept whole  
3 Tbsp. olive oil  
½ cup chicken broth

### Directions:

1. Preheat oven to 450°F (230°C).
2. Rub hens with 1 tablespoon of the olive oil. Lightly season hens with salt and pepper.
3. Make stuffing according to directions and fill but do not pack hen cavities.
4. Place 1" pieces of carrot, onion and russet potatoes and arrange on bottom of Square Pan.
5. Place stuffed hens on top of vegetables.
6. Roast in preheated oven for 25 minutes.
7. Reduce oven temperature to 350°F (175°C).
8. In a mixing bowl, whisk together chicken broth, and remaining 2 tablespoons of oil; pour over hens. Continue roasting about 25 minutes longer, or until hens are golden brown and juices run clear. Baste with pan juices every 10 minutes.
9. Place vegetables and hens on plates and spoon extra juice over hens.

## Venison Bourguignon

2 Tbsp. extra-virgin olive oil	2 cups chopped butternut squash
2 lbs. venison stew meat, cut into cubes	2 cups red wine
1 large yellow onion, diced	1 cup beef broth
2 garlic cloves, minced	1 Tbsp. tomato paste
3 celery stalks, chopped	1 Tbsp. chopped parsley
1 carrot, chopped	1 bay leaf
1 ½ cups mushrooms, sliced	salt and pepper, to taste
2 russet potatoes, chopped	fresh chopped sage, rosemary and parsley

1. Preheat oven to 300°F.
2. In the Square Pan over medium heat, heat the olive oil. Liberally salt and pepper the venison. Add the meat to the pan in batches, being sure to not crowd the pan. Let cook for about 1 to 3 minutes on each side or until browned. Let the meat pull away from the pan naturally – don't move it around too much while it cooks. Repeat until all the meat has been browned. Remove to platter.
3. Reserve the juices in the pan, and add in the onions and garlic. Cook until the onions start to caramelize, about 6 minutes. Remove from heat.
4. Transfer the meat back to the Square Pan. Add the onions, garlic, celery, carrots, mushrooms, squash, potatoes, red wine, beef broth, tomato paste, parsley and bay leaf, and then add salt and pepper, to taste.
5. Cover the Square Pan, and place in oven and cook on low for 6 to 8 hours or until the vegetables are soft and the meat is tender. Serve topped with fresh herbs.





## Arancini (Rice Balls) with Marinara Sauce

2 cups cooked white rice, cooled  
 ½ cup grated Parmesan  
 3 eggs  
 8 small cubes fresh mozzarella  
 1 cup Italian-style breadcrumbs  
 oil, for frying  
 1 cup store-bought or homemade marinara sauce

### Directions:

1. Place the Square Pan over medium heat and add enough vegetable oil to rise 4 inches in the pot.
2. Combine the rice, Parmesan and 1 egg in a medium bowl and use your hands to thoroughly combine the mixture.
3. Form each Arancini by taking a small portion of the mixture, squeezing it firmly and stuffing one cube of mozzarella inside each ball. Repeat this process to form 8 Arancini.
4. Whisk together the remaining 2 eggs. Dip each Arancini in the eggs and then in the breadcrumbs, shaking off any excess.
5. Once the oil reaches 375°F, add 2 or 3 of the breaded Arancini to the Fry Basket and fry them until golden brown and cooked throughout.
6. Remove the basket from the Square Pan and transfer them to a paper towel-lined plate. Immediately salt the Arancini. Repeat the frying process with the remaining Arancini.
7. Serve the Arancini warm with a side of warm marinara sauce.

### Notes:

I've made Arancini with many types of rice, but some varieties prove more successful than others. For example, regular old Uncle Ben's will only work if it's particularly sticky. The best rice for Arancini is actually sushi rice because it is much more glutinous so it's easy to work with. Make sure you really squeeze the Arancini together to make them as compact as possible. This will ensure the Arancini hold their shape when frying.

## Bacon and Sardine Penne

1 can (3.75 oz.) canned sardines in oil, drained and flaked  
 4 oz. dry whole grain penne  
 1 Tbsp. olive oil  
 2 slices center cut bacon  
 ½ cup sliced orange bell pepper  
 ¼ yellow onion, thinly sliced  
 ¾ cup grape tomatoes  
 ¼ tsp. freshly ground black pepper  
 ¼ tsp. salt  
 Pinch cayenne pepper

### Directions:

1. Prepare penne according to directions.
2. In the Square Pan over medium-high heat, cook bacon in olive oil until cooked through, about 6 minutes. Remove bacon, leaving oil in pan. Chop bacon and set aside.
3. Sauté the bell pepper, onion, and tomatoes in the oiled pan until tender, about 5 minutes. Sprinkle with pepper, salt, and cayenne. Remove from heat and add sardines, bacon, and pasta, tossing gently to mix all ingredients.

## Corn Bread Pudding

2 large eggs  
 1 cup (8 oz.) sour cream  
 1 can (15 ¼ oz.) whole kernel corn, drained  
 1 can (14 ¾ oz.) cream-style corn  
 ½ cup butter, melted  
 1 package (8 ½ oz.) corn bread/muffin mix  
 ¼ tsp. paprika

### Directions:

1. In Square Pan, combine the first five ingredients. Stir in corn bread mix just until blended. Sprinkle with paprika.
2. Bake, uncovered, at 350°F for 40-45 minutes or until a knife inserted near the center comes out clean. Serve warm. Yield: 12 servings.

## Cauliflower Fontina Gratin

6 cups cauliflower florets (2 small heads)	1 Tbsp. snipped fresh thyme or
¼ cup butter	1 tsp. dried thyme, crushed
¼ cup all-purpose flour	½ tsp. salt
2 cups half-and-half, light cream, or milk	¼ tsp. ground black pepper
½ cup milk	⅔ cup soft bread crumbs
¾ cup shredded Fontina cheese (3 oz.)	2 Tbsp. olive oil

### Directions:

1. Preheat oven to 375°F. In Square Pan cook cauliflower in boiling lightly salted water about 5 minutes or just until tender; drain. Transfer to a bowl of ice water to stop cooking. Drain again; set aside.
2. For sauce, in the Square Pan melt butter over medium-low heat. Stir in flour. Cook and stir for 1 minute. Stir in half-and-half and ½ cup milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Remove from heat. Stir in cheese, the 1 Tbsp. fresh thyme, salt, and pepper.
3. Spread about 1 cup of the sauce in the bottom of the prepared baking dish. Add cauliflower. Top with the remaining sauce.
4. Sprinkle gratin with bread crumbs; drizzle with oil. Bake for 25 to 30 minutes or until light brown and bubbly.

## Cabbage, Ham and Hash Brown Bake

½ medium onion, chopped
¼ medium sweet red pepper, chopped
¼ medium green pepper, chopped
2 garlic cloves, minced
2 Tbsp. butter
5 to 6 cups frozen shredded hash brown potatoes
½ cup diced fully cooked ham
½ medium head cabbage, shredded (about 4 cups)
Salt and pepper to taste

### Directions:

1. In the Square Pan, sauté onion, red and green pepper and garlic in butter until tender.
2. Add hash browns; cook over high heat for 2-3 minutes. Stir in ham, cabbage, salt and pepper.
3. Simmer for 8-10 minutes. Yield: 4 servings.

## Caponata Casserole

2 Tbsp. olive oil	½ cup chopped pitted green olives
1 small eggplant (about 1 pound), peeled and cut into ¾ inch pieces (2 to 3 cups)	1 ½ cups tomato-basil pasta sauce
2 ½ cups coarsely chopped yellow and/or red sweet peppers (2 large)	1 egg, lightly beaten
2 cups fresh button mushrooms, coarsely chopped	½ of a 15-ounce carton ricotta cheese
1 large onion, cut into thin wedges	1 ¼ cups finely shredded Asiago cheese (5 oz.)
1 cup sliced celery (2 stalks)	¼ cup snipped fresh parsley
	1 Tbsp. dried Italian seasoning, crushed
	½ teaspoon garlic powder
	4 oz. sliced Provolone cheese

### Directions:

1. Preheat oven to 350°F.
2. In the Square Pan heat 1 Tbsp. of the oil over medium-high heat. Add eggplant; cook for 5 to 6 minutes or until tender and lightly browned, stirring occasionally. Transfer to a large bowl.
3. Add the remaining 1 Tbsp. oil to skillet. Add sweet peppers, mushrooms, onion, celery, and olives. Cook about 10 minutes or until onion is tender and liquid is evaporated, stirring occasionally. Transfer to bowl with eggplant. Mix gently and drain off any liquid.
4. Place mixture back into Square Pan and top with half of the pasta sauce.
5. In a medium bowl combine egg, ricotta cheese, Asiago cheese, the ¼ cup parsley, the Italian seasoning, and garlic powder. Spoon ricotta mixture in mounds on top of pasta sauce in pan. Top with the remaining pasta sauce.
6. Bake, uncovered, for 30 minutes. Top with Provolone cheese. Bake, uncovered, for 10 to 15 minutes more or until mixture is bubbly and cheese is melted. If desired, sprinkle with pine nuts and additional parsley. Let stand for 5 minutes before serving (casserole will be saucy).



## Easy Vegetable Tempura

neutral oil, such as canola or grapeseed, for deep-frying  
½ cup flour, plus more for dredging  
2 egg yolks  
24 or more vegetable pieces: slices of sweet potato or squash, strips of bell pepper, slices of onion, broccoli florets, green beans, broccoli, cauliflower, etc.  
salt and black pepper  
1 lemon, cut into quarters, optional  
soy sauce, optional

### Directions:

1. Heat two or three inches (more is better) of oil in the Square Pan. The oil is ready when it reaches 350°F, or when a pinch of flour sizzles immediately.
2. Combine 1 cup water and 1 cup ice; let sit for a minute, then measure 1 cup water from this. Beat lightly with the flour and egg yolks; the batter should be lumpy.
3. Dredge the vegetables very lightly in the flour, tapping to remove excess. Then dip them in the batter and immediately place in the Fry Basket, then lower into hot oil. You can cook 6 to 8 pieces at a time. Cook 1 to 2 minutes, no more.
4. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain. Sprinkle with salt and pepper and serve immediately, with lemon wedges and soy sauce if you like.



## Crabmeat Stuffing

2 cans (6 oz.) lump crabmeat, drained  
¼ cup chopped onion  
¼ cup chopped celery  
2 slices of bread broken into chunks  
1 tsp. thyme  
2 Tbsp. butter, melted  
2 eggs, beaten

### Directions:

1. Preheat oven to 375°F. In Square Pan, combine crab, onion, celery, bread, thyme, melted butter and eggs. Gently mix ingredients and bake for 30 minutes or until heated through.

Makes 3 cups of stuffing.

Note: Use as stuffing for side dish, stuff tomatoes, peppers or tacos. Cooking times may vary.

## Deep Fried Vegetables

2 cups all-purpose flour  
1 ½ cups beer  
2 eggs  
1 cup milk  
salt and pepper to taste  
2 cups vegetable oil for frying  
1 carrot, cut into thick strips  
1 onion, sliced into rings  
6 fresh mushrooms, stems removed  
1 green bell pepper, sliced in rings  
cauliflower florets  
broccoli florets

### Directions:

1. In a medium bowl, mix together 1 ½ cup flour and beer with a wooden spoon; let stand for at least 3 hours at room temperature.
2. Mix eggs and milk in a small bowl. In a separate bowl mix together ½ cup flour and salt and pepper.
3. Heat oil to 375°F (190°C) in Square Pan.
4. Dip each vegetable in the egg and milk mixture. Next dip the vegetable into the flour and seasoning mixture, finally dip the vegetable in the beer and flour mixture. Place vegetables in the Fry Basket and lower into hot oil. Work in small batches and fry until golden brown.
5. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain. Serve with favorite sauce or dip.

## Four-Cheese Zucchini Strata

4 medium zucchini and/or yellow summer squash, halved lengthwise and cut into ¼ inch slices (about 5 cups)  
2 Tbsp. olive oil  
8 cups garlic-flavor Italian flatbread (focaccia) cut into bite-size pieces  
1 cup shredded Provolone cheese (4 oz.)  
1 cup shredded white Cheddar cheese (4 oz.)

½ cup crumbled Feta cheese (2 oz.)  
½ cup grated Parmesan cheese  
7 eggs, lightly beaten  
2 cups milk  
2 Tbsp. snipped fresh parsley  
½ tsp. salt  
½ tsp. ground black pepper  
snipped fresh parsley (optional)

### Directions:

1. Heat Square Pan with the two Tbsp. hot oil over medium-high heat and cook squash until light brown, stirring occasionally. Remove from heat and place squash in bowl.
2. Place half of the bread pieces in the Square Pan. Top with half of the squash and half of each of the cheeses. Repeat layers.
3. In a large bowl combine eggs, milk, parsley, salt, and pepper. Pour evenly over layers in Square Pan. Using the back of a large spoon, gently press down on layers. Cover and chill for 2–24 hours.
4. Preheat oven to 325°F. Uncover and bake for 45 to 50 minutes or until set and an instant-read thermometer inserted into the center registers 170°F. Let stand for 10 minutes before serving. Sprinkle with additional parsley if desired.

## Mouth Watering Cauliflower Casserole

4 cups fresh cauli-flowerets  
2 Tbsp. plain yogurt  
2 Tbsp. mayonnaise  
1 teaspoon Dijon mustard  
¼ teaspoon dill weed  
¼ teaspoon salt  
¼ teaspoon garlic powder  
½ cup shredded cheddar cheese

### Directions:

1. Preheat oven to 350°F. Place cauliflower in the Square Pan with the steam rack; put in 1 in. of water. Bring to a boil; cover and steam 6-8 minutes or until crisp-tender.
2. Meanwhile, in a small bowl, combine yogurt, mayonnaise, mustard, dill, salt and garlic powder.
3. Drain cauliflower and return to Square Pan; top with yogurt mixture and cheese. Bake, uncovered, 8-10 minutes or until heated through and cheese is melted. Yield: 6 servings.

## Spinach and Feta Casserole

3 eggs, lightly beaten  
2 cups cream-style cottage cheese  
1 10 ounce package frozen chopped spinach, thawed and well drained  
⅓ cup crumbled feta cheese  
¼ cup butter, melted  
3 Tbsp. all-purpose flour  
2 tsp. dried minced onion  
dash ground nutmeg

### Directions:

1. Preheat oven to 350°F.
2. In a large bowl, combine eggs, cottage cheese, spinach, feta cheese, melted butter, flour, dried onion, and nutmeg. Transfer mixture to the Square Pan.
3. Bake, uncovered, about 45 minutes or until center is nearly set (160°F). Makes 4 servings.

## Sweet Potato, Edamame and Rice Casserole

2 cups water  
1 large sweet potato, peeled and chopped (1 ½ cups)  
1 cup uncooked long grain white rice  
½ tsp. salt  
1 15 ounce can black beans, rinsed and drained  
1 ½ cups frozen sweet soybeans (edamame), thawed  
1 cup shredded Monterey Jack cheese (4 oz.)  
1 8 ounce carton sour cream  
1 4 ounce can diced green Chile peppers, undrained  
¼ cup chopped green onions  
2 Tbsp. all-purpose flour  
1 Tbsp. snipped fresh sage  
2 cloves garlic, minced  
½ tsp. salt  
toasted pumpkin seeds (optional)

### Directions:

1. Preheat oven to 350°F. In the Square Pan, bring water to boiling. Stir in sweet potato, rice, and ½ tsp. salt. Return to boiling; reduce heat. Simmer, covered, about 20 minutes or until liquid is absorbed.
2. Meanwhile, in a large bowl, combine black beans, soybeans, ½ cup of the cheese, the sour cream, Chile peppers, green onions, flour, sage, garlic, and ½ tsp. salt.
3. Stir into rice mixture and top with the remaining ½ cup cheese. Bake, uncovered, about 30 minutes or until heated through. If desired, sprinkle each serving with pumpkin seeds.

## Walnut-Sage Potatoes au Gratin

6 medium potatoes (2 pounds)	¼ tsp. ground black pepper
3 Tbsp. walnut oil	2 ½ cups milk
½ cup chopped onion (1 medium)	3 Tbsp. snipped fresh sage
2 cloves garlic, minced	1 cup shredded Gruyere cheese (4 oz.)
3 Tbsp. all-purpose flour	⅓ cup broken walnut pieces
½ tsp. salt	fresh sage leaves (optional)

### Directions:

1. If desired, peel potatoes. Thinly slice potatoes (you should have 6 cups). Place slices in a colander. Rinse with cool water; set aside to drain.
2. Preheat oven to 350°F.
3. For sauce, in the Square Pan, heat walnut oil over medium heat. Add onion and garlic; cook until tender but not brown. Stir in flour, salt, and pepper. Add milk all at once. Cook and stir over medium heat until thickened and bubbly. Remove from heat; stir in snipped sage. Transfer to a bowl.
4. Wipe the Square Pan clean, layer half of the potatoes. Cover with half of the sauce. Sprinkle with half the cheese. Repeat layering with the potatoes and sauce. Reserve remaining cheese.
5. Cover and bake for 40 minutes. Uncover and bake about 25 minutes more or just until potatoes are tender.
6. Sprinkle remaining cheese and nuts over top. Bake, uncovered, for 5 minutes. Remove from oven; let stand for 10 minutes. If desired, garnish with sage leaves.

## Zucchini-Sausage Casserole

12 oz. uncooked turkey sausage  
4 medium zucchini (2 pounds total)  
1 10 ¾ ounce can reduced-fat and reduced-sodium condensed cream of chicken soup  
1 8 ounce carton light sour cream  
4 cups herb-seasoned stuffing mix  
½ cup reduced-sodium chicken broth  
2 Tbsp. butter, melted

### Directions:

1. Preheat oven to 350°F.
2. In the Square Pan, cook sausage over medium heat until brown. Drain off fat.
3. Meanwhile, halve zucchini lengthwise; cut crosswise into ¼ inch pieces. Add zucchini to sausage in skillet. Cover and cook over medium heat for 2 minutes; remove from heat.
4. In a small bowl, combine soup and sour cream; stir into sausage mixture. In a large bowl, combine stuffing mix and broth to moisten.
5. Spoon half of the stuffing mixture into the Square Pan. Spread sausage mixture over stuffing in dish. Spoon the remaining stuffing mixture evenly over sausage mixture. Drizzle with butter.
6. Bake, covered for 15 minutes. Uncover and bake for 20 minutes more or until heated through and top is golden.





## Summer Fresh Peach Cobbler

¼ cup melted butter  
1 cup flour  
¾ cup sugar  
2 tsp. baking powder  
¾ cup milk  
5–6 peaches, sliced  
¾ cup sugar

### Directions:

1. Preheat oven to 350°F.
2. Pour melted butter into the Square Pan.
3. Whisk together the flour, ¾ cup of sugar, baking powder and milk.
4. Pour over melted butter.
5. Cover with fresh peach slices.
6. Cover with ¾ cup sugar.
7. Bake until batter rises to top and forms a nice brown crust, about 20–30 minutes.

## Beignets with Cinnamon Honey Butter

### Beignets:

4 ½ tsp. dry yeast (2 packages)  
½ cup warm water + 1 cup boiling water  
½ cup + 1 Tbsp. granulated sugar  
½ cup butter, cut into small pieces  
2 tsp. salt  
3 eggs, lightly beaten  
4 ½ cups flour  
oil, for frying

### Cinnamon Honey Butter:

½ cup butter, softened  
¼ cup honey  
1 tsp. cinnamon

### Directions:

#### For the beignets:

1. In a small bowl, combine the yeast, ½ cup warm water and 1 Tbsp. sugar. Set aside and let sit until it foams.
2. Put the remaining ½ cup sugar and the butter in the bowl of a stand mixer. Pour the boiling water over the top. Add the salt, then the eggs and mix on medium-low speed until combined. Add in the yeast mixture and 2 cups of the flour and mix. Continue to add flour, ½ cup at a time, until all of the flour is incorporated. Tip: You may need to add a bit more flour. The dough should still be sticky to the touch, but should be starting to pull away from the sides of the mixer slightly. It is best to add less flour rather than more. If the dough is too sticky to work with, you can always go heavier on the flour when you are rolling out the dough.
3. Cover the bowl with plastic wrap sprayed with nonstick cooking spray and let the dough rise for about an hour, then refrigerate until cold. Tip: Leave the dough in the mixer bowl, or place it in a greased bowl and cover with plastic wrap.
4. When ready to fry, place 2-3 inches of oil in Square Pan over medium heat. You want the oil to be about 350°F. Dust your work surface with flour. Divide the dough into half, and working with one half at a time, roll the dough until it's about ¼-inch thick. Cut the dough into 3-inch squares. Puncture the center through the dough with a knife.
5. Place the squares in the Fry Basket (in one layer) and lower into hot oil. Fry until the first side is golden brown and puffy, then flip over and cook until the second side is brown. When done, lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.
6. Serve with the honey butter, honey, jam, or sprinkle with powdered sugar.
7. For the cinnamon honey butter: combine ingredients and beat well.
8. Combine the butter, honey and cinnamon and beat until combined.

Make ahead: The dough can be refrigerated for 1-2 days before frying. You can also freeze the dough for later use.

## Baked Rice Pudding with Apricots

1 cup cooked rice  
2 ½ cups milk  
3 large eggs, lightly beaten  
¾ cup sugar  
¾ cup raisins  
1 tsp. vanilla extract  
¼ tsp. salt  
½ tsp. ground cinnamon  
¼ tsp. ground nutmeg  
½ cup dried apricots cut into pea size pieces

### Directions:

1. Preheat oven to 325°F.
2. In a large bowl, stir together first 7 ingredients. Spoon into Square Pan and place it in a larger pan in the oven; pour water into the pan to a depth of 1-inch.
3. Bake for 1 ½ hours, or until lightly browned and set. Combine cinnamon and nutmeg; sift over top of pudding. Cool slightly and cut into squares to serve.

## Blackberry Slump

Dumplings:	Berries:
1 cup all-purpose flour	4 cups fresh or frozen (defrosted and drained) blackberries
1 ½ tsp. baking powder	½ to ¾ cup sugar (depending on your desired level of sweetness)
½ tsp. salt	¼ tsp. cinnamon
2 Tbsp. sugar	1 tsp. lemon juice
2 Tbsp. butter	1 tsp. lemon zest
⅓ cup whole milk	⅓ cup water
	whipping cream or vanilla ice cream for topping

### Directions:

1. In a medium sized bowl, whisk together the flour, baking powder, salt, and sugar. Cut the butter into small cubes and add to the flour. Using a pastry cutter, two knives, or your clean hands, cut the butter into the flour until the flour resembles a coarse meal. Add the milk all at once and stir until the flour is just moistened. Handling the dough as little as possible, form into a ball. Set aside.
2. In Square Pan, add the berries, sugar, cinnamon, lemon juice, lemon zest, and water. Heat until boiling, stirring a few times so that the berries are well coated with the sauce. Once the berry mixture is boiling, tear off spoonful chunks from the dough ball and drop onto the fruit around the edges of the pan. You should have enough dough for 6 dumplings. Cover the pot and reduce the heat to a simmer. Cook for 25 minutes, without peeking at the dumplings.
3. Place dumplings in serving bowls and top with berries. Serve with cream or ice cream. Serve hot or chilled.

## Pumpkin Fritters

½ c. all-purpose flour	2 large eggs
3 ½ Tbsp. granulated sugar	1 15 oz. can 100% pure pumpkin
2 tsp. baking powder	canola or vegetable oil
1 tsp. ground cinnamon	cinnamon sugar
½ tsp. salt	

### Directions:

1. Line a baking sheet with paper toweling and set aside. In a small bowl, stir together flour, sugar, baking powder, cinnamon, and salt. In a medium bowl, whisk eggs until blended. Whisk in pumpkin until combined.
2. Heat vegetable oil in Square Pan fryer to 350°F.
3. Frying 4 at a time, drop batter by heaping (measuring) tablespoonful into hot oil. Fry until golden brown, turning occasionally, about 4 minutes. Using slotted spoon, transfer fritters to paper towels to drain. Repeat with remaining batter. Fritters will puff up, then deflate slightly when removed from pan. To test for doneness, press lightly on fritters; they should spring back.
4. To serve, arrange fritters (2 each) on small dessert plates. Sprinkle each with slightly rounded teaspoon cinnamon sugar and serve with vanilla ice cream.
5. To make cinnamon sugar: In a small dish, stir together 3 tablespoons sugar and 1 tablespoon cinnamon until combined.





## Chocolate Bread Pudding

<u>Bread Pudding:</u>	¼ fresh nutmeg
2 Tbsp. butter	6 eggs
6 croissants, stale and cut into 1-inch chunks	
1 loaf cinnamon raisin bread, stale and cut into 1-inch squares	<u>Topping:</u>
1 cup semisweet chocolate chips	6 Tbsp. butter, cold and cut into small cubes
6 cups milk	2 Tbsp. all-purpose flour
1 ½ cups chocolate syrup	1 cup pecans, chopped
3 Tbsp. brown sugar	½ cup brown sugar
½ tsp. ground cinnamon	1 tsp. sea salt
½ tsp. salt	½ tsp. ground cinnamon

### Directions:

1. For the bread pudding: Preheat the oven to 350°F. Grease the bottom and sides of the Square Pan with the butter.
2. In a large bowl, add the croissant and bread chunks along with the chocolate chips sprinkled over the top. Toss gently and pour into the Square Pan, making sure all the chocolate chips don't settle on the bottom.
3. In a large bowl, whisk together the milk, chocolate syrup, brown sugar, cinnamon, salt, nutmeg and eggs. Pour the chocolate custard over the bread in the baking dish and press the bread down into the custard to soak it up. Allow to rest for 10 minutes. Then press down a bit again.
4. For the topping: In a medium bowl, toss the butter and with the flour to coat all sides of the butter. Then add the pecans, brown sugar, salt and cinnamon. Mix together with your hands to get the butter to blend into all the ingredients. Sprinkle evenly over the top of the baking dish.
5. Bake uncovered until the edges are golden brown and the center springs back a bit when touched, 45 to 50 minutes. Allow it to cool and settle for about 30 minutes. Turn upside down onto large platter. Serve with a dollop of whipped cream. Can also be served cold.

## Deep-fried piña colada rings

1 can of sliced pineapple with reserved juice  
 1 cup flour  
 2 eggs  
 1 cup shredded coconut  
 1 cup Panko bread crumbs  
 1 cup of white rum  
 vegetable oil

### The glaze:

1 cup powdered sugar  
 splashes of rum just until it is a thick glaze

### Directions:

1. Put the pineapple rings BACK into the can and fill it up with RUM. Cover it and put it in the fridge for as long as you want, the longer, the stronger.
2. When they've sufficiently soaked up enough alcohol, remove the rings and pat them dry.
3. In a medium bowl pour in about ½ cup of that reserved pineapple juice, and whisk in the 2 eggs. Set aside.
4. In a medium bowl, add in the flour. Set aside.
5. In a medium bowl, combine the Panko and the coconut, mix well, and set aside.
6. Create a breading station, and line up the bowls.
7. Put pineapple into the flour, then egg, then coconut. Get it on good and thick.
8. Place pineapple rings in the fryer basket and lower into oil at 350°F.
9. Fry until light golden brown, drain on paper towels.
10. Mix glaze and drizzle over the pineapples! Enjoy!

## Deep Fried Snicker Bars

2 cans refrigerator biscuits  
 1 bag snack-sized snicker bars

### Directions:

1. Wrap one biscuit around snicker bar making sure sealed well.
2. Heat oil in the Square Pan to 350°F (175°F).
3. Place four at a time into frying basket.
4. Carefully put candy bars into hot oil and fry until golden brown, 2 to 3 minutes.
5. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain. Let cool before eating.

## Blueberry Bread Pudding

1 (16 oz.) French bread loaf, cubed	½ cup sugar
1 (8 oz.) package cream cheese, cut into pieces	¼ cup butter or margarine, melted
3 cups fresh blueberries, divided	¼ cup maple syrup
6 large eggs	1 (10 oz.) jar blueberry preserves
4 cups whole milk	Garnishes: fresh mint leaves

Directions:

1. Arrange half of bread cubes in a lightly greased Square Pan. Sprinkle evenly with cream cheese and 1 cup blueberries; top with remaining bread cubes.
2. Whisk together eggs, 4 cups whole milk, sugar, butter, and maple syrup; pour over bread mixture, pressing bread cubes to absorb egg mixture. Cover and chill 8 hours.
3. Bake, covered, at 350°F for 30 minutes. Uncover and bake 30 more minutes or until lightly browned and set. Let stand 5 minutes before serving.
4. Stir together remaining 2 cups blueberries and blueberry preserves in a saucepan over low heat until warm. Serve blueberry mixture over bread pudding. Garnish, if desired.

## Caramel Apple Funnel Cake

3 eggs	2 tsp. baking powder
¼ cup granulated sugar	½ tsp. pumpkin pie spice
2 cup milk	¼ tsp. ground cinnamon
3 ⅔ cup flour	½ tsp. vanilla bean paste or extract
1 granny smith apple, peeled, cored and diced fine	oil for frying
¼ tsp. salt	powdered sugar and caramel sauce for topping

Directions:

1. Place three inches of vegetable oil in the Square Pan. Heat over medium heat until hot, around 375°F.
2. Beat the eggs and sugar together until smooth. Carefully beat in the milk. Add the dry ingredients except for the powdered sugar and beat this until smooth with no lumps. Add in the spices, vanilla and diced apples and fold in until combined.
3. Place ½ of the mixture into a gallon sized bag. Snip one of the bottom corners off and CAREFULLY let batter pour into hot oil. Make a large circle of the batter and connect it with more batter around and around in the pan. Let fry until golden brown on first side about 3 minutes. With a tongs, turn funnel cake over and let brown on the second side about 2 additional minutes.
4. Let funnel cake drain on a paper towel lined plate.
5. Top with powdered sugar and caramel sauce. Or, serve caramel sauce on the side for dipping, enjoy!

## Homemade Cronuts

¾ cups warm milk	1 tsp. vanilla	<u>Glaze Ingredients:</u>
1 Tbsp. active dry yeast	3 ½ cups all-purpose flour (divided)	½ cup powdered sugar
⅓ cup sugar	1 tsp. salt	3 Tbsp. pure maple syrup
2 large eggs	1 cup room-temperature butter	1 to 2 Tbsp. milk

Directions:

1. In a large bowl, mix together milk and yeast. Add in sugar, eggs, vanilla, and salt.
2. Add in one cup of the flour, mix. Add in two more cups of flour, kneading until dough is elastic but still a little tacky.
3. Transfer the cronut dough over to a baking sheet, cover with plastic wrap and chill in the refrigerator for half an hour.
4. While dough is chilling, combine the butter and ¼ cup flour with mixer, until smooth.
5. Take dough out of the refrigerator, and set it onto the lightly floured counter top. Roll the dough into a rectangle about ½" thick. Spread the butter evenly over the dough. Fold the dough in thirds, like you would a piece of paper. Cover the dough in plastic wrap, and put it back in the refrigerator for another 30 minutes.
6. Take the dough out, put it back on the countertop, and roll it out into another rectangle. Be sure to keep the open sides to your left and right. Fold the dough into thirds again. Chill the dough for another 30 minutes.
7. Repeat this process four times total. The first time you chilled the dough did not count – so you need to do it three more times after doing the step above. The last time you wrap the dough in plastic wrap and put it in the fridge, leave it in there for an hour.
8. Put oil in Square Pan up halfway, heat to 350°F. Fry croissant rings, one at a time, until brown, about 1 or 2 minutes on each side. Flip them as necessary until they're the perfect golden brown. Set croissant rings on paper towels to drain. Roll in cinnamon and sugar, and cover with maple glaze or the frosting/icing of your choice.

## Lokshen Kugel – Noodle Pudding

12 oz. egg noodles	3 eggs, beaten	½ tsp. cinnamon
1 cup sour cream	3 Tbsp. butter or margarine, melted	pinch of salt
1 cup cream cheese, room temperature	⅓ cup sugar	½ cup raisins

Directions:

1. Preheat oven to 350°F.
2. Boil water in the Square Pan and cook the egg noodles according to package directions. Drain, rinse with cool water and set aside.
3. In a large bowl, beat together the sour cream, cream cheese, eggs and melted butter until smooth. Add the sugar, cinnamon and salt and continue beating until the sugar is dissolved. Stir in the cooked noodles and the raisins.
4. Pour the pudding batter into Square Pan and place in the oven. Bake for 45 to 50 minutes, or until the pudding is set and the top is lightly browned. Scoop into serving dishes and serve warm or at room temperature.

# Old Fashion Sour Cream Donuts

For the donuts:

- 2 ¼ cup cake flour
- 1 ½ tsp. baking powder
- 1 tsp. salt
- ½ tsp. ground nutmeg
- ½ cup sugar
- 2 Tbsp. butter, at room temperature
- 2 large egg yolks
- ½ cup sour cream
- Canola oil, for frying

For the glaze:

- 3 ½ cup powdered sugar, sifted
- 1 ½ tsp. corn syrup
- ¼ tsp. salt
- ½ tsp. vanilla extract
- ⅓ cup hot water

Directions:

For the donuts:

1. In a bowl, sift together the cake flour, baking powder, salt, and nutmeg.
2. In the bowl of a stand mixer fitted with a paddle attachment, beat the butter and sugar together until sandy. Add the egg yolks and mix until light and thick.
3. Add the dry ingredients to the mixing bowl in 3 additions, alternating with the sour cream, ending with the flour. The dough will be sticky. Cover with plastic wrap and chill for 1 hour.
4. On a floured surface, roll out the dough to about ½ inch thickness. Use a doughnut cutter or two differently sized biscuit cutters to cut out as many donuts as possible, dipping the cutters into flour as necessary to prevent sticking. You should get about 12 doughnuts and holes.
5. Pour 2 inches of canola oil into the Square Pan with thermometer attached. Heat to 325°F. Fry the doughnuts a few at a time, being careful not to overcrowd the pot. Fry on each side about 2 minutes, being careful not to let them burn. Let drain on a paper bag to soak up the excess grease.

For the glaze:

1. Mix all ingredients in a bowl with a whisk until smooth.
2. Immerse each doughnut into the glaze.
3. Place on a wire rack above a sheet pan to catch any excess glaze.
4. Let sit for 20 minutes until glaze is set.
5. Doughnuts are best served the day they are made but may be store in an air tight container at room temperature for a few days.



# Apple Cider Donuts

- |                      |  |
|----------------------|--|
| 2 eggs               | 3 ½ cups flour, plus more for sprinkling     |
| 1 tsp. baking soda   | ½ stick softened butter                      |
| 1 cup white sugar    | ½ tsp. ground cinnamon                       |
| 1 cup apple cider    | shortening or vegetable oil, for deep frying |
| ½ tsp. ground nutmeg |  |
| 2 tsp. baking powder | <u>For the Cinnamon Sugar:</u>               |
| ½ cup buttermilk     | 1 cup white sugar                            |
| ½ tsp. salt          | 1 ½ tablespoons cinnamon                     |

Directions:

1. Reduce the apple cider to ¼ cup by simmering it in a pan over a low to moderate heat for 25 minutes. Let it cool.
2. Combine the baking soda, baking powder, flour, salt, nutmeg and cinnamon in a bowl.
3. Beat the butter and sugar together, and then add the eggs gradually. Add the buttermilk and apple cider and mix well.
4. Add the flour mixture and keep mixing the dough until it comes together.
5. Line a pair of cookie sheets with parchment paper and sprinkle some flour over them.
6. Turn the dough on to one of the cookie sheets and sprinkle some flour over the top.
7. Flatten the dough to a ½ inch thickness and sprinkle more flour over it if it still seems wet.
8. Freeze the dough for 20 minutes, then use a 3 ½ inch round cutter and a donut-hole cutter to form the donuts.
9. Put the donuts on the other lined cookie sheet and chill them in the refrigerator for half an hour.
10. Add enough shortening or oil to the Square Pan to get 3 inches, and then heat it to 350°F, using a candy thermometer as a temperature guide.
11. Line a plate with a few layers of paper towels. Stir the cinnamon into the sugar to make the cinnamon sugar.
12. Add several donuts to the oil and fry them for a minute or until they are golden brown.
13. Turn them over and fry the other side for a minute, then drain them on the paper towels and dip them in the cinnamon sugar.
14. Repeat with the remaining donuts and the donut holes.

## Sweet Potato Maple Donuts

½ c. whole milk	2 tsp. salt
1 tbsp. whole milk	2 tsp. vanilla extract
⅓ c. olive oil	4 ½ c. all-purpose flour
½ c. water	8 oz. mashed sweet potato
4 ½ tsp. active dry yeast	¼ tsp. allspice
¾ c. sugar	¼ tsp. mace
¼ tsp. sugar	½ tsp. cinnamon
½ c. sour cream	1 c. maple syrup
2 large eggs	1 tsp. lemon juice
2 large egg yolks	1 c. toasted, chopped walnuts

### Directions:

1. Make the dough: Coat a large bowl with vegetable oil and set aside. Gently warm ½ cup milk and oil in a small saucepan over medium heat. Combine the water and yeast in a large bowl, stir to dissolve, and sprinkle with ¼ teaspoon sugar. Let stand for 5 minutes. Add the warm milk and oil to the yeast mixture and stir to combine. Add the remaining sugar, sweet potato, eggs, yolks, salt, allspice, mace, and cinnamon and stir to combine. Add the flour gradually. Transfer the dough to a lightly floured surface and knead until smooth. Place it in the prepared bowl and turn to coat. Cover with plastic wrap and set aside in a warm, draft-free place until doubled in volume — about 2 hours. Punch dough down, re-cover the bowl with plastic wrap, and refrigerate for at least 2 or up to 12 hours.
2. Make the doughnuts: Turn the dough out onto a generously floured work surface. Lightly flour the dough and roll it out to about ¾ inch thick. Cut doughnuts out of the dough using a 3-inch doughnut cutter and transfer them and their holes to a baking sheet. Gather dough scraps, reroll, and repeat cutting doughnuts and holes until all dough is used. Chill doughnuts and holes for 30 minutes.
3. While dough is rising: Combine 1 cup maple syrup and 1 teaspoon lemon juice in a small saucepan over medium-low heat. Cook until reduced to ¾ cup, 15 to 20 minutes.
4. Fry the doughnuts: Heat about 4 inches of vegetable oil in the Square Pan, fitted with a thermometer over medium-high heat until oil reaches 350°F. Fry the doughnuts three at a time until golden, about 2 minutes per side. Remove doughnuts and holes with a slotted spoon and drain on paper towels. Repeat with remaining doughnuts and holes.
5. Coat hot doughnuts and holes with glaze and sprinkle with 1 cup toasted, chopped walnuts. Let glaze set and serve immediately. Will keep in an airtight container for up to 2 days.

## Deep-fried Strawberry Cheesecake Balls

1 lb. large strawberries, generously hulled
8 oz. cream cheese, softened
½ c. plus 1 Tbsp. confectioner's sugar, plus more to dust
1 tsp. vanilla extract
1 cup self-rising flour
6 oz. beer (fruity flavor)
oil to fry

### Directions:

1. Combine cream cheese, ½ c. confectioner's sugar and vanilla extract with a hand mixer until smooth.
2. Pipe into hollowed strawberries. Freeze for 15-20 minutes.
3. In separate bowl, whisk together self-rising flour, 1 Tbsp. confectioner's sugar and one half (6 oz.) of a can or bottle of beer until smooth.
4. Place several inches of oil in the Square Pan, heat oil to 350°F.
5. Coat stuffed berries with beer batter. Place berries in the Fry Basket and lower into hot oil. Fry until golden-y brown.
6. Lift the Fry Basket out, let the oil drain. Transfer to dish covered with paper towel to drain.
7. Dust with confectioner's sugar.