



# *CELEBRATING 100 YEARS*

**RECIPES FOR HOSTING AT NAWAKWA  
& FOR HOME COOKING**

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# *Appetizers and Soups*

## **Blue Cheese Dip**

### **Ingredients:**

1/4 pound sharp blue cheese  
1 cup sour cream  
1 medium sized grated onion  
freshly ground pepper

### **Preparation:**

1. Mash blue cheese with sour cream.
2. Add grated onion and 1 tsp. freshly ground pepper.
3. Serve with veggies and crackers.

Recipe from Suse Wenzel

# Caramelized Onion Tart

## **Pastry**

### **Ingredients:**

1 1/3 cups flour  
1/4 teaspoon salt  
1/2 cup cold unsalted butter, cut into small pieces  
1/4 cup ice water

### **Preparation:**

1. Put flour, salt and butter in a food processor, process until butter is size of small peas. Add ice water until a ball is formed.
2. Line tart shell with parchment paper and pie weights.
3. Roll pastry out on a lightly floured surface.
4. Prick with a fork and refrigerate for 30 minutes.
5. Bake in 375<sup>o</sup> oven for 20-25 minutes. Cool on rack, remove weights and paper.
6. Brush the shell with mustard and sprinkle with 2 tablespoons grated cheese.
7. Return to oven and bake for 7 minutes or until cheese is melted. Cool.

## **Filling**

### **Ingredients:**

2 tablespoons Dijon mustard  
3 ounces shredded Gruyere cheese  
2 large eggs  
1/4 cup heavy cream  
1 1/2 teaspoons chopped fresh thyme (1/2 teaspoon dried thyme)  
1 recipe caramelized onions

## **Caramelized Onions**

### **Ingredients:**

6 large yellow onions, thinly sliced  
1 tablespoon unsalted butter  
1/4 cup olive oil  
1 teaspoon sugar  
1/2 teaspoon salt  
freshly ground pepper

### **Preparations:**

1. Cook onions in a deep skillet for 40-45 minutes or until onions richly colored.
2. Mix eggs, cream and thyme and 1/2 cup grated cheese together. Add onions.
3. Spoon into tart shell and sprinkle remaining cheese on top.
4. Bake at 350<sup>o</sup> for 30-35 minutes until cheese is melted and filling set. Cool on rack.

Recipe from Susanne Flower  
Recipe by Williams-Sonoma French

# Gazpacho

## Ingredients:

1 hothouse cucumber, halved, seeded, but not peeled.  
2 medium red peppers, cored and seeded  
4 plum tomatoes  
1 red onion  
3 garlic cloves, minced  
3 cups tomato juice  
¼ cup white wine vinegar  
¼ cup good olive oil  
½ tablespoon kosher salt  
1 teaspoon freshly ground black pepper

## Preparation:

1. Roughly chop the cucumber, bell peppers, red onion, tomatoes into 1-inch cubes.
2. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess.
3. After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, salt and pepper. Mix well.
4. Chill before serving. The longer it sits, the more the flavor develops.

Recipe from Zhihong Shi and Peter Cohn

Recipe by Ina Garten, *The Barefoot Contessa Cookbook*, 1999.

## Marinated Mushrooms with Tarragon

### Ingredients:

2 garlic cloves  
salt and coarsely cracked pepper  
4 to 6 scallions, including some of the greens, thinly sliced  
2 1/2 tablespoons red wine vinegar  
4 teaspoons chopped (fresh) tarragon or 1/2 teaspoon cumin seeds  
1/4 cup extra virgin olive oil  
8 ounces white mushrooms, stem ends trimmed  
2 pinches red pepper flakes

### Preparation:

1. Finely chop garlic with 1/2 teaspoon salt or smash it in a mortar until smooth.
2. Combine with scallions, vinegar, and tarragon in a bowl, then whisk in oil. (If using the cumin, toast the seeds in a small pan until they smell fragrant, then cool and grind to a powder.)
3. Unless the mushrooms are very small, cut them into quarters. Pour the dressing over the mushrooms and toss with the pepper flakes. Taste for salt and season with pepper.
4. Cover and refrigerate until ready to serve. (Can be assembled up to two hours in advance.)

From *Vegetarian Cooking for Everyone*, by Deborah Madison

Serves 3 to 4 as written, so best doubled or even tripled for camp service

Recipe from Ingrid Strauch

# Obazda

## Ingredients:

250 grams (8.8 ounces) soft, ripe Brie or Camembert cheese

50 grams (1.76 ounces) soft butter

½ onion, or less to taste

2-3 tablespoons paprika

salt and pepper

caraway seeds and chives, optional garnish

## Preparation:

1. Cut the onion into very small cubes
2. Crumble the soft cheese in a bowl
3. Mash the cheese with the butter, onion and paprika. Add more butter if you want a creamier mixture
4. Season cheese mixture with salt and pepper and refrigerate for 1-2 hours
5. Serve with soft pretzels, sliced bread or warm pitas

Obazda means “pressed” and is a piquant mixture of cheese, butter and paprika. It was created in the 1920s to utilize overripe soft cheese.

This dish was first served at Oktoberfest 2022 by Oliver Lundt and David Hayes. The hosts wanted an easy dish to pair with traditional German soft pretzels at the inaugural Oktoberfest celebration.

Recipe from Oliver Lundt and David Hayes  
Adapted from the Ferweh-Koch Cookbook



# Roasted Pepper Bruschetta

## Ingredients:

2 baguettes  
1 jar (16 ounces) marinated roasted red pepper.  
caramelized onion (see recipe below)

## Preparation:

1. Slice the baguettes and toast the bread.
2. Drizzle the toast with the syrupy juice from the caramelized onion.
3. Add caramelized onion and roasted pepper to the toast.

## Caramelized Onion

### Ingredients:

1 teaspoon kosher salt  
1 yellow onion, peeled and thinly sliced  
¼ cup apple cider vinegar  
¼ cup maple syrup  
¼ cup olive oil

### Preparation:

- 1 Heat ¼ cup olive oil over medium-high heat, add the onions and 1 teaspoon salt. Cook, stirring frequently, until the onions are softened and browning, at least 15 minutes.
- 2 Add the vinegar and syrup, continue to stir and reduced until syrupy and broken down, again at least 15 minutes or so; the mixture should be jammy.

Recipe by Jean-Georges Vongerichten  
Recipe from Zhihong Shi and Peter Cohn

## Sweet Potato and Red Lentil Soup

### Ingredients:

8 cups water  
4 large, sweet potatoes, peeled and cubed  
1 cup red lentils  
1 16 ounce can coconut cream – UNSWEETENED  
1 large onion, chopped  
4 stalks celery, chopped  
2 large carrots or parsnips, chopped  
6-8 cloves garlic, chopped  
cinnamon, nutmeg, ground cloves, salt, cayenne pepper

### Preparation:

1. Sauté onion, carrots, celery, garlic in a small amount of oil, use a large pot.
2. When cooked add water.
3. Add potatoes and lentils to pot.
4. Simmer all until cooked. About  $\frac{1}{2}$  -  $\frac{3}{4}$  hour.
5. Blend with immersion blender – the consistency should be a bit thick.
6. Add coconut cream. Reduce heat to low so coconut cream will warm up but not boil.
7. Add spices to taste- approx.  $\frac{1}{2}$  teaspoon each cinnamon, nutmeg, ground cloves.
8. Add cayenne for a bit of heat!
9. Salt to taste.

Serve hot and enjoy!!

Recipe from Eve Mancuso

## Vegetable Soup

Easy, Delicious Vegetable Soup with Protein Upgrades for autumn hosted dinners at Nawakwa or for those winter nights when cooking is not an option! Easily adaptable to carnivores and herbivores.

### Ingredients:

(all ingredients from Trader Joe's for cost effectiveness)

1 pk. Vegetable Hash (diced carrots, cauliflower, pepper, corn etc.)

6 miniature potatoes or 8 finger potatoes

mushrooms (various types, to taste)

1 large white onion (or leaks)

1 carton of Trader Joe's low-sodium vegetable stock

season with salt, pepper, garlic powder

½ or 1 cup of Trader Joe's spaghetti sauce (Basil Tomato) for extra punch.

### Preparation:

1. Stir fry the vegetables in olive oil before adding other ingredients.
2. Cook on low flame for ½ hour

### Protein additions of your choice:

1. Trader Joe's crumbled feta cheese (individually, to taste)
2. Thawed frozen shrimp (cook last 10 minutes in soup or in separate pot for individual portions)
3. Tiny beef/turkey meatballs (a la Italian Wedding Soup)
4. 1 carton of Trader Joe's low-sodium chicken stock
5. 1 medium can of garbanzo beans

Serve with toasted ciabatta bread and a tossed salad.

Recipe from Maryann Poris

# Main Courses

## Cherry Tomato Chicken

### Ingredients:

4 chicken breasts, slightly pounded for moderate evenness

3 pints cherry tomatoes

1 onion, chopped finely

olive oil

1 teaspoon butter (or bacon fat)

1 teaspoon honey

salt and pepper

all-purpose poultry seasoning (any combination of thyme, sage, onion powder, crushed parsley, etc.) or seasonings of your choice

### Preparation:

1. Preheat oven to 350° F.
2. Cover bottom of baking dish with parchment paper or tin foil. Coat bottom of paper or foil with olive oil. Arrange chicken in baking dish on one layer. Season chicken with salt and pepper, poultry seasoning or seasoning of choice. Drizzle olive oil over the top of chicken and bake for 20 minutes.
3. While chicken is baking, heat a large, non-stick skillet over medium flame. When skillet is very hot, add 1 teaspoon of butter (or bacon fat) and one tablespoon of olive oil, and immediately add the chopped onion and cherry tomatoes to the pan.
4. Reduce flame to low and sauté the onions and cherry tomatoes for approximately 10 minutes (depending on the intensity of your stovetop) until soft and caramelized. Tomatoes should have slight browning all over, but no burn marks. Drizzle honey over the tomatoes and sauté for another two minutes. Turn off flame and remove skillet from heat.
5. Remove chicken from oven after 20 minutes and spoon the caramelized cherry tomatoes on top of the chicken breasts. Return the chicken to oven and cook to your desired degree of doneness or until your meat thermometer registers 165°.

This recipe works well with any mild, white, deboned fish fillets. Reduce baking times of fillets accordingly.

Recipe from Edie Green

# Creamy One-Pot Pasta with Chicken and Mushrooms

## Ingredients:

2 tablespoons olive oil, plus more as needed  
2 cups cremini, shitake or button mushrooms, cleaned, trimmed and sliced  
1 shallot or small onion chopped  
1 tablespoon minced garlic  
½ pound cut pasta, like gemelli or penne. Or long pasta broken into bits  
salt and pepper  
½ cup dry white wine or water  
3 to 4 cups chicken or vegetable stock  
2 boneless chicken thighs diced  
chopped fresh parsley, for serving (optional)  
freshly grated Parmesan cheese, for serving (optional)

## Preparation:

1. Put 2 tablespoons olive oil in a large, deep skillet over medium heat. When hot, add mushrooms, shallot and garlic. Cook, stirring occasionally, until mushrooms soften and begin to brown on edges, about 10 minutes. Add pasta and cook, stirring occasionally, until it is glossy and coated with oil, 2 to 3 minutes. Add a little salt and pepper, then wine. Stir and let liquid bubble away.
2. Ladle stock into skillet ½ cup or so at a time, stirring after each addition, and every minute or so. When liquid is just about evaporated, add more stock. Mixture should be neither soupy nor dry. Stir frequently over medium heat.
3. Begin tasting pasta 10 minutes after first adding liquid. Pasta should be tender with a tiny bit of crunch. When pasta is about 3 to 4 minutes from being done, added the chicken and stir to combine. Continue to cook until chicken is done. It will be white on inside when cut. Taste and adjust seasoning, garnish with parsley and Parmesan, is using, and serve.

Recipe from Mary Hilley  
Recipe by Mark Bittman

## Creamy Tomato Rigatoni (Vegetarian)

### Ingredients:

¼ cup unsalted butter  
1 cup chopped yellow onion  
1 (28 ounce) can whole peeled plum tomatoes  
12 ounces uncooked rigatoni  
½ cup heavy cream  
1 teaspoon kosher salt  
¼ teaspoon black pepper  
¼ teaspoon crushed red pepper  
½ oz freshly grated Parmesan cheese  
chopped fresh flat-leaf parsley for garnish

### Preparation:

1. Melt butter in large pan, add onion, cook stirring occasionally until tender and golden brown, about 5 minutes.
2. Crush tomatoes by hand, add tomatoes and their juices to onions, bring to a boil then simmer until thicken, stirring occasionally, about 30 minutes.
3. Cook pasta in salted water until al dente, drain, reserving 1 cup pasta water.
4. Stir cream, salt, black pepper and crushed red pepper into tomato sauce, add cooked pasta and toss to coat. Add reserved pasta water, ¼ cup at a time, until desired consistency is reached.
5. Serve with Parmesan cheese and parsley.

Tomato sauce can be made up to 3 days ahead and stored in the refrigerator.

Recipe from Susanne Flower  
From *Food & Wine*, October 2020

# Curry Chicken Cutlets

## Ingredients:

3 lbs. chicken cutlet- thin sliced  
2 large onions, sliced  
4 carrots, thinly sliced  
4 stalks celery, thinly sliced  
6-8 cloves garlic, diced  
frozen green peas- 12- 16 ounce package  
½ bunch cilantro  
jalapeno pepper, diced (optional)  
curry spice, salt

## Preparation:

1. Marinate chicken cutlets in olive oil, apple cider vinegar, aminos, curry spice for about 12 hours
2. Drain marinade and cook chicken cutlets in a hot large cast iron pan in olive oil – cook until done – careful not to overcook as cutlets cook very quickly!! Do not crowd the pan, cook in multiple batches and move cooked cutlets to a baking/serving dish.
3. In the same pan, after all of the chicken is cooked and are in the baking dish sauté: carrots and celery, add onions, add garlic at the end so it does not burn. Add diced jalapeno too if you are going for a spicier version. Add additional olive oil if needed.
4. When all veggies are sauteed. Add green peas.
5. Add 2 teaspoons of curry to 2 cups of water and pour over cooked veggies in the pan, cook all until hot. Add water as needed so there is enough liquid to cover the chicken cutlet in the baking dish. Salt to taste.
6. Pour all of the veggies and curry sauce from the pan over the chicken cutlets that are in the baking/serving dish.
7. Add chopped cilantro to garnish – about ½ bunch

Serve over brown rice or other side dish and Enjoy!!

Recipe from Eve Mancuso

## Grilled or Broiled Mushrooms

### Ingredients:

1/3 cup extra virgin oil  
1 tablespoon minced shallot, scallion, onion or garlic  
1 teaspoon fresh thyme leaves (optional)  
salt and freshly ground black pepper  
4 large portobello mushrooms  
chopped fresh parsley leave for garnish

### Preparation:

1. Heat a charcoal or gas grill or a broiler until quite hot. Put the rack about 4 inches from the heat source.
2. Mix together the olive oil, shallot, thyme if using it, salt, and pepper. Brush the mushroom all over with about half of the mixture.
3. Grill or broil the mushrooms with the tops of their caps away from the heat until they begin to brown, 5 to 10 minutes. Brush with the remaining oil and turn. Grill until tender and nicely browned all over, 5 to 10 minutes more.
4. Garnish and serve hot, warm or room temperature.

Recipe from Zhihong Shi and Peter Cohn  
Recipe by Mark Bitman, From *How to Cook Everything*



# Grilled Steak

## Ingredients:

Steak (we use Costco New York Strip)  
Salt and pepper

## Preparation:

1. Bring steak to room temperature. Salt and pepper generously.
2. Start the charcoal fire in one side of a Weber grill.
3. Sear the steak over direct heat. Then move steak away from the charcoal to cook with indirect heat. Cover the grill. Cook about 10 minutes per side depending on the intensity of the fire and the thickness of the steak. Check for doneness with a reliable thermometer. Medium rare: 130F. Medium: 145F.

Recipe from Zhihong Shi and Peter Cohn

## Savory Tofu

### Ingredients:

- 1 block of 1 pound firm tofu, cut into 10-12 pieces squares or triangles
- 1 scallions, chopped; separate the white part and the green part
- 1 teaspoon fresh ginger, sliced or slivered
- 2 cloves garlic
- 3 tablespoons soy sauce
- 1 tablespoon brown sugar (or any sweetener of your choice)
- 1/4 cup water
- 2 tablespoons corn starch
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon white pepper
- 3 to 4 tablespoons cooking oil

### Preparation:

1. Mix the soy sauce, brown sugar, salt, white pepper, water, and corn starch in a bowl.
2. Heat a cast iron pan on medium heat. (Use non-stick pan if you prefer)
3. Turn heat to medium low; add a table spoon oil and a layer of tofu pieces to the pan. Pan fry the pieces until golden brown on both sides. Add another table spoon to the pan for a new batch. Take out the tofu pieces.
4. In the same pan or a wok on medium heat, heat 1 to 2 table spoon oil.
5. Sautee the scallion (white part), the ginger, and the garlic until fragrant.
6. Add the mixed sauce; cook it until the sauce is thickened.
7. Add the tofu pieces to the sauce. Stir gently until all the pieces are covered with the sauce.
8. Sprinkle chopped scallion greens and serve.

### Variations:

1. Teriyaki Tofu. Make a teriyaki sauce and use in step 6.
2. Spicy tofu: add your favorite hot sauce to the mixed sauce in step 1.
3. Tofu deluxe: Sautee chopped colorful vegetables, such as red and green peppers, snow peas, carrots, bean sprouts etc. between step 5 and 6.

I started hosting in 2011 and have prepared many dishes for the hosted weekends over the years but this dish is my favorite of all time. Among all the dishes that I have prepared, this is the one and only that is my own. Tofu dishes were very common in everyday Chinese life. When I started to host at Nawakwa, I quickly learned that vegetarians did not have many choices at parties because non-vegetarian hosts did not know what to prepare for vegetarians besides offering side dishes as their main dish. I reached into my repertoire of tofu dishes and found an easy and delicious tofu dish that is also easy to make for a crowd. Hence, Savory Tofu.

Recipe from Yajing Li

# Spinach Lasagna

## Ingredients:

1 disposable lasagna pan  
1 box of oven ready lasagna noodles (you need at least 9)  
2 - 28 ounce jars of your favorite tomato sauce ( I like sauces that include garlic, basil and oregano. You won't use all of the 2 jars but I like to have extra, in case.)  
1 egg  
16 ounce container of small curd cottage cheese (It's cheaper than ricotta and just as tasty.)  
10 ounce box of frozen chopped spinach  
4 cups of shredded mozzarella (part skim is okay)  
2 teaspoons of Italian seasoning mix  
Aluminum foil

## Preparation:

1. Preheat your oven to 375 degrees.
2. Defrost the box of spinach. Be sure to squeeze out any excess moisture. (I like to do this by putting the defrosted spinach in a strainer and vigorously pressing out the extra water with a large spoon.)
3. In a large bowl thoroughly combine the raw egg, spinach, cottage cheese, and 2 cups or about half of the mozzarella cheese. Sprinkle the Italian seasoning in the mixture and thoroughly mix.
4. Spray the lasagna pan with non stick cooking spray.
5. Spread a layer of tomato sauce on the bottom (I use about a cup.) Lay down three lasagna noodles side by side. Spread a layer of the cheese/spinach mixture across the noodles. (I do about 3/4 of a cup.) Add a thin layer of tomato sauce.
6. Repeat the layers until you have used up the all the cheese/spinach mixture and the 9 noodles. Spread a generous layer of tomato sauce on top, (I use a lot of the second jar) filling in any gaps on the sides. Sprinkle the remaining 2 cups of mozzarella cheese on top.
7. Cover with foil and bake for about 25 minutes. (I like to poke a few toothpicks into the mixture to act as tent poles so that the aluminum foil does not droop down into the cheese. Just don't forget to remove them!)
8. Uncover and bake for 5 minutes more so the top layer of mozzarella is melted. You should see the mixture a little bubbly on the sides to know it's really cooked through.
9. Let sit for about 10-15 minutes before serving.

This is a simple recipe, but I've had many compliments about it over the years so I will offer it. It is inexpensive and another great feature is that you can quickly make it ahead of time at home in a disposable pan and then heat it up at camp. It avoids lots of prep time at camp and speeds clean up in the kitchen.

Recipe from Alex Wilkie

## Chili (Vegetarian)

### INGREDIENTS:

olive oil  
medium yellow onion, chopped  
3 garlic cloves, chopped  
celery, chopped  
½ red, yellow or orange pepper, chopped  
crushed tomatoes, 28 ounce can  
1 tablespoon chili powder, or more to taste  
1 teaspoon cumin, or more to taste  
beans, 1 can, drained and rinsed  
1 cup frozen corn kernels  
black pepper, to taste  
cider vinegar, to taste

### Preparation:

1. Saute onion, garlic, celery and bell pepper in olive.
2. Add crushed tomatoes, chili powder, cumin and beans. Mix well. Simmer for a while.
3. Add corn, mix and simmer for an additional 20 minutes.
4. Add black pepper and a splash of vinegar to taste.

Tastes best next day!

Recipe from Leni Tabb

## **While the Cat is Away the Mouse Will Play Lasagna (Vegetarian)**

To make 3 large lasagna, (9" X 13" glass dishes or aluminum lasagna pans). Can be made ahead and frozen, uncooked, for up to 2 months.

### **Ingredients:**

2 – 48 oz containers whole milk ricotta

6 eggs

1 ½ teaspoons salt

¾ teaspoon ground pepper

6 – 10 ounce packages frozen chopped spinach, thawed, squeezed to remove moisture

15-18 cups homemade or store-bought tomato sauce

3 boxes no-boil noodles

3 lbs fontina cheese shredded

### **Preparation:**

1. Whisk together the ricotta cheese, eggs, salt and pepper. Add spinach and stir well to combine.
2. Spread a small amount of tomato sauce in the bottom of each pan. Arrange a layer of lasagna noodles on top. Spread 1/3 of the ricotta mixture over the noodles, followed by 1/3 of the grated cheese. Repeat to make 2 more layers, ending with grated cheese. If freezing, cover tightly with plastic wrap. Before baking, defrost in the refrigerator overnight.
3. Preheat oven to 400°. Cover with aluminum foil. Bake for 30 minutes. Remove the foil and continue baking until top is golden brown, about 15 minutes. Cool slightly before serving.

Adapted from *Everyday Food*, 2003  
Recipe from Susanne & Jerry Flower

Note: This is the lasagna that the Cat would make before going on business trips for the Mouse to serve when he hosted.

# *Slow Cooker*

## **Easy Beef Burgundy**

### **Ingredients:**

- 1 ½ pounds beef round steak or beef stew meat
- 1 can (10 ¾ ounces) condensed cream of mushroom soup, undiluted
- 1 cup red wine
- 1 small onion, chopped
- 1 can (4 ounces) sliced mushrooms, drained
- 1 package (1 ounce) dry onion soup mix
- 1 tablespoon minced garlic

### **Preparation:**

1. Combine all ingredients in a slow cooker.
2. Cover.
3. Cook on LOW for 6-8 hours, or until beef is tender.

Recipe from Ray Kozma

## Nice 'n Easy Italian Chicken

### Ingredients:

4 boneless, skinless chicken breasts – about 1 pound  
8 ounces mushrooms, sliced  
1 medium zucchini diced  
1 medium green pepper, chopped  
1 jar pasta sauce, 26 ounces

### Preparation:

1. Combine all ingredients in a slow cooker.
2. Cover, cook on LOW for 6-8 hours or until chicken is tender.

Serve over hot, cooked linguini or spaghetti.

Recipe from Ray Kozma

## Orange Chicken

### Ingredients:

4 boneless, skinless chicken breasts – about 1 pound

1 can orange soda – 12 ounces

½ cup soy sauce

### Preparation:

1. Pour soda and soy sauce into slow cooker.
2. Add chicken and turn to coat.
3. Cover.
4. Cook on LOW for 5-6 hours.

Serve over rice.

Recipe from Ray Kozma



## **Tetley Chicken**

### **Ingredients:**

4 chicken thighs, skinless  
1/3 cup apricot jam  
1 clove garlic, minced  
1/2 package onion or vegetable soup mix  
1/3 cup low or fat free thousand island dressing  
1 tablespoon Dijon mustard

### **Preparation:**

1. Lightly brown thighs in a skillet
2. Add all other ingredients and bring to a boil while stirring
3. Add everything to greased slow cooker
4. Cook 4 hours on high or six hours on low.
5. Serve with rice or noodles.

This recipe easily multiplies four times or more.

Recipe from Teri Gabel

# Side Dishes

## Corn and Farro Salad

### Ingredients:

- 1 cup farro
- ¼ cup olive oil
- 3½ cups corn kernels from 5 large ears or frozen
- 2 tablespoons red-wine vinegar; more to taste
- 1 teaspoon chopped fresh thyme leaves
- 1 small clove garlic, mashed to paste with a pinch of salt
- kosher salt and freshly ground black pepper
- ¼ cup chopped sun-dried tomatoes
- 1 small head radicchio, finely shredded (about 1 ½ cups)
- 1/3 cup thinly sliced fresh basil, plus more for garnish

### Preparation:

1. Cook farro according to package directions. Set aside to cool completely.
2. Heat 1 tablespoon olive oil in a large skillet. Add the corn and cook stirring occasionally until the kernels are bright yellow and crisp, about 5 minutes. Transfer to a bowl to cool.
3. In a small bowl whisk the vinegar, thyme, garlic, 1 teaspoon salt and ¼ teaspoon pepper. Add the remaining 3 tablespoons oil, whisking until thickened. Season to taste with salt and pepper.
4. Add the cooled farro to the corn. Add the tomatoes and radicchio. Toss with the dressing and season to taste with salt, pepper and more vinegar. Garnish with the basil leaves.
5. Serve.

Recipe from Mary Hilley

## Herbed Farro Salad with Walnuts, Feta and Spinach

### Ingredients:

1 cup farro  
1/2 cup walnut pieces  
2 cups lightly packed baby spinach leaves, chopped  
1/2 English cucumber, diced  
3 ounces feta cheese, crumbled (2/3 cup)  
1 scallion, green and white parts, thinly sliced  
1/4 cup fresh Italian parsley leaves, chopped  
3 tablespoons fresh dill fronds, chopped  
2 tablespoons extra virgin olive oil  
2 tablespoons fresh lemon juice  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper

### Preparation:

1. Place the farro in a large saucepan. Add enough water to cover by about 1 inch (about 3 cups water). Stir and bring to a boil. Reduce heat to low, cover, and simmer until the farro is tender but still has some chewiness, about 30 minutes. Drain, then transfer the farro to a large mixing bowl and allow to cool in the refrigerator or at room temperature.
2. Toast the walnuts in a dry skillet over a medium high heat, stirring frequently, until they are fragrant and lightly toasted, about 3 minutes. Set aside to cool, then coarsely chop.
3. Add the walnuts, spinach, cucumber, feta cheese, scallions, parsley, dill, oil, lemon juice, salt and pepper and toss to combine.

Recipe from Roseann Mancuso

## Kale and Radish Salad

Servings: 4-6

### Ingredients:

1 large bunch of Lacinato kale,  
6 to 8 radishes  
1 tsp. salt for massaging the kale  
Juice of 1 lemon  
1 tablespoon honey or maple syrup  
1/4 teaspoon salt for dressing  
black pepper to your liking  
3 tablespoon extra virgin olive oil  
1 teaspoon Dijon mustard

### Preparation:

1. Make the dressing with lemon juice, syrup, 1/2 teaspoon salt, pepper, olive oil and mustard.
2. Wash the kale, remove leaves from stem, spin dry, and tear into bit pieces.
3. Wash the radishes; Cover each with a towel and smash with the flat side of the knife, then chop them into 2 to 3 pieces. You can also cut them into trunks or slices.
4. Sprinkle 1 teaspoon salt on the kale; gently rub until a wet shine appears.
5. Combine the radishes with the kale.
6. Toss with the dressing and serve.
7. Note: Do steps 5 and 6 right before serving.

Recipe from Yajing Li

## Summer Barley Salad

### Ingredients:

1 ½ cups uncooked pearl barley  
1 cup fresh corn kernels, about 2 ears  
1 cup diced seeded plum tomatoes, about 2  
½ cup chopped green onions  
¼ cup chopped flat-leaf parsley  
20 kalamata olives, pitted and coarsely chopped  
3 tablespoons fresh lemon juice  
2 tablespoons olive oil  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 garlic clove, minced  
¾ cup crumbled feta cheese, about 3 ounces

### Preparation:

1. Cook barley according to package directions, omitting the salt. Drain and rinse with cold water; drain. Cool completely.
2. Combine barley, corn, tomatoes, green onions, parsley and olives in a serving bowl.
3. Combine lemon juice, olive oil, salt, pepper and garlic with a whisk in a small bowl.
4. Drizzle dressing over the barley mixture. Toss to coat. Sprinkle with feta cheese.

Recipe from Mary Hilley

Recipe by *The Enlightened Cook Budget Cooking*

## Steamed Corn

### Ingredients:

1.5 ears of corn per person

### Preparation:

1. Add 1 to 1.5 inches of water in a big pot in our camp's kitchen.
2. Add all the corns (1.5 corns per person). Cover with lid.
3. Cook on high flame. After the water starts boiling (you can see the steam coming out of the lid. Do not open the lid) continue to cook for two more minutes. (No more than 3 minutes. Short steaming time is the key to keeping the corns sweet.)

Recipe from Zhihong Shi and Peter Cohn

# Desserts

## Apple Crumble Pie with Olive Oil

### Ingredients:

4 gold delicious or Macintosh or Granny Smith apples, peeled, cored and cut into thin slices

1 teaspoon cinnamon powder

For the crust:

1 ½ cups instant oatmeal

½ cup coarsely ground blanched almonds (optional)

1 cup whole wheat flour

½ cup sugar

½ teaspoon cinnamon powder

8 tablespoons extra virgin olive oil

### Preparation:

1. Lightly crease baking dish with olive oil.
2. Preheat oven to 350<sup>o</sup>
3. Toss the apples with sugar and cinnamon. Spread apples in the baking dish.
4. In a separate bowl, mix the crust ingredients. Spoon this mixture over the apples, evenly covering the surface
5. Bake the apple crisp for 35-45 minutes, or until topping is golden and the apples are soft.
6. Remove from oven, let cool slightly and serve.

Recipe from Janet Sibarium

## Apricot Frangipane Tart

### Ingredients:

- 1 (9-ounce) sheet frozen all-butter puff pastry, thawed
- All-purpose flour
- 3 tablespoons (1/2 stick) unsalted butter, preferably cultured, softened
- 1/2 cup confectioners' sugar, plus more for dusting
- 1/2 cup almond flour
- 1 large egg, at room temperature
- 2 small apricots (2 pounds), halved and pitted (You can use any stone fruits.)

### Preparation:

1. Preheat the oven to 350°F.
2. Roll the puff pastry on a lightly floured work surface into an 11-inch round.
3. Fit it into an 8-inch round fluted tart pan with a removable bottom. Press the dough 1/2 inch above the rim of the pan, trimming excess.
4. Freeze until firm.
5. Use a fork to poke holes all over the bottom of the dough.
6. Line with foil, fill with pie weights, and bake until dry to the touch, about 15 minutes.
7. Remove the foil and weights and bake for 10 minutes longer or until golden.
8. Let cool completely on a wire rack.
9. Whisk together the butter and confectioners' sugar until well combined.
10. Add the almond flour and egg and whisk until blended and fluffy. Spread in an even layer in the cooled crust.
11. Arrange the apricots in concentric circles, sitting upright with the cut sides at a slight angle.
12. Bake until browned, about 50 minutes.
13. Let cool completely.
14. Remove the tart ring, dust with confectioners' sugar, and serve.

Recipe by *Home Cooking with Jean-Georges: My Favorite Simple Recipes*  
Recipe from Zhihong Shi and Peter Cohn



## Caramel Almond Ice Cream Tart

### Ingredients:

1/2 gallon (4 pints) vanilla ice cream  
1 cup caramel sauce  
1/2 cup slivered almonds

### Preparation:

- 1 Press of softened vanilla ice cream into a 9" spring form pan.
- 2 Freeze until slightly firm, 10-15 minutes.
- 3 Top with caramel sauce and slivered almonds.
- 4 Freeze until firm, at least 1 hour or up to 2 days.

Remove spring form. Slice and serve immediately.

Recipe from Susanne Flower

## Mexican Chocolate Tofu Pudding

### Ingredients:

½ cup sugar

1 pound silken tofu

8 ounces high-quality bittersweet or semisweet chocolate, melted

1 teaspoon vanilla extract

1 ½ teaspoons ground cinnamon

½ teaspoon chili powder, or more to taste

chocolate shavings (optional)

### Preparation:

1. In a small pan, combine sugar and ¾ cup water, bring to a boil and cook until sugar is dissolved, stirring occasionally. Cool slightly.
2. Put all ingredients, except the shavings, in a blender and puree until completely smooth, stopping machine to scrape down its sides if necessary.
3. Divide among 4 to 6 ramekins and chill for at least 30 minutes.
4. Serve garnished with chocolate shavings.

Recipe from Zhihong Shi and Peter Cohn

Recipe by the New York Times, Mark Bittman

# Breakfast

## Sausage and Cheese Strata with Salsa

### Ingredients:

1 container fresh salsa  
1 ¼ pound Italian sausage (hot or sweet), casing removed  
12 eggs  
5 cups whole milk  
3 teaspoons fresh thyme or 1 teaspoon dried thyme  
1 ½ teaspoon salt  
½ black pepper  
20 ounce loaf of white sandwich, bread, crust trimmed and cut into 1 inch pieces  
1 onion chopped  
2 cups grated pepper jack cheese

### Preparation:

1. Sauté sausage until cooked through, drain.
2. Whisk eggs, milk, thyme, salt and pepper. Add salsa, sausage, bread, onions and 1 cup grated cheese.
3. Butter a large baking dish. Pour egg, sausage mixture to the baking dish, cover and refrigerate overnight.
4. Preheat oven to 375°. Bake uncovered until puffed and golden brown, about 45 minutes. Sprinkle with the remaining cheese and bake until melted, about 5 minutes. Cool for 5 minutes before serving.

Recipe from Susanne Flower

# *Notes and Menus*

## **Notes from Lewis Ports**

As a professional Chef I find that cooking in the Nawakwa kitchen is very different from a professional environment-probably more akin to preparing a Holiday meal for an extended family at home. Here are some pros, cons and tips for cooking in the Nawakwa kitchen:

### **Pros-**

Great multi-burner stovetop with two functioning ovens, large flattop, numerous small appliances, cast iron pans galore, pots, utensils, refrigeration upstairs and downstairs, large exhaust fan and a large worktop. Everything functions in a basic manner and has been solidly reliable for many years. The Nawakwa kitchen has been sufficient for me when cooking at Camp for smaller gatherings and groups up to about 30-40 participants which also corresponds with available seating in the dining area. In my many years of cooking I have never had a soft breeze flow through a kitchen or enjoyed a wooded view while washing dishes as at Nawakwa. The majority of Nawakwans passing through the kitchen when prepwork is being done will offer to help.

### **Cons-**

No broiler option for the ovens (or salamander) or deep fryer and exhaust hood. Any items that need a crunchy melted topping (e.g. au gratin or Creme Brûlée) will need a bit more time in the oven or a blow torch for caramelisation. Deep-frying can present challenges such as maintaining proper temperature of the oil and keeping odors from permeating the cabin.

### **Tips-**

Although I enjoy the aesthetic of plating meals, family style platters on the table or buffet-style presentation seems to work best at Camp for larger groups. And lastly, don't forget to remind members to take leftovers home!

When running a kitchen there are a few major responsibilities:

1. Ensuring guests enjoy their meals. At Nawakwa I think that enjoyment of meals comes easily as members cook with their heart and soul. Even if your meal is served late, lacks flavor (or maybe has too much!) our members are very forgiving and empathetic. We are all volunteers and the majority of members have previously hosted and understand that the main goal of Nawakwa meals is to bring people together.
2. Ensuring that everyone is provided clean and safe food to the greatest extent possible. Providing safe food determines how a kitchen flows and demands acknowledgement of the responsibility for the well-being of all those you are cooking for. Cold foods should be held at 40 degrees Fahrenheit or below and

hot foods at or above 140 degrees. All refrigerated or held cooked foods need to be reheated to 165 degrees before being served. A kitchen thermometer (an essential tool!) should be used to ensure that white-meat chicken is cooked to 165 and dark meat to 185. Grilling meats can be deceiving because they can seem fully cooked, even charred, but still not reach the desired internal temps to kill harmful pathogens. I recommend what we do in restaurants-grill meats for some flavor and char marks but then pop them in the oven at 375 until fully cooked. Keeping items cold while prepping them is as simple as placing them on ice and only bringing quantities to prep out of the refrigerator that you can complete within ten minutes or so. This is especially important when working with chicken and ground beef. All Cooks must be aware of cross-contamination in a kitchen. For example, using a cutting board and knife to butcher chicken ( or other proteins) and then using those same tools (without washing and sanitizing them) to cut vegetables can make people sick. Tasting what you make is essential in order to adjust ingredients but do not double-dip that spoon and spread the bacteria from your mouth back into food. If there are members with dietary restrictions or allergies be constantly vigilant about cross-contamination and double-check food labels to ensure that you are keeping them safe. So there are many food safety concerns as we cook and if ignored can lead to the serious illness of many members.

3. Keeping food costs low. I have prepared elaborate meals at Camp in the past but prefer to keep it simpler now for two reasons; recent projects at my work have demonstrated that Customers relate more favorably towards familiar dishes (either by name or flavor profile)and more members may be able to afford simpler meals and join us. Plus elaborate meals seem out of place in our Cabin with the “back to basics” ethos enjoyed by us while in the outdoors.
4. Ensuring that kitchen staff stay safe as there are many items in a kitchen that can do harm. Use pot holders, clean slippery debris or liquids from floors, help someone who doesn't have adequate knife skills, coach others to hydrate while working.
5. Cook with social responsibility. Compost, recycle and lean towards “plant-centric” menus.

I'd be happy to help you plan a menu or help in any way I can if you are hosting. Feel free to contact me at [ports.lewis@gmail.com](mailto:ports.lewis@gmail.com)

## Some Hosting Notes from Alex Wilkie

- You don't need to be a professional caterer or a gourmet chef to host - you just need to provide hearty food on time.
- People don't come to camp to spend all their time in the kitchen. Look to see what you can serve that is already prepared. Many supermarkets and low-cost retailers sell cheese plates, fruit plates and cut veggie trays ready to go. Get bagged salads. Pre-sliced bread, etc.
- People always make too much salad. Calculate how much salad you'll need and cut it by a third.
- If you serve some kind of fruit salad with dinner, you can reuse it for breakfast too.
- Don't stress out. People want you to succeed. They are happy to help. Feel free to delegate, delegate, delegate.
- Happy hour - In my experience, white wine is more popular than red. I have also noticed that people get grumpier about wine running out than food running out so bring an extra bottle as a backup. You can always take it home. Although some purists turn up their noses at boxed wine, some wineries make a decent, inexpensive vintage. If there's nothing else available, suddenly the connoisseurs get less discriminating. One box of white contains about 20 glasses. The average 750 ml., bottle has about 5 to 6 glasses. You can assume the average person will drink about 2 glasses.
- For lunchmeat, I've noticed 1/4 pound of meat and 1/8 pound of cheese per person seems to work pretty well.
- For dessert a box of Costco cookies and a 1/2 gallon of vanilla ice cream feeds about 9-10 people. (The leftover cookies can be used for trail lunches.)
- One standard 32 oz., container of strawberries and one standard 18 oz. container of blueberries mixed together makes a quick, easy and delicious fruit salad.
- If bargains present themselves, go for it, but don't kill yourself trying to save money on the groceries. Comparison shopping can use up a lot of time and save only a small amount of money. The economies of scale will help you out.

- When adding up the accounts, round up the costs. No one wants to pay \$24.76 for a weekend. Just make it \$25.00 and give the extra as a donation to the club. It's not a bad idea to have \$5 and \$10 bills with you to make change. It's also good to have a designated envelope or bag to put all the weekend money, checks, etc. in., so it doesn't get mixed up with your personal money.
- If you can, take a picture of the host fridge before you leave and send it via text or email to the next host. It will help them know what condiments and leftover beverages are available.
- Although it's not mandatory, it's nice to help people out by putting them in touch with those who might be able to offer rides.
- If you can, see what chores people might like. Obviously, you can't please everyone, but sometimes it makes things easier for you. For example, the people who get up early might be happy to make breakfast while you sleep another half hour. Or hikers might appreciate not cutting their hike short to do happy hour prep but be content to wash dishes after dinner.
- Don't feel you have to take care of all the garbage yourself. See if you can get one volunteer to take the recycling and one to take the garbage to the ACA dumpster.
- The lifeboat down at the swim dock can often get filled with rainwater. It won't save many lives if it's submerged. You may want to ask someone to bail it out at the beginning of the weekend.
- You can fill out the staples inventory quickly if a friend calls out the existing staples while you jot them down.
- Brown paper lunch bags are stored in the white metal cabinet near the back door. Put a pen out with the bags so people can identify their lunch bags.

## **Menu for Summer Hosting at Nawakwa**

Menu from Zhihong Shi and Peter Cohn

### **Starters:**

- Cheese and grape platter
- Ina Garten's Gazpacho\*
- Roasted pepper bruschetta with Jean-Georges' caramelized onion\*
- Prosciutto bruschetta with Jean-Georges' caramelized onion
- Stone fruit bowl

### **Main:**

- Grilled New York strip steaks\*
- Steam local corns\*
- Local tomato, vidalias onion with Peter Luger's steak sauce
- Mark Bitman's grilled portobello mushrooms\*

### **Dessert:**

- Jean-Georges' stone fruit Frangipane Tart\*
- Mark Bitman's Mexican Chocolate tofu pudding (Vegan)\*

\*Recipes can be found in the Appetizers, Main Courses and Dessert section.