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Recipes from New England Cooks and Books

## Yummy Slow Cooker Crab Bisque

This slow-cooker crab bisque is a perfect and easy appetizer for any occasion. Easy to make and delicious, this recipe is sure to be a staple for years to come.

**Time needed**

30 min preparation + 8 hour cooking

**Serving Size / Yield**

6 servings

**Ingredients**

* 1 quart chicken broth
* 1 tablespoon butter
* 1 cup finely chopped onion
* 32 oz frozen corn
* 2 chopped garlic cloves
* 1 teaspoon salt
* 1/2 teaspoon cayenne pepper
* 6 oz can lump crab meat, drained and picked through
* 1 cup heavy cream
* 1 sliced avocado

**Directions**

Pour the broth into your 4 quart crockpot, and add butter and onion. Stir in frozen corn, garlic, butter, cayenne, and the crabmeat. Cover and cook on low for 8 hours or until the onion is cooked through. For thicker broth, pulse a few times with an immersible blender, or scoop out a cup or so and blend in a traditional stand blender, then stir it back in. Add heavy cream. Stir well, and ladle into bowls or bread bowls, and garnish with avocado slice.

## Outrageous Boston Cream Pie Cupcakes

###### **PREP 20 MINS**

###### **COOK 30 MINS**

*Sometimes when a craving hits, you don't have time to make the full blown version of an outrageous Boston-Cream-Pie ... so this is the next best thing! My son recently craving my Boston Cream Cake settled for this a less time consuming version. Although you start with a cake mix for the cupcakes, the pastry cream and ganache make these little baby's a perfect individual dessert to serve! Family Favorite ;)*

### **INGREDIENTS**

SERVINGS14 YIELD14 cupcakes

* 18 1⁄2ounces butter recipe cake mix
* 1(3 ounce) box [French vanilla instant pudding](http://www.food.com/about/pudding-mix-888)
* 1cup [half-and-half](http://www.food.com/about/half-and-half-445)
* 1cup [heavy whipping cream](http://www.food.com/about/heavy-cream-361)
* 2teaspoons [vanilla extract](http://www.food.com/about/vanilla-350)
* 1⁄4cup [powdered sugar](http://www.food.com/about/powdered-sugar-140)

 **Chocolate ganache**

* 1cup [heavy cream](http://www.food.com/about/heavy-cream-361)
* 1⁄4cup [light corn syrup](http://www.food.com/about/corn-syrup-138)
* 8ounces semisweet chocolate, finely chopped
* 1⁄2 teaspoon [vanilla extract](http://www.food.com/about/vanilla-350)

 **DIRECTIONS**

1. Prepare yellow cupcakes as directed on box.
2. In the meantime, prepare the vanilla custard filling by combining the instant pudding mix the half and half in a medium bowl. In a stand mixer using the whip attachment, combine cream, vanilla and powdered sugar and whip at medium speed until soft peaks form. Gently fold in the pudding mixture to the whipped cream until it is fully incorporated and smooth. Place filling into a pastry bag fitted with a #21 (or standard star) tip.
3. When the cupcakes have cooled, place the tip of the pastry bag inside each cupcake and pipe in filling, being careful not to overfill.
4. When all the cupcakes have been filled, prepare your ganache.
5. Combine the heavy cream and corn syrup in a medium saucepan over medium heat and bring to a simmer. Remove from the heat and add the chocolate; cover and let stand for 8 minutes. (If the chocolate has not completely melted, return the saucepan to low heat and stir constantly until melted.) Stir in the vanilla extract very gently until smooth. Cool the glaze until tepid so that a spoonful drizzled back into the pan mounds slightly. (You can refrigerate the glaze to speed up this process, stirring every few minutes to ensure even cooling.).
6. Dip the tops of the cupcakes in the ganache. Place glazed cupcakes on a cooling rack to dry. Be sure to place wax paper or cookie sheet under rack as the ganache will drip.

## Cape Cod Cocktail Meatballs

Prep 30min. Cook 50min.

Ingredients

* 2 pounds ground beef

* 1 cup bread crumbs

* 1/4 cup chopped fresh parsley

* 2 eggs

* 2 tablespoons grated onion

* 2 tablespoons soy sauce

* 1/4 teaspoon garlic powder

* 1 (16 ounce) can jellied cranberry sauce (such as Ocean Spray®)

* 1 1/2 cups ketchup

* 2 1/2 tablespoons packed brown sugar

* 1 tablespoon lemon juice

* Add all ingredients to list

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix ground beef, bread crumbs, parsley, eggs, grated onion, soy sauce, and garlic powder in a bowl until thoroughly combined. Pinch off about 2 teaspoons of meat mixture per meatball and roll into small meatballs. Arrange meatballs in a large, deep baking dish.
3. Bake in the preheated oven until meatballs are browned, about 25 minutes. Drain excess grease.
4. Combine jellied cranberry sauce, ketchup, brown sugar, and lemon juice in a saucepan and place over medium heat. Stir the sauce until cranberry sauce has melted and brown sugar has dissolved.
5. Pour the sauce over meatballs and bake until sauce forms a glaze and meatballs are no longer pink inside, 25 to 30 more minutes.

## Maple Syrup Salad

Ingredients

Prep 15 min. [9 servings](http://allrecipes.com/recipe/23804/maple-syrup-salad/)

* 1 (8 ounce) package cream cheese, softened

* 1 cup maple syrup

* 1 (20 ounce) can crushed pineapple, drained

* 1 cup chopped dates

* 1 cup chopped walnuts

* 1 (8 ounce) container frozen whipped topping, thawed

Directions

In a large bowl, mix together the cream cheese and maple syrup until blended. Stir in the pineapple, dates and walnuts. Fold in the whipped topping. Chill at least 1 to 2 hours. This salad can be frozen.

## Maine Wild Blueberry Salsa

## Ingredients

2 medium tomatoes, seeded and diced

1 cup blueberries

¾ cup sweet onion, chopped

2 cloves garlic, minced

1 jalapeno pepper, seed and finely chopped

½ hot red pepper, finely chopped

2 Tbsp cilantro, chopped

2 Tbsp parsley, chopped

**Mix all of the above in Medium bowl**

**Whisk together**

2 Tbsp. rice vinegar

2Tbsp. olive oil

**Pour over items in bowl**

**Add salt and pepper**

**Refrigerate overnight** (if tomatoes sweat a lot of water – drain some off before serving)

Serve with chips or crackers

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Can use salsa as a garnish for grilled chicken

## New England BLT Macaroni Salad

## Ingredients

16 oz. elbow macaroni

¾ cup mayonnaise

¼ cup sour cream

3 Tbsp rice vinegar

1 Tsp salt

1 Tsp garlic powder

1 ½ Tsp black pepper

8 pieces bacon, crumbled

1 cup seeded and diced tomatoes

1 cup chopped baby spinach

**Directions**

Cook macaroni according to package and drain

Mix together remaining ingredients, and toss with macaroni until combined

Cover and refrigerate until ready to serve

## Cranberry Muffins

Pre-heat oven 400

## Ingredients

1 ½ cups all purpose flour

3 Tsp baking powder

¼ Tsp salt

¼ cup white sugar

¼ cup vegetable oil

1 egg, beaten

1 cup orange juice

1 Tbsp orange zest

1 ½ cup chopped cranberries

## Directions

Sift flour, salt & baking powder – set aside

Beat oil and sugar until light & foamy

Add egg and beat until smooth

Add orange juice and grated zest

Add flour and stir until mixed

Fold in cranberries

Fill muffin tins 2/3 full

Bake 20 – 25 minutes

## Bourbon-Sweet Potato Casserole with Streusel Topping

**Total Time:** 1 hour 10 minutes

**Hands On Time:** 30 minutes

**Yield:** 8 to 10 servingsG

**Pre-heat oven to 350**

## Ingredients for the Potatoes

Cooking spray

2-1/2 pounds sweet potatoes, peeled and cut into 1-inch cubes

1/3 cup half-and-half

2 tablespoons bourbon

1/3 cup firmly packed light-brown sugar

1-1/2 teaspoons kosher or sea salt

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon freshly grated nutmeg

2 large eggs

## Ingredients for the Streusel

* 3/4 cup chopped pecans
* 2/3 cup packed light-brown sugar
* 1/4 cup all-purpose flour
* 3 tablespoons salted butter, melted
* 1/2 teaspoon ground cinnamon

In a bowl, stir together the pecans, brown sugar, flour, butter, and cinnamon. Set aside.

### Instructions:

Spray a 9x13-inch baking dish with vegetable oil and set aside.

Next, make the puree: Put the sweet potatoes into a 4- to 5-quart pot and cover with water; bring to a boil. Reduce heat to a simmer and cook until tender, about 20 minutes.

Preheat your oven to 350° and set a rack to the middle position. When the potatoes are cooked, drain and transfer to a large mixing bowl. Add the next 8 ingredients (through the eggs) and beat with a mixer at high speed until smooth, about 1 minute. Pour into the prepared baking dish and sprinkle evenly with streusel. Transfer to the oven. Bake until the potatoes are cooked through and the topping is browned and fragrant, 35 to 40 minutes.

## Golden Fried Sole with Sambuca

Prep time 10 minutes

Cooking time 6 minutes

Serves 4

## Ingredients

1 lb. skinless sole or orange roughy fillets, 1/2 inch thick

All-purpose flour

2 eggs

¼ cup finely chopped parsley

Freshly ground pepper

¼ cup grated parmesan cheese

¼ cup Sambuca or Pernod

¼ cup butter

Lemon wedges

Parsley sprigs

## Instructions

Rinse fish and pat dry with paper towels

Dust lightly with flour and then set aside

In a bowl, combine eggs, chopped parsley, pepper, parmesan and Sambuca

Add fish to egg mixture, tossing to coat

In a large skillet, melt butter over medium heat

Add fish to hot butter in a single layer

Cook fish about 3 minutes on each side or until golden brown and fish flakes easily

Drain fish on paper towels

Serve with lemon wedges and parsley sprigs

## Power Muffins – Blueberries –Oatmeal – Greek Yogurt

**Pre-heat oven - 350**

## Ingredients

Non-stick cooking spray

2 cups whole wheat flour

1 cup plain oats, quick or regular

2/3 cups sugar

1 Tsp baking powder

1 Tsp baking soda

½ Tsp salt

1 ½ cups non-fat Greek yogurt

2 Tbsp honey

2 large eggs, lightly beaten

4 Tbsp unsalted butter, melted & slightly cooled

1 Tsp vanilla extract

1 cup fresh blueberries

## Instructions

Coat a muffin tin with cooking spray & sit aside

In a bowl, combine the flour, oats, sugar, baking powder & baking soda and salt

In a second bowl, combine the yogurt, honey, eggs, butter and vanilla

Fold the yogurt mixture into the dry mixture and stir to combine well

Gently fold in the blueberries (the mixture should be very thick but if it’s too thick or dry and crumbly, add some milk until it mixes)

Spoon the mixture into the muffin tin and bake until the top is golden and it springs back when gently touched – about 20 -25 minutes

**Note: these can be wrapped individually and frozen**

## Cheddar-Corn Chowder with Bacon and Scallions

## Makes 10 -12 Servings

# Ingredients

1 LB uncooked bacon, diced

1 large Spanish onion, peeled & diced

3 carrots, peeled & diced

2 ribs celery, diced

3 cloves garlic, minced

5 medium red bliss potatoes, diced in ¾ inch cubes

6 cups chicken stock

¼ Tsp ground cayenne pepper

2 Tsp ground coriander

2 cans (16 oz each) whole kernel corn, drained

2 cans (16 oz each) creamed corn

1 lb (16oz) sharp cheddar cheese, grated

2 cups heavy whipping cream

4 dashes Worcestershire sauce

Kosher salt & freshly ground black pepper (to taste)

2 bunches scallions, sliced

## Instructions

Heat a stockpot over medium–high heat and add bacon

Cook the bacon until brown and crispy

Remove the bacon from the pot and set aside on paper towels to drain

Discard all but 2 Tbsp of bacon drippings. Add the onion, carrots, celery and garlic to the drippings and saute for 5 minutes

Add the potatoes, stock, cayenne pepper and coriander – bring to boil – reduce heat to medium and simmer for 35 minutes

Add the whole kernel corn, creamed corn, cheese and cream – simmer an additional 7 minutes

Season with the Worcestershire sauce, salt and pepper

Stir in the Scallions and bacon pieces.

## Authentic Molasses Cookies

## Ingredients

1 cup molasses
½ pound butter
2 teaspoons baking soda
1 cup sugar
¼ cup hot water
4 cups flour
2 teaspoon salt
1 ½ teaspoon ginger
½ teaspoon ground cloves
½ teaspoon allspice
2 teaspoons cinnamon

Instructions

Heat the molasses to a boil. Remove from heat and add butter, stirring until
melted. Place the sugar in a deep bowl and add soda to the hot water; pour
water into the molasses. Pour the molasses mixture into the bowl of sugar and
thoroughly mix. Add spices, flour and salt and mix with molasses and sugar.
Pour into a loaf pan lined with parchment paper or waxed paper and refrigerate
for about an hour.

Preheat oven to 325.  Remove dough from refrigerator. Remove from loaf pan.
You can cut the dough into thin slices -- or roll out thinly and use cookie cutters.
Bake on a non-stick surface, parchment paper, or a greased cookie sheet for 15
minutes.

Cool on a rack as soon as done. They will be great for the holidays, and we’re
betting they’ll be a family favorite.

## Boston Brown Bread

**Ingredients:**

1/4 c. water

1 1/2 c. raisins

1 cup walnuts

1 c. sugar

1 tbsp. shortening or butter

3 tbsp. molasses

1 egg, beaten

1 tsp. vanilla

2 3/4 c. flour

2 tsp. baking soda

1/2 tsp. salt

1 tbsp. vegetable oil

**Directions:**

Generously grease 2 (1 pound) coffee cans or 3 (1 lb.) vegetable or fruit cans; set aside. (The cans should only have one end removed.)

In a large bowl, combine the flour, baking soda and salt. Add raisins and walnuts, if desired. Toss to evenly coat the raisins and nuts with the flour mixture.

In a medium bowl, combine the oil, water, egg, vanilla, sugar, and molasses. Mix well.

Stir the wet mixture into the flour mixture only until dry ingredients are moistened.

Turn into prepared cans, filling evenly. Cover cans tightly with 2 layers of foil; secure with string or rubber band.

Cook with one of the two following methods:

#1: Place a rack in a large kettle or pot. Place the cans on rack. Place kettle/pot over low heat. Add boiling water until halfway up cans. Cover; bring water to a gentle boil. Steam bread 2 1/2 to 3 hours or until a wooden pick inserted in center comes out clean. Add more boiling water during steaming, if necessary.

#2: Place a rack in a large kettle or pot. Place cans on the rack. Add boiling water to the kettle/pot and cover with a lid. Place the kettle in a 325° oven and steam for 2 hours and 45 minutes, replacing boiling water as needed.

Carefully remove bread from cans. Cool on racks at least 30 minutes before slicing. Makes 2 or 3 small loaves.

**VARIATIONS:**

**APRICOT BOSTON-BROWN BREAD**: Substitute 1 cup finely chopped apricots or 1/2 cup chopped apricots plus 1/2 cup raisins for 1 cup raisins.

**BAKED BROWN BREAD**: Generously grease a 2 quart casserole dish or 9"x5" loaf pan. Preheat oven to 325 degrees. Turn batter into prepared pan. Bake 1 hour or until a wooden pick inserted in center comes out clean.