

The Secret Ingredient

Tasty Recipes with an Unusual Twist

Gloria Hander Lyons



Blue Sage Press

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Table of Contents

Introduction.....1

Beverages3

Banana Smoothie, Magic Potion Chocolate Punch, New England Coffee Latte, Party-Time Ice Cream Shake, Spiced Hot Tea, Strawberry Cheesecake Punch, Sunrise Iced Coffee, Tea-Time Ice Cream Soda, Tropical Crock Pot Tea, Very Berry Iced Coffee

Breads & Breakfast Foods9

Bean Town Bread, Cheesy Sausage Muffins, High-Rise Pancakes, Light & Nutty Pancakes, Mayan Maple Syrup, Mediterranean Cornbread, New Year’s Day Cornbread, Nutty Maple Syrup, Orange Breakfast Muffins, Spring Garden Bread, Tangy Herb Biscuits

Appetizers17

Celebration Cheese Spread, Cheese Dip Surprise, Doctored-Up Bean Dip, Fruity Avocado Dip, Hot & Spicy Chocolate Dip, Sweet & Spicy Chips & Salsa, Saucy Meatballs, Tippy Chicken Wings, “Which Came First” Deviled Eggs

Salads & Salad Dressings23

Frozen Banana Salad, Cherry Gelatin Salad, Cheesy Corn Salad, Cool Summer Salad, Country Kitchen Salad, Creamy Tropical Chicken Salad, Crunchy Pinto Bean Salad, Garden Tuna Salad, Pork Tenderloin Salad

Soups & Stews29

Autumn Harvest Beef Stew, Chilled Honeydew Soup, Georgia Planter’s Soup, Greek Chicken Soup, Ranch Hand Beef Soup, Real Man’s Chili, Santa Fe Tortilla Soup, Southern Belle Blush

Main Dishes	35
Baked Almond Chicken, Barbecued Pork Ribs, Chicken Mole, Chuck Wagon Roast Beef, Crunchy Baked Chicken, Easy Baked Salmon, Tangy Pork Chops, Italian Spaghetti Bake, Sunset Glazed Fish Filets	
Side Dishes	41
Creamy Carrots, Dilled Green Peas, Green Beans in Butter Sauce, Rice Pilaf, Sweet Potato Casserole, Texas Baked Beans	
Sandwiches.....	47
Chicken Salad Croissants, Cheesy Pita Pockets, Hot Turkey Sandwiches, Pimiento Cheese Spread, Pulled Pork Sandwiches, Spicy Sloppy Joes, Tangy Grilled Burgers	
Sauces, Rubs & Gravies	53
Balsamic Barbecue Sauce, New England Gravy, Polynesian Salsa, Smokey Barbecue Sauce, Sweet & Spicy Dry Rub, Thanksgiving Day Gravy	
Desserts	57
Chocolate Chip Crunchies, Chocolate Coconut Candy, Chocolate Snack Cake, Chocolate Toffee Cake, Cool & Creamy Chocolate Torte, Creamy Chocolate Fudge, Crock Pot Spice Cake, Frosted Chocolate Brownies, Golden Glazed Bundt Cake, Hurry-Up Cherry Cobbler, Luscious Lemon-Lime Pie, Mock Apple Pie, Rancho Pie, Rosy Apple Pie, Sugar Plum Cake with Cream Cheese Frosting	

Introduction

The Secret Ingredient: Tasty Recipes with an Unusual Twist



For years, proud cooks have boasted that their own special version of a popular recipe included a “secret ingredient” that made their dish exceptional. They carefully guarded this “top secret” information to maintain a culinary edge over their competition.

Out of sheer boredom, many cooks began combining common ingredients in dishes where you’d least expect to find them, in an attempt to spark their own creativity and surprise and delight the taste buds of their families and dinner guests.

Many other unusual ingredient combinations came about because of cooking contests sponsored by large food and beverage corporations in their quest to generate more sales for their products. Cooks everywhere challenged their culinary expertise to concoct thousands of tasty recipes that have been passed down from generation to generation. And the search for these unique flavor combinations continues to this day.

The Secret Ingredient: Tasty Recipes with an Unusual Twist is a collection of just a small sampling of these recipes for using familiar ingredients in an unexpected combination.

Some are tried and true favorites, developed many years ago, like Apple Pie with Ketchup, 7-Up Cherry Cobbler, Chocolate Mayonnaise Cake, Cola Sloppy Joe's and Popcorn Salad.

Others are delectable new concoctions like Pork n' Bean Bread, Chicken with Maple Syrup, Kool-Aid Barbecue Pork Ribs, Tomato Soup Crock Pot Cake and Twinkie Ice Cream Shake.

This cookbook includes more than 90 uncommonly delicious recipes for beverages, appetizers, soups, salads, breads, sauces, main dishes, side dishes, sandwiches and desserts that use common ingredients with an unusual twist. You'll want to try them all!

But while you're experimenting, don't forget to let your creativity run wild—you might just concoct a distinctively different recipe with your very own "secret ingredient".



Spiced Hot Tea

3/4 cup unsweetened instant tea powder
1 teaspoon finely grated orange peel
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1 (14 oz.) can sweetened condensed milk
6-1/3 cups water



In large saucepan, combine tea, orange peel and spices. Add water; mix well. Stir in sweetened condensed milk. Heat over medium heat until very hot, but do not boil.

Tropical Crock Pot Tea

6 cups boiling water
6 tea bags
1-1/2 cups pineapple juice
1-1/2 cups orange juice
1/3 cup granulated sugar
1 orange, thinly sliced (unpeeled)
2 tablespoons honey



Turn crock pot on to LOW setting. Add boiling water and tea bags. Cover and let stand 5 minutes. Remove tea bags. Stir in remaining ingredients. Cover and heat on low for 2-3 hours. Serve tea from crock pot.

Sun Rise Iced Coffee

3 cups strong black coffee, chilled
1/2 cup orange juice
1-1/2 cups club soda



In a 1-1/2 quart pitcher, blend orange juice and coffee together. Gently stir in club soda. Pour into glasses filled with ice. Makes 6 servings.

Very Berry Iced Coffee

1 (10 oz.) package frozen blackberries
1/2 cup granulated sugar
1/2 cup water
9 cups chilled black coffee
1 pint half-and-half
1 cup sweetened whipped cream or frozen non-dairy
whipped topping, thawed



Place frozen blackberries, sugar and water in a blender and puree. Strain mixture into a large pitcher. Add the coffee and half-and-half. Blend well. Pour into 12-ounce glasses partially filled with crushed ice. Top with whipped cream. Makes 10-12 servings.

Banana Smoothie

2 large ripe bananas, sliced & frozen
2 cups milk
1/4 cup creamy peanut butter
2 tablespoons granulated sugar



Place all ingredients in a blender or food processor. Blend until smooth. Pour into 2 tall glasses and serve immediately.

Tea-Time Ice Cream Soda

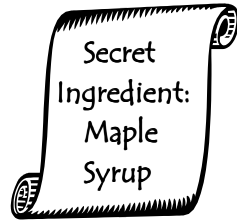
1-1/2 cups boiling water
6 tea bags
1/4 cup granulated sugar
3 cups apple juice, chilled
3 cups ginger ale, chilled
Vanilla ice cream



Steep tea bags in boiling water for 5 minutes. Remove tea bags. Stir in sugar. Let mixture cool. In a large pitcher, combine tea and juice. Just before serving, stir in ginger ale. Pour into glasses and top with 1 scoop of ice cream. Makes 8 servings.

New England Coffee Latte

3 cups strong black coffee
2 cups half-and-half
1 cup maple syrup
Sweetened whipped cream (optional)
Ground cinnamon (optional)



Heat half-and-half and maple syrup in a saucepan over medium heat until very hot. Do not boil. Stir in the coffee. Pour into cups. Top with whipped cream and sprinkle lightly with cinnamon if desired. Makes 6 servings.

Magic Potion Chocolate Punch

1/2 cup chocolate-flavored syrup
2 cups milk
2 (12 oz.) cans cola beverage,
room temperature
Non-dairy whipped topping, if desired



In a 4-cup microwaveable measuring cup, blend chocolate syrup and milk. Microwave on high power 3-4 minutes or until hot. Divide chocolate milk into 8 mugs. Slowly pour about 1/3 cup of cola into each mug. Top with whipped topping.

Party-Time Ice Cream Shake

- 2-1/2 cups milk
- 6 Hostess® Twinkie singles
- 1/2 cup chocolate syrup (optional)
- 3 cups vanilla ice cream



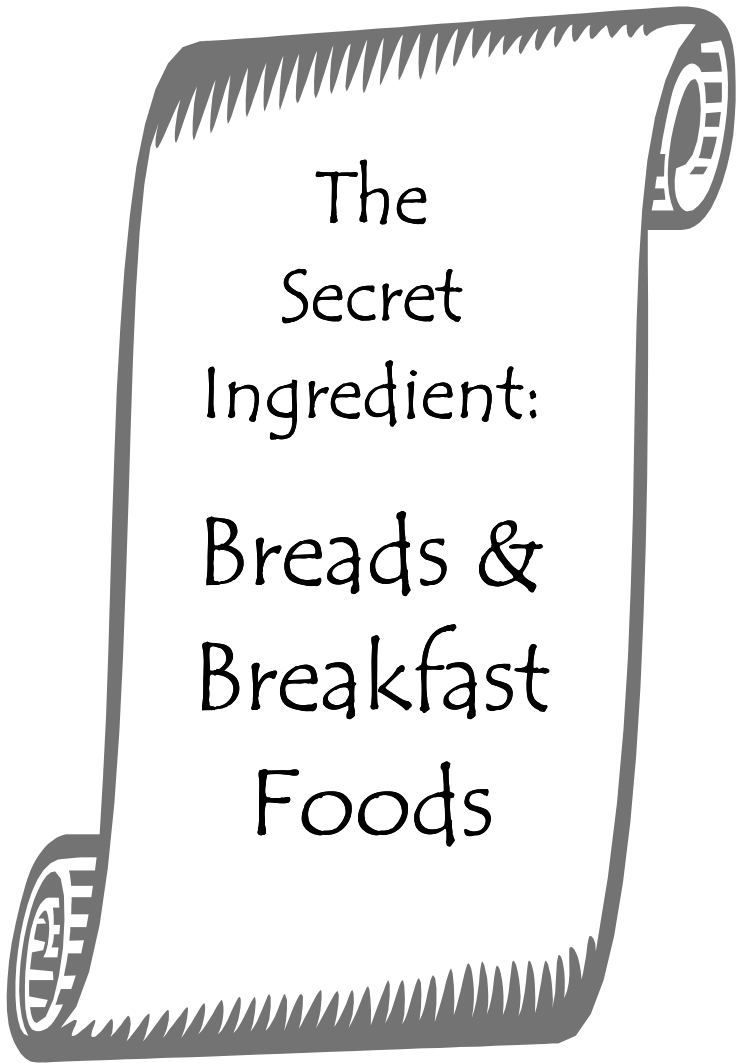
In a food processor, blend milk, Twinkies and chocolate syrup 5 to 10 seconds. Add ice cream and blend until smooth. Pour into glasses. Makes 6 servings.

Strawberry Cheesecake Punch

- 2 (10 oz.) packages frozen sweetened strawberries, thawed
- 1 (8 oz.) pkg. cream cheese, softened
- 1/2 cup cream of coconut
- 2 cups milk
- 1 quart vanilla ice cream



In a blender, combine strawberries, cream cheese, and cream of coconut. Blend until smooth. Pour into a punch bowl. Stir in milk. Drop small scoops of ice cream into punch. Recipe makes about 16 servings.



The
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Breads &
Breakfast
Foods

Light 'n Nutty Pancakes

1-1/4 cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1-1/4 cups milk
1 large egg
1/4 cup peanut butter



Combine flour, sugar, baking powder and salt. Beat milk with egg and peanut butter until smooth. Add to dry ingredients and stir just until moistened. Lightly butter hot griddle. Use a 1/4 cup measure to pour batter for each pancake onto griddle. Cook until bubbles form on top of batter. Turn over and cook until golden brown on remaining side.

Nutty Maple Syrup

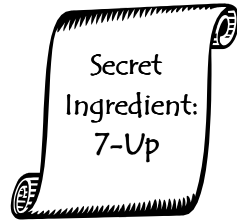
1 cup maple syrup
1/2 cup peanut butter



Combine syrup and peanut butter in a small sauce pan. Cook over medium heat, stirring until smooth and heated through. Serve over pancakes.

High-Rise Pancakes

- 1-1/4 cups sifted flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 large egg, slightly beaten
- 1/4 cup milk
- 3/4 cup 7-UP (room temperature)
- 2 tablespoons melted butter or margarine



In a large bowl, blend flour, baking powder, sugar and salt. In a small bowl, combine egg, milk, and butter; add to dry ingredients, stirring just until moistened. Batter will be slightly lumpy. Lightly grease hot griddle. Use a 1/4 cup measure to pour batter for each pancake onto griddle. Cook until bubbles form on top of batter. Turn over and cook until golden brown on remaining side. Makes about 8 pancakes.

Mayan Maple Syrup

- 1-1/2 cups maple syrup
- 1/2 stick (1/4 cup) butter
- 3 tablespoons unsweetened cocoa powder
- Dash of salt



In a small sauce pan heat maple syrup and butter over medium heat until butter is melted. Add cocoa powder and salt, stirring until well blended. Serve warm over ice cream, pound cake, pancakes or waffles. Store in an airtight container in the refrigerator for up to 1 week.