



MONTGOMERY COLLEGE RISING PROFESSIONALS ASSOCIATION



HAPPY
Holidays



Rising Professionals
Association (MCRPA)
MONTGOMERY COLLEGE



MCRPA COOKBOOK



Contributor: Nghi Nguyen

Fruit Cocktail Jello

Ingredients

2 boxes (6 oz) Jello (any flavors that you prefer) | 4 cups water | 1 can of fruit cocktail (15 oz)

Cooking Instructions

Step 1: Open the 2 boxes of Jello and pour in the gelatin mix into a bowl.

Step 2: Pour in two cups of hot water and stir for about 2 minutes until the gelatin mix dissolves.

Step 3: Add one to two cups of cold water (or a cup of ice) and stir for about 1 minute (or until the ice melts).

Step 4: Open the can of fruit cocktail, dump out the juice, and then pour the fruit cocktail into the Jello bowl.

Step 5: Let the bowl sit for about 5 minutes.

Step 6: Put the bowl into the refrigerator for two-three hours before serving.

Notes: The amount of water you add in Step 3 will add to the thickness of the Jello. So, don't add too much ice and water.



Roast Turkey

Ingredients

1/4 pound (1 stick) unsalted butter | 1 lemon, zested and juiced | 1 teaspoon chopped fresh thyme leaves | 1 fresh turkey (10 to 12 pounds) | Kosher salt | Freshly ground black pepper | 1 large bunch fresh thyme | 1 whole lemon, halved | 1 Spanish onion, quartered | 1 head garlic, halved crosswise

Cooking Instructions

1. Preheat the oven to 350 degrees F.
2. Melt the butter in a small saucepan. Add the zest and juice of the lemon and 1 teaspoon of thyme leaves to the butter mixture. Set aside.
3. Take the giblets out of the turkey and wash the turkey inside and out. Remove any excess fat and leftover pinfeathers and pat the outside dry. Place the turkey in a large roasting pan. Liberally salt and pepper the inside of the turkey cavity. Stuff the cavity with the bunch of thyme, halved lemon, quartered onion, and the garlic. Brush the outside of the turkey with the butter mixture and sprinkle with salt and pepper. Tie the legs together with string and tuck the wing tips under the body of the turkey.
4. Roast the turkey about 2 1/2 hours, or until the juices run clear when you cut between the leg and the thigh. Remove the turkey to a cutting board and cover with aluminum foil; let rest for 20 minutes.



Contributor: Elizabeth Schlackman

Baltimore-style sauerkraut

Ingredients

1 2-pound jar sauerkraut, drained | 1 1/2 cups London dry gin (such as Gordon's, Beefeater, Tanqueray, or Plymouth) | 1 teaspoon caraway seeds | 1/4 cup (1/2 stick) chilled unsalted butter, diced

Cooking Instructions

1. Combine sauerkraut, gin, and caraway seeds in heavy large saucepan.
2. Bring to simmer over medium heat.
3. Reduce heat to medium-low and simmer gently, uncovered, until gin is reduced by slightly more than half, stirring occasionally (sauerkraut will still be crunchy and gin and caraway flavors will be absorbed), about 30 minutes.
4. Add butter and stir until melted.
5. Serve warm.



Sweet Potato Casserole

Ingredients

Filling: 1/2 stick (4 tablespoons) unsalted butter, melted, plus more for buttering the baking dish | 3 to 4 large sweet potatoes (about 1 3/4 pounds), peeled and cubed | 1/2 cup milk | 1/4 cup brown sugar, packed | 1 teaspoon pure vanilla extract | 1/2 teaspoon kosher salt | 2 large eggs

Topping: 1/2 cup all-purpose flour | 1/2 cup brown sugar, packed | 1/2 stick (4 tablespoons) unsalted butter, melted | 1/4 teaspoon kosher salt | 3/4 cup chopped pecans

Cooking Instructions

1. For the sweet potatoes: Add 1 3/4 pounds peeled and cubed sweet potatoes to a large pot of salted water. Bring to a boil over high heat, then lower the heat to a simmer and cook until the potatoes are very tender, 15 to 20 minutes. Drain and cool. Mash the sweet potatoes.
2. For the filling: Preheat the oven to 350 degrees F. Butter a 2-quart baking dish.
3. Whisk together the butter, mashed sweet potatoes, milk, brown sugar, vanilla, salt and eggs in a large bowl. Transfer to the prepared baking dish.
4. For the topping: Combine the flour, brown sugar, butter and salt in a medium bowl until moist and the mixture clumps together. Stir in the pecans. Spread the mixture over the top of the sweet potatoes in an even layer. Bake until mostly set in the center and golden on top, 25 to 30 minutes. Serve hot.



Contributor: Elysse Meredith

Ignore the Bread

Ingredients

2 $\frac{3}{4}$ cups all-purpose flour | $\frac{1}{4}$ teaspoon yeast | 2 teaspoons salt | 1 cup water | $\frac{1}{2}$ cup beer (I usually use a light beer) | 1 tablespoon vinegar (I usually use apple cider vinegar)

Cooking Instructions

1. In the bowl, combine all ingredients into a ball with the wooden spoon or spatula. Cover with plastic wrap and ignore for a half a day or overnight (my original recipe says 8 to 18 hours!).
2. After the time has passed, dust the countertop or large cutting board with flour (dust generously and cover your hands, too, as the dough can be quite wet). Dump the dough out onto the dusted surface, encouraging with the spatula if necessary. Punch the dough down exactly 10 times, dusting with more flour as you go, if needed. Form the dough in a ball, then dust the sheet of parchment paper and place the dough on the parchment paper. Cover the dough loosely with plastic wrap (I use the same plastic wrap as earlier) and ignore for 2 more hours.
3. During the last few minutes of the previous step, place the heavy pot with the lid in the oven and preheat the oven with the pot to 375F. Once the dough has been ignored for 2 hours, remove the plastic wrap, sprinkle some flour, and lightly cut the top. Then, carefully lift the parchment paper with the dough on it, place it in the pot, and put the lid on immediately. Lower the temperature to 340F and bake for 30 minutes. Remove the lid and back for another 40 minutes. If needed, raise temperature back to 375F or cook longer to get a browner crust.



Baked Macaroni and Cheese

Ingredients

1/2 pound elbow macaroni | 3 tablespoons butter | 3 tablespoons flour | 1 tablespoon powdered mustard | 3 cups milk | 1/2 cup yellow onion, finely diced | 1 bay leaf | 1/2 teaspoon paprika | 1 large egg | 12 ounces sharp cheddar, shredded | 1 teaspoon kosher salt | Fresh black pepper

Topping: 3 tablespoons butter | 1 cup panko bread crumbs

Cooking Instructions

1. Preheat oven to 350 degrees F.
2. In a large pot of boiling, salted water cook the pasta until firm.
3. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.
4. Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.
5. Melt the butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.



Contributor: Kimberly Robinson

Pineapple Bran Muffins

Ingredients

1-1/2 cups of flour | 2 eggs | 1/2 cup off sugar | 1 tsp of salt | 1/2 cup of butter (melted) | 1 cup heavy cream | 1 tsp baking powder | 1/3 cup of honey | 1-1/2 cups of bran cereal | 1 cup of crushed pineapples

Cooking Instructions

1. Preheat oven to 375.
2. Sift together flour, baking powder, and sugar.
3. Cream together butter, eggs, and honey.
4. Stir flour mixture into wet mixture until lightly mixed. Add salt, cream, and crushed pineapples. Do not over mix.
5. Oil muffin pan and fill each cup to just over half.
6. Bake 20-25 minutes or until golden brown.

Makes 20 muffins



Creamy Garlic Mashed Potatoes

Ingredients

3 1/2 pounds russet potatoes | 2 tablespoons kosher salt | 16 fluid ounces (2 cups) half-and-half | 6 cloves garlic, crushed | 6 ounces grated Parmesan

Cooking Instructions

1. Peel and dice potatoes, making sure all are relatively the same size. Place in a large saucepan, add the salt, and cover with water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.
2. Heat the half-and-half and the garlic in a medium saucepan over medium heat until simmering. Remove from heat and set aside.
3. Remove the potatoes from the heat and drain off the water. Mash and add the garlic-cream mixture and Parmesan; stir to combine. Let stand for 5 minutes so that mixture thickens and then serve.



Apple Pie

Ingredients

Dough for double-crust pie | 1/3 cup sugar | 1/3 cup packed brown sugar | 1/4 cup all-purpose flour | 1 teaspoon ground cinnamon | 1/4 teaspoon ground ginger | 1/4 teaspoon ground nutmeg | 6 to 7 cups thinly sliced peeled tart apples | 1 tablespoon lemon juice | 1 tablespoon butter | 1 large egg white | Optional: Turbinado or coarse sugar, ground cinnamon, vanilla bean ice cream and caramel sauce

Cooking Instructions

1. Preheat oven to 375°.
2. On a lightly floured surface, roll half of the dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Chill while preparing filling. In a small bowl, combine sugars, flour and spices. In a large bowl, toss apples with lemon juice. Add sugar mixture; toss to coat. Add filling; dot with butter. Roll remaining dough to a 1/8-in.-thick circle. Place over filling. Trim, seal and flute edge. Cut slits in top. Beat egg white until foamy; brush over crust. If desired, sprinkle with turbinado sugar and ground cinnamon.
3. Bake on the lowest rack 60-70 minutes, until crust is golden brown and filling is bubbly, covering with foil halfway if crust begins to get too dark. Cool on a wire rack. If desired, serve with ice cream and caramel sauce.



Contributor: Denise Williams

Denise's Holiday Pasta Dish

Ingredients

1 pound box of linguine | 2 tablespoons of minced garlic | 1 ½ pints of grape tomatoes (sliced in halves) | ½ cup chopped fresh basil | 3 teaspoons of olive oil | 8 ounce pack of mozzarella cheese (whole milk) | ½ yellow onion | ½ green pepper | ½ teaspoon crushed red pepper (to add a little spice) | ½ teaspoon of parsley (optional) | ½ teaspoon of oregano (optional) | Salt and pepper (optional)

Cooking Instructions

Step 1: Cook the linguine according to the box directions. Keep 1 cup of the liquid you used to boiled the linguine before draining the pasta. Put linguine in a strainer.

Step 2: Heat the oil on a medium high fire in a 12 or 14 inch skillet. Then add the onions, green peppers, tomatoes, minced garlic, oregano, parsley, and crushed red pepper (if using). Season with salt and pepper. Cook 6-7 minutes and stir until the tomatoes get soft and start bursting. Take the pan away from the heat.

Step 3: Add linguine, ½ of the cooking liquid to the pan. Keep stirring and adding the liquid water to make a sauce and coat the pasta. Add salt and pepper (to your best taste). Change the pasta dish to a bigger, better festive serving bowl. Cut up mozzarella cheese in little cubes and add it to the pasta dish. Sprinkle basil seasoning, mix and combine. Then serve.



Special Memory

Denise's Holiday Pasta Dish

"I like to decorate the face of the salad by using some of the tomato halves to make a happy face. Then enjoy getting comments from my family about the appearance and how GOOD it tastes."

Denise Williams

Fruit Cocktails Jello

"I used to make this when I was a kid. I never learned about the fruit cocktail part. I just bought the fruit cocktails and throw them into my Jello. This is the best dessert on a cold or hot summer day."

Nghi Nguyen

Ignore the Bread

"This is my father's favorite bread recipe! Whenever I have a couple lazy days, I make the dough after dinner, then punch it down in the morning. It's usually ready by early afternoon, and I load it up fresh out the oven with soft butter."

Elysse Meredith

Pineapple Bran Muffins

"I got this recipe in Hawaii many years ago during a Dole Factory tour. These muffins remind me of Hawaii and fresh juicy pineapples in the summer. The last time I cooked them was about a month ago. I make this recipe at least 4 times a year."

Kimberly Robinson





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