

Palfrey Square and Beyond is a compilation of nearly 70 years of Portuguese and American family recipes - representing comfort foods and ethnic foods served at daily meals and at larger family events and gatherings.

**Palfrey Square and Beyond:
Generational American & Portuguese Family Recipes**

By Joyce Gomes McSweeney, Paintings by Terence A. McSweeney

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PALFREY SQUARE AND BEYOND

Generational American & Portuguese Family Recipes

Joyce Gomes McSweeney

Paintings by

Terence A. McSweeney



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MAIN DISHES

Al Fresco Dining at Sunset or Dining
Indoors... plenty of choices!





Jen's Hamburger Casserole

SERVES: 6

Requires non-stick cooking spray; Recommend slotted spatula; 8 x 8 or 11 x 7 baking/casserole dish

If using canned string beans, run water over beans in colander before cooking; if using fresh, wash and trim ends [unless purchased pre-trimmed]

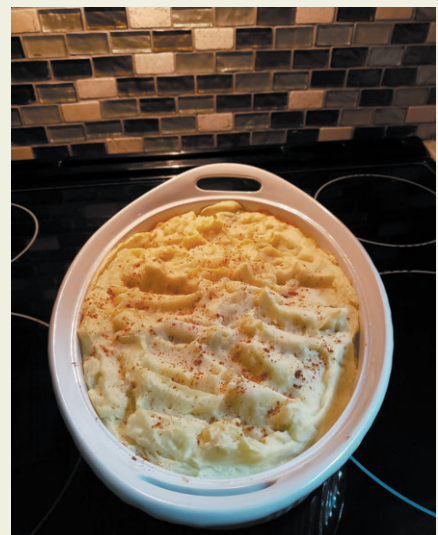
INGREDIENTS:

1½-2 pounds hamburger
5 medium Yukon Gold white potatoes [peeled and quartered]
1 medium onion
1 large fresh egg
½ cup milk
1 can [14.5 oz] low sodium/no salt added French style green beans [if using fresh beans, use 2 cups trimmed and washed beans; steam for 5 minutes]
1 can [10.75 oz] low sodium condensed tomato soup
½ teaspoon ground black pepper
½ teaspoon garlic powder
½ teaspoon oregano
paprika [for garnish]
salt [pinch]
1 tablespoon of salted butter

PREPARATION:

1. Heat oven to 350°F
2. In large skillet, brown 1½-2 pounds hamburger, add pinch of salt and pepper
3. Remove hamburger with slotted spatula and place in separate dish, keeping fat in pan
4. In same pan, brown 1 medium onion in hot fat; drain fat
5. Add back hamburger to pan; season meat [salt, pepper, garlic powder, oregano]
6. Add drained and rinsed green beans if canned; steam fresh beans for 5 minutes before adding to seasoned hamburger
7. Add 1 can of condensed tomato soup
8. Pour in greased casserole dish; set aside
9. Boil 5 medium sized potatoes. [Bring medium saucepan of salted water (pinch of salt) to a boil. Add cubed potatoes and cook until tender but firm—about 15 minutes. Drain]
10. Mash potatoes, adding ½ cup of warm milk, 1 beaten egg, salt, and pepper to taste

11. Spoon potato over meat
12. Bake for 30 minutes
13. Remove from oven, top off with 1 tablespoon salted butter
14. Garnish casserole with paprika, and serve



Larry's Hearty Seafood Salad

SERVES: 6-8



INGREDIENTS FOR SALAD:

- 1 large head of iceberg lettuce
- 2 to 3 long carrots
- 1 large cucumber
- 6 medium fresh eggs, room temperature [for hard boiling]
- $\frac{3}{4}$ -1 pound fresh green beans, or one 14.5 oz. can
- 12 small white potatoes fresh; or one 14.5 oz. can
- 1 pound frozen cooked lobster meat [claw & knuckle]
- 1 pound frozen cooked shrimp
- olive oil and vinegar [for salad dressing]
- mayonnaise. Optional, to top off salad
- 2 lemons, cut in quarters
- $\frac{1}{4}$ teaspoon black ground pepper
- $\frac{1}{4}$ teaspoon salt

PREPARE HARD BOILED EGGS:

1. Cook eggs by placing them in medium saucepan and cover with cold water by about 2 inches
2. Bring to a boil over medium-high heat; cover; lower heat and cook 8 to 10 minutes
3. Drain, cool in ice water, peel, and slice

PREPARE GREEN BEANS:

If using canned string beans, run water over beans in colander before cooking, and cook according to directions. If using fresh, blanch for a tender and crisp bean:

1. Rinse and snap off the ends of the beans
2. In small to medium saucepan, add water [enough to cover beans when added, plus 2 inches]; add a pinch of salt
3. Bring to a rapid boil
4. Add the beans; lower heat a bit and boil beans about 3-5 minutes

PREPARE POTATOES:

If using small, canned whole potatoes, run water over potatoes in colander before cooking, and cook according to directions. If using fresh:

1. In medium to large saucepan, place small, whole, peeled potatoes in water with pinch of salt and bring to boil
2. Lower heat and cook for about 10-15 minutes [potatoes should be barely tender when pierced with a knife]
3. Drain the water and place potatoes in empty pot; cover with a clean, dry, kitchen towel allowing the potatoes to steam and giving the potato a better texture for the salad; after about 10 minutes, remove towel for potatoes to cool, set aside

PREPARE SHRIMP AND LOBSTER:

1. Defrost cooked frozen shrimp & cooked frozen lobster meat and prepare according to package directions. Set aside.

PREPARE SALAD:

1. On large platter, place washed, towel-blotted, cut lettuce
2. Rinse cucumbers; peel and slice into medallions
3. Rinse carrots and cut off carrot tops and ends. Slice carrots into 3–4 inch thin, horizontal, julienne-style pieces, leaving ½ carrot uncut
4. Add to lettuce leaf bed the lobster meat, shrimp, sliced eggs, whole small potatoes, string beans, cucumbers, and julienne carrot strips
5. With a sharp vegetable peeler, shave off long, thin ribbons of carrot from the remaining uncut piece. Top off the salad with these carrot ribbons, for decoration.
6. When ready to serve, pour olive oil and vinegar over salad, or use dressing of choice
7. Serve with mayonnaise on side, or dollop on top; and with lemon wedges, to suit individual tastes



Serenity · Terence A. McSweeney

Za's Charcoal-Broiled or Grilled Mackerel Fish

SERVES: 6

Recommend use of flat mesh strainer for rinsing fish; grill basket for cooking

Dish served especially well with Florinda's red onion/parsley vinaigrette [in book]

INGREDIENTS:

6 whole prepared mackerel [head/tail removed; flesh scaled]
ground pepper
2 lemons
light or extra virgin olive oil [for rubbing fish]
4 teaspoons minced basil

PREPARATION:

1. With a sharp knife, vertically slice side of fish and spread open [as you would butterfly a chicken breast]
2. Placing fish in a flat mesh strainer, wash fish via running water over it
3. Blot excess water with paper towel
4. Placing fish on platter, remove center bone
5. Season with pepper, basil, and lemon juice
6. Close the fish, and rub olive oil over the skin
7. Place fish in grill basket
8. If using a charcoal grill, allow charcoal to turn white, grill for approximately 7 minutes per side. If using a propane grill, pre-heat burners on high, covered, for about 10 minutes, then reduce heat to medium; grill for 7 minutes per side
9. Remove fish and place on platter. Serve fish open, and pour over the fish the red onion/parsley vinaigrette or vinaigrette of choice



A Good Catch · Terence A. McSweeney

Florinda's Cod Fish Dinner: Bacalhau 'a Gomes de Sa'

SERVES: 6

Requires soaking fish for 24 hours; Best Selection of codfish—see note below

INGREDIENTS:

- 2 pounds cod fish
- 6 Yukon Gold white potatoes
- 4 hard-boiled eggs, sliced
- 1¾ cups milk
- 2 tablespoons olive oil
- 4 medium onion, thinly sliced
- black pitted ripe olives
- 2 cloves garlic [crushed]
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- fresh parsley sprigs for garnish

PREPARATION:

1. Rinse codfish in cold water with faucet spray
2. Then, place fish in bowl [skin facing upward] with cold water to soak; refrigerate for about 24 hours, changing water 2 to 3 times

WHEN READY TO PREPARE, BOIL WATER IN KETTLE:

1. Place the cod in a saucepan and add boiling water to cover the fish
2. Place the lid on the pan and let stand for 15 minutes
3. Remove the skin and bones from the cod and cut into strips
4. Place the strips in a deep pan
5. Separately, bring milk to a boil in a small saucepan
6. Pour milk over the cod; let stand one hour
7. Toward the end of the hour, heat oil in a saucepan and sauté the onions and garlic until lightly browned
8. Separately, boil potatoes and slice; and boil eggs, peel, and slice [see below]
9. Taking a baking/casserole dish, layer the cod with milk; potatoes, onions, and garlic; season with salt and pepper; drizzle olive oil

10. Bake in oven for 10–15 minutes
11. When cooked, add egg slices, olives, and garnish with parsley; Serve

PREPARATION POTATOES:

In medium to large saucepan, place peeled potatoes [whole] in water with pinch of salt and bring to a boil. Lower heat and simmer for 20 minutes. Potatoes should be tender but firm. Drain

PREPARATION HARD BOILED EGGS:

In medium saucepan, place eggs and cover with cold water by about 2 inches; bring to a boil; cover; lower heat and cook 10 minutes. Run cold water over eggs to stop cooking process and to cool. Peel

SELECTING/PURCHASING CODFISH:

Cod fish can be purchased pre-packaged; options usually are:

1. “Raw” [Cured, dried salted] large pieces with skin still on one side and containing bones. This selection requires more work in preparation, though is a good selection for the bacalhau dinner
2. Cod bits or chunks [pieces having no bones or skin and best selection for cod fish cakes]
3. Boned, Salted Cod Fillets [also a good selection for bacalhau dinner]. Preferred brands are Chelsea and Cristobal.

Larry's Lobster Newburg

SERVES: 6-8

Serve with crusty bread [for dipping in newburg sauce]

INGREDIENTS:

- 2 to 3 cups cooked lobster meat [claw & knuckle, tail]
- 2 cups long-grained enriched white rice [cook according to package directions or see below]
- 1 loaf or baguette of crusty bread
- ¼ cup butter
- 2 cups milk
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 tablespoons all purpose flour
- 2 tablespoons dry sherry
- ½ tablespoon ground mustard
- ¼ teaspoon paprika

PREPARATION:

1. In medium [3 quart] saucepan melt butter over medium heat
2. Stir in flour, salt, mustard, paprika, and pepper. Cook, stirring constantly, until smooth and bubbly
3. Remove from heat
4. Stir in milk, bring back to heat [and heat to boiling; and boil for one minute, constantly stirring]
5. Stir in lobster, and sherry; heat thoroughly
6. Separately, prepare rice
7. Spoon lobster newburg over hot rice; serve meal with bread

PREPARE RICE:

- 4 cups water
- 2 cups long white grain rice
- 1 tablespoon softened, room temperature butter
- ¼ teaspoon of salt

1. In medium [3 quart] saucepan, over medium heat, bring water to a boil
2. Add rice, butter, and salt
3. Reduce heat to low; cover pan
4. Cook until rice is tender, and all water is absorbed
5. Remove from heat and let sit, covered, for about 5 minutes.
6. Fluff with fork and serve



Boiled Lobster

Served well with Florinda's oven-baked potato chip [recipe included in book] and roasted corn on the cob. Preparation for each is the same: wrap in foil , set on baking sheets, oven temperature 400° cooking time 20 minutes; alternate–outdoor grill

Recommended: 18 or 20 quart seafood steamer pot; seafood tools: crab cutters, lobster shellers and picks

INGREDIENTS:

1¼ to 2 lb. lobsters [1 lobster per person]; select uniform size for even cooking
salt for water [pinch]
lemon
butter–rich tasting, salted
[recommend Kerry Gold Irish Butter for texture and taste]

PREPARATION: BOIL

1. Using pot with steamer basket, bring salted water to a boil [water level–enough to cover lobsters]
2. Drop lobsters into water
3. Bring water back to a boil; cover pot
4. Reduce heat
5. Simmer 5 minutes for first pound, and 3 minutes for each additional pound
6. Lift steamer basket with lobsters out of pan; let excess water drain
7. Place lobsters onto serving platter or onto individual plates
8. Serve with melted butter–[option: serve also with fresh lemon–to squeeze juice onto lobster meat, or to squeeze into melted butter–or both]

IF CHOOSE TO SERVE WITH ROASTED CORN



Select corn: one ear person; remove husk and rinse; spread butter, and any seasonings or herbs of choice [salt, pepper, parsley, thyme]; wrap in aluminum foil, set on baking sheet; cook in Pre-heated oven, set at 400° for 20 minutes [turn over once, mid-way through cooking time]; remove from foil, and serve

Recipe for oven-baked potato chip, under side dishes: potatoes

Marinated Pork With Bread Casserole

SERVES: 4

Requires marinating for 48 hours. Need 11 x 17 stove-top tolerant baking/casserole dish, and heavy skillet

INGREDIENTS:

- 1½ pounds pork tenderloin
- ¼ teaspoon cayenne pepper
- 4 slices of firm, textured bread
- 2 cloves of garlic [crushed]
- ¾ cup dry red wine [Cabernet Sauvignon]
- 1 bay leaf
- 4 tablespoons light olive oil or vegetable oil
- 1 whole clove
- ½ teaspoon salt
- ½ teaspoon whole, pure dried thyme



PREPARATION:

1. Place pork in a small stove-top tolerant casserole dish
2. In small bowl, combine wine, salt, cayenne pepper, garlic, bay leaf, thyme, and clove
3. Pour mixture over pork
4. Cover tightly with plastic wrap and let pork marinate in the refrigerator for 48 hours, turning the meat occasionally
5. Remove from refrigerator
6. Place the casserole dish on the stove and bring the liquid to a simmer; lower the heat, cover, and cook for 30 minutes
7. Remove the pork from the marinade and dry thoroughly with paper towel
8. Heat two teaspoons of light olive oil or vegetable oil in a heavy pan and brown the pork on all sides
9. Reduce the heat and continue cooking 20 minutes, turning the pork every 5 minutes
10. Heat the remaining oil in a skillet until hot
11. Dip the slices of bread briefly in the marinade
12. Sauté the bread on both sides; drain on paper towel and place on plates
13. Slice pork thickly and arrange on bread slices

Pork Chops in Tomato Sauce

SERVES: 2

INGREDIENTS:

- 2 pork chops
- 1 cup drained, peeled, pureed tomatoes [1-16 oz. can] or 2 large fresh tomatoes [recipe for blanching below]
- ½ cup chopped onion
- 1 garlic clove [minced]
- 1½ teaspoons chopped parsley
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon lemon zest
- 2 teaspoons salted butter



PREPARATION:

1. In oven, broil pork chops until cooked rare; set aside
2. In 8 inch nonstick skillet, heat butter
3. Add onion and garlic to skillet and sauté until browned [about 2 minutes]
4. Add tomatoes, garlic, parsley
5. Season with garlic powder, salt, pepper, lemon zest
6. Stir mixture and bring to boil; reduce heat to low
7. Add pork chops, spooning sauce over meat
8. Cover and let simmer, stirring occasionally until pork is tender [35 to 40 minutes]
9. Transfer meat to plate, and top with sauce

PREPARE TOMATOES:

1. Blanch tomatoes [place in boiling water for 1 to 2 minutes], to loosen skins
2. Remove from heat and rinse in cool water to stop the cooking process; drain and set aside
3. Once cool, remove the skins [gently peel with hands]; cut the core [spot where stem was]
4. Slice tomatoes in half and squeeze /scoop out the seeds; add to recipe

Torresmos: Portuguese Marinated Pork

SERVES: 4 -6

INGREDIENTS:

- 2½ pounds of pork loin
- 11 ounce package linguica
- ½ cup red port wine
- 1 clove garlic
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1 teaspoon Piri-Piri seasoning
- olive oil [to cover bottom of skillet]
- 1 bay leaf
- ½ teaspoons salt
- ½ teaspoon ground black pepper

PREPARATION:

1. Cover bottom of large skillet with olive oil, and heat oil over low heat
2. Add basil leaf and garlic clove [pressed flat]; lightly brown the garlic
3. Cut pork into two-inch cube chunks; add to pan
4. Cover pork with wine [use more than ½ cup if needed]; season with salt, pepper, paprika, and Piri-Piri; cover pan and simmer
5. Slice linguica and add to pork; again, covering pan
6. Simmer until meat is tender
7. Remove from stove; remove bay leaf, and strain the meat; discard excess marinade
8. Transfer marinated pork and linguica onto serving platter

Jen's Chicken-Pasta Casserole Bake

SERVES: 6

Recommend 11 x 7 or 13 x 9 baking/casserole dish; digital thermometer

INGREDIENTS:

- 3 pounds skinless boneless chicken breast
- 1 12–16 oz. box of medium shell macaroni
- 1 cup of diced tomatoes
- 8 oz. shredded mozzarella cheese
- 1 or 2 cups water
- 1 cup of chicken broth [either use 2 cups of water or 1 cup water & 1 cup chicken broth]
- 1 cup dry white wine [Sauvignon Blanc]
- 1 medium onion, chopped
- 1 bay leaf
- ½ teaspoon ground pepper
- ½ teaspoon salt
- ½ teaspoon garlic powder
- light olive oil [to coat pan]

PREPARE ONION: SAUTÉ

1. Coat pan with light olive oil
2. Brown chopped onion
3. Set aside

PREPARE CHICKEN: BOIL

1. Place boneless chicken breast halves in a large skillet
2. Add liquid, enough to cover the breasts [water; water/ broth combination]
3. Add seasonings, browned onion, bay leaf, ground pepper, salt, garlic powder
4. Bring liquid to a boil; reduce heat. Cover pan and simmer until the chicken is no longer pink—registers about 165°F [12 to 15 minutes]
5. Strain liquid; discard bay leaf; let cool
6. Cut chicken in 3-4" long, thin, julienne-style pieces

PREPARE PASTA: COOK SHELL MACARONI

Cook according to box directions

PREPARE RED SAUCE:

In small saucepan, heat up diced tomatoes and 1 cup of dry white wine

PREPARE CASSEROLE:

Layer ingredients in casserole dish: chicken, macaroni, red sauce, shredded cheese; repeat

BAKE AND SERVE:

Bake at 350°F for 20 minutes, let cool a bit and serve

Pasta with Mussels

SERVES: 4-6

INGREDIENTS:

- 1 pound linguine or fettuccine noodles
- 2 pounds mussels, scrubbed and rinsed
- 1 cup white wine [for full flavor, Sauvignon blanc]
- 5 tablespoons light olive oil
- 2 teaspoons crushed red pepper
- 2-3 cloves garlic, finely chopped
- ½ cup grated parmesan cheese
- ¼ cup flat leaf parsley
- salt [pinch]



PREPARATION:

1. For the pasta, pour water into a large saucepan [4 or 6 quarts]. Add a pinch of salt and drop of olive oil. Bring to a boil.
2. Separately, in a large stove-top tolerant [flameproof casserole dish], or skillet, heat 4 tablespoons of the olive oil with the garlic, red pepper, and half the parsley leaves, over medium heat for 2 minutes. Add the clams, cover with lid, and cook for 1 minute
3. Add the wine, cook uncovered for 3 minutes
4. Cover pan and continue cooking, shaking the pan, for 3 minutes more, or until all the clams open [discard any that do not open]
5. Add the pasta to boiling water and cook according to package directions. [Cook until noodles are tender but firm]; drain
6. Add the cooked pasta into the clam mixture and reduce the heat to low. Stir gently
7. Add the remaining 1 tablespoon olive oil to the mixture and any preferred seasoning; Cook for 1 minute
8. Transfer to serving bowl; garnish with parsley leaves and top off with parmesan cheese.

Terry's Garlic Linguine Pasta with Chicken and Broccoli

SERVES: 4 -6

Consider three options for adding Rosemary leaves/needles—whole, cracked, and ground. Depending on texture preference, whole is coarser; cracked is lighter; and if the spiky or thorny aspect of the herb is not appealing, ground rosemary is best.

INGREDIENTS:

4 whole, boneless chicken breasts [cut into julienne strips]
2 pounds of fresh or packaged linguini
1 bunch of fresh broccoli
2 cups of chicken broth
1 cup light olive oil
1 teaspoon of black truffle infused olive oil
5 cloves garlic [chopped] or garlic from jar, 2½ tsp [½ teaspoon of jar garlic = 1 clove]
½ teaspoon hot pepper flakes
2 lemons [juice of two lemons] or ½ cup bottled lemon juice
1 tablespoon salted butter
½ teaspoon salt
½ teaspoon of ground black pepper
½ cup Parmesan cheese
2 teaspoons rosemary
¼ cup fresh parsley for garnish

PREPARE MAIN DISH:

1. Pour 1 cup light olive oil in skillet; add salt, pepper, pepper flakes, garlic
2. Heat at medium setting
3. Add chicken, stir to separate, cook until white
4. Add broth, simmer five minutes
5. Add lemon juice, simmer five additional minutes
6. Meanwhile cook pasta and broccoli
7. Add the pasta and the broccoli to the chicken in skillet, toss
8. Move to serving dish; add rosemary and dot with butter
9. Garnish with parmesan cheese and parsley

PREPARE BROCCOLI-STEAM:

Steam is better option than boil here as steaming will preserve broccoli color and preserve the shape of the broccoli floret

1. Wash broccoli and trim stems
2. Using double boiler, place broccoli in steamer basket, over boiling water; cover pan; reduce heat and simmer for 6–8 minutes

PREPARE PASTA:

According to package directions; add pinch of sea salt and teaspoon of olive oil [or an alternate would be truffle oil] in water



Corned Beef and Cabbage Boiled Dinner

SERVES: 6-8

Allow 3¾ hours stovetop cooking time; recommend stock pot; slotted skimmer spatula

INGREDIENTS:

- 5 pounds well—trimmed corned beef brisket
- 1 cabbage, cut into 8 wedges
- 2 cloves garlic, crushed
- 1 medium onion
- 10 small onions
- 10 medium carrots [peeled and cut in half]
- 6 medium Yukon Gold potatoes [peeled and quartered]
- 1 teaspoon softened, room temperature salted butter [for cooked vegetables]
- brisket seasoning
- salt and pepper

PREPARATION:

1. Season meat and place in large stock pot; cover with cold water
2. Add garlic and the medium onion; heat to boiling
3. Reduce heat; cover and simmer 3 hours
4. Skim fat from liquid
5. Add 10 small onions, the carrots, and potatoes
6. Cover, simmer 20 to 30 minutes
7. Remove meat from pot, and place on warm platter
8. Add cabbage, simmer uncovered 15 minutes [or until vegetables are tender]
9. Remove vegetables from pan and place on platter with meat
10. Dot potatoes and carrots with butter
11. Season with salt and pepper; Serve



Galway Bay · Terence A. McSweeney



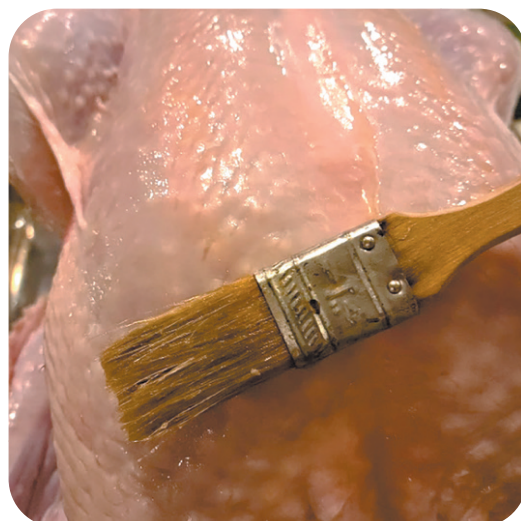
Florinda's Turkey Preparation Dressing, Roasting and Serving

Requires day before prep; overnight refrigeration

Recommend: One disposable roasting pan for turkey preparation and overnight refrigeration, a second sturdy roasting pan with rack and handles for day of cooking, baker's twine, digital food thermometer, basting brush, 8-inch mesh strainer

INGREDIENTS:

- 1 farm fresh turkey [size of choice]
- 1 bunch celery
- 1 bunch carrots
- 1 bunch curly parsley
- 6 large onions
- 1 bulb of garlic
- 2 lemons
- 1½ cups white wine [Sauvignon blanc]
- 2 tablespoons extra virgin or light olive oil
- 1 teaspoon ground black pepper
- 1 teaspoon paprika
- 1 teaspoon poultry seasoning spice
- 1 teaspoon salt



TURKEY PREPARATION:

1. Wash turkey [spray turkey with cold water], pat dry with paper towels; empty cavity, remove giblets; Set aside innards [bag that includes neck, heart, liver, and part of stomach]
2. Place turkey on a large platter to prepare for roasting [turkey rub]
3. Quarter each lemon and squeeze juice all over bird
4. Rub with olive oil [drizzle oil on bird then spread, using basting brush]; then garlic [separate cloves from bulb, crush cloves and rub over bird]
5. Place pieces of garlic on the skin under the corners where the legs and wings meet the body. Do same with sliced onion
6. Season with salt, pepper, paprika, poultry seasoning spice
7. Line the bottom of a disposable roasting pan with sliced onion, and place bird on top
8. Pour white wine over bird [1+ cup]; may require more if large turkey

9. Cover with foil; place in refrigerator overnight
10. **NEXT MORNING** remove the turkey from the pan it marinated in and discard all the ingredients [onions, garlic cloves, water] plus the disposable pan; pre-heat oven to 325 degrees
11. Using a new roasting pan, with rack and handles, again line the bottom: onion, celery, carrots, and two cups of water [The vegetables flavor the turkey and its drippings; the water keeps it moist]
12. Place a medium to large onion, 2 cloves of garlic, and two to three ribs of celery in the cavity [Stuffing is cooked separately, rather than in bird]
13. Truss the turkey, even though it is not stuffed; this prevents wings and legs from over-cooking
14. Using baker's twine, fold wings across the back of the turkey, so they are touching, and bring twine up around the neck; tie together legs by winding twine around the ankles
15. Set bird back in pan, on rack over the vegetables, breast side up; brush skin lightly with vegetable oil to achieve good color; and season
16. If not using digital thermometer, place an ovenproof thermometer in the turkey [fatty part of thigh]
17. Place in oven, on lowest oven rack; time the cooking in accordance with turkey size [time chart is on turkey label]
18. While the turkey cooks, baste occasionally [in ½ hour or hour intervals]
19. About ⅔ of way into cooking, place an aluminum foil tent [shiny side down] over the top of the turkey, to prevent dryness
20. Temperature of turkey [@ thigh] should read 180°F when done
21. When turkey is taken out oven, transfer turkey to platter [it ought to cool for about 15 minutes before carving]
22. Remove the vegetables from the turkey's cavity and set aside or discard, leaving the vegetables and juice from the bottom of the pan, in the pan. Taking the pan drippings, pour through a mesh strainer and into a bowl. Use strained liquid to prepare home-made gravy; or prepare packaged gravy according to directions
23. Finally, garnish the turkey with curly parsley
24. Carve and serve





DESSERTS

Pastéis de Nata



Pastéis De Nata Portuguese Custard Tart

SERVES: MAKES 24 TARTS

Recipes present options for store bought pastry dough or homemade pastry dough [recipe on pages 108 & 109]. Homemade requires minimum 4-hour refrigeration during preparation process, though optimal is overnight.

Suggested tools: Wooden spoon, rolling pin, silicone pastry brush, pastry scraper, digital cooking thermometer, silicone counter mat or disposable counter liners, small tart tins or muffin pan, muffin/cupcake liners, glass measuring cup [for pouring]; medium sized strainer, sharp lemon/citrus zester

INGREDIENTS FOR PASTEIS USING STORE BOUGHT PASTRY DOUGH (THIS CAN BE MADE ALL AT ONE TIME):

12 large eggs [for egg yolk]
2 sheets pre-rolled puff pastry
3 cups whole milk
1 cup all purpose flour
3 cups sugar
1 cup water
2 lemons [for lemon peel/rind]
2 cinnamon sticks
2 teaspoons pure vanilla extract
1 teaspoon salt
ground cinnamon [for dusting cooked tart option]
sanding sugar [for dusting cooked tart option]

PREPARATION: CUSTARD, SYRUP, TART DOUGH

1. Pre-heat oven to 550°F
2. Grease two 12 cup muffin pans or 24 tart tins [or use non-stick pans/tins]
3. Using a sharp lemon/citrus zester, peel the lemons for the whole rind
4. In a small saucepan, combine sugar, water, 1 teaspoon vanilla extract, lemon rinds, and cinnamon sticks. Bring to a boil over medium high heat. No stirring. Heat until temperature on thermometer is 220°F; remove from heat, and discard cinnamon sticks and lemon rinds; let stand
5. Separately, in medium pan, thoroughly whisk together flour, salt, and cold milk; cook over medium heat whisking constantly, until milk thickens [about 5 minutes]; remove from heat and let cool [at least 10 minutes]
6. Whisk room temperature egg yolks and pour into milk mixture; add syrup and 1 teaspoon vanilla extract; mix until combined

7. Using medium-sized strainer, strain custard into a glass measuring cup [e.g., Pyrex—for pouring mixture into tart tins or pan]
8. Meanwhile, unwrap each pastry sheet package; cut each sheet into two pieces, placing one piece on top of the other [thus for this recipe, there would be two double sheets]
9. From the short side of the pastry sheet, tightly roll into a log; cut into 12 even pieces; doing this twice, there are 24 even pieces
10. Place a cut piece of dough into each muffin cup of the muffin pan or individual tart tin; moisten thumb with cold water and press dough on bottom and up the sides of the cup, shaping the dough to the cup—reaching about $\frac{1}{8}$ inch past the top
11. Fill each cup $\frac{3}{4}$ full of custard; if using individual tart tins, place on baking sheet [with edges]
12. Bake in oven until pastry is browned and bubbly [and the tops blister and caramelized—approximately 12 minutes]
13. Cool tarts a bit; remove from pan
14. Place a tart in muffin liner and onto serving tray; dust with cinnamon or sanding sugar if desired. Best served warm.



Homemade Tart Dough

This method requires tart dough be made beforehand. Make dough and follow directions on pages 106 and 107, Steps 1 – 7 and 10 – 14.

INGREDIENTS:

2 cup all purpose flour and additional flour for dusting
½ teaspoon kosher salt
⅔ cup water
2 sticks butter, unsalted, fully softened [recommend Kerry Gold Irish Butter for texture and rich taste]

PREPARATION:

1. Combine cup of flour, salt, and cold water in a bowl. Mix with wooden spoon. Dough will pull away from side of bowl and will look like a sticky ball
2. Place dough on a well-floured surface [counter mat or counter liner]; knead for about a minute or two, dust some flour on top of it, and move it around in a circular motion until it takes on a rounded shape
3. Cover with a small bowl, and set aside for 15 to 20 minutes
4. Then, transferring dough back to well-floured surface, press dough into a square shape, approximately ⅛ inch thick, using floured rolling pin
5. Almost as one would paint a surface, spread ⅓ of the butter over ⅔ of the dough [silicone pastry brush is best], leaving a margin of unbuttered dough; [butter ought to be soft enough to easily spread on the dough, without tearing it]
6. Gently fold the dough into thirds, much like preparing a sandwich wrap, or folding a business letter [flip the unbuttered side over the middle and then fold the buttered side over it]
7. Again, dust dough with flour on both sides [easy to flip with the pastry scraper]
8. With rolling pin, roll this letter-shaped dough into a ⅛ inch thick rectangle; and repeat the butter application:
9. Spread another ⅓ of the butter over ⅔ of the dough; fold in thirds
10. Transfer onto a lined baking sheet and refrigerate for about 10 minutes [to chill butter, but not harden dough]

11. Again, onto floured surface, roll out the dough and sprinkle some flour on it, spread remaining butter spreading all the way across, leaving about an inch border on top edge
12. Lightly moisten the unbuttered edge with drop of water with finger; tightly roll dough [in flour] up from bottom; wrap in plastic wrap; refrigerate, for minimum 4 hours to overnight
13. When ready to make custard and continue with tarts, let dough stand at room temperature for about 30 minutes
14. Cut dough into 24 pieces.

Refer to recipe on previous pages Steps 1– 7 for syrup and custard preparation; Steps 10 – 14 for baking instructions.



Cantaloupe Melon with Sparkling Wine

INGREDIENTS:

- 2 cantaloupes
- 2 cups sparkling wine

PREPARATION:

1. Cut cantaloupe in half and discard the seeds
2. Rinse, and pat dry with paper towel
3. Remove the meat of the melon with a melon ball scoop, and put in serving bowl
4. Pour the wine over the melon and chill in refrigerator for at least ½ hour before serving
5. Serve in individual bowls; opt for fruit seasoning garnish for added flavor



Pao de Lo Portuguese Sponge Cake

Requires tube pan; recommend wire cooling rack

Grease pan: bit of butter or vegetable oil or dusting of flour [bottom and sides]

INGREDIENTS:

4 large room temperature eggs
1⅓ cups milk
2 cups all purpose flour [for batter]
2 teaspoons baking powder
2 cups sugar
1 lemon [lemon zest from one rind]
¼ teaspoon salt

PREPARATION:

1. Pre-heat oven to 350°F
2. Beat eggs [high speed] well
3. Add sugar to eggs and continue beating; slowly add milk
4. Blend in flour, baking powder, salt, lemon zest
5. Pour into lightly greased [buttered/oiled] or floured pan
6. On center oven rack, bake for 55–60 minutes [though check @ 30- and 45 minute baking time, using wooden pick or side of knife]
7. Remove cake from oven; invert pan to cool cake, place on wire cooling rack; allow 15 minutes before removing cake from pan [place serving plate on top of pan and turn over allowing cake to transfer onto plate]
8. Serve

Mediterranean-Style Fruit Salad with Port Wine, Brandy and Whipped Cream

Requires chilling before serving. Good choices for apples: Red Delicious, Macintosh, Stayman, Golden Delicious, Jonathan, Pink Lady. Recommend serving in glass bowl

INGREDIENTS FOR SALAD (FRUIT ASSORTMENT OF CHOICE—SUGGESTED):

- 2 navel oranges
- 2 apples, peeled, cored & diced
- 1 cup fresh strawberries
- 1 cup fresh raspberries
- 1 cup port wine
- 3 tablespoons brandy
- 1 cup whipped cream [recipe below]

PREPARE SALAD:

1. Peel oranges and cut into segments between the membranes;
2. Place in bowl and combine oranges with washed apples, strawberries, raspberries; Add port wine and brandy; Refrigerate before serving
3. Optional: Serve fruit salad with whipped cream topping



WHIPPED CREAM

Suggestion: chill the bowl and the whisk; best if each is ice—cold [placing in freezer for 10–15 minutes suffices]

INGREDIENTS:

- 1 cup heavy whipping cream
- 1 teaspoon pure vanilla extract
- 2 tablespoons granulated sugar

PREPARE:

1. Using a large, chilled bowl, whip the heavy cream until stiff peaks begin to form
2. Add pure vanilla extract and sugar
3. Continue until peaks form—to avoid lumps forming, be careful to not overbeat



Charniqueiras: A Fast & Easy Tart

SERVES: MAKES 12 TARTS

Need: 12 cup muffin tin [non-stick]; muffin/cupcake paper liners; wax paper

INGREDIENTS:

2 eggs
2 cups milk
2 cups sugar
 $\frac{2}{3}$ cups flour
 $\frac{1}{2}$ stick of unsalted butter [for batter]; additional to grease muffin tin [if not using non-stick pan]



OPTIONS FOR FILLINGS: BERRIES, PRESERVES

Options for topping off: cinnamon, honey, almonds, sanding sugar

PREPARATION:

1. Pre-heat oven to 350°F
2. In a small bowl, beat well eggs and sugar
3. Melt butter, and add to egg and sugar mixture; mix thoroughly
4. Add milk and flour
5. Grease muffin pan; pour batter into pan sections with a small ladle
6. Place on middle rack in oven; bake for about 30 minutes [center of tart might appear undercooked; texture will change once cooled]
7. Remove from oven; let cool for about 5 minutes
8. Invert pan over wax paper [or platter] to release tarts, or scoop out with a spoon
9. Place each tart in a cupcake paper liner
10. Choose preferred filling [berries, etc.] and flavoring [cinnamon, etc.]; place back in oven, if preferred to heat, melt, or brown filling of choice
11. If not planning to serve right away, leave tarts uncovered for about 30 minutes [covering too soon will add moisture to already moist pastry]



Blueberry and Coconut Rice Pudding

Slow Cooker Rice Bake

SERVES: 8-10

Requires slow cooker and non-stick cooking spray. Allow for 2.5 hours

Ratio of uncooked to cooked rice–1:3 [1 cup of uncooked rice yields 3 cups cooked rice]

Ratio of liquid to rice–2:1 [2 cups of water needed for each of cup of rice to be cooked]

Have more whole milk or coconut milk on hand to thin pudding, if needed, once cooked

INGREDIENTS:

- 4 cups whole milk
- 1-13.5 ounce can of unsweetened coconut milk
- 2 cups uncooked long grain organic rice or long grain enriched white rice
- 2 cups fresh or frozen (thawed) blueberries
- ¼ cup honey
- 2 teaspoons vanilla
- ⅔ cup unsweetened shredded coconut [toasted or plain]
- ⅓ cup sliced almonds [toasted or plain]

PREPARATION:

1. Lightly spray the inside of a slow cooker [4 quart size is sufficient]
2. In the cooker, combine whole milk, coconut milk, and rice
3. Cover and cook [high setting] until rice is tender, and all liquid is absorbed [about 2 ¼ hours]
4. Stir then fold in 2 cups of blueberries, the honey, and vanilla
5. Depending on desired consistency, opt to add more coconut milk or whole milk for smoother texture [and stir]
6. Transfer to serving bowl; add shredded coconut on top
7. Serve at room temperature; garnish with sliced almonds or provide on the side



Portuguese Sweet Rice Pudding

SERVES: 8-10

Recipe calls for short-grain rice: Valencia or Arborio; recipe is unforgiving with substitute variety of rice: long-grain [texture]; Jasmine [clumping]

INGREDIENTS:

- 4 cups whole milk
- 1½ cups short-grain Valencia or Arborio rice [10 oz.]
- 4 fresh large eggs [room temperature]—recipe calls for egg yolks
- 1½ tablespoon unsalted or salted butter
- zest of one lemon [finely grated]
- ⅛–¼ teaspoon salt [pinch]
- 2 cups heavy cream or half-and-half
- 1½ cups sugar
- 1 teaspoon cinnamon



PREPARATION:

1. Using a sharp lemon/citrus zester, peel the lemon for the whole rind
2. In a large nonstick saucepan, combine milk with rice, butter, lemon zest and salt; bring to a boil, constantly stirring
3. Cover and cook over low heat, occasionally stirring, until rice is tender, and milk absorbed [about 20 minutes]
4. Remove from heat and let stand, covered for about 10 minutes
5. Combine cream and sugar to mixture and bring to a simmer
6. Separately, whisk together egg yolks with ½ cup of the hot rice
7. Pour this egg mixture into the main mixture, pouring in a thin stream
8. Bring to a boil and cook over medium heat, continually stirring, until creamy and a bit thickened [about 4 minutes]
9. Pour the rice pudding into a large platter and let cool to room temperature
10. Sprinkle with cinnamon; Serve

SEPARATING EGG YOLKS/EGG WHITES

1. Crack egg in half
2. Allow egg whites to flow out of egg halves into a small bowl, and store [refrigerate or freeze] if desired—as only egg yolks are needed for this recipe; pour yolk into 2nd bowl

Aletria Portuguese Sweet Angel Hair Pasta Pudding made with Capellini Nest Pasta

SERVES: 8

Angel Hair Nests are finer than other nest pastas, in texture, and best for this recipe; recommend lemon zest grater with channel knife

INGREDIENTS:

3 cups whole milk
2½ cups of water
2 large fresh eggs, room temperature [recipe calls for egg yolks]
¾ cup sugar
⅛–¼ teaspoon salt [pinch]
1-12 ounce package Angel Hair Capellini Pasta Nests—recipe calls for four 2 oz. nests
1 small/medium lemon [for lemon rind]
1 tablespoon unsalted or salted butter
1 cinnamon stick
1 teaspoon pure vanilla extract
ground cinnamon for garnish



PREPARATION:

1. In a large bowl, break the pasta nests
2. Using a sharp lemon/citrus zester, peel the lemon for the whole rind
3. In medium [4 quart] saucepan, bring 3 quarts of water, salt, lemon rind, and cinnamon stick to a boil, add the pasta
4. Cook for approximately 3 minutes, stirring occasionally
5. Using tongs, remove the lemon rind and cinnamon stick
6. Place colander over another saucepan and drain pasta; save the liquid
7. Adding back the pasta to the original pan, add sugar, butter, vanilla extract, and milk; bring to a boil, and simmer until liquid is absorbed and pudding starts to thicken [about 10 minutes] stirring constantly; remove from stove
8. Separately, beat egg yolks in a small bowl and add about ½ cup of the saved hot liquid to the eggs, mixing well
9. Next add this egg & water mixture to the pasta, placing pan back on stove; simmer for a few minutes
10. Pour pudding onto platter, let cool a bit, and sprinkle with cinnamon, serve

Rabanada Wine-Soaked Baked Bread with White & Port Wine and Honey

SERVES: MAKES ABOUT 16 RABANADAS

Recommend 'Sanding Sugar' for coating [garnishing] the cooked Rabanada; If not serving right away after cooking, place the Rabanadas in a deep dish layering them, using a paper towel between layers.

INGREDIENTS:

- 1 French bread baguette [12 oz.]
- 3 large eggs [room temperature]
- 2½ cups white wine [Sauvignon blanc for full flavor]
- 3 tablespoons of port wine
- 1½ cups of quick-dissolve sugar for recipe; sanding sugar for garnish
- 3 tablespoons honey
- 2 tablespoons of butter [to grease baking/casserole dish]
- ½ teaspoon cinnamon [for mixture] plus additional for garnish



PREPARATION:

1. Pre-heat oven to 450°F
2. Grease shallow baking/casserole dish(es) with butter
3. Cut bread into 2 to 3 inch pieces; slit each piece lengthwise
4. On stovetop, heat white wine in 10" skillet over medium heat, with sugar and cinnamon, until hot and sugar is dissolved [stir constantly]
5. Soak bread in wine mixture, and transfer to dish; set aside
6. Beat eggs
7. Dip the bread in the egg and let excess egg drip off
8. Place each piece of bread in the baking/casserole dish, leaving space between the pieces
9. Bake for 15 minutes
10. In small saucepan, combine port wine, honey, and cinnamon; and warm, over low heat; pour over the bread [rabanadas]
11. Transfer the rabanadas to serving dish; lightly sprinkle with sanding sugar, or cinnamon



Lourdes's Flan

Recommend 1–1½ quart Flan Mold Stainless Steel pan; 3–6 quart pressure cooker [unless following option to use oven]; Requires refrigeration time before ready to serve

INGREDIENTS:

2 [14 ounce] cans of sweetened condensed milk
6 large eggs, room temperature
Golden caramel liquid [recommend MICAU Caramelo Liquido/ Golden Caramel]

PREPARATION:

1. If using oven, pre-heat to 350 degrees
2. Beat together eggs and milk
3. Separately, pour caramel liquid into bottom of flan pan [about ¼ inch]
4. Add the flan mixture [milk and eggs]; seal the flan pan top
5. Place flan pan inside another pan and add 2 cups of water to outer pan
6. Bake at 350° for 45 minutes; OR place flan pan inside pressure cooker; add 2 cups of water, and cook on high for 15 minutes [wait for cooker to de-pressurize, and remove pan]
7. Place flan pan in refrigerator for at least 3 hours; best if refrigerated 8 hours, or even overnight
8. Place serving plate over top of mold and turn over allowing flan to transfer onto plate
9. Serve



Orange Liqueur Chocolate Mousse

SERVES: 6

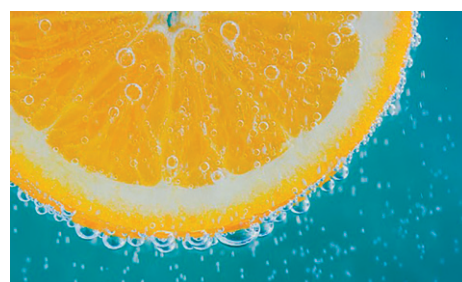
Requires double boiler

INGREDIENTS:

- 6 large oranges
- 8 oz. semi-sweet chocolate
- 2 tablespoons orange liqueur
- 1 teaspoon finely ground orange peel
- 4 large fresh eggs, separated, room temperature
- cream of tartar [pinch]
- $\frac{1}{3}$ cup sugar
- 1 cup whipping cream
- candied orange peel [for garnish]

PREPARATION:

1. Slice tops off oranges and throw out
2. Scrape out pulp and gently squeeze oranges over bowl, reserving 1 tablespoon of juice
3. Discard pulp
4. Set orange shells aside [to be used as bowls, if preferred; otherwise discard]
5. In a double boiler, melt chocolate, orange liqueur [suggest Grand Marnier], reserved orange juice, and grated orange peel; set over gently simmering water, stir until smooth
6. Remove top boiler bowl from over water
7. Stir in egg yolks, one at a time
8. In a separate bowl, beat whites with cream of tartar to soft peaks
9. Gradually add sugar and beat until stiff, but not dry
10. Fold into chocolate mixture, blending well
11. Refrigerate until firm
12. Spoon into orange shells or other individual small bowls
13. Garnish with candied orange peel and serve



Jen's Peanut Butter Blossom Cookie

Recommend Sanding Sugar for sprinkling on cookie when cooked; white or color

INGREDIENTS:

- 48 milk chocolate kiss candies
- ½ cup shortening
- 1 teaspoon baking soda
- ¾ cup creamy peanut butter
- ⅓ cup granulated sugar [for use in cookie batter]
- ½ teaspoon salt
- ⅓ cup light brown sugar
- 1 large fresh egg [room temperature]
- 2 tablespoons milk
- 1 teaspoon pure vanilla extract
- 1 ½ cup all purpose flour
- extra fine granulated sugar or sanding sugar [for use when coating the cookie]



PREPARATION:

1. Heat oven to 350°F
2. Remove wrappers from chocolate
3. Beat shortening and peanut butter in large bowl until well blended
4. Add granulated sugar and brown sugar; beat until fluffy
5. Add egg, milk, vanilla; beat well
6. Separately, stir together flour, baking soda, salt; gradually beat this mixture into peanut butter mixture
7. Shape dough into 1" balls
8. Roll cookie balls in the extra fine granulated sugar/sanding sugar, and place on room-temperature, ungreased cookie sheet [with no sides, for even heating and easy sliding of cookies when done]
9. Bake 8 to 10 minutes. Then, immediately press chocolate into center of each baked cookie
10. Place cookies on wire rack. Cool completely



Jen's Chocolate Pudding with whipped cream

Suggestion: use slotted silicone spatula; hand blender

INGREDIENTS FOR PUDDING:

- 5 oz. bittersweet chocolate, [recommend dark, 70%]
- 2 cups whole milk
- 5 extra large eggs [fresh, room temperature-needed for yolks]
- 1/3 cup sugar
- 1/4 cup cornstarch
- 2 tablespoons cocoa power
- 1/4 cup heavy cream
- 1 tablespoon unsalted butter
- 2 teaspoons pure vanilla extract

PREPARATION:

1. Separate egg yolk and egg whites [refrigerate or freeze egg whites for later use]. Taking the egg yolks, combine with sugar in a bowl, and beat with electric hand blender or mixer on medium-high speed [for about 2 minutes]
2. Add the cornstarch and cocoa to the egg and sugar combination; whisk until smooth
3. In a small saucepan [1 to 1.5 quart], over medium heat, steam milk [small bubbles will form when sufficiently steamed; avoid bringing to a full boil]
4. Having the mixer at low speed, slowly drizzle the hot milk in along the edge of the bowl
5. Stir constantly with silicone spatula until the mixture becomes thick
6. Remove the pudding from heat
7. Add chocolate, stirring until chocolate is melted; add cream, butter and vanilla and stir until sufficiently blended
8. Pour in individual pudding serving cups and serve or refrigerate until ready



INGREDIENTS FOR WHIPPED CREAM:

Suggestion: chill the bowl and whisk; best if each is ice cold [placing in freezer for 10–15 minutes suffices]

- 1 cup heavy whipping cream
- 1 teaspoon pure vanilla extract
- 2 tablespoons granulated sugar

PREPARATION:

1. Using a large, chilled bowl, whip cream until stiff peaks begin to form
2. Add pure vanilla extract and sugar
3. Continue until peaks form. To avoid lumps forming, be careful to not overbeat
4. Spoon onto pudding in individual serving dish





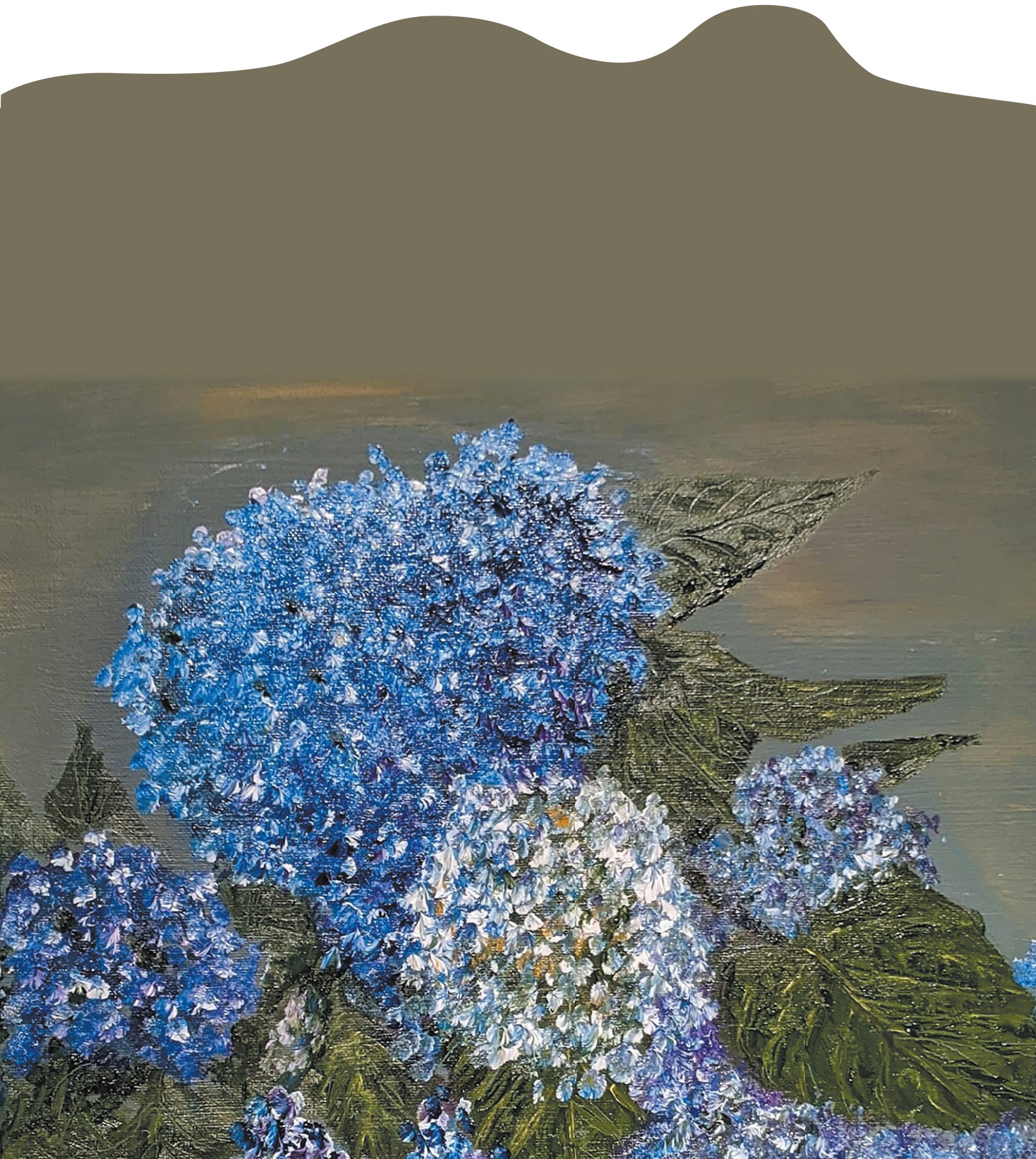
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Pictured with Daughter Jen, Granddaughters and Great Grandchildren at the Concord Inn, Concord, MA

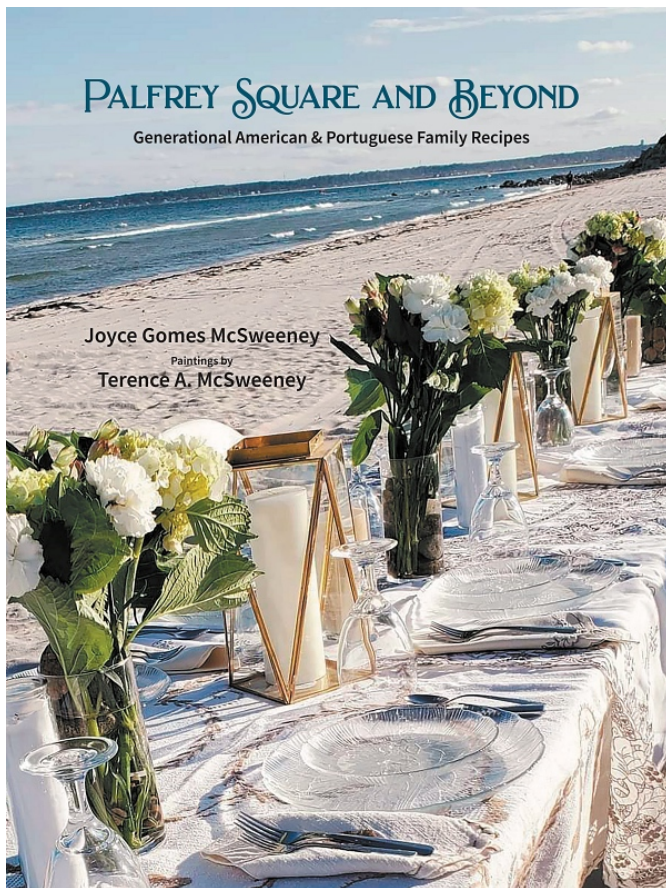
Saudade

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