

Favorite Toggenburg Ski Patrol Recipes

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Barbeque Beans

Submitted by Walt Shepard

4 large (32ounce) cans of Bush's Barbeque Beans (if you cannot find the barbeque beans use Bush's Original recipe beans, drain off the liquid, and add your favorite Barbeque sauce.)

1 ½ pounds (+/-) of mild Italian sausage (hot if you want more of a kick)

2 – 3 sweet red peppers - chopped

1 large onion (any type, but red adds more color) – diced

Olive oil

Garlic salt

- Remove the sausage from the casing. Then brown it in a large skillet. Break it up into small pieces as it cooks. Drain off all the fat.
- Cook the onion and peppers in the skillet with a tablespoon or two of olive oil. Season with garlic salt.
- Add all the ingredients to a crock pot and cook on high until thoroughly heated then reduce to low heat.

These beans freeze well and get better with age.

Buffalo Chicken Dip

Submitted by Brian Inman

Chicken Breast(s)

Red Hot

Cream Cheese

Sour Cream

Worcestershire Sauce

Boil the chicken or cook in crock pot

Pull chicken (shred) and mix with the following ingredient quantities per chicken breast:

1/2 Cup Cream Cheese

1/2 Cup Sour Cream

1/4 Cup Red Hot

~1 Tbs Worcestershire Sauce

Heat in crock pot, stir, and serve with crackers of your choice.

Étouffée

Submitted by Marti Walker

This meal should be served over hot rice.
Use a large dutch oven. Serves...well, depends how hungry you are.

Brown in oil and set aside: 12 oz sliced andouille sausage (or whatever comes close: smoked & spicy) and ~1 lb shelled shrimp
With the remaining oil, make a roux using ~2 tablespoons of flour

Stir into the roux the following ingredients so that everything is lightly coated:

- 2 chopped onions
- 2 chopped bell peppers, red and green
- 2-3 chopped stalks celery
- 3 cloves minced garlic

Add, and bring to boil:

- 2 cups chicken stock
- 1.5 tablespoons of Worcestershire sauce
- 1 tablespoon tomato paste
- 1 teaspoon Tabasco sauce

Return the shrimp and sausage to the pot; simmer over low heat until veg/meat tender. Should be fairly soupy.

Stir in 8 chopped scallions. Or not ... i usually forget to add them.

Garlic & Ginger Green Beans

Submitted by Cindy Hoalcraft

(Double this for the hungry Sat or Sun crew so there's enough for the top shack attendant, too)

- 1 pound green beans, plunged into boiling water until tender-crisp, drained
- 1 small red bell pepper cut in thin strips
- 1/4 cup slivered red onion
- 1 tbsp minced garlic
- 1 tbsp minced fresh ginger

Dressing

- 1/4 cup lime juice
- 1/4 cup red wine vinegar
- 1 tsp kosher salt
- 1 tsp Dijon mustard
- 2 tsp brown sugar
- 1/2 cup olive oil
- 1/2 cup Dino Bar B Que sauce (regular)
- 1 rounded tsp grated orange zest

Source: Dinosaur Bar B Que an American Roadhouse, c. 2001, Ten Speed Press, Berkeley CA,

Grape Tomato Salad

Submitted by Walt Shepard

Make this ahead so that the flavors can blend together. It's better the next day.

1 quart of grape tomatoes – cut in half
6 stalks of celery - diced
1 large sweet or red onion – diced
2 pounds of carrots (baby carrots are good) – sliced into ¼ inch pieces
1 handful of finely chopped basil
½ container of Good Seasons Italian Dressing made with Balsamic Vinegar
If desired, dice 1 pound of mozzarella cheese and add to the mix

Combine the above ingredients into a large bowl and toss until thoroughly mixed. Place in refrigerator until thoroughly chilled.

Herb-Marinated Flank Steak

Submitted by Cindy Hoalcraft

(Great in a sammich in a crusty roll)

3-4 lbs beef flank or round steak, scored in diamond pattern on both sides

Rub

4 tbsp lemon juice
3 tsp chopped fresh or 1 tsp dried oregano leaves
1 tsp salt
1 tsp celery seed
1 tsp pepper
2 cloves garlic, finely chopped

Rub into beef 5-24 hours before cooking. Grill on highest heat for 5-10 minutes on each side. This is hard when it's cold and blustery. Slice thin against the grain.

Source: Betty Crocker's New Cookbook, c 1996, Simon & Schuster Macmillan Co, New York, NY, p. 232-233

Hooray for cake!

Submitted by Cindy Hoalcraft

Here's how to make sure your cake comes out moist.

Prepare any cake mix according to directions on the box. Use a flat beater; careful not to over beat; a few lumps are OK. Remove from pan 5 minutes out of the oven and put it in the freezer -- that's right, rip roaring hot into the freezer. If cake is to be stored more than a day, wrap it with plastic wrap after it is completely frozen and return it to the freezer. Lasts a couple of weeks. Thaw completely before preparing.

Optional filling (especially good with devils food or other chocolate variety)
Seedless preserves of raspberry, blackberry, strawberry (combinations are best)

Butter cream frosting:

1/2 cup butter

1/2 cup shortening

1 lb (4 cups) confectioner's sugar

1 tsp vanilla

(Optional) 1 tbsp meringue powder

Do NOT store leftover cake in the fridge. This is only necessary for cream cheese and whipped cream icing. Tip: leftover butter cream cake can be wrapped and refrozen.

Jumbo Molasses Cookies

Submitted by Dave Tiedemann

This is from Betty Crocker's Cookbook, Golden Press First Edition, 1986

Measure Ingredient

1 cup Sugar

1/2 cup Shortening

1 cup Dark molasses

1/2 cup Water

4 cups All-purpose flour

1 1/2 tsp Salt

1 tsp Baking soda

1 1/2 tsp Ground ginger

1/2 tsp Ground cloves

1/2 tsp Ground nutmeg

1/4 tsp Ground allspice sugar

Mix 1 cup sugar and the shortening. Stir in remaining ingredients except sugar. Cover and refrigerate at least 3 hours.

Heat oven to 375 degrees. Roll dough 1/4 inch thick on generously floured cloth-covered board. Cut into 3-inch circles; sprinkle with sugar. Place about 1 1/2 inches apart on well-greased cookie sheet. Bake until almost no indentation remains when touched, 10 to 12 minutes. Cool 2 minutes; remove from cookie sheet.

Makes about 3 dozen cookies; 115 calories per cookie.

Kale Soup

Submitted by Walt Shepard

12 cups water and 4 to 6 tablespoons chicken soup base. (You can also use 12 cups of chicken broth.)

2 pounds linguica – cut in half lengthwise then sliced. (For a spicier soup use chourico. These are Portuguese sausages. They are available at the Midler Avenue Price Chopper. If you can't find them, Spanish chourizo could be substituted.)

2 or 3 medium onions - diced

4 to 6 (or more) cloves of garlic – finely diced

Salt and pepper to taste

4 +/- pounds of potatoes - cubed

A bunch or two of kale – chopped (The quantity depends on how much you like Kale. If you don't like kale you could have potato and sausage soup.)

- Add a little olive oil to a frying pan and cook the onion.
- Cook the linguica until browned to render the fat. Remove from frying pan and drain.
- Reduce the fat in frying pan until dry and brown – don't burn it.. Deglaze the pan with a little water and add to crock-pot
- Put onion and sausage in crock-pot with 12 cups of water, chicken soup base, garlic, salt, and pepper.
- Wash and cube potatoes and add to crock-pot.
- Heat on high for several hours until the potatoes are soft.
- Puree 1/3 to 1/2 of the mixture in a blender and add back into the crock-pot.
- Wash and chop the kale and add to the crock pot 1/2 to 1 hour before mealtime.

Serve with hot rolls and butter.

This is actually better tasting the day after preparation.

Macaroni Salad

Submitted by Cindy Hoalcraft

(Fills the top shack with the aroma of garlic!!)

1 lb small pasta shells, cooked al dente

2 medium ripe tomatoes

1 cup thinly sliced celery

1/2 cup finely diced green pepper

Dressing

1 cup mayo

1/4 cup Creole mustard (preferably Zatarain's or spicy brown mustard)

4 cloves garlic, minced

1 tsp brown sugar

1 tsp kosher salt

1 tsp black pepper

Source: Dinosaur Bar B Que an American Roadhouse, c. 2001, Ten Speed Press, Berkeley CA

Meat Lovers Chili

Submitted by Walt Shepard

(Having no beans, it's a quieter chili)

6 pounds of lean ground beef
2 pounds of andouille sausage
2 pounds of thick sliced bacon
2 – 28 ounce cans of crushed or diced tomatoes
2 – 15 ounce cans of tomato sauce
1 - 15 ounce can of beef broth
1+ pound of sliced mushrooms
4 sweet red peppers
4 medium onions
4 tablespoons of chili powder
2 teaspoons oregano
½ teaspoon red pepper
½ teaspoon paprika
4 ounces of brown sugar
Garlic salt
Garlic – as much as you like

Brown the ground beef in skillet – season with garlic salt
Cook the andouille sausage and bacon to render the fat
Cook the mushrooms in skillet – season with garlic salt
Dice onions and cook in skillet until translucent
Dice the red peppers
Add garlic

Place all the ingredients in two crock pots and cook on high for 4-5 hours, on auto for 6-7 hours, or on low for 8-10 hours.

Steak Chili

Submitted by Dave Tiedemann

(This is a great chili, made with steak instead of ground beef. Shredded cheddar cheese is a nice touch to garnish the bowls. You can use round steak or other less expensive cuts of beef, but simmer longer.)

2 tablespoons of vegetable oil
2 cups chopped onion
4 cloves of garlic, minced
1 large red pepper, cubed
1 cup chopped celery
1 pound sirloin steak, cut into ½ inch cubes
2 tablespoons chili powder
1 teaspoon cumin
½ teaspoon leaf oregano
1 – 28 ounce can of stewed tomatoes, with juice
1 – 5 ½ ounce can of tomato paste
2 - 19 ounce cans of red kidney beans, drained
1 tablespoon lemon juice
2 teaspoons Worcestershire sauce
½ teaspoon hot sauce
Salt & pepper to taste

TSP enhancements: london broil instead of sirloin, ½ teaspoon of small fresh Jalapeño pepper chunks, and one bottle of Dundee's Honey Brown Lager. Garnished with shredded cheddar cheese and sour cream.

Directions:

- In a large saucepan or Dutch oven, heat 1 tablespoon oil, and cook the onion and garlic over medium heat for 5 minutes. Add pepper and celery and cook another 5 minutes, until softened.
- Remove vegetables from the pan. Add the remaining oil, and brown the steak cubes, in batches.
- When all the steak has been browned, return the vegetables and steak cubes to the pan, over low heat.
- Add the chili powder, cumin and oregano. Cook and stir for one minute.
- Add the tomatoes, tomato paste, and kidney beans. Bring to a boil, then reduce heat, cover and simmer for about 45 minutes, until meat is tender.
- Stir in lemon juice, Worcestershire sauce, hot sauce, and salt and pepper. Remove from heat. (About 6 servings.)

This recipe is from "Now....you're cooking!" <http://www.donogh.com/cooking/>

White Bean and Chicken Chili

Submitted by Wendy Pininski

Serves: 6

Ingredients:

3 tablespoons olive oil	1-1/2 (14.5 ounce) cans diced tomatoes, drained
6 scallions, sliced	2-1/4 cups chicken broth
3 cloves garlic, minced	2-1/4 cups leftover cooked chicken breast meat, shredded
2-1/4 teaspoons chili powder	Tabasco sauce to taste (optional)
1-1/2 teaspoons cumin	
3 (15 ounce) cans white beans, rinsed	

Directions:

- In a medium saucepan, heat oil on medium high. Add scallions (saving some greens for garnish) and garlic and sauté until golden. Add chili powder and cumin. Sauté for 1 minute.
- Add white beans, tomatoes, and broth. Simmer 15 minutes until liquid is slightly reduced. Stir in chicken and simmer 5 minutes more.
- Season with Tabasco and garnish with scallion greens. If desired, serve with baked tortilla chips and low-fat sour cream.

White "Crack"

Submitted by Moira Blair

3 cups - Rice chex
 3 cups - Corn chex
 3 cups - Cheerios
 2 cups - pretzel sticks
 2 cups - unsalted nuts
 1 lb. - M&M's either peanut or plain
 1.5 lb - White chocolate disks

- Melt white chocolate disks in microwave (check every 30 sec and stir) takes ~1.5 minutes
- Pour over combined ingredients and mix
- Spread out on parchment paper
- Once chocolate is soft to the touch (but not sticky) break pieces apart and put into container.

