

DFW recipes for Rwanda 2015



Roasted Red Pepper Tapenade (Tested)

Makes about 2 cups

Ingredients

1 7-oz. jar roasted red peppers, drained and chopped
1 6-oz. jar marinated artichoke hearts, drained and chopped
½ cup minced fresh cilantro
½ cup freshly grated Parmesan cheese
1/3 cup olive oil
¼ cup drained capers
4 cloves garlic, minced
1 tbsp. fresh lemon juice
salt and pepper to taste

Directions

Put all ingredients in the bowl of a food processor except salt and pepper. Pulse until finely chopped and the mixture is blended. Transfer to a serving

bowl and season to taste with salt and pepper. Cover and refrigerate for 2 hours before serving, to blend the flavors. Serve with your favorite crackers, veggies or pita triangles.

Note: Make sure to thoroughly drain the vegetables, otherwise the tapenade will be soupy. If it is, just pour it in a strainer before serving.

Recipe contributed by Lisa Pralie, Dumfries, VA

Photo credit: Linda McElroy



Layered Crab Dip (Tested)

Serves 10

Ingredients

- 12 oz. cream cheese, room temperature
- 2 tbsp. Worcestershire sauce (omitted in test recipe)
- 1 small onion grated, (tested with about 2 tbsp. onion)
- 2 tbsp. mayonnaise

1 tbsp. lemon juice
dash of garlic salt
½ cup chili sauce (cocktail sauce used in test recipe)
1 6 ½ oz. can crabmeat, drained and flaked, or imitation crab (fresh crab used in test recipe)
chopped fresh parsley
lemon for garnish
crackers for serving

Directions

Combine the first six ingredients and blend until smooth using an electric mixer or food processor. If your cream cheese is soft enough, you should be able to mix it with a wooden spoon.

Spread mixture evenly onto a 12" plate. Spread chili sauce (or cocktail sauce) over the cream cheese mixture, leaving a 1" margin. Sprinkle crabmeat on top, garnish with parsley and lemon and serve with assorted crackers.

Note: We've been making this at our house for years, it's referred to as "Rachel's Crab Dip." I noted my differences in parentheses, it's just slightly different than the one printed in the Dining for Women cookbook.

Recipe contributed by Diane Roger, Marietta, GA

Photo credit: Jessica Spengler - originally posted to Flickr, titled [Dungeness crab cocktail](#). Used under [Creative Commons Attribution- 2.0 Generic](#).



Mustard Roasted Fish (Tested)

Serves 4

Ingredients

4 (6-8 oz.) fish fillets, such as red snapper or other white fish

Kosher salt and freshly ground black pepper

8 oz. crème fraiche

3 tbsp. Dijon mustard

1 tbsp. whole grain mustard

2 tbsp. minced shallots

2 tsp. (or more) drained capers

Directions

Preheat oven to 425 degrees. Line baking sheet with parchment paper or grease a baking dish. Place fish skin side down and sprinkle generously with salt and pepper.

Combine crème fraiche, two mustards, shallots, capers, 1 tsp. salt and ½ tsp. pepper in a small bowl. Spoon the sauce evenly over the fish, making sure each fillet is completely covered. Bake for 10-15 minutes, depending on the thickness of the fish, until barely done. The fish will flake easily at the thickest part when done. Do not overcook, the fish will continue to cook just a little bit more after you pull it out of the oven.

Garnish with additional capers if desired.

Recipe contributed by Barbara Patterson, Greenville SC
Photo credit with permission from James Moore,
www.cooklikejames.typepad.com



Roasted Tomatoes with Shrimp and Feta (Tested)
Serves 6

Ingredients

- 5 large tomatoes, cut into eighths
- 3 tbsp. olive oil
- 2 tbsp. minced garlic
- $\frac{3}{4}$ tsp. kosher salt

¾ tsp. pepper

1 ½ pounds medium shrimp (20-24 size) peeled and deveined

½ cup chopped fresh parsley

2 tbsp. lemon juice

1 cup feta cheese, crumbled

crusty bread, for serving

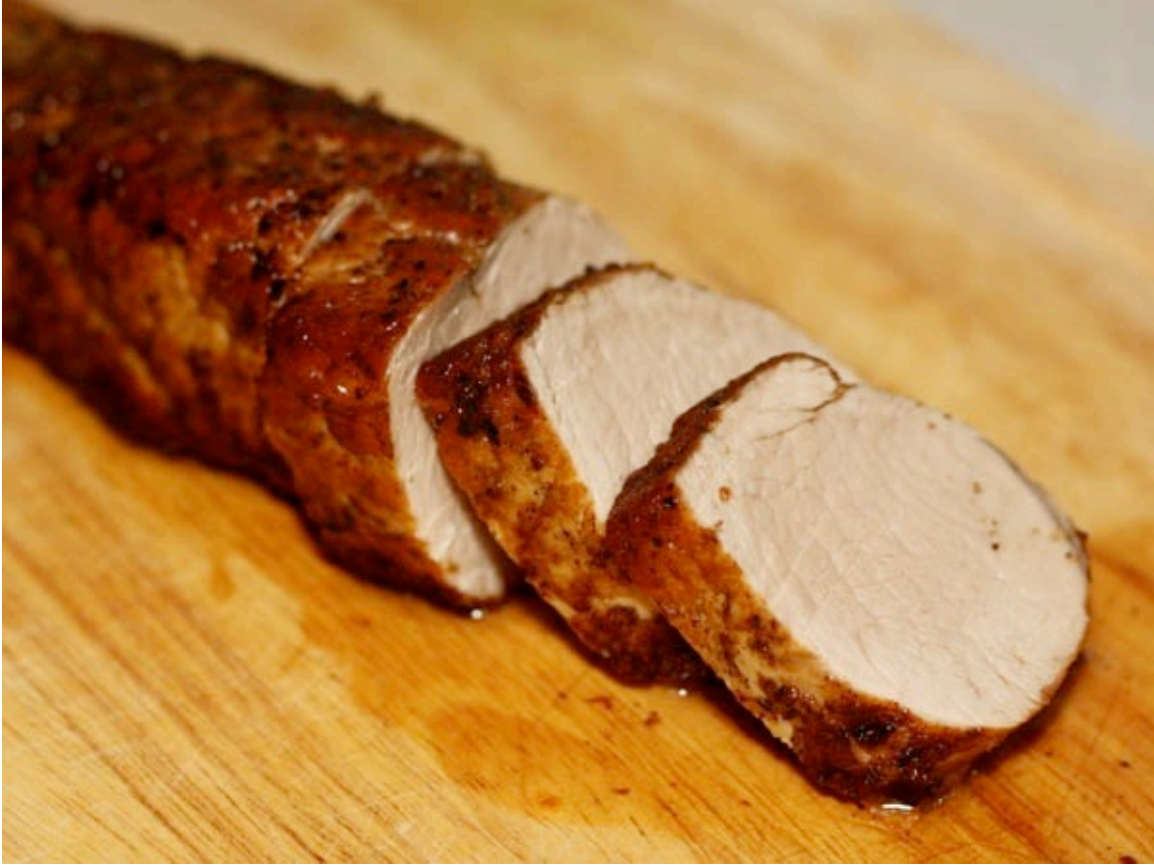
Directions

Heat oven to 450 degrees. Place tomatoes in a large baking dish and spoon olive oil and garlic over them. Sprinkle with ¾ tsp. each salt and pepper and toss. Roast on top rack of oven for 20 minutes.

Remove baking dish from oven and stir in shrimp, parsley and lemon juice. Sprinkle with feta. Return dish to oven until the shrimp are cooked through, 10-15 minutes. Serve warm with crusty bread.

Recipe contributed by Angie Allen, Collierville, TN

Photo credit with permission from Kevin Lynch, www.closetcooking.com



Rosemary Pork Tenderloin (Tested)

Serves 4

Ingredients

1lb. pork tenderloin, trimmed of fat
3 sprigs fresh rosemary, stemmed and chopped
½ cup soy sauce
¼ cup olive oil
2 cloves garlic, minced
2 tbsp. Dijon mustard
ground black pepper to taste

Directions

Combine all marinade ingredients in a bowl and whisk to mix. Add pork and marinate 30 minutes to 2 hours in refrigerator. Bake in oven (with marinade) or grill until done (25-30 minutes) or to 140 degrees internal temperature. Let rest 10-20 minutes then slice and serve. Pour pan juices into a pitcher and serve with pork.

Note: If you wish to double the recipe, the marinade will be enough for two pork tenderloins.

Recipe contributed by Susan Stall, Greenville, SC
Photo credit with permission from James Moore,
www.cooklikejames.typepad.com



Better than Sex? Cake

Serves 18 to 24

- 1 box yellow cake mix, (18.25 oz.) plus ingredients to prepare (do not get cake mix with pudding in the mix)
- 1 can crushed pineapple, (20 oz.)
- 1 cup granulated sugar
- 1 package French vanilla pudding mix, (3.4 oz.) plus ingredients to prepare

1 ½ cup heavy cream
1 cup flaked, sweetened coconut, toasted
chopped toasted nuts (optional)

Preheat the oven to 350 degrees.

Prepare the yellow cake mix as directed using a greased 13x9x2-inch pan and bake for 30-35 minutes.

While the cake is baking, combine the pineapple and 1 cup sugar in a saucepan and bring it to a boil over medium heat, stirring constantly. Remove from heat and allow to cool slightly.

Remove the cake from oven and pierce holes in it with a skewer or chopstick.

Pour the pineapple mixture over the hot cake and set aside.

Prepare the pudding to package directions. Spread the pudding over the cake and refrigerate until it is thoroughly chilled.

Whip the heavy cream until it holds a peak, just this side of stiff. Cover the top of the cake with whipped cream and sprinkle with toasted coconut, or chopped nuts, as the picture shows.

Recipe contributed by Lisa Jemus, Calgary, AB, CAN

Photo Credit with permission from Nancy Wolff,

<http://homefront.prudentliving.com/recipe-box-better-than-sex-cake/>