

# ***RAINEY FAMILY FAVORITES***

*“There is no love sincerer than the love of food.”*

**- GEORGE BERNARD SHAW**

## ***APPETIZERS***

### **Aunt Liza’s Frito Dip**

3 (8-ounce) bars cream cheese\*

4 tsp beef bouillon granules

0.4-ounce package Hidden Valley® Buttermilk Recipe Salad Dressing & Seasoning Mix\*\*

1 cup mayonnaise

Soften cream cheese. Stir in bouillon granules and dressing mix. Mix well until soft and creamy. When it’s really smooth and granules have dissolved, GENTLY stir in mayonnaise. If you stir it vigorously, the mayonnaise will separate. You can add more mayonnaise if the taste is too strong. Serve with Fritos® Scoops!®.

\*You can substitute  $\frac{1}{3}$  less fat cream cheese and lose very little flavor.

\*\*If you cannot find the 0.4-ounce package, buy the 1-ounce package and use 4 teaspoons of the mix.

### **The Great Pumpkin Pumpkin Dip**

8 ounces cream cheese, softened

$\frac{2}{3}$  cup packed light brown sugar

$\frac{2}{3}$  cup canned pumpkin

2 tsp maple syrup

$\frac{1}{2}$  tsp cinnamon

Dash of nutmeg

Beat the cream cheese, brown sugar, and canned pumpkin together at medium speed. Add syrup, cinnamon, and nutmeg. Cover and chill. Serve with apple slices or gingersnaps.

### **Patty’s Hot Artichoke Dip**

1 (8-ounce) can artichoke hearts, drained and chopped

1 cup grated sharp cheddar

1 cup grated parmesan

$\frac{1}{2}$  cup mayonnaise

$\frac{1}{2}$  cup green onions, chopped

1 clove garlic, minced

Slivered almonds (optional)

Preheat oven to 350°F. Mix ingredients well and bake for 20 minutes or until bubbly. Remove from oven, and if using slivered almonds, sprinkle on top before serving. Serve with crackers.

### **Hubs® Peanuts**

1 (20-ounce) can of Hubs® Salted Peanuts

These come from Mr. Rainey’s hometown. Open can and eat!

## ***ENTREES***

### **Emily's Tortilla Soup**

3 pounds boneless chicken breasts  
1 onion, chopped  
1 clove garlic, minced  
2 tsp olive oil  
2 cans Mexican stewed tomatoes  
2 cans Ro\*Tel® Mild Diced Tomatoes & Green Chilies  
2 cans tomato soup  
4 cubes beef bouillon  
4 cubes chicken bouillon  
2 tbsp cumin powder  
1 tbsp chili powder  
½ cup cilantro, chopped  
Tortilla chips  
Grated cheddar cheese

Cook chicken breasts in enough water to make 3 cups of chicken broth. Cut the chicken into chunks. Sauté onion and garlic in olive oil. Combine chicken, 3 cups of chicken broth, onion, garlic, and all other ingredients except tortilla chips and cheese in a pot and simmer for one hour. Pour over bed of tortilla chips and cheese in each bowl and serve.

### **Grandma Blythe's Chili**

1½ pounds ground beef  
1 green pepper, seeds removed and chopped  
1 onion, chopped  
2 tsp olive oil  
3 (15-ounce) cans crushed tomatoes  
2 cans kidney beans (NOT drained)  
1 (12-ounce) jar Bennetts Original Chili Sauce

Brown meat and drain. In a separate pan, sauté pepper and onion in olive oil. Combine all ingredients and simmer for one hour.

### **Ultimate Beef Stew (Ina Garten via Food Network)**

3 tbsp olive oil  
4 ounces small-diced pancetta  
3 pounds boneless short ribs, cut in 1 ½-inch chunks (4 ½ pounds on the bone)  
Kosher salt and freshly ground black pepper  
¼ cup Cognac or brandy  
1 cup hearty red wine, such as a Côtes du Rhône or Chianti, divided  
2 cups yellow onions (2 onions), chopped  
2 cups fennel (1 large bulb), trimmed, cored, and chopped  
2 tbsp garlic (6 cloves), minced  
1 (14.5-ounce) can diced tomatoes, including the juices  
2 tbsp tomato paste  
2 cups beef broth, such as College Inn

1 pound carrots, scrubbed and cut ½-inch thick diagonally  
1 pound Yukon Gold potatoes, scrubbed, 1-inch diced  
10 ounces frozen peas

Preheat oven to 300° F. Heat the oil in a large (11- to 12-inch) Dutch oven over medium heat. Add the pancetta and cook for 4 to 5 minutes, until browned. With a slotted spoon, transfer the pancetta to a plate lined with a paper towel and set aside.

Meanwhile, season the short ribs all over with 2 teaspoons salt and 1 teaspoon pepper. Brown half the meat in the Dutch oven over medium heat, turning occasionally, for 5 to 7 minutes, until browned on all sides. Transfer the meat to a bowl and brown the second batch. (Don't cook them all in one batch or they won't brown!) Transfer the second batch to the bowl and set aside.

Off the heat, add the Cognac and ⅓ cup of the wine to the pot, scraping up any browned bits, then simmer over medium heat for one minute. Add the onions and fennel and sauté, stirring occasionally, for 7 to 8 minutes, until the vegetables are tender. Add the garlic and cook for one minute.

Stir the tomatoes and tomato paste into the vegetables. Add the remaining ⅔ cup of wine, the beef broth, the seared meat (and juices), 2 teaspoons salt and 1 teaspoon pepper. Bring to a simmer, cover and bake for 1 ¼ hours, checking occasionally to be sure the liquid is simmering.

Degrease the stew, if necessary. Stir in the carrots and potatoes, cover and bake for one hour longer, until the vegetables and meat are very tender when tested with a fork. Just before serving, stir in the peas and pancetta, taste for seasonings and serve hot in large, shallow bowls.

To make this meal ahead, reheat the stew over medium-low heat, adding beef broth and a splash of red wine.

### **Jambalaya**

1 pound hot sausage, cubed  
1 pound smoked sausage, cubed  
1 pound pork sausage, cubed  
1 pound ham steak, cubed  
2 onions, chopped  
3 celery ribs, chopped  
1 green pepper, seeds removed and chopped  
3 (16-ounce) cans whole tomatoes  
5 fresh bay leaves  
2 tbsp fresh parsley, chopped  
2½ cups rice, uncooked  
Tony Chachere's Original Creole Seasoning

In a heavy pot, combine and brown sausage and ham. Drain and set aside the meat, saving 3 tablespoons of fat residue to sauté the onions, celery, and pepper. Combine the meat and the sautéed vegetables with the tomatoes, bay leaves, and parsley and cook on medium-low heat for about 30 minutes. Parboil the rice for five minutes, strain, and add to the mixture. Sprinkle with seasoning and cook until most of the liquid is absorbed and the rice is cooked but dry enough to separate grain from grain.

### **Shrimp Pad Thai (Jennifer Segal via Once Upon a Chef)**

8 ounces flat rice noodles (linguini or fettuccine width)  
2 large eggs  
Vegetable oil  
5 tbsp fish sauce  
2 tbsp soy sauce (use gluten-free if needed)  
2 tbsp fresh lime juice, from 1 lime  
1 tbsp creamy peanut butter  
3 tbsp granulated sugar  
½ tsp dried red chili flakes  
4 cloves garlic, finely chopped  
1 tbsp fresh ginger, peeled and finely chopped  
1 pound large (31/35) shrimp, peeled and deveined, thawed if frozen  
Salt  
¾ pound (10 oz.) 1-inch broccoli florets  
4 green onions, light and dark green parts, chopped into 1-inch pieces  
1 cup fresh bean sprouts, plus more for garnish if desired  
¼ cup dry roasted peanuts, coarsely chopped  
½ cup fresh cilantro, chopped  
Lime wedges, for serving (optional)

Bring 6 cups water to a boil in a large pot. Off the heat, add the noodles. Let sit, stirring occasionally to prevent sticking, until softened but still al dente, 5-20 minutes. (Note that the time varies greatly depending on the type of noodle and brand. Thai Kitchen Stir Fry Noodles -- take 20 minutes, even though it says 8-10 minutes on the package). Drain and rinse well with cold water. Set aside.

In a small bowl, beat the eggs with a pinch of salt. Set aside.

In a medium bowl, whisk together the fish sauce, soy sauce, lime juice, peanut butter, sugar, and dried chili flakes. Set aside.

Heat 3 tablespoons vegetable oil in a large nonstick pan or wok over medium-high heat. Add the garlic, ginger, and shrimp; season with ¼ teaspoon salt and cook, stirring constantly, until the shrimp are pink and cooked through, a few minutes. Transfer the shrimp, garlic, and ginger to a large bowl, using a rubber spatula to scrape the pan clean.

Add 1 tablespoon of oil to the hot pan. Add the broccoli, ¼ cup of water and ¼ teaspoon salt; cook, stirring constantly, until the broccoli is cooked through, 3-4 minutes. Transfer the cooked broccoli to the bowl with the shrimp.

Add 1 teaspoon of oil to the hot pan. Add the beaten eggs and scramble until cooked through, 1-2 minutes. Add to the bowl with the shrimp and broccoli.

Add 4 tablespoons oil to the hot pan. Add the drained noodles to the pan, along with the fish sauce mixture. Cook a few minutes, tossing the noodles gently so as not to break them, until perfectly cooked. Add the shrimp, broccoli, and eggs to the pan, along with the green onions; toss gently to combine, cooking until everything is warmed through. Right before serving, sprinkle the bean sprouts, peanuts, and cilantro over top and toss to combine. Taste and adjust seasoning if necessary. Transfer to a serving platter and serve with lime wedges and bean sprouts, if desired.

### **Ma's Chicken Spaghetti**

5 pounds uncooked chicken or rotisserie chicken  
1 pound bacon  
3 cups onions, diced  
2 (3-ounce) cans sliced mushrooms, drained  
1 (10-ounce) jar sliced green olives with pimentos  
3 (14-ounce) cans diced tomatoes  
1 can Ro\*Tel® Mild Diced Tomatoes & Green Chilies  
Salt and pepper to taste  
1 tbsp granulated sugar  
Grated sharp cheddar cheese  
1 pound thin spaghetti

Cook chicken in water until tender, reserving broth for cooking spaghetti, or use rotisserie chicken. Fry and crumble bacon. Sauté onions in a little bacon grease. Cook spaghetti al dente and drain well. Cut up chicken and, for about 20 minutes, simmer together in a covered pot all ingredients except spaghetti and cheese.

Preheat oven to 350°F. Spray two 7x11 glass baking dishes and layer spaghetti then chicken mixture. Cover with grated cheese. Cook for about 30 minutes or until hot all through.

## ***DESSERTS***

### **Nan's Fudgy Brownies**

2 sticks unsalted butter  
4 ounces unsweetened baking chocolate  
4 large eggs  
2 cups granulated sugar  
¾ cup all-purpose flour  
1 tsp vanilla extract  
Dash of salt  
Dash of cinnamon  
½ to 1 cup chopped nuts (optional)  
Powdered (confectioners) sugar

Preheat oven to 350°F. Melt butter and chocolate together slowly in microwave oven or double boiler and let stand to cool a little. Beat eggs and add granulated sugar, flour, butter/chocolate mix, vanilla extract, salt, cinnamon, and nuts if you are using them. Bake in greased 7x11 glass baking dish for 50 minutes. Cut into squares with a plastic knife while still slightly warm and dust with powdered sugar when cool.

**NOTE:** These are supposed to be fudgy, so you can't test with a toothpick. When done, the top will be cracked and the edges will look dry and will pull away from the dish a little. Adjust your baking time if brownies are too fudgy or not fudgy enough. Use a 9x13 glass baking dish if you want to 1½ times the recipe.

### **Ma's Hot Fudge Sauce**

4½ tbsp unsalted butter  
6 ounces unsweetened baking chocolate  
2¼ cups granulated sugar  
1 (12-ounce) can evaporated milk  
1½ tsp vanilla extract

Melt chocolate and butter together over low heat, stirring frequently. Remove from heat and stir in sugar. Add evaporated milk. Over medium low heat, stirring constantly, cook mixture until it comes to a boil. Remove from heat and add vanilla extract and a dash of salt. Sauce will keep in the refrigerator for up to a month.

NOTE: Continual stirring is necessary as chocolate burns easily. This sauce cannot be made in a microwave oven.

### **Herb's Hermit Cake**

1 pound whole English walnuts (in shell) or 2½ cups shelled walnuts, chopped  
¼ pound dried pineapple, cut  
¼ pound dried cherries, cut  
1 pound dried dates, whole, pits removed  
1 cup granulated sugar  
1 cup all-purpose flour  
½ tsp salt  
2 tsp baking powder  
4 or 5 large eggs  
1 tbsp orange juice  
1 tbsp vanilla extract

Preheat oven to 300°F. Combine nuts, fruit, and sugar in a large bowl. Sift flour, salt, and baking powder over mixture. Separate egg yolks and whites, whipping each. Stir yolks, orange juice, and vanilla extract into mixture. Stir egg whites into mixture. Coat baking pan with spray, pour mixture into pan, and bake for 50-60 minutes.