

Cliff's Recipe Book



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Notes

These recipes are minimal and assume a basic understanding of cooking. Some assumptions are.

- . Size and type of pan/pots to uses
- . How much heat to use.
- . Sautéing onions means cooking until translucent or caramelized (about 6 to 10 minutes)
- . Cooking different types of rice. I.e. Cal-Rose, ¾ cup rice to 1 cup of water and simmer for 20 minutes.
- . You'll say "Cliff's nuts and I'm doing it my way".

Canned beans may be substituted for dried beans and v-a-v.

Julie's Stroganoff

1	lb	ground beef
1	4oz	can mushrooms, drained
½		medium onion, chopped
1		clove garlic, minced
1	cup	mayonnaise
½	cup	sour cream
½	cup	beef bouillon
1	tsp	dried mustard
½	tsp	paprika
		rice or noodles

+ start rice or noodles.

+ sauté ground beef, onions, garlic, mushrooms, mustard and paprika until beef is browned.

+ drain off excess fat.

+ combine mayonnaise, sour cream and beef bouillon.

+ cook until hot.

+ serve over rice or noodles.

Sweet and Sour Pork/Beef

1 20oz can pineapples, drained and diced
1 lb pig or cow, sliced ½ inch strips
2 medium onions, chopped
2 garlic cloves, minced
2 green bell peppers, chopped
5 tbsp peanut oil
1 tbsp sesame oil
2 tsp fresh ginger, finely chopped
3 tbsp soy sauce
2 tbsp rice wine or sherry
1 tbsp gin or vodka
3 tbsp rice wine vinegar
2 tbsp Chinese plum sauce
3 tbsp sugar
1¼ cups chicken bouillon, hot
2 tsp cornstarch
optional
1-2 red chilies, chopped
1-2 cups carrot, cabbage, celery, etc.
increase sauce quantities a bit if extra veggies added.
2 ¼ cups rice

+ start rice.

+ in bowl mix soy, wine, vodka, vinegar, plum sauce, and sugar.

+ stir fry meat in two oils until brown – remove from wok.

+ sauté onions and garlic.

+ add peppers, ginger, pineapple, (red chilies/veggies) stir fry

+ stir in mixed sauces then bouillon then simmer.

+ mix cornstarch with 1 tbsp cold water.

+ push meat and veggies aside and add cornstarch to liquid.

+ stir until sauce thicken, mix everything back in simmer a bit.

Beef Borscht with Sour Cream & Dill

1 tbsp butter
1 tbsp olive oil
1.5 lb cubed beef
3 cups cabbage, chopped
2 stalks celery, chopped
1 large onion, chopped
2 medium carrots, sliced
4 cups beef broth
1 14oz can diced tomatoes
2 large red potatoes, diced
1 16oz can julienne beets
2 tbsp cider vinegar
1.5 tsp sugar
sour cream & fresh dill

+ Melt butter with oil and brown beef

+ Remove meat

+ Add cabbage, celery, onions, and carrots, sauté until tender.

+ Add meat back in with stock and tomatoes

+ Bring to boil then simmer covered 1 hr

+ Add potatoes cover and simmer 30 min

+ Add beets sugar and vinegar reheat.

+ Serve with a dollop of sour cream and sprinkle of dill.

Pasta, Sausage & Bean Soup

2 tbsp olive oil
1 lb Italian sausage, casing removed
5 cups chicken bouillon broth
1 15oz can diced tomatoes
1 15oz can kidney beans, drained and rinsed
1 cup elbow macaroni
1 large onion, chopped (apx .1½ cups)
3 medium carrots, sliced (apx. 1½ cups)
1 celery stalk with leaves, chopped
3 cloves garlic, minced
1 tsp dried basil
1 tsp dried rosemary
¼ tsp dried rubbed sage
¼ tsp dried crushed red pepper (optional)

+ brown sausage in oil and remove from pot.

+ add onions, carrots, celery, garlic and spices and sauté until vegetables begin to soften, approximately 10 min.

+ add broth, sausage, tomatoes and beans, and bring to a boil.

+ simmer uncovered 20 min.

+ add macaroni, and simmer approximately 12 min.

Cliff's Beef and Carrot Stir Fry

1 lb beef, cut into strips
3 large carrots, sliced
1 cup shelled peanuts
2 cloves garlic, minced
3 slices fresh ginger, minced
3 green onions, sliced
1 tbsp peanut oil
1 tsp sesame oil
6 fermented black beans
1 lemon or lime wedge
1 ½ tbsp hoisin sauce
1 tsp soy sauce
2 ¼ cups rice

+ start rice

+ heat oil, stir fry onion, garlic, ginger until onion transparent.

+ add beef, hoisin sauce and black beans.

+ cook beef then remove from wok

+ add carrots and soy sauce and stir fry

+ add beef back in, squeeze lemon/lime.

+ stir fry to warm.

Simple Chicken Curry

2 ¼ cup uncooked rice
1 tbsp butter
2 tbsp peanut oil
4 boneless chicken breast, skinned & cubed
1 onion, chopped
3 garlic cloves, minced
3 tbsp curry powder
½ cup diced apple
½ cup chopped dried apricots
½ cup golden raisins
1½ cups chicken bouillon broth

+ start rice

+ melt butter with oil in heavy large skillet over medium heat

+ add chicken and brown, about 4 minutes. Transfer to plate

+ add onion and garlic to skillet and sauté

+ stir in curry powder

+ return chicken to skillet

+ add apple, apricots and raisins

+ add enough broth to just cover mixture

+ cover and simmer about 10 minutes.

+ uncover and simmer until fruit is tender and sauce thickens,
about 5 minutes

+ serve over rice

Cliff's Kielbasa Lentil Soup

9 cups water
1 lb kielbasa sliced
2 ½ cup lentils
1 medium onion, chopped
1 large carrot, sliced
1 celery stalk, chopped
1 bell pepper, diced
2 cloves garlic, minced
3 cubes beef bouillon
2 tsp dried parsley
1 tsp summer savory
1/4 tsp pepper
1 tbsp oil

+ sauté onions, garlic, carrots and celery in oil.

+ put everything else into pot and bring to a boil.

+ simmer ½ hour or until lentils are soft.

+ stir occasionally and add water as required.

Julie's Dilly Lentil Soup

9 cups water
1 lb ground beef
2 cups lentils
3 cups flat noodles
1 medium onion, chopped
3 medium carrots, chopped
2 cloves garlic, minced
4 cubes beef bullion
1 15oz can tomato sauce
1 tbsp dill seed
1 tsp paprika
1 tbsp oil

- + brown ground beef, onion, garlic and carrots in oil
- + drain off excess fat.
- + add everything else except noodles and bring to a boil.
- + simmer uncovered 20 minutes until the lentils are soft.
- + add noodles
- + simmer another 10 minutes

Spiced Rice with Peas

2 cups Basmati rice or long grain
3 boneless chicken breast, diced
2 tbsp peanut oil
8 whole cloves
2 cinnamon sticks
4 cardamom pods
2 tsp whole cumin seeds
1 tsp turmeric
2 cups frozen peas
2 ½ cups chicken bullion, hot

- + rinse rice thoroughly in cold water.
soak in water 30 min then drain for 30 min
- + heat oil in large, heavy-based saucepan.
- + add chicken, cloves, cinnamon, cardamom and cumin,
sauté until chicken is done.
- + add turmeric and stir in
- + add rice, bullion. Stir bring quickly to boil.
- + cover and simmer over low heat 20 min
- + add peas to top of rice, cover simmer 5 more minutes
- + mix in peas and serve

Cliff's Bean Burrito

1 31oz can refried beans
7oz chorizo (½ of a 14oz package)
½ tsp onion powder
¼ tsp garlic powder
2 tsp ground chilies
1 tsp ground cumin
2 tsp dried oregano
1 lime
burrito size tortillas
diced tomatoes, olives, green onion
grated cheese and sour cream

- + sauté chorizo
- + mix in refried beans
- + add onion & garlic powder, chilies, cumin and crumbled oregano
- + mix and heat through.
- + build burrito using squeeze of lime and tomatoes, olives, etc. to taste.

Kipp's Sausage Lentil Soup

5 cups water
1 12oz pork sausage
1½ cups lentils
1 14oz can diced stewed tomatoes
1 medium onion, chopped
3 carrots, chopped
2 celery stalk, chopped
1 cloves garlic, minced
4 cubes beef bouillon
1 tbsp chili powder

- + sauté sausage, onion, garlic, carrot and celery until sausage is browned.
- + drain of excess fat.
- + add the rest of the ingredients and bring to a boil.
- + simmer covered 30 minutes or until lentil are soft.
- + stir occasionally and add water as required.

Kipp's Split Pea Soup

9 cups water
2 cups split peas
9 oz ham or 3 oz salt pork or ham hock
1 stalk celery, chopped
1 large potato, diced
1 med onion, chopped
1 clove garlic, minced
1 tsp marjoram
1 tbsp oil
¼ tsp course ground pepper

+ sauté onions and garlic in oil.

+ put every thing else into pot and bring to a boil.

+ simmer uncovered 1 hour or until the peas turn to mush

+ stir occasionally and add water as required.

Rice and Bean Burrito

2¼ cups uncooked rice
2 15oz cans black beans, drained & rinsed
1 12oz can enchilada sauce
1 14oz tomato sauce
1 cup corn (frozen, caned, fresh)
½ diced cucumber
½ diced red onion
1 diced fresh tomato
1 lime
1 tsp ground cumin
1 tsp oregano
burrito size tortillas
grated cheese
salt

+ prepare and cook rice.

+ add beans, corn, enchilada and tomato sauce to pot and simmer while the rice cooks.

+ add cucumber, onion, fresh tomato and juice of lime to a bowl, mix and salt to taste.

+ when rice is cooked mix the rice and sauce together.

+ build the burrito with rice mixture, salsa and cheese.

Tamale Pie

1 lb hamburger or 8oz of chorizo
1 cup corn meal or masa or blend of both
1 medium onion, chopped
1 clove garlic minced
1 15oz can hominy
1 15oz can tomato sauce
1 10oz can enchilada sauce
½ 15oz can black olives sliced
½ 12oz can beer
1 tsp oregano
1 lime
grated cheese (to taste)

+ brown hamburger with onions and garlic.
+ drain off excess fat.
+ stir in enchilada sauce, tomato sauce and beer
+ stir in hominy, olives and oregano
+ simmer 15 minutes
+ add juice of lime
+ stir in corn meal/masa until desired thickness
+ remove from heat and let sit 5 minutes
+ garnish and serve

Split Pea with Smoked Ham and Allspice

9 cups water
2 cups split peas
1 smoked ham hock
1 large potato, diced
1 large onion, chopped
2 tsp garlic
1 tsp whole allspice
1 bay leaf
1 tbsp oil

+ sauté onions and garlic in oil
+ add in everything else and bring to boil
+ simmer uncovered 1 hour or until the peas turn to mush.
+ stir occasionally and add water as required.
+ cut meat from ham hock and serve (optional)

Lima bean and Split Pea Soup

7 cups water
2 cups dried lima beans
2/3 cups split pea
9 oz ham/salt pork/ham hock
3 cups cabbage, chopped
1 large leek, chopped (2 cups)
1 large carrot, sliced
2 med potatoes, chopped
7 chicken bouillon cubes
1½ tsp thyme
1 tbsp oil

+ soak lima beans overnight

+ sauté leek and carrots in oil

+ put everything else in pot and bring to boil

+ simmer covered 1 hour or until peas turn to mush.

+ stir occasionally and add water as required.

Timothy's White Chili

2 cups dried Great Northern white beans
2 lbs boneless chicken breasts, diced
1 tbsp olive oil
2 medium onions, chopped
4 garlic cloves, minced
2 4oz cans chopped mild green chilies
2 tbsp ground cumin
1½ tsp oregano, crumbled
¼ tsp ground cloves
¼ tsp ground cayenne pepper
6 cups chicken bullion broth
3 cups grated Monterey jack cheese (apx 12oz)

+ soak beans overnight.

+ sauté chicken in oil until done and remove from pot.

+ sauté onions until translucent.

+ add garlic, chilies, cumin, oregano, cloves and cayenne and sauté about 2 minutes.

+ add stock and beans and bring to a boil.

+ reduce heat and simmer about 2 hours.

+ add chicken and 1 cup of cheese and stir until cheese melts.

+ serve, garnish with cheese, sour cream, salsa and cilantro.

Kenny Roger's Fire and Ice Chili

1 20oz can pineapple chunks
1 28oz can diced tomatoes
1 6oz can tomato paste
1 4oz can diced green chilies
3 cloves garlic, minced
2 medium onions, chopped
1 green bell pepper, chopped
¼ cup ground dried chilies
4 tsp ground cumin
1 jalapeno chili, seeded & diced
2 tsp salt
2 tbsp olive oil
2 lb lean boneless pork butt, cubed

+ drain pineapple syrup into a large bowl
+ add to the bowl, diced tomatoes, tomato paste, green chilies, bell pepper, jalapeno, ground chili, cumin and salt.
+ brown pork in olive oil and remove from pot.
+ sauté onions and garlic.
+ add back pork and the ingredients from the bowl.
+ simmer covered for 2½ hours.
+ add pineapple chunks then simmer another 30 minutes.

Debbie's Black Beans & Rice

7 cups water
2 cups dried black beans
1 cup long grain rice
2 cups hot chicken bouillon broth
2 cloves garlic, minced
2 tbsp soy sauce
2 tbsp ground dried chili
1½ tsp ground cumin
1½ tsp sugar
¼ tsp sesame oil

+ soak beans overnight
+ rinse beans
+ add everything except bouillon and rice to pot
+ bring to boil then simmer uncovered 40 min.
+ add rice and bouillon.
+ simmer 20 more minutes.

Cuban Black Beans & Rice

2 cups black beans
7 cups cold water
2 cups chicken stock
1 cup long grain rice
½ tsp course ground pepper
1 tsp ground cumin
2 bay leafs
2 tsp red wine vinegar
1 lime

+ soak beans overnight

+ thoroughly rinse beans

+ add everything but vinegar, stock, rice and lime

+ bring to boil then simmer uncovered 40 min

+ add rice, stock

+ simmer 20 more minutes

+ add vinegar and juice from lime and mix in.

Note: May cook rice separately and serve beans over rice. If served separately then reduce water by 2 cups.

Cliff's Chili

2 tbsp. olive oil
2 lbs. ground beef
2 medium onions chopped (about 2 cups)
2 garlic cloves, finely chopped
2 jalapeno peppers, seeded and chopped
1 28oz can diced stewed tomatoes
2 15oz cans kidney beans, drained and rinsed
1 12oz can of beer
5 tbsp. ground chilies (New Mexico reds are great)
1 tbsp. ground cumin
2 tsp. paprika
1 tsp. sugar

+ sauté ground beef, onions, and garlic in oil until beef is browned.

+ drain off fat.

+ stir in the rest of the ingredients and bring to a boil.

+ reduce heat to medium-low and simmer, uncovered, about 55 minutes.

+ add salt, pepper, ground red pepper to taste

+ garnish with chopped red onion, jack cheese, diced avocado.