

Table of Contents

Project Self-Sufficiency	i
Introduction	iv
History of Markets.....	vi
Appetizers	1
Salads.....	17
Soups	43
Sandwiches and Pizza	69
Chicken and Poultry	89
Turkey	117
Pork.....	127
Beef and Lamb.....	151
Fish	185
Side Dishes	217
Pasta	239
Mexican	263
One Dish Meals	277
Desserts	287
From Carol Ann's Deli	299
Index	389
Bibliography	394
Order Form	395



Dairy Products and Cheese	3
Baked Brie	5
Cream Cheese Holiday Wreath	5
Warm Artichoke Dip with Asiago Cheese Bread	6
Carol Ann's Super Bowl Dip	7
Super Bowl Super Nachos	8
Carol Ann's Layered Mexican Dip	9
Shrimp and Scallop Salsa	10
Russ' Fool-Proof Hot Wings	11
Carol Ann's Blue Cheese Dressing	11
Smoked Salmon Quesadillas	12
Crab Cakes with a Pineapple Salsa	13
Four Cheese Fondue	14
Three Cheese Toasts with Sun-Dried Tomatoes	15
Carol Ann's Spinach Dip	15
Focaccia Bread with Tomatoes and Mozzarella	16

Maui Onion and Tomato Salad	19
Carol Ann's Caesar Salad	20
Romaine Salad with a Twist	21
Toss It Greek Style	22
Special Occasion Spinach Salad	23
Spinach Salad with a Sweet-and-Sour Dressing	24
Spinach Salad with a Mustard Dressing	25
My Kids' Favorite Pasta Salad	26
Spaghetti in a Salad?	27
Grilled Chicken and Penne Pasta Salad	28
Three Cheese Tortellini and Veggie Salad	29
Dilled Shrimp and Angel Hair Pasta Salad	30
Warmed Shrimp in a Tarragon Cream Sauce	31
Back to the Seventies Taco Salad	33
Cobb Salad a la Carol Ann	34
Blackened Salmon Salad	35
Rice Salad with a Medley of Veggies	37
Jazzed-Up Green Bean Salad	38
Chicken and Cantaloupe Salad	39
Luau Chicken Salad	40
Chinese Chicken Salad	41
Pauline's 24-Hour Salad	42

Jalapeño Chicken Chowder	45
Chicken ‘n Cheese Chowder	46
Company’s Coming Scallop Chowder	47
Corn Chowder in Warmed Tortilla Bowls	48
Easy Artichoke and Scallop Chowder	49
Hearty Clam Chowder	50
Portuguese Style Vegetable Soup	51
Auntie Beryl’s Vegetable Beef Soup	52
Jewish Penicillin—Chicken and Noodles	53
French Onion Soup	54
Cream of Potato Leek Soup	55
Cream of Broccoli Soup	56
Fresh Tomato Bisque with Basil	57
Mushroom Bisque	58
Salmon Bisque	59
Artichoke Langostino Bisque	60
Lobster Bisque	61
Carol Ann’s Chili	62
Western Style Chili	63
Chuck Wagon Chili	64
White Bean Chili with Chicken	65
Vegetable Chili	66
Green Chile Stew	67
Thursday’s Tutu Beef Stew	68

Carol Ann's Homemade Sloppy Joes	71
Brats 'n Beer	72
Ball Park Sausages	72
Fourth of July Hamburgers	73
Sirloin Steak Sandwich with a Horseradish Sauce	74
Cheese Steak Sandwich	75
Shredded Beef and Simmered Onion Hoagies	76
Flank Steaks Gyros in Pita Bread	77
Gourmet Grilled Cheese	78
Tri-Tip Steak Sandwich with a Barbecue Sauce	79
Barbecued Chicken on Onion Rolls	80
Chicken Salad Sandwiches	81
Crab Salad Sandwiches with Gruyere Cheese	82
Piccadilly Circles with Crab Salad and Tomatoes	82
Russ' Reuben Sandwich	83
Brie Lover's Picnic Sandwich	84
French Bistro Ham and Swiss	85
Four Cheese Pizza with Roma Tomatoes	86
Veggie Pita Pizzas	87
Shrimp and Artichoke Pizza	88

Tips for Buying and Storing Chicken	91
Divine Chicken Divan.	94
Grilled Lemon Garlic Chicken.	95
Grilled Herbed Chicken	96
Orange Tarragon Chicken Breasts	97
Chicken with Red Chili Sauce.	98
South-of-the-Border Chipotle Chicken	99
Chili-Rubbed Chicken	100
Whole Roasted Lemon Chicken	101
Roasted Parsley Chicken	102
A French Country Dinner.	103
Parisian Chicken Casserole.	104
Chicken Cacciatore	105
German Style Baked Chicken	106
Sesame Chicken	107
Thai Chicken in a Peanut Sauce	108
Finger Lickin' BBQ Chicken.	109
Perfect Picnic Fried Chicken	110
Grilled Chicken with a Peach Salsa	111
Chicken and Vegetable Skillet Supper.	112
Sautéed Chicken and Shrimp	113
Chicken Kabobs	114
Stuffed Cornish Game Hens with Roasted Potatoes . . .	115

Tips on Buying and Storing Turkey.	119
Carol Ann's Thanksgiving Turkey	121
Pauline's Old-Fashioned Oyster Stuffing.	122
My Favorite Thanksgiving Stuffing	123
Corn Bread Stuffing with Sausage and Jalapeños	125

Picky About Pork	129
Pork Chops with a Peach and Crab Apple Chutney	130
Hand-Me-Down Pork Chops and Spanish Rice	132
Grilled Tequila Pork Chops with an Avocado Salsa	133
Baked Pork Chops in a Tomato Chutney Sauce	134
Pork Loin Chops Drizzled with a Mango Sauce	135
Artichokes and Pork Chops in a Wine Cream Sauce . . .	136
Pork Chops Florentine	137
Pork Chops with a Lemon Dill Sauce	138
Rosemary Pork Loin Chops	139
Pork Tenderloin with Wild Mushrooms	140
Grilled Honey Sesame Pork Tenderloin	141
Spicy Country Style Ribs	142
My Husband Loves His Baby Back Ribs	143
French Style Roast Pork	144
Barbecued Spareribs with a Chutney Sauce	145
Jamaican Jerk Barbecued Ribs	146
Peachy Polynesian Country Style Ribs	147
Smoked Holiday Ham with a Bourbon-Mustard Glaze . .	148
German-Style Smoked Pork Chops	149

When Meat Matters	153
Old-Fashioned Beef and Rice Casserole	156
Spicy Skillet Cube Steaks	157
Meat Loaf Good Enough for Company	158
Scandinavian Style Meatballs.	159
Hearty Spaghetti Sauce.	160
Easy Barbecued Brisket.	161
London Broil	162
Fiesta Round Steak	163
Chuck Steak Stew with Summer Vegetables	164
Poor Man's Roast Feast.	165
Grilled Tri-Tip Roast.	166
Beef Chop Suey	167
Grilled Ball-Tip Steaks with a Horseradish Glaze.	169
The Kates Family Mother's Day Shish Kabobs	170
Steak and Tomato Kabobs with a Tomatillo Sauce	171
Marinated Sirloin Steak with a Spicy Salsa	172
Russ' Teriyaki Steak	173
My Husband's Favorite Father's Day Steak	174
New York Strips Smothered with Mushrooms	175
New York Steaks with Barbecued Vidalia Onions.	176
New York Pepper Steaks	177
Sirloin Steak with Skewered Vegetables	178
Sirloin Tip Roast	179
T-Bone Steaks with a Green Peppercorn Butter	180
Chili-Rubbed Rib Eye Steaks with Carol Ann's Salsa.	181
Uncle Eddie's Standing Prime Rib Roast	182
Grilled Lamb Chops	183

Tips for Buying and Cooking Fish and Seafood	187
Honey Glazed Salmon with Tomato Salsa	190
Bourbon Basted Salmon	191
Herbed Grilled Salmon	191
Vermouth Grilled Salmon	192
Grilled Teriyaki Salmon Steaks	193
Grilled Salmon with a Basil Cream Sauce	194
Shrimp Scampi a la Carol Ann	195
Cajun Shrimp	196
Stone Crab Claws	197
Alaskan King Crab Legs with a Light Lemon Mayonnaise	198
Shrimp and Crab Bake	199
Tarragon Lobster Tails	200
Sautéed Dover Sole in a Chardonnay Sauce	201
Grilled Tuna Steaks in a Sake Marinade	202
Kid-Friendly Orange Roughy Parmesan	203
Red Snapper Puerto Vallarta Style	204
Blackened Rock Cod	205
English Style Fish and Chips	206
Teriyaki Halibut with an Asian Tartar Sauce	207
Mahi-Mahi with a Mushroom Dill Sauce	208
Pan-Grilled Swordfish Steaks	209
Grilled Swordfish with a Dijon Dill Sauce	210
Caramelized Sea Scallops with a Chile Cream Sauce . .	211
Hibachi-Style Sautéed Bay Scallops	212
Sesame Seed Encrusted Cape Capensis Fillets	213
Bouillabaisse	215
Szechuan Shrimp	216

Steamed Artichokes with a Lemon Pepper Mayonnaise	219
Pauline's Homemade Applesauce	220
Fresh Green Beans with Herbs	220
Broccoli Soufflé	221
Luau Baked Beans	222
My Favorite Picnic Beans	223
Roasted Corn on the Cob	224
Polenta Pie	225
Roasted Garlic	225
Grilled Garlic Bread	226
Grilled Portobello Mushrooms	226
Grilled Vegetables	227
Stuffed Portobello Mushrooms	228
Rotini in an Artichoke Butter Sauce	229
Herb Roasted New Potatoes	230
Perfect Garlic Mashed Potatoes	230
Golden Potato Brulee	231
Mashed Potatoes with Jalapeños and Cheddar Cheese	232
Smashed New Red Potatoes	233
Grilled Tomatoes	234
Baked Acorn Squash	234
Carol Ann's Rice Pilaf	235
Old-Fashioned Candied Yams	236
Herbed Yorkshire Pudding	237

Tips for Cooking Pasta	241
Lasagna	242
Penne Pasta with Four Cheeses	243
Spaghetti Alfredo	244
Three-Cheese Tortellini in a Tomato Basil Sauce	245
Spaghetti and Chicken in a Scampi Sauce	246
Chicken Piccata in a Lemon Basil Sauce	247
Penne Pasta and Chicken in a Ricotta Cream Sauce	248
Chicken Risotto with Snow Peas	249
Chicken and Artichoke Risotto	250
Bow-Tie Pasta with Sun-Dried Tomatoes and Arugula	251
Spaghetti with Tomatoes, Capers, and Olives	252
Italian Sausage and Mostaccioli Rigati	253
Spinach Pasta with Italian Sausage	254
Penne Pasta with Italian Sausage and Roma Tomatoes	255
Angel Hair Pasta with Shrimp and Feta Cheese	256
A Fancy Feast for Fishermen	257
Shrimp and Scallops in a Tomato Garlic Sauce	258
Swordfish and Snow Peas over Fettuccine	259
Spinach Fettuccine and Scallops	260
Lobster in a Light Pink Cream Garlic Sauce	261

Smothered Beef and Bean Burritos	265
Lobster Tacos with an Avocado Salsa	266
Chicken Enchiladas with a Green Chile Sauce	267
Carol Ann's Homemade Guacamole	268
Chicken Enchiladas with a Tomatillo Sauce	269
Chile Relleños	270
Pork Carnitas with Red Chile Sauce.	271
Chili Marinated Pork Fajitas	272
Tequila Marinated Chicken Fajitas.	273
Carol Ann's Salsa	274
Shrimp Fajitas	275
Tomatillo Salsa.	276

Jazzed-Up Jambalaya	279
Red Beans and Rice	280
New Year's Day Lucky Black-Eyed Peas	281
Carol Ann's Cassoulet	282
Poor Man's Paella	283
Corned Beef, Cabbage, and Sauerkraut	285
A Light New England Boiled Dinner	286
Braised Corned Beef in Beer	286

Carol Ann's Christmas Trifle	289
Carol Ann's Crème Brulee	290
Angel Food Cake with Mixed Berries and Crème Anglaise	291
White Chocolate Chip Cookies	292
Cream Cheese and Macadamia Nut Cookies	293
Pauline's Peach Pie	294
Kiwifruit and Banana Sorbets with a Raspberry Sauce .	295
Rich Vanilla Peach Ice Cream	296
Auntie Beryl's Pumpkin Pie	297

Selecting Superior Produce	301	Dill Dip	361
Fruits	302	Honey Yogurt Dip	361
Vegetables	317	Strawberry Cream Cheese Dip	361
When your Kitchen Caters	340	Carol Ann's Cheese Ball	362
Fruit Platters	342	Fiesta Cheese Ball	362
Vegetable Platters	343	Holiday Cheese Ball	363
Pauline's Potato Salad	344	Heavenly Hash	363
Creamy Potato Salad with Chives	345	Cranberry Salad	364
Secret Recipe Potato Salad	346	Waldorf Fruit Salad	364
The Original Steele's Pasta Salad	347	Acapulco Salad	365
The Best Macaroni Salad Ever	348	Couscous Salad	366
Asian Pasta Primavera	349	Oriental Chicken Salad	367
Deli Style Greek Salad	350	Examining Eggs	368
Three Bean Salad	351	Deviled Eggs	371
Fiesta Black Bean, Corn, and Bell Pepper Salad	352	Steele's Hit the Road Breakfast Burrito	372
Broccoli Salad	353	Quiche Lorraine	373
Cucumber Slices in Sour Cream	353	Ham and Mushroom Quiche	374
Carol Ann's Coleslaw	354	Vegetable Quiche	375
Greek Slaw	354	Tomato Quiche	376
Pea Salad with Ham and Cheese	355	Twice Baked Potatoes	377
Vegetable Medley Salad	356	Dauphinois	378
Crunchy Cottage Cheese	357	Potato Pancakes (Latkes)	379
Carol Ann's Deli Ham Salad	357	Ratatouille	380
Antipasto Salad	358	Chicken Pot Pie	381
Crab Louis	359	Old-Fashioned Krautburgers	383
Chunky Turkey Salad	359	Mince Pie Filling	384
Bean Dip	360	Ollie's Old-Fashioned Rice Pudding	385
Jalapeño Cheese Dip	360	Bread Pudding with a Vanilla Bourbon Sauce	386

Index

Appetizers

Asiago Cheese Bread	6
Brie, Baked	5

CHEESE BALLS

Carol Ann's	362
Fiesta Cheese	362
Holiday Cheese	363
Crab Cakes with a Pineapple Salsa	13
Cream Cheese Holiday Wreath ..	5

DIPS

Artichoke, Warmed	6
Bean	360
Dill	361
Honey Yogurt	361
Jalapeño Cheese	360
Layered Mexican, Carol Ann's ..	9
Spinach	15
Strawberry Cream Cheese	361
Super Bowl Dip	7
Eggs, Deviled	371
Focaccia Bread with Tomatoes and Mozzarella	16
Fondue, Four Cheese	14
Guacamole	268
Hot Wings, Russ' Fool-Proof	11
Nachos, Super Bowl Super	8
Quesadillas, Smoked Salmon ..	12

QUICHE

Ham and Mushroom	374
Lorraine	373
Tomato	376
Vegetable	375

SALSA

Avocado	266
Pineapple	13
Shrimp and Scallops	10
Spicy Salsa	172
Tomato, Carol Ann's	274
Tomatillo Salsa	276
Toasts, Three Cheese with Sun-Dried Tomatoes	15

Beef

Tips on Buying and Storing Beef.	153
----------------------------------	-----

BALL TIPS

Grilled Steaks with a Horseradish Glaze	169
---	-----

Kates' Family Mother's Day Shish Kabobs	170
Steak and Tomato Kabobs with Tomatillo and Avocado Sauce	171
Bottom Round Roast, Shredded Beef and Simmered Onion Hoagies	76
Brisket, Easy Barbecued	161
Chuck Steak, Stew with Summer Vegetables	164

CHUCK ROAST

Cassoulet, Carol Ann's	282
Poor Man's Roast Feast	165
Western Style Chili	63

CORNED BEEF

Corned Beef, Braised in Beer ..	286
Corned Beef, Cabbage, and Sauerkraut	285
Cube Steaks, Spicy Skillet	157

GROUND BEEF

Burritos, Smothered Beef and Bean	265
Casserole, Old-Fashioned Beef and Rice	156
Chili, Carol Ann's	62
Hamburgers, Fourth of July	73
Krautburgers, Old-Fashioned ..	383
Meatballs, Scandinavian Style ..	159
Meat Loaf, Good Enough for Company	158
Sloppy Joes, Carol Ann's Homemade	71
Spaghetti Sauce, Hearty	160
Chuck Wagon Chili	64

FLANK STEAK

Gyros in Pita Bread	77
London Broil, Carol Ann's	162

NEW YORK STEAKS

My Husband's Favorite Father's Day Steak	174
Pepper	177
Smothered with Mushrooms ..	175
With Barbecued Vidalia Onions	176

Pastrami, Russ' Reuben Sandwich	83
Prime Rib, Uncle Eddie's Standing Rib Roast	182

RIB-EYE STEAKS

Chili-Rubbed with Carol Ann's Salsa	181
Round Steak, Fiesta	163

SIRLOIN STEAK

Beef Chop Suey	167
Cheese Steak Sandwich	75
Marinated Steak with Spicy Salsa, Carol Ann's	172
Steak Sandwich with a Horseradish Glaze	74
Teriyaki, Russ'	173
with Skewered Vegetables	178
Sirloin Tip Roast	179
Stew Meat, Thursday's Tutu Beef Stew	68
T-Bones, with Green Peppercorn Butter	180

TRI TIP

Grilled Tri-Tip Roast	166
Steak Sandwich with a Barbecue Sauce	79

Breads

Asiago Cheese	6
Focaccia Bread with Tomatoes and Mozzarella	16
Grilled Garlic	226
Toasts, Three Cheese with Sun-Dried Tomatoes	15

Cheese

Tips on Buying and Storing Dairy and Cheese	3
Blue Cheese, Carol Ann's Dressing	11

BRIE

Baked	5
Brie Lover's Picnic Sandwich ..	84
Cottage Cheese, Crunchy	357

CREAM CHEESE

Carol Ann's Cheese Ball	362
Fiesta Cheese Ball	362
Holiday Cheese Ball	363
Holiday Wreath	5
Strawberry Dip	361
Fondue, Four Cheese	14
Pizza, Four Cheese with Roma Tomatoes	86
Sandwich, Gourmet Grilled Cheese	78

Cheese Balls

Carol Ann's	362
Fiesta Cheese	362
Holiday Cheese	363

Chicken and Poultry

Tips on Buying and Storing
 Chicken and Poultry 91

APPETIZERS

Hot Wings, Russ' Fool Proof.. 11

ENTREES

BBQ, Finger Lickin' 109

Cacciatore 105

Cornish Game Hens, Stuffed . 115

Divine Chicken Divan 94

Enchiladas with a Green

Chile Sauce 267

Enchiladas with a Tomatillo

Sauce 269

Fajitas, Tequila Marinated 273

French Country Dinner 103

Fried, Perfect Picnic 110

German Style Baked 106

GRILLED

Chili-Rubbed 100

Herbed 96

Lemon Garlic 95

Orange Tarragon 97

with a Peach Salsa 111

with Red Chili Sauce 98

Kabobs 114

New England Boiled Dinner,

Light 286

Parisian Casserole 104

Poor Man's Paella 283

Pot Pie 381

Scampi, with Spaghetti 246

Sesame 107

Shrimp and Chicken, Sautéed 113

South-of-the-Border Chipotle. 99

Thai, in a Peanut Sauce 108

Vegetable Skillet Supper 112

PASTAS

Artichoke Risotto 250

Penne Pasta in a Ricotta

Cream Sauce 248

Chicken Piccata in a Lemon

Basil Sauce 247

Risotto with Snow Peas 249

SALADS

Chinese Chicken Salad 41

Chicken and Cantaloupe Salad 39

Cobb Salad a la Carol Ann 34

Grilled Chicken with Penne

Pasta 28

Luau Chicken Salad 40

Oriental Chicken Salad 367

SANDWICHES

Barbecued Chicken on Onion

Rolls 80

Chicken Salad Sandwiches 81

SOUPS

Chicken 'n Cheese Chowder .. 46

Jalapeño Chicken Chowder 45

Jewish Penicillin 53

White Bean Chili 65

WHOLE

Roasted Parsley Chicken 102

Roasted Lemon 101

Chutneys

Peach and Crab Apple 131

Cookies

Cream Cheese and

Macadamia Nut 293

White Chocolate Chip 292

Desserts

Bread Pudding with a Vanilla

Bourbon Sauce 386

COOKIES

Cream Cheese and

Macadamia Nut 293

White Chocolate Chip 292

Crème Anglaise, with Angel

Food Cake and Mixed Berries .. 291

Crème Brulee, Carol Ann's 290

Mince Pie Filling 384

Peach Ice Cream, Rich Vanilla 296

Peach Pie, Pauline's 294

Pumpkin Pie, Auntie Beryl's 297

Rice Pudding, Ollie's

Old-Fashioned 385

Sorbets, Kiwifruit and Banana

with a Raspberry Sauce 295

Trifle, Christmas 289

Dips

Artichoke 6

Bean 360

Dill 361

Honey Yogurt 361

Fondue, Four Cheese 14

Jalapeño Cheese 360

Layered Mexican, Carol Ann's 9

Spinach, Carol Ann's 15

Strawberry Cream Cheese 361

Super Bowl, Carol Ann's 7

Eggs

Tips for Buying and Storing Eggs. 368

Deviled Eggs 371

QUICHE

Ham and Mushroom 374

Lorriane 373

Tomato 376

Vegetable 375

Steele's Breakfast Burrito 372

Fish and Seafood

Tips about Buying and Storing

Fish and Seafood 187

Bouillabaisse 215

Cape Capensis, Sesame Seed ... 213

CLAMS

Bouillabaisse 215

Hearty Chowder 50

Poor Man's Paella 283

COD

Blackened 205

Fish and Chips, English Style 206

CRAB

Alaskan King Crab Legs 198

Cakes with a Pineapple Salsa 13

Claws, Stone Crab 197

Dover Sole, Sautéed in a

Chardonnay Sauce 201

Halibut, Teriyaki with an Asian

Tartar Sauce 207

IMITATION CRAB

Crab Louis 359

Crab Salad Sandwiches with

Gruyere Cheese 82

Piccadilly Circles with Crab

Salad and Tomatoes 82

LANGOSTINOS

Bisque, with Artichokes 60

Poor Man's Paella 283

LOBSTER

Bisque 61

Bouillabaisse 215

in a Light Pink Cream Garlic

Sauce 261

Tacos, with an Avocado Salsa 266

Tails, Tarragon 200

Mahi-Mahi, with a Mushroom

Dill Sauce 208

Mussels, Bouillabaisse 215

Orange Roughy, Kid-Friendly 203

Red Snapper, Puerto

Vallarta Style 204

Secret Recipes from the Corner Market

Rock Cod, Bouillabaisse	215	Salmon Bisque	59	Carnitas, Pork with Red Chile Sauce	271
SALMON		Scallop Chowder, Company's Coming	47	DIPS	
Bisque	56	Scallop and Artichoke Chowder	49	Bean	360
Blackened Salad	35	SWORDFISH		Guacamole	268
Bourbon Basted	191	Grilled with a Dijon Dill Sauce	210	Jalapeño Cheese	360
Grilled, with a Basil Cream Sauce	194	Pan Grilled	209	Layered Mexican	9
Herbed Grilled	191	with Snow Peas over Fettucine	259	ENCHILADAS	
Honey Glazed with a Tomato Salsa	190	Tuna, Grilled in a Sake Marinade	202	Chicken with a Green Chile Sauce	267
Smoked Salmon Quesadillas.	12	Trout, A Fancy Feast for Fishermen	257	Chicken with a Tomatillo Sauce	269
Teriyaki, Grilled	193	<i>Fruits</i>		ENTREÉS	
Vermouth, Grilled	192	Applesauce, Pauline's	220	Chicken with Red Chili Sauce	98
SCALLOPS		Cantaloupe and Chicken Salad..	39	Chicken, South-of-the-Border Chipotle	99
and Shrimp in a Tomato Garlic Sauce over Spaghetti	258	Chutney, Peach and Crab Apple..	131	Chile Relleños	270
Caramelized Sea Scallops with a Chili Cream Sauce.....	211	Cranberry Salad	364	Red Snapper, Puerto Vallarta Style	204
Chowder, Company's Coming	47	Heavenly Hash	363	FAJITAS	
Chowder, Easy Artichoke and Scallop	49	Pauline's 24-Hour Salad.....	42	Chicken, Tequila Marinated ...	273
Hibachi Style Sautéed Bay.....	212	PEACH		Pork, Chili Marinated	272
Pasta, Spinach Fettuccine with a Boursin Cheese Sauce	260	Ice Cream, Rich Vanilla	296	Shrimp, Tequila Marinated	275
SHRIMP		Pie, Pauline's	294	Quesadillas, Smoked Salmon	12
and Chicken Sautéed.....	113	Pears, Christmas Trifle	289	SALADS	
and Crab Bake	199	Raspberry Sauce	295	Black Bean, Corn, and Bell Pepper, Fiesta.....	352
and Scallops in a Tomato Garlic Sauce, over Spaghetti	258	SORBET		Taco, Back to the Seventies ...	33
and Scallop Salsa	10	Banana	295	SALSAS	
Bouillabaisse.....	215	Kiwifruit	295	Avocado	266
Cajun	196	Waldorf Salad.....	364	Shrimp and Scallop	10
Fajitas, Tequila Marinated	275	<i>HealthMark</i>		Tomatillo.....	276
Jazzed-Up Jambalaya.....	279	Acapulco, Jicama Salad	365	Tomato, Carol Ann's	274
Angel Hair Pasta with Feta Cheese	256	Couscous Salad.....	366	Soup, Green Chile	265
Pizza with Artichoke Hearts ...	88	Honey Yogurt Dip	361	Stew, Green Chile	67
Poor Man's Paella	283	Oriental Chicken Salad.....	367	Tacos, Lobster with an Avocado Salsa.....	266
Scampi a la Carol Ann	195	Waldorf Salad	364	<i>One Dish Meals</i>	
Szechuan.....	216	<i>Ice Cream</i>		Black-Eyed Peas, New Year's Day Lucky	281
SALADS		Rich Vanilla Peach	296	Braised Corned Beef in Beer	286
Blackened Salmon	35	<i>Lamb Chops</i>		Cassoulet, Carol Ann's	282
Pasta, Angel Hair with Dilled Shrimp	30	Grilled	183	Corned Beef, Cabbage, and Sauerkraut	285
Warmed Shrimp in a Tarragon Cream Sauce	31	<i>Mexican</i>		Jazzed-Up Jambalaya	279
SOUPS		APPETIZERS		Light New England Boiled Dinner	286
Clam Chowder, Hearty.....	50	Super Bowl Super Nachos	8	Poor Man's Paella	283
Langostino and Artichoke Bisque	60	BURRITOS		Red Beans and Rice.....	280
Lobster Bisque	61	Beef and Bean	265		
		Breakfast, Steele's Hit the Road.....	372		

Pasta

Tips for Cooking Pasta 241

ANGEL HAIRwith Shrimp and Feta Cheese. 256
with Trout, A Fancy Feast
for Fishermen 257**BOW-TIE**with Sun-Dried Tomatoes
and Arugula 251**FETTUCINE**Spinach, with Italian Sausage. 254
Spinach, with Scallops in a
Boursin Cheese Sauce 260
with Swordfish and Snow
Peas 259
Lasagne, Carol Ann's 242**MOSTACCIOLI RIGATI**and Italian Sausage with a
Cream Sauce 253
and Lobster in a Light Pink
Cream Garlic Sauce 261**PENNE**Chicken Piccata in a Lemon
Basil Sauce 247
with Chicken in a Ricotta
Cream Sauce 248
with Four Cheese 243
with Italian Sausage and
Roma Tomatoes 255
Rotini in an Artichoke Butter
Sauce 229**RISOTTO**Chicken with Snow Peas 249
Chicken and Artichoke 250**SALADS**Asian Pasta Primavera 349
Dilled Shrimp and
Angel Hair Pasta 30
Grilled Chicken and
Penne Pasta 28
My Kids' Favorite Pasta Salad 26
Spaghetti in a Salad? 27
The Best Macaroni Salad Ever 348
The Original Steele's Pasta
Salad 347**SPAGHETTI**Alfredo 244
and Chicken in a Scampi
Sauce 246
Asian Pasta Primavera 349
with Scallops and Shrimp in
a Tomato Garlic Sauce 258with Tomatoes, Capers,
and Olives 252
Spinach Pasta with
Italian Sausage 254**TORTELLINI**Three-Cheese in a Tomato Basil
Sauce 245
Three-Cheese and Veggie
Salad 29*Pies*Mince Pie Filling 384
Peach, Pauline's 294
Pumpkin, Auntie Beryl's 297*Pizza*Four Cheese with Roma
Tomatoes 86
Shrimp and Artichoke Pizza 88
Veggie Pita Pizzas 87*Pork*Tips about Buying and Storing
Pork 129
Baby Back Ribs, My Husband
Loves 143**CHOPS**with Artichokes in a Wine
Cream Sauce 136
with a Lemon Dill Sauce 138
with a Mango Sauce 135
with a Peach and
Crab Apple Chutney 131
with Spanish Rice,
Hand-Me-Down 132
Baked in a Tomato
Chutney Sauce 134
Fajitas, Chile Marinated 272
Florentine 137
German Style Smoked 149
Green Chile 265
Grilled Tequila, with an
Avocado Salsa 133
Rosemary 139**ROAST**Carnitas with a Red Chile
Sauce 271
French Style 144
Ribs, Baby Back, My Husband
Loves His 143**RIBS, COUNTRY STYLE**Peachy Polynesian 147
Spicy 142**SAUSAGE****BRATWURST**Ball Park Sausages 72
Brats 'n Beer 72

Cajun-Style, Red Beans

and Rice 280

Chorizo, Poor Man's Paella 283

Italian, Jazzed-Up Jambalaya.. 279

Italian, Cassoulet, Carol Ann's. 282

Italian, and Mostaccioli Rigati 253

Italian, and Penne Pasta and

Roma Tomatoes 255

Italian, and Spinach Pasta 254

SPARERIBSBarbecued with a Chutney
Sauce 145
Jamaican Jerk Barbecued 146**TENDERLOIN**Grilled Honey Sesame 141
With Wild Mushrooms 140**HAM**Carol Ann's Deli Ham Salad .. 357
French Bistro Ham and
Cheese Sandwich 85
Smoked Holiday with a
Bourbon Mustard Glaze 148*Poultry, see Chicken**Puddings*Bread with a Vanilla Bourbon
Sauce 386
Rice, Ollie's Old-Fashioned 385
Yorkshire, Herbed 237
Quesadillas, Smoked Salmon 12*Quiche, see Eggs**Rice***ARBORIO**Chicken with Snow Peas 249
Chicken and Artichoke 250
Red Beans and Rice 280
Jazzed-Up Jambalaya 279
Poor Man's Paella 283
Rice Pilaf, Carol Ann's 235
Rice Pudding, Ollie's 385
Salad, with a Medley of Veggies. 37
Spanish Rice 132

Secret Recipes from the Corner Market

Salad Dressings

Balsamic Vinaigrette	19
Blue Cheese, Caro Ann's	11
Mustard Dressing	25
Raspberry Vinaigrette	23
Sweet-and-Sour	24
Tomato Vinaigrette	28

Salads

Acapulco, Jicama – HealthMark..	365
Antipasto	358

BEAN

Black Bean, Corn, and Bell Pepper	352
Green Bean, Jazzed-Up	38
Three Bean	351
Broccoli	353
Caesar, Carol Ann's	20

CHICKEN

and Cantaloupe	39
and Penne Pasta	28
Chinese Chicken	41
Luau	40
Oriental Chicken	367
Cobb, a la Carol Ann	34
Coleslaw, Carol Ann's	354
Cottage Cheese, Crunchy	357
Couscous – HealthMark	366
Crab Louis	359
Cranberry	364
Cucumber Slices in Sour Cream	353

FRUIT

Cranberry	364
Heavenly Hash	363
24-Hour, Pauline's	42
Waldorf	364

GREEK

Slaw	354
Deli Style	350
Toss It Greek Style	22
Ham, Carol Ann's Deli Ham Salad	357
Maui Onion and Tomato	19

PASTA

Angel Hair and Shrimp	30
Asian Pasta Primavera	349
Best Macaroni Salad Ever, The	348
Grilled Chicken and Penne Pasta	28
My Kids' Favorite Pasta	26
Spaghetti in a Salad?	27
The Steele's Original Pasta Salad	347

Three-Cheese Tortellini and Veggie Salad	29
Warmed Shrimp in a Tarragon Cream Sauce	31
Pea Salad with Ham and Cheese.	355

POTATO

Creamy Potato with Chives....	345
Pauline's	344
Secret Recipe	346
Rice, with a Medley of Veggies...	37
Romaine with a Twist	21
Salmon, Blackened	35
Shrimp and Angel Hair Pasta, Dilled	30

SPINACH

Special Occasion	23
with a Mustard Dressing	25
with a Sweet-and-Sour Dressing	24
Taco, Back to the Seventies	33
Turkey, Chunky	359
Tomato, with Maui Onion	19
Vegetable Medley	356

Salsas

Avocado	266
Peach	111
Pineapple	13
Shrimp and Scallop	10
Tomato, Carol Ann's	274
Tomatillo	276

Sandwiches

BEEF

Cheese Steak	75
Flank Steak Gyros in Pita Bread	77
Hamburgers, Fourth of July....	73
Homemade Sloppy Joes, Carol Ann's	71
Krautburgers	383
Shredded Beef and Simmered Onion Hoagies	76
Sirloin Steak, with a Horseradish Sauce	74
Tri-Tip Steak, with a Barbecue Sauce	79

BRATWURST

Ball Park Sausages	72
Brats 'n Beer	72
Brie, Lover's Picnic Sandwich	84
Cheese, Gourmet Grilled Cheese	78

CHICKEN

Barbecued on Onion Rolls....	80
Chicken Salad Sandwiches	81

CRAB

Crab Salad Sandwiches with Gruyere Cheese	82
Picadilly Circles with Crab Salad and Tomatoes	82
Ham and Cheese, French Bistro	85
Pastrami, Russ' Reuben	83

Sauces

Crème Anglaise	291
Raspberry	295
Vanilla Bourbon Sauce	386

Side Dishes

Applesauce, Pauline's Homemade	220
Artichokes, Steamed with a Lemon Pepper Mayonnaise....	219

BEANS

Baked, Luau	222
Baked, My Favorite Picnic	223
Fresh Green with Herbs	220
Bread, Grilled Garlic	226
Broccoli Soufflé	221
Corn, on the Cob, Roasted	224
Garlic, Roasted	225

MUSHROOMS

Grilled Portobello	226
Stuffed Portobello	228
Pasta, Rotini in an Artichoke Butter Sauce	229
Polenta Pie	225

POTATOES

Brulee, Golden	231
Dauphinois	378
Garlic Mashed, Perfect	230
Herb Roasted New	230
Mashed with Jalapeño and Cheddar Cheese	232
Pancakes (Latkes)	379
Smashed New Red	233
Twice-Baked	377
Pudding, Herbed Yorkshire	237
Ratatouille	380
Rice Pilaf	235
Squash, Acorn	234
Tomatoes, Grilled	234
Vegetables, Grilled	227
Yams, Old-Fashioned Candied...	236

Sorbets

Banana	295
Kiwifruit	295

Soups and Stews

BISQUE

Artichoke Langostino 60
 Tomato with Basil 57
 Lobster 61
 Mushroom 58
 Salmon 59
 Broccoli, Cream of 56
 Chicken and Noodle,
 Jewish Penicillin 53

CHILI

Carol Ann's 62
 Chuck Wagon..... 64
 Vegetable 66
 Western Style 63
 White Bean with Chicken 65

CHOWDER

Artichoke and Scallop, Easy .. 49
 Chicken 'n Cheese..... 46
 Clam, Hearty..... 50
 Corn, in Warmed Tortilla
 Bowls 48
 Jalapeño Chicken 45
 Scallop, Company's Coming.. 47
 Green Chile 265
 Onion, French 54
 Potato Leek, Cream of..... 55

STEWES

Beef, Thursdays Tutu 68
 Green Chile..... 67
 Chuck Steak Stew..... 164

VEGETABLE

Beef, Auntie Beryl's..... 52
 Portuguese Style 51

stuffing

Corn Bread with Sausage
 and Jalapeños 125
 Oyster, Pauline's Old-Fashioned.. 122
 My Favorite Thanksgiving
 Stuffing 123

Turkey

Tips on Buying and Storing
 Turkey..... 119
 Entrée, Thanksgiving Turkey
 Carol Ann's 121
 Salad, Chunky Turkey Salad..... 359

Vegetables

ARTICHOKEES

Bisque, Artichoke Langostino 60
 Chowder, Easy Artichoke and
 Scallop 49
 Pizza, Artichoke and Shrimp.. 88
 Pork Chops and Artichokes
 in a Cream Wine Sauce 136
 Steamed with a Lemon
 Pepper Mayonnaise 219
 Arugula, Bow-Tie Pasta with
 Sun-Dried Tomatoes 251

AVOCADO

Guacamole..... 268
 Salsa..... 266

BEANS

Baked, Luau..... 222
 Baked, My Favorite Picnic..... 223
 Fresh Green with Herbs 220
 Black-Eyed Peas, New Year's
 Day Lucky 281

SALADS

Black Bean 352
 Green Bean 38
 Three Bean..... 351

BROCCOLI

Cream Soup..... 56
 Salad 353
 Soufflé 221
 Chile Peppers, Chile Rellenos... 270
 Chili, Vegetable..... 66

CABBAGE

Coleslaw..... 354
 Greek Slaw 354

CORN

Chowder in Warmed
 Tortilla Bowls 48
 on the Cob, Roasted..... 224

BOOKS

Bundy, Beverly. *The Century in Food*.
 Portland: Collectors Press, Inc., 2002.
 Green, Aliza. *Field Guide to Produce*.
 Philadelphia: Quirk Books, 2004.

Cucumber Salad 353
 Garlic, Roasted..... 225
 Grilled Vegetables..... 227
 Jicama, Acapulco Salad..... 365

MUSHROOM

Bisque 58
 Portobello, Grilled 226
 Portobello, Stuffed..... 228

ONION

French Onion Soup..... 54
 Pea Salad..... 355

POTATOES

Cream Soup..... 55
 Dauphinois 378
 Golden Potato Brulee..... 231
 Pancakes (Latkes) 379
 Perfect Garlic Mashed 230
 Mashed with Jalapeños and
 Cheddar Cheese..... 232
 New Potatoes, Herb Roasted 230
 New Potatoes, Smashed 233
 Twice-Baked..... 377
 Ratatouille..... 380

SALAD

Creamy with Chives 345
 Pauline's..... 344
 Secret Recipe..... 346
 Skewers, Vegetable..... 178

SOUPS

Vegetable Beef, Auntie Beryl's 52
 Portuguese Style Vegetable
 Soup 51
 Squash, Acorn Baked 234

TOMATILLO

Salsa..... 276

TOMATO

Bisque with Basil 57
 Grilled 234
 Salsa..... 274
 with Spaghetti, Olives, and
 Capers..... 252

TOMATOES, SUN-DRIED

Bow-Tie Pasta with Arugula... 251
 Yams, Old-Fashioned Candied... 236

MAGAZINES

Mathews, Ryan. "Social Change &
 the Supermarket." *Progressive Grocer*
 Dec.1996: 29-96.

WEBSITES

www.fsis.usda.gov/oa/pubs

Bibliography