TASTE OF UB
Festive Potluck Luncheon
2010
COOKBOOK

Presented by the Pss Diversity Committee
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Beef Stroganoff submitted by Lani Jendrowski

A small onion
Lb ground beef
One can of mushrooms
1 cup water
Two beef bouillon cubes
Flour
½ container of sour cream
Egg noodles

Chop and sauté a small onion
Add one lb ground beef, cook until done
Add one can of mushrooms
Add 1 cup water and two beef bouillon cubes
Sprinkle flour on top to thicken
Add ½ container of sour cream
Cook until hot. Serve over egg noodles.
Corn & Sausage Chowder submitted by Jessica Coram

Ingredients

- 1 pound bulk pork sausage
- 1 cup coarsely chopped onion
- 4 cups cubed peeled potatoes (1/2-inch cubes)
- 2 cups water
- 1 teaspoon salt
- 1/2 teaspoon dried marjoram
- 1/8 teaspoon pepper
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (14.75 ounce) can cream-style corn
- 1 (12 ounce) can evaporated milk
- Sweetened condensed milk (optional -- to taste)

Directions

1. In a Dutch oven or soup kettle, cook sausage and onion over medium heat until meat is no longer pink; drain. Add the potatoes, water, salt, marjoram and pepper.
2. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are just tender. Add the corn, cream-style corn and milk; heat through.

Notes

1. I tend to go very heavy on the spices listed above and use a spicy sausage for flavor. However the longer the chowder sits, the more spice it will absorb overall, especially if made the night before.
2. I add approximately a quarter can of sweetened condensed to milk to give it a slightly sweet flavor and to thicken it up.
Pizza Bread submitted by Phyllis Floro

Ingredients

Ciabatta bread (full loaf)
6 slices of cheese (your choice – I used American cheese)
¼ pound pepperoni

Cut or break bread into 2 halves. Drizzle olive oil and sprinkle oregano on the inside of each half. Layer American cheese and then pepperoni on one side of bread. Replace top of bread. Wrap in aluminum foil and bake on 350 degrees until cheese is melted.

Cut and serve.
**Israeli Salad** submitted by Sharon Nolan-Weiss

*Recipe courtesy allrecipes.com*

**Ingredients**

- 6 cucumbers, diced
- 4 roma (plum) tomatoes, seeded and diced
- 5 green onions, sliced
- 1 red bell pepper, seeded and diced
- 1/3 cup chopped garlic
- 1 cup chopped fresh parsley
- 1/2 cup minced fresh mint leaves
- 1/2 cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon salt
- 1 tablespoon ground black pepper

**Directions**

Toss the cucumbers, tomatoes, onions, bell pepper, garlic, parsley, and mint together in a bowl. Drizzle the olive oil and lemon juice over the salad and toss to coat. Season with salt and pepper to serve.
LUMPIA (FILIPINO EGG ROLL) submitted by
Becky Burke

Ingredients:
1 package of lumpia wrappers
(May be purchased at Sung’s Oriental Foods on Niagara Falls Boulevard
near Sheridan Drive.)

1 lb ground beef
6 carrots, shredded
1-2 cups raisins

Corn starch glue:
Combine corn starch and water to make glue.

Instructions:

Thaw wrappers in the refrigerator if possible
Fry ground beef, adding shredded carrots and raisins near end of
cooking.
Put aside in a bowl.
Take wrappers out of package, place on a plate, and cover with a slightly
damp wash cloth/dish towel
Peel apart the wrappers.
Place one wrapper on a plate. Place a scoop of the meat/carrot/raisin
mixture 1/3 of the way from the bottom of the wrapper.
Fold the bottom up over the mixture.
Tuck in the sides of the wrapper and roll up like a cigar.
Place a small amount of the corn starch glue at the end and press down
to finish.
Continue with the process until all the wrappers are used.
Makes about 50 to a box.
Fry the finished egg rolls to a golden brown.
Drain on paper towels. Enjoy!
Pumpkin Gooey Butter Cake submitted by Gudiya Msuku-Purks

Recipe courtesy Paula Deen

Ingredients

Cake:
- 1 (18 1/4-ounce) package yellow cake mix
- 1 egg
- 8 tablespoons butter, melted

Filling:
- 1 (8-ounce) package cream cheese, softened
- 1 (15-ounce) can pumpkin
- 3 eggs
- 1 teaspoon vanilla
- 8 tablespoons butter, melted
- 1 (16-ounce) box powdered sugar
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

Directions

Preheat oven to 350 degrees F.

Combine the cake mix, egg, and butter and mix well with an electric mixer. Pat the mixture into the bottom of a lightly greased 13 by 9-inch baking pan.

To make the filling: In a large bowl, beat the cream cheese and pumpkin until smooth. Add the eggs, vanilla, and butter, and beat together. Next, add the powdered sugar, cinnamon, nutmeg, and mix well. Spread
pumpkin mixture over cake batter and bake for 40 to 50 minutes. Make sure not to over bake as the center should be a little gooey.

Serve with fresh whipped cream.

Variations: For a Pineapple Gooey Cake: Instead of the pumpkin, add a drained 20-ounce can of crushed pineapple to the cream cheese filling. Proceed as directed above.

For a Banana Gooey Cake: Prepare cream cheese filling as directed, beating in 2 ripe bananas instead of the pumpkin. Proceed as directed above.

For a Peanut Butter Gooey Cake: Use a chocolate cake mix. Add 1 cup creamy peanut butter to the cream cheese filling instead of the pumpkin. Proceed as directed above.
Turkey and Fruit Salad  Submitted by Robinette Kelley

Ingredients

3 cups of cooked turkey breast
½ to 1 cup of seedless grapes
½ Cup pineapple chunks
¼ cup chopped celery
½ cup of pecan halves
1 tablespoon sugar (optional)
1 cup of Mayonnaise
Dash of pepper

Mix all ingredients together in a bowl. Chill and serve.
Pluckin Cake submitted by Kristen Costanzo

Ingredients

Pillsbury Biscuits – 4 pack in refrigerator dairy section
1 cup of sugar
¼ cup of brown sugar
2 tsp. of cinnamon

Mix sugar, brown sugar, and cinnamon in a bowl. Cut biscuits into quarters. Take quarter pieces and roll them into mixture until fully covered. Place in a butter Bundt cake pan. Pour remaining mixture on top of cake. Melt two sticks of butter and pour on top of cake. Bake at 350 degrees for 30-40 minutes. Let stand for 15 minutes until cooled. Flip cake pan onto dish.
Spinach Salad submitted by Barbara Burke

**Ingredients**

Spinach
Apples (sliced)
Red onion (chopped)
Strawberries (cut)
Pecans (pieces)
Raspberry dressing

Mix ingredients together. Chill and serve.
Seneca Roasted Corn Soup submitted by Dave Bray

Ingredients

White Corn (Tuscarora variety)
2 cups pinto or kidney beans
Salted pork
Water

White corn is roasted in the late milk stage on a grill until golden brown with some kernels blackened. Afterward, hand shell the kernels off and dry either outdoors (under a screen) or with a double dryer. When soup is desired, the dried corn (3 cups) is soaked in water overnight with 2 cups of pinto or kidney beans. The next day cook the corn and beans on the stove with salted pork (for flavoring) for approximately 2 hours.

Makes approximately 6 servings.
Italian Pasta Salad submitted by Patricia Metz

Ingredients

Rotini Pasta
Broccoli
Pepperoni slices
Pepper jack cheese
Red onion
Italian dressing

Mix ingredients. Chill and Serve.
Sweet Potato Casserole submitted by Robinette Kelley

Ingredients

6 large sweet potatoes
1 ½ cup sugar
1 stick of butter
1/3 cup of flour
1 teaspoon nutmeg
1 teaspoon lemon flavor
2 eggs
1/3 cup of evaporated milk
1 cup of pecan halves
1 ½ cup of marshmallows (mini)
Pinch of salt