

A Ghoulish Gourmet

October 8, 2008



The Gourmet
Cooking Club

Lynn, Nancy, Sheree, Suzan



Menu

Guacamoldy with Creature Chips

Batty Cheese Balls

Stuffed Toadstools

Vampire Blood with Bugs and Eyeballs

Skeleton Bones

Lettuce Prey

Steak Thru the Heart

Anne's Rice in a Cup

Bridie's Devil's Food Cake



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Living

Guacamoldy with Creature Chips

The chips can be made up to one day ahead. Store them in an airtight container at room temperature.

INGREDIENTS

Serves 8.

Plain or butter-flavored vegetable-oil cooking spray

24 assorted large flour tortillas, such as plain, whole wheat, and sun-dried tomato

Coarse salt

3 pounds ripe Hass avocados, (about 7), pitted, peeled, and cut into chunks

1/4 cup freshly squeezed lime juice, (about 3 limes)

1/4 teaspoon freshly ground pepper

1 fresh jalapeno chile, seeded and finely chopped

1/4 cup chopped fresh cilantro leaves

DIRECTIONS

1. Preheat oven to 350 degrees. Coat a baking sheet with cooking spray. Using a few Halloween-inspired cookie cutters, cut shapes from tortillas. Arrange as many shapes as can fit in a single layer on oiled sheet. Coat tortillas with cooking spray, and season with salt. Bake until slightly darkened and crisp, 10 to 12 minutes. Transfer to a wire rack to cool. Repeat with remaining tortilla shapes, using a clean, cooled baking sheet.

2. Put avocados, lime juice, 1 1/2 teaspoons salt and the pepper, jalapeno, and cilantro in a large bowl. Mash with a fork until chunky. Serve with chips

First published

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**Sponsored By:****Batty Halloween Cheese Balls**CDKitchen <http://www.cdkitchen.com>**Category:** Cheeseball**Serves/Makes:** 2 dozen | **Difficulty Level:** 2 | **Ready In:** < 30 minutes**Ingredients:**

6 ounces cream cheese
2 ounces blue cheese
1 tablespoon port
2 tablespoons each poppy seeds and coarsely ground black pepper
6 black olives, sliced
24 pink peppercorns
24 blue corn chips

Directions:

In bowl combine cheeses and port, chill 15 minutes. Shape into balls, roll half of the balls in poppy seeds and the remaining half in black pepper.

Press olive slices into balls for eyes, placing peppercorns in centers for pupils. Insert chips for wings.

Recipe Location: <http://www.cdkitchen.com/recipes/recs/160/Batty-Halloween-Cheese-Balls85088.shtml>

Recipe ID: 55917

Don't forget to stop back at CDKitchen and write a review or upload a picture of this recipe!

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Stuffed Toadstools

(Crabmeat Mushrooms)

- 3 Tbsp. butter**
- 6 oz. Crabmeat**
- 3 Tbsp. dry bread crumbs**
- 2 Tbsp scallions, finely chopped**
- 1 tsp. salt**
- 1 Tbsp. fresh chives, snipped**
- 2 Tbsp. parsley, finely chopped**
- 1 egg**
- 12-14 large fresh mushrooms**
- 1 tsp. paprika**

Trim mushrooms and brush with butter.

Shred Crabmeat.

Melt butter in medium saucepan over low heat until it begins to bubble. Add scallions. Sauté until limp and clear. Over low heat, add crabmeat, 1 tablespoon parsley and chives and stir until heated thoroughly. Remove from heat. Add bread crumbs, salt and egg. Mix well. If too dry, add another egg. Mixture should be moist and easy to stuff into mushroom caps.

Stuff mushrooms with mixture. Place into shallow pan and bake for 15 minutes at 350 degrees. Garnish with chopped parsley and paprika.

May be prepared ahead of time. Allow 39-40 minutes cooking time if everything is at room temperature.

roasted-tomato basil soup

SERVES 6 TO 8

This is it: the perfect tomato soup. It is delicious all year 'round because roasting the tomatoes gives them a rich "summer" tomato flavor.

3 POUNDS *ripe plum tomatoes, cut in half lengthwise*

$\frac{1}{4}$ CUP *plus 2 tablespoons good olive oil*

1 TABLESPOON *kosher salt*

$1\frac{1}{2}$ TEASPOONS *freshly ground black pepper*

2 CUPS *chopped yellow onions (2 onions)*

6 *garlic cloves, minced*

2 TABLESPOONS *unsalted butter*

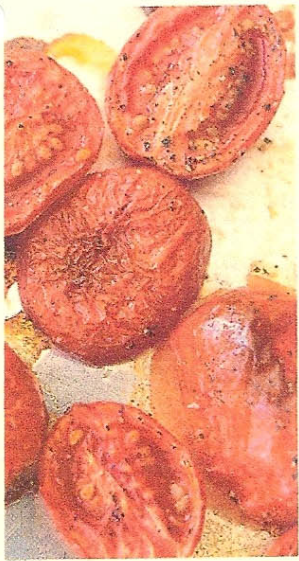
$\frac{1}{4}$ TEASPOON *crushed red pepper flakes*

28 OUNCES *canned plum tomatoes with their juice*

4 CUPS *fresh basil leaves, packed*

1 TEASPOON *fresh thyme leaves*

1 QUART *chicken stock or water*



I serve this soup hot with a chiffonade of fresh basil leaves, or cold with a dollop of crème fraîche.

Preheat the oven to 400 degrees.

Toss together the tomatoes, $\frac{1}{4}$ cup olive oil, salt, and pepper. Spread the tomatoes in one layer on a baking sheet and roast for 45 minutes.

In an 8-quart stockpot on medium heat, sauté the onions and garlic with 2 tablespoons of olive oil, butter, and red pepper flakes for 10 minutes, until the onions start to brown. Add the canned tomatoes, basil, thyme, and chicken stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade. Taste the seasonings. Serve hot or cold.



Bugs

- 6 pitted black Kalamata olives
- 2 sprigs fresh rosemary
- 4 fresh chives, cut into 1-inch pieces

Use a toothpick to pierce each olive 4 times (all the way to the other side). Insert a rosemary leaf into each hole to make eight legs. Insert two pieces of chive into the small hole at the end of the olive to make antennae.

Eyeballs

- 1 lb. (about 30) bocconcini (bite-size mozzarella balls)
- 1 jar small pimiento-stuffed olives

Using a small melon baller, scoop out a hole from each bocconcini. Cut each pimiento-stuffed olive crosswise in half. Place a half, cut side out, in the hole in each bocconcini to make eyeballs.

Lettuce Prey

(Asian chicken lettuce wraps)

Ingredients:

- 1 head iceberg lettuce or butter lettuce leaves

Sauce:

- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon dry sherry
- 1 teaspoon sugar

Remaining Ingredients:

- 1 tablespoon sesame oil
- 1 slice ginger, minced
- 1 garlic clove, minced
- 2 green onions, chopped
- 1 lb meat from chicken breasts or sliced white chicken meat
- 1 red pepper, seeded and diced
- 1 can water chestnuts, rinsed in warm running water and chopped
- 1 stalk celery, diced
- 1 teaspoon cornstarch mixed with 2 tablespoons water

Preparation:

Wash the lettuce, dry, and separate the leaves. Set aside.

Mix together the sauce ingredients. Heat the sesame oil in a non-stick frying pan on high heat. Add the garlic, ginger, and green onions and fry until the garlic and ginger are aromatic. Add the chicken and cook until the chicken is browned. Remove the chicken from the pan and set aside.

Add the red pepper, water chestnuts, and celery to the frying pan. Add the sauce ingredients and cook at medium heat. Give the cornstarch/water mixture a quick restir and add to the sauce, stirring to thicken. Add the chicken back into the wok. Cook for 2 - 3 more minutes, stirring, to heat through and finish cooking the chicken.

Lay out a lettuce leaf and spoon a heaping teaspoon of the chicken and vegetable/sauce mixture into the middle. The lettuce wraps are designed to be eaten "taco-style," with the lettuce/chicken mixture folded into a package. Continue with the remainder of the chicken and lettuce leaves.

Oven-Roasted Skeleton Bones

4 racks (about 8 lbs.) St. Louis style pork ribs, baby back ribs or spareribs, rinsed well and patted dry.

$\frac{1}{4}$ cup packed dark brown sugar

$\frac{1}{4}$ cup paprika

4 $\frac{1}{2}$ tsp. coarse salt

1 Tbsp. unsweetened cocoa powder

2 tsp. cayenne pepper

1 tsp. ground cumin

2 cups of your favorite barbecue sauce

1. Line 2 rimmed baking sheets with foil and place a wire rack on top of each. Transfer 2 racks of the ribs to each wire rack, meat side up.
2. Using a sieve, sift sugar, paprika, salt, cocoa, cayenne and cumin together into a small bowl. Stir to combine.
3. Sprinkle spice mixture evenly over both sides of each rack of ribs. Lightly rub mixture into the ribs to coat completely. Cover ribs with plastic wrap. Refrigerate for at least 20 minutes (or up to 2 hours for maximum flavor).
4. Preheat. Oven to 350°, with racks in upper and lower thirds. Cook ribs on racks, switching positions of baking sheets about halfway through, until meat pulls away easily from the bones, 1 $\frac{1}{2}$ to 2 hours. Let cool completely. Refrigerate covered, until ready to finish cooking, up to 2 days. (If finishing cooking immediately, raise oven temperature to 425° and continue with step 6).
5. Preheat oven to 425°. Let ribs stand at room temperature 20 minutes.
6. Using 2 cups BBQ sauce, brush both sides of the ribs. Cook on wire racks on baking sheets until sauce is slightly caramelized and ribs are heated through, about 15 minutes. Let stand 5 minutes. Serves 6 to 8.

Steak Thru the Heart

(Asian Beef & Veggie Kabobs)

¼ cup rice vinegar

½ cup soy sauce

¼ cup honey

1 cup sesame oil

1 large clove garlic, pressed

½ cup sliced green onions

2 lbs. sirloin beef, cut into chunks

4 cups fresh veggies – yellow or zucchini squash, mushrooms, red onions, red/yellow/green bell peppers or cherry tomatoes.

Mix the first 6 ingredients and pour over sirloin chunks. Place meat into a zippered bag and close. Toss to mix. Marinate for at least 3 hours.

Discard marinade.

Soak wooden skewers in water to prevent burning.

Skewer beef and veggies, alternating types of veggies.

Grill to desired temperature over hot grill.

Delicious when served with hot steamed rice and grilled, pineapple slices.

Serves 6.



Anne's Rice in a Cup

Chilled Turmeric Rice

This is best made a day in advance

2 cups rice
4 cups boiling vegetable or chicken broth
1T butter
1t turmeric
2 (6 ounce) jars marinated artichoke hearts
1/2 C sliced black olives, drained
1/4 C finely chopped green bell pepper
1/4 C finely chopped red bell pepper
1/2 C chopped green onions
1/2 to 3/4 C mayonnaise
salt and pepper to taste
lettuce

Lightly grease a 3 quart baking dish.

Preheat the oven to 350 degrees.

Combine the rice, broth, butter and turmeric in the prepared baking dish and stir until the butter melts. Bake, covered tightly with foil for 1 hour or until the rice is tender and the liquid has been absorbed.

Drain the artichoke hearts, reserving the marinade. Cut the artichoke hearts into bite-size pieces. Toss the warm rice with enough of the reserved artichoke marinade to lightly coat the rice. Chill for 1 to 8 hours.

Stir in the artichoke hearts, olives, bell peppers, green onions and enough mayonnaise to moisten the salad. Add salt and pepper to taste. Chill thoroughly, tightly covered.

Serve the rice on a bed of lettuce. Garnish the top with chopped fresh parsley, tomato wedges or other seasonal fresh vegetables.

Won Ton Cups

Heat the oven to 350 degrees

Carefully press a small square won ton skin into each hole of a mini-muffin tin.

Bake for 3-5 minutes until slightly crisp. Can be done a day ahead and kept in airtight container.

I have a tool that pushes dough into mini-muffin tins. I don't know what it is called, but it works better than pushing the won ton skins in with your fingers.

Cooking Hint to Chilled Turmeric Rice

Brush the won ton skins with olive oil, sprinkle with salt or spice of your choice, and press into the muffin tin.



Bridie's Chocolate Applesauce Cake aka "Devil's Food"

Ingredients

2 C flour (enriched flour for cakes, "Soft as Silk" sift before measuring)
1 C sugar
2 tsp soda
1 tsp cinnamon
1/2 t nutmeg
1/2 tsp cloves
1 tsp salt
1 level T cornstarch
3 heaping Tbs. dry cocoa (Ghiradelli Sweet Ground Chocolate and Cocoa works well)

Frosting:

1 pkg magic frosting sugar (I haven't found this in years. I use a 1 lb package of powdered sugar)
1/2 C dry cocoa (that Ghiradelli Ground Chocolate has a wonderful flavor)
1/4 tsp salt

1/3 C hot coffee
6 Tbs. (3/4 stick) soft butter

Directions:

Heat oven to 350 degrees
Sift all dry ingredients 5 times. (I sift onto wax paper as it is easy to pour back into the sifter this way.)

Add

16 oz. Applesauce (I use unsweetened, but it works with sweetened too)
3/4 C Wesson oil

Stir 300 strokes by hand. (I do it because Bridie did, but friends who have made the cake have successfully used a mixer.)

Pour into rectangular cake pan.

Bake at 350 for 25 minutes or until toothpick comes out clean. Bridie told me never to take this cake out of the pan because it is so moist and will fall apart. I have never tried to take it out of the pan.

I have also made mini-cupcakes with this recipe. Use a mini- muffin tin lined with mini muffin paper cups. 48 mini cupcakes take about 15 minutes to bake.

Frosting:

Mix the sugar, cocoa and salt well.
Add the hot coffee and mix until smooth with mixer or spoon.
Add the butter and mix again until smooth

This recipe makes more than enough to frost the rectangular cake or 48 mini cupcakes.