

# Mmm, Mmm Alpha Gam

See below to find delicious recipes from sisters featured in the Spring 2008 *Alpha Gamma Delta Quarterly!*

## *Crème Brûlée with Raspberry Sauce* Serves 6

*from the kitchen of:* Wendy Timson, Zeta Tau—Seton Hall University

6 extra large egg yolks	2 vanilla beans, split
2 cups sugar (reserve ¼ cup for caramelizing top)	1 cup raspberries
3 cups heavy cream	Puff Pastry Shells
	Raspberry Sauce

Combine egg yolks and 1 ¾ cup sugar in the top half of a double boiler over very hot water. Whisk (or beat with a hand mixer) until lemon-colored and the consistency of mousse. Remove from heat and set aside. Place cream and vanilla beans in a heavy saucepan over medium heat. Bring to a boil and immediately remove from heat. Slowly pour into egg yolks, whisking rapidly as you pour. Return double boiler to heat and cook, stirring constantly, for about 10 minutes or until mixture is quite thick. Remove top half of double boiler and place in a bowl of ice. Stir occasionally while mixture cools until it reaches the consistency of a very thick custard. Spread a single layer of fresh raspberries over the bottom of six baked Puff Pastry shells. Pour cooled crème over raspberries to top of shells. Refrigerate for at least 3 hours (or up to 8 hours). When chilled, sprinkle about 2 teaspoons sugar (or more, if needed) over each filled shell and place about 6 inches away from broiler flame for about 3 minutes or until sugar caramelizes, or use a crème brûlée torch. Do not overcook or crème will melt. Pour Raspberry Sauce over the bottom of each of six dessert plates. Place a Crème Brûlée in the center and serve immediately.

**For Raspberry Sauce:** Combine 1 cup sugar and 1 cup water in a small, heavy saucepan over high heat. Bring to a boil and boil, stirring constantly, for about 3 minutes or until sugar is dissolved. Remove from heat and cool. Puree 1 cup raspberries in a blender or food processor. When smooth, strain to remove all seeds. Stir sugar and water mixture into raspberry puree until well blended.

## *Wilton's Buttercream Icing*

*from the kitchen of:* Jennifer Ocheltree Bogart, Omega—University of Akron

1 cup solid vegetable shortening	4 cups sifted confectioners' sugar
1 teaspoon butter flavor	(approx. 1 lb.)
1 teaspoon clear vanilla extract	1 ½ tablespoons meringue powder
¼ cup lukewarm water	pinch of salt

In large bowl, cream shortening, water, vanilla and butter flavoring with an electric mixer. Gradually add sugar, meringue powder and salt one cup at a time, beating well on medium speed. Scrape sides and bottom of bowl often.

Keep bowl covered with a damp cloth until ready to use. For best results, keep icing bowl in refrigerator when not in use. Refrigerated in an airtight container, this icing can be stored 2 weeks. Rewhip before using.

YIELD: Makes about 3 cups.

## *French Silk Pie*

*from the kitchen of:* Renee Spahn Ferguson, Beta Eta—Southern Illinois University

2 sticks unsalted butter, softened	1 teaspoon vanilla extract
2 cups powdered sugar	2 eggs (or egg substitute)
2 ounces (2 squares) unsweetened chocolate, melted and cooled	1 baked pie shell
	Chocolate shavings or whipped cream for garnish.

Cream the butter and slowly add the sugar. Beat in chocolate. Add the vanilla extract and mix well. Add the eggs one at a time, beating thoroughly until well combined. Beat the mixture at high speed for 4 minutes.

Spoon the mixture into the baked pie shell and refrigerate. Before serving, garnish with chocolate shavings or whipped cream.

## *The NoHo Bistro Salad*

*from the kitchen of:* Jessica Raia-Long, Gamma Iota-Mercer University

4 oz. mixed baby greens—spinach,  
romaine, red leaf, mizuna, frisee, etc.  
4 tablespoons Gorgonzola Vinaigrette  
(see below)

1/2 cup blueberries  
1/2 cup sliced strawberries  
toasted walnuts (for garnish)  
crumbled Gorgonzola (for garnish)

In a medium bowl, place salad greens. Add vinaigrette and toss lightly with gloved hands or tongs. Place into a decorative bowl or onto individual plates. Scatter fruit on top of salad and garnish with walnuts and Gorgonzola. Serve immediately. For a more substantial meal, add prosciutto or grilled chicken to the salad.

### *Gorgonzola Vinaigrette*

8 oz. crumbled Gorgonzola cheese  
3 tablespoons champagne vinegar  
3 tablespoons red wine vinegar  
1 tablespoon white balsamic vinegar

1 tablespoon thyme, fresh  
1 tablespoon salt and pepper  
1/4 cup olive oil  
3/4 cup canola oil

Combine first six ingredients in a blender or food processor. Taste and adjust seasoning. Transfer to a bowl. Whisk in oils until emulsified. Store in an airtight container in the refrigerator.

## *Five-Spice Apple Crumb Pie*

*from the kitchen of:* Jessica Raia-Long, Gamma Iota-Mercer University

“An easy alternative to the traditional pie with crusts, this takes only about 45 minutes to prepare. It’s worth its weight in gold once the guests smell the waft from the kitchen!”

1 1/2 pounds apples (about 3) cored, peeled, coarsely  
grated (in the summer I use Golden Delicious or Cortland)  
2 Tbsp. butter  
1/2 c. brown sugar, packed  
3/4 tsp. five-spice powder  
a pinch of salt  
2 Tbsp. chopped candied ginger

### *Crumb Topping:*

2 1/2 Tbsp. brown sugar, packed  
1 Tbsp. granulated sugar  
1/2 c. chopped walnuts  
a pinch of salt  
1/4 tsp. ground ginger  
1/2 tsp. ground cinnamon  
1/2 c. AP flour  
2 oz. unsalted butter, slightly softened

Preheat oven to 400 degrees.

In a food processor fitted with a metal blade, pulse together the sugars, nuts, salt and spices. Add the flour and butter, pulsing until the mixture becomes coarse and crumbly. Pinch together with your fingers to form little crumbs. Set aside.

Drain apples in a colander over a bowl to collect the juices. In a small saucepan, reduce apple juices to about 1/2 cup. Melt butter in a medium saucepan over medium-high heat. Once the butter starts to become nutty-brown, add drained apples and cook for about 12 minutes or until brown and fragrant. Add remaining filling ingredients except candied ginger. Stir frequently and allow the apples to caramelize. Add reduced juices and cook 2-3 minutes longer. Pour into a 9" pie pan. Top with crumb topping and bake 20-25 minutes or until crisp and golden on top. The fruit juices should be bubbling around the edges. Serve with vanilla ice cream, preferably homemade. Serves 6.

## *Risotto Con Il Radicchio Di Treviso*

*from the kitchen of:* Frannie Packard, Zeta-Ohio University

1 tablespoon butter	5-6 cups light meat stock
1 tablespoon oil	2 cups Vialone nano rice (or Carnaroli or Arborio)
2 oz. diced pancetta	salt and pepper
½ cup chopped onion	Generous ½ cup of freshly grated Parmesan cheese
1 clove garlic, minced	1 tablespoon butter (optional)
9 oz. radicchio, trimmed and cut into strips	

Heat butter and oil in a pan and cook the pancetta and onion until fat is almost rendered and onion is soft, stirring often. Add garlic and cook a couple of minutes more. Add the radicchio and 2 tablespoons of the stock or use a little white wine. Cook for another 10 minutes and then stir in the rice. Cook until rice is shiny—about two minutes. Gradually add the boiling stock a ladle at a time, waiting for the rice to absorb the liquid before stirring in more. Stir continually, and when the rice is cooked, check the seasoning, cover, turn off heat and let sit for five minutes. Ladle in ½ cup hot stock and the Parmesan cheese and butter. Serve immediately and pass additional Parmesan cheese.

## *Double Cheese Penne with Sausage and Hot Peppers*

*from the kitchen of:* Frannie Packard, Zeta-Ohio University

Kosher salt	2 small hot peppers or (crushed red pepper ½ teaspoon)
2 Tablespoons plus 1 tsp. extra-virgin olive oil	2/3 cup freshly grated Parmigiano Reggiano
¾ lb. dried penne or ziti	Freshly ground black pepper
1 lb. sweet Italian sausage (4 or 5 links), casings removed	8 oz. shredded low-moisture part-skim mozzarella
2 large cloves garlic, minced	
1 can (28 oz.) whole peeled tomatoes	

In a large covered pot, bring 4 quarts salted water to a boil. Lightly grease an 8x11 inch baking dish or 6 individual (1 ½ cup) gratin dishes with 1 tsp. of the olive oil.

Add the penne or ziti to the boiling water and cook until it's just tender but still firm to the tooth, about 11 minutes. Drain the pasta well and return it to its cooking pot.

Meanwhile, heat the remaining 2 tbs. oil in a large skillet over medium-high heat. When the oil is hot, add the sausage, let it sit for a minute, and then start stirring and breaking it into bite-size pieces with the side of a slotted spoon... Cook until lightly browned, another 2 to 3 minutes. Transfer to a plate using the slotted spoon.

Add the garlic to the pan, season with salt, and cook, stirring constantly, until it colors slightly, about 30 seconds. Add the tomatoes and their juices and cook at a rapid simmer, stirring occasionally and breaking up the tomatoes with the spoon, for 5 minutes till the sauce thickens slightly.

Meanwhile, preheat your oven to 425 degrees. Stir the sausage and its juices, the chopped peppers, and 1/3 cup of the parmigiano in to the sauce. Cook, stirring, until the sausage is cooked through, 3-5 minutes. Taste for salt and pepper. Pour the sauce over the cooked pasta in the pot and stir well. Spread the pasta and sauce evenly in the baking dish or gratin dishes. Sprinkle with the mozzarella and the remaining 1/3 Parmigiano. Put the dish in the oven and bake until the cheese melts and slightly browns. Serve immediately.

## *Walnut Garlic Pasta Salad*

*from the kitchen of:* Frannie Packard, Zeta-Ohio University

¼ cup oil	12oz. whole wheat pasta
5 pressed garlic cloves	Chop a half cup of parsley
Handful of toasted walnuts	1 cup grated Parmesan cheese
½ cup chicken broth	Arugula

Sauté garlic 4 minutes. Add walnuts. Sauté until fragrant. Add chicken broth. Add pasta. Coat well. Shut off heat. Add ½ cup of grated Parmesan cheese and ½ of parsley and toss. Pour contents over Arugula. Top with remaining Parmesan and parsley

## *Simple Sweet Scones with Lemon Curd*

*from the kitchen of:* Frannie Packard, Zeta–Ohio University

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### **Lemon Curd:**

1 cup sugar  
3 large eggs  
1 egg yolk  
½ cup (1 stick) unsalted butter, cut into pieces  
6 tablespoons fresh lemon juice  
2 tablespoons grated lemon peel

Whisk first 6 ingredients in heavy medium saucepan over low heat until butter melts. Cook until mixture thickens to consistency of lightly whipped cream, whisking constantly, about 5 minutes. Pour into bowl. Cover and refrigerate until cold, about 4 hours. (Is very good left at room temperature and served with fresh scones) Lemon curd will keep in refrigerator for several weeks.

### **Simple Sweet Scones:**

*Makes 10 2-inch rounds or 20 1-inch rounds*

2 ½ cups all-purpose flour  
1 tablespoon baking powder  
½ teaspoon salt  
¼ pound (1 stick) cold unsalted butter, cut up  
¼ cup sugar  
2/3 cup cream

Preheat oven to 425- degrees. Put flour, baking powder and salt into a large bowl; stir to mix well. Add butter pieces and cut in with a pastry blender or rub with your fingers until the mixture looks like fine crumbs. Add sugar; toss to mix. Add cream and stir with a fork until soft dough forms. Form dough into a ball, put onto a lightly floured board, and give 10 to 12 kneads.

Pat dough into a large circle, about ½ inch thick. Use a circular cutter 1-inch cutter or a juice glass, to make mini scones for lemon curd or a 2 inch biscuit cutter for larger scones. Place scones on an ungreased cookie sheet, slightly apart. Brush with cream and lightly sprinkle sugar evenly over top. Bake in a preheated 425-degree oven about 10 minutes for smaller scones and 10 to 12 minutes for larger scones. Serve warm with choice of butter, fresh preserves, lemon curd and a bowl of fresh strawberries.

## *Frannie's French Bread*

*from the kitchen of:* Frannie Packard, Zeta–Ohio University

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2 cups tepid water	2 tablespoons salt
1 tablespoon yeast	4 cups unbleached flour
1 tablespoon sugar	

In 2 cups of water, sprinkle yeast, sugar and salt. Let sit until slightly foamy (~10 minutes). Stir water mixture, add flour into mixture. Put on a lightly-floured surface and knead until surface is not sticky and feels like a baby's bottom (adding flour as necessary).

Place in bowl and cover with plastic wrap and sit in a warm place for 45 minutes. Turn out and pat into a circle and fold over twice. Place back into bowl and cover with plastic wrap. Set in a warm place for 30 minutes.

Turn out and make into 2 French loaves and place in buttered bread pans. Cover with cloth and let rise until doubled.

Slash the top three times with a sharp knife and brush with egg mix.

Bake at 425° until golden (20 minutes)

## *Fettuccine with Chicken and Asparagus*

*from the kitchen of:* Kelli Krook Tolf, Delta Beta—Washington State University and “Dream Dinners”

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“The addition of dijon mustard gives this satisfying spring pasta a nice kick. The pasta will cook to a firm, toothsome texture as it bakes in the sauce; if you want softer noodles cook the dish a bit longer.”

non-stick cooking spray	one teaspoon kosher salt
3/4 pound of fettuccine, cooked	1/2 teaspoon black pepper
2/3 pound, 1 1/2 cup, chopped asparagus cut into 2" pieces	2 cups non fat milk
1 1/2 pound cooked chicken breasts in 1/2 inch slices	1/4 cup white wine
1 cup (4 oz) sliced mushrooms	1/2 cup alfredo sauce
1/2 cup yellow onion, diced	1/2 cup dijon mustard
zest of one lemon, grated	

Spray one 9x13 with non stick cooking spray. Putting the pasta together: combine the fettuccine, asparagus, chicken, mushrooms, onion, lemon zest, salt, and pepper in a large bowl. Set aside. Combine the milk, wine, alfredo sauce, and dijon mustard in another bowl. Mixing until smooth. Add to the chicken and past mixture and toss to coat thoroughly. Pour mixture into the baking dish. Preheat oven to 350 degrees, cover baking dish with aluminum foil and bake for 45 minutes or until the pasta is tender and the surface is bubbly.

To freeze: Label, date, and freeze for up to 3 months. Thaw before cooking as directed above. Serves 6.

Wash your lemons before zesting, avoid the white part of the fruit or pith as it is bitter.