



# COMMUNITY SOUP APRIL 2010 PASTA POSSIBILITIES



## Baked Macaroni and Cheese

### Ingredients

- 1 lb elbow macaroni (cooked)
- 3 tablespoons butter
- 1/4 cup flour (scant)
- 2-3 cups milk
- 1/2 teaspoon dry mustard
- salt and pepper
- 2 cups grated sharp cheddar cheese
- 1 cup cottage cheese
- 1/2 cup grated parmesan cheese or 1/2 romano cheese
- 1 egg (beaten)
- 3/4 cup Italian breadcrumbs
- 4 tablespoons butter or margarine (melted)

### Directions

1. In a medium saucepan melt butter. Add flour and mix till paste. Gradually add the milk and stir over medium heat till thickened and creamy. Add dry mustard and salt and pepper to taste.
2. Remove from stove add some mixture to beaten egg and mix together. Add beaten egg mixture back into sauce and fold in cheeses one at a time till mixed.
3. Pour sauce into macaroni and blend till coated evenly.
4. Pour into a glass 9x13 ovenproof pan sprayed with Pam. Sprinkle with Italian breadcrumbs and a little more parmesan if you like and then drizzle with melted butter.
5. Bake in 350 degree oven for 35 minutes until edges are brown and crispy and sauce is bubbling. Great with a tossed salad.
6. For fun try different shaped pastas.

Recipe makes 6 servings

Cook Time: 55 minutes

Prep Time: 20 minutes

### Nutrition Facts

Calories 766 Calories from Fat 322 (42%) Amount Per Serving %DV Total Fat 35.8g 55% Saturated Fat 21.4g 107% Monounsaturated Fat 9.7g Polyunsaturated Fat 2.0g Trans Fat 0.0g Cholesterol 134mg 44% Sodium 917mg 38% Potassium 379mg 10% Total Carbohydrate 76.7g 25% Dietary Fiber 3.4g 13% Sugars 2.7g Protein 33.5g 66%



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## **Fannie Farmer's Classic Baked Macaroni and Cheese**

### Ingredients

- 1 (8 ounce) package macaroni
- 4 tablespoons butter
- 4 tablespoons flour
- 1 cup milk
- 1 cup cream
- 1/2 teaspoon salt
- fresh ground black pepper, to taste
- 2 cups cheddar cheese, shredded good quality
- 1/2 cup breadcrumbs, buttered

### Directions

1. Preheat oven to 400°F.
2. Cook and drain macaroni according to package directions; set aside.
3. In a large saucepan melt butter.
4. Add flour mixed with salt and pepper, using a whisk to stir until well blended.
5. Pour milk and cream in gradually; stirring constantly.
6. Bring to boiling point and boil 2 minutes (stirring constantly).
7. Reduce heat and cook (stirring constantly) 10 minutes.
8. Add shredded cheddar little by little and simmer an additional 5 minutes, or until cheese melts.
9. Turn off flame.
10. Add macaroni to the saucepan and toss to coat with the cheese sauce.
11. Transfer macaroni to a buttered baking dish.
12. Sprinkle with breadcrumbs.
13. Bake 20 minutes until the top is golden brown.
14. (You can also freeze this recipe in zip-lock bags for later use - once you have mixed the macaroni along with the cheese sauce allow to cool to room temperature before adding to your freezer - I generally pull it out the night before and allow macaroni and cheese to reach room temperature; I then add the macaroni and cheese to a buttered baking dish, sprinkle with bread crumbs and then bake for 20 to 30 minutes, until golden brown on top and bubbling.

Recipe makes 4 servings

Cook Time: 40 minutes

Prep Time: 20 minutes

### Nutrition Facts

Calories 836 Calories from Fat 473 (56%) Amount Per Serving %DV Total Fat 52.6g 80% Saturated Fat 32.5g 162% Monounsaturated Fat 14.6g Polyunsaturated Fat 2.2g Trans Fat 0.0g Cholesterol 164mg 54% Sodium 875mg 36% Potassium 336mg 9% Total Carbohydrate 63.6g 21% Dietary Fiber 2.6g 10% Sugars 2.2g Protein 27.5g 55%



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## Pasta Primavera

### Ingredients

- 1 small onion
- 1 cup marinara sauce
- 1 clove garlic
- Pepper
- 2 tsp dried basil
- ¼ lb dried stringbeans
- ½ cup broccoli, sliced
- 1 med tomato – chopped
- 3 oz. angel hair pasta
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp minced fresh parsley

### Directions

1. Combine first five ingredients in a medium size pot and simmer slowly for 10 minutes covered.
2. Steam string beans and broccoli for 3-4 minutes.
3. Cook pasta and drain.
4. Toss all together.
5. Top with parmesan cheese and parsley.

Recipe Makes: 2

## Marinara Sauce

### Ingredients

- ¼ cup olive oil
- 1 35oz. can crushed tomatoes
- 4 cloves garlic
- Basil
- Salt
- Pepper

### Directions

1. In a pan, add olive oil and garlic.
2. Add tomatoes. Add ¼ can water, salt, pepper. Boil.
3. Lower and heat and simmer 20-25 minutes.
4. Add basil.



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## Italian Sub Pasta Salad

### Ingredients

- 8 ounces rotini pasta, cooked drained and cooled
- 1 cup grape tomatoes, cut in halves
- 1 cup diced cucumber
- 1/2 cup diced red bell pepper
- 2 cups shredded iceberg lettuce, packed
- 1/2 cup chopped red onion
- 1/2 cup sliced black olives
- 4 ounces diced cooked ham
- 4 ounces diced hard salami
- 4 ounces cubed provolone cheese

### Dressing

- 1/3 cup extra virgin olive oil
- 1/2 cup red wine vinegar
- 1/4-1/2 teaspoon salt
- 1/4-1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar
- 1 teaspoon oregano

### Directions

1. Make sure your pasta has cooled completely.
2. In a large bowl, toss together pasta, tomatoes, cucumber, red bell pepper, shredded lettuce, chopped onion, sliced black olives, ham, salami and provolone.
3. In a jar or crouet, pour all the dressing ingredients. Shake very very well.
4. Pour over the salad and toss to coat evenly.
5. Serve.
6. If not eating right away, give another good mix/toss before serving.
7. Best if eaten the same day as prepared.

Recipe Makes: 8-10

Cook Time: 25 minutes

Prep Time: 25 minutes



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## South African Malva Pudding

### Ingredients

#### The pudding

- 6 1/2 ounces sugar (3/4 cup, 200 ml, or 180 g)
- 2 large eggs
- 1 tablespoon apricot jam
- 5 ounces all-purpose flour (150 g)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon butter (a generous tablespoon)
- 1 teaspoon vinegar
- 1/3 cup milk

#### For the sauce

- 3/4 cup fresh cream (200 ml)
- 3 1/2 ounces butter (100 g)
- 3-5 ounces sugar (90 - 150 g)
- 1/3 cup hot water (90 ml)
- 2 teaspoons vanilla essence

### Directions

1. Preheat oven to 350 deg F/180 deg Celsius. (NOTE: I find my convection/fan oven very hot. I baked the pudding at 170 deg C and had to turn it down to 160 deg C/325 deg F for fear the pudding might burn. You know your oven -- Adjust accordingly).
2. Grease an oven dish. I used a 7 x 7 x 1 1/2 inch Pyrex dish. (18 x 18 x 4 1/2 cm)
3. Beat or whip the sugar and eggs. It's quickest in a food processor, or use electric beaters. Beat until thick and lemon coloured, then add the jelly (jam) and mix through.
4. Melt the butter (don't boil) and add the butter and vinegar to the wet mixture.
5. Sieve, or simply mix together: the flour, soda and salt.
6. Add this mixture with the milk to the egg mixture in the processor or mixing bowl. Beat well.
7. Pour into an oven-proof dish and bake until pudding is brown and well-risen -- depending on your oven and oven dish this will be between 30 - 45 minutes. (Mine was done in 30 minutes this time).
8. In a pot, melt together the ingredients for the sauce, and stir well.
9. Pour it over the pudding as soon as it comes out of the oven.
10. Leave to stand awhile before serving. Serve warm. Because it's rich it does not really need enhancement, but if you want, serve with vanilla ice cream.



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## Gingerbread Bake

### Ingredients

- 1/3 cup butter
- 1/3 cup light brown sugar, packed
- 1/2 cup molasses
- 2 eggs
- 1 2/3 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon ground ginger powder
- 1/2 cup sour cream
- granulated sugar (to garnish)

### Directions

1. Set oven to 350 degrees.
2. Grease a 9x9-inch square baking pan.
3. Cream butter and brown sugar until light and fluffy; beat in molasses.
4. Beat in the eggs, one at a time.
5. Sift together the flour, baking soda, salt and ground ginger.
6. Add the sifted ingredients with sour cream alternately, to the creamed butter mixture, beating after each addition.
7. In the bottom of the greased baking dish, sprinkle with sugar.
8. Pour in the gingerbread batter; sprinkle top of batter with more sugar.
9. Bake for 25-35 minutes.
10. Serve the gingerbread warm or cold with whipping cream



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## Awesome Vegan Mediterranean Macaroni Salad

### Ingredients

1-2 cups cups cooked macaroni, enough to make one layer on a 9-13" plate

3/4 cups chopped black olives

2-3 TBSP tomato sauce

1 1/2 cups chard or broccoli or spinach, chopped

1/4 tsp thyme

salt as needed

Mix ingredients, then add 1/4 cup olive oil. Mix well.

### Directions

1. Bake 6 cups water on High Power for 6 minutes.
2. Add 6 cups macaroni, and bake for additional 3 minutes on High.
3. Let sit 30 min. to an hour.
4. You can also bake smaller quantities following the same proportions (equal parts water and macaroni).
5. Cooking times will be about the same.

As the Mediterraneans say, "Awesome, no?"