

Catholic Charities Maine Parish Social Ministry presents the Third Annual

St. Hildegard Food Pantry Recipe Challenge!



THE AMAZING POTATO!

2020 RECIPES

Many thanks to all who submitted recipes for the 2020 *St. Hildegard's Recipe Contest*. The contest was created as a way of connecting people to food choices available in local food pantries. In Maine, food pantries offer a range of choices, from just a few items and staples-only, to meats, fresh fruits and vegetables. The availability of various spices and condiments at food pantries is limited compared to what people can regularly find at grocery stores, and therefore it takes creativity to make tasty recipes when fewer ingredients are available – so the recipe contest was born.

This year the recipes were “The Amazing Potato”. Potatoes are an important crop in Aroostook County and an integral part of most American’s diets. All the recipes needed to feature potatoes in some way. The recipes in the contest were judged on ease of preparation, nutrition, and flavor. The choice was difficult as there were many delicious sounding recipes. In previous years, the top two recipes were prepared and served to the people attending a soup kitchen who voted on which dish they liked the best. Due to COVID restrictions the recipes could not be served in a soup kitchen, but we are hoping to resume that part of the contest in 2021. The top recipe was Spam and Potato Bake, submitted by Fr. Anthony Kuzia of Our Lady of the Lakes Parish (Our Lady of the Lakes Church, Oquossoc; St. Luke Church, Rangeley; St. John Church, Stratton; Bell Chapel at Sugarloaf Mountain, Carrabassett Valley). This recipe was easy to prepare with readily available ingredients. Recipe #2, went to Italian Potato Chicken Bake, submitted by Patricia McCollum of St. Raphael Church in Kittery.

The monetary prizes are awarded to the parishes who donate them to the food ministries where their parishioners either run or volunteer at. The first prize of \$1,000 awarded to Ascension of the Lord will be going to the Footprints Food Pantry in Kittery and second prize of \$500 awarded to Our Lady of the Lakes will be going to

Many thanks to all who contributed,

Susan McGaulley

Parish Social Ministry
Catholic Charities Maine

St. Hildegard of Bingen

St. Hildegard of Bingen lived in the early 12th Century in Germany. She chose to live her life dedicated to God in a convent, and she was very talented. Pope Benedict XVI declared her to be a doctor of the church due to her contribution to Catholic spiritual literature and mystical thought. Her recipe for cookies, called “Cookies of Joy”, is still made today. Try them!

St. Hildegard's “Cookies of Joy”

¾ c butter or margarine
1 c brown sugar
1 egg
1 tsp baking powder
¼ tsp salt
1-1/2 c flour
1 tsp cinnamon
1 tsp nutmeg
½ tsp ground cloves

Cream butter and brown sugar together. Beat in egg. Mix dry ingredients, then add one-half at a time to mixture. Mix well. Chill dough. Drop walnut-sized balls of dough on the cookie sheet. Flatten. Bake at 375°F for 12-15 minutes, until edges are golden brown. Cool 5 minutes before removing from sheet. Finish cooling on rack.

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A Nice Potato Bake

Ingredients

6 large Potatoes

8 ounces of cheddar cheese

Directions

1. Boil, peel and mash the potatoes.
2. Line a baking dish with butter and then layer half the mashed potatoes in it.
3. Grate the cheese and layer half of it over the bottom layer of mashed potatoes.
4. Build a second layer of mashed potatoes before layering the last of the cheese on top.
5. Bake for about 20 minutes in a medium oven.

Baked Potato Strips

Ingredients

3 large baking potatoes
2 egg whites
2 tablespoons grated Parmesan cheese
1 teaspoon garlic powder

Directions

1. Preheat oven to 375°F.
2. Cut potatoes lengthwise into thin ¼ inch strips and pat dry with paper towels.
3. In a bowl, combine the egg whites, Parmesan cheese, and garlic powder.
4. Add the potatoes and toss to coat.
5. Place in a baking pan coated with oil.
6. Bake, uncovered for 35-40 minutes or until potatoes are golden brown and tender, turning several times while cooking.

Cheddar Ham Soup (made with Potatoes)

Ingredients

7

2 cups diced peeled potatoes
2 cups water
½ cup sliced carrots
¼ chopped onion
¼ cup butter, cubed
¼ cup all-purpose flour
2 cups 2% milk
¼ - ½ teaspoon salt
¼ teaspoon pepper
2 cups shredded cheddar cheese
1 ½ cups cubed fully cooked ham
1 cup frozen peas

Directions

1. In a saucepan, combine potatoes, water, carrot and onion.
2. Bring to a boil. Reduce heat, and cover and cook until tender - about 10-15 minutes.
3. Meanwhile, in another saucepan, melt butter and stir in flour until smooth.
4. Gradually add milk, salt and pepper.
5. Bring to a boil; cook and stir until thickened – about 2 minutes.
6. Stir in shredded cheese until melted.
7. Stir into the undrained potato mixture.
8. Add ham and peas and heat through.

Cheese Potatoes

Ingredients

10 pounds of potatoes – just cooked – peel them and then dice

Make white sauce of:

1 cup butter

$\frac{3}{4}$ cup flour

$\frac{3}{4}$ teaspoon salt

1 $\frac{1}{2}$ quarts of milk

1 small onion diced

1 $\frac{1}{2}$ pounds Velveeta cheese, diced

Directions

1. Add cheese to white sauce
2. Let it melt and then pour sauce over potatoes and onion in large roasting pan.
3. Ham may be added (reduced salt). Mix well.
4. Bake uncovered at 350 degrees for one hour.
5. Serves at least 10-12

Cheesy Scalloped Potatoes

Directions

Make a cheese sauce using:

1. 2-3 TBSPN butter
2. 2-3 TBSPN flour
3. Heat these two ingredients in a saucepan, until slightly browned
4. Slowly add 1 cup of milk while stirring. A whisk works best to prevent lumps.
5. When the milk and butter/flour have been mixed together, let this heat to thicken the mixture and then add 1 cup grated cheese. You can add more if you want it super cheesy!
6. Slice potatoes thinly into rounds and arrange them in layers in a greased baking dish.
7. Pour the cheese sauce over the potatoes.
8. Bake in a 350-degree oven for 45-60 minutes or until potatoes are tender and the top is browned.

Chicken Pot Hotdish

Ingredients

3 tablespoons unsalted butter
3 carrots, chopped into ½ inch pieces
1 large onion, finely chopped
Kosher salt
6 tablespoons all-purpose flour
3 cups whole milk
Chicken soup mix for 3 cups broth (about 1 tablespoon)
1 ½ pounds boneless, skinless chicken thighs, chopped into ½ by ¾ inch pieces
¾ cup frozen peas
½ teaspoon dried thyme
Freshly ground black pepper
1 ½ pounds frozen tater tots
Ketchup for serving (optional)

Directions

1. Preheat oven to 400 degrees F.
2. In a large skillet over medium-high heat, melt the butter.
3. Add the carrots, onion and a pinch of salt and cook about 10 minutes.
4. Stir in the flour until combined and cook for another minute.
5. Add half the milk and cook, whisking continuously until thickened, about 5 minutes.
Repeat with the remaining mil.
6. Stir in the chicken soup mix and stir together.
7. Add the chicken, peas, thyme and a few turns of pepper.
8. Simmer, stirring often and until the chicken is cooked through and no longer pink – about 10-15 minutes.
9. Taste the mixture and adjust the seasonings if desired.
10. Transfer the mixture to an 8 x 11- inch baking dish (or other 3-quart oven safe dish) and then cover with the tater tots. Make them snugly and neat.
11. Bake until the tots are golden brown. Begin checking for doneness at 30 minutes.
12. Let Cool slightly and serve with ketchup, if desired.

Chicken Stew in Crock Pot

Ingredients

Chicken (However much you want, boneless, skinless, cut up into chunks – not too small because chicken will shrink during cooking.)

1 package fresh, whole carrots, peeled and cut up (As many as you want)

1 packet dry vegetable soup mix – keep dry.

1 10 oz. can low sodium cream of chicken soup

1 14 oz. can low sodium chicken broth

2-3 cups prepared mashed potatoes, including butter, salt, and pepper

Frozen or fresh broccoli florets – cooked and drained

1 8 oz. container sour cream

Directions

1. Cut up chicken and set aside.
2. Peel and cut up carrots and set aside.
3. In crock pot, put in dry vegetable soup mix, cream of chicken soup and chicken broth.
4. Whisk soups together to combine and mix well.
5. Add chicken and Carrots to crock pot and stir into soups.
6. Cover crock pot and cook on Low for 7 hours. Do not remove cover while cooking.
7. When done, cook and drain broccoli.
8. Add potatoes to crock pot and stir well to blend into mixture. Potatoes will mix in better if they are hot.
9. Add Broccoli and stir into mixture.
10. Add sour cream and stir into mixture.

COLCANNON

Ingredients

3 pounds of potatoes, boiled and mashed

One head of green cabbage shredded and boiled with one chopped onion until tender.

Drain cabbage and stir into mashed potatoes with salt, pepper and butter to taste.

(Kale can be substituted for the cabbage)

Creamy Heartland Potato Salad with Cucumber

Ingredients

For the Salad and garnish:

1 ½-2 pounds yellow-flesh potatoes scrubbed
Coarse salt
¼ cup chopped cucumber (peel and seed the cucumber first)
¼ cup finely chopped green bell pepper
1 whole scallion chopped
4 large eggs, hard cooked
¼ cup sliced radishes

For the dressing:

¼ cup cider vinegar
¼ cup sugar
1 teaspoon ground mustard
Coarse salt and freshly ground pepper
2 large eggs
1 cup mayonnaise

Directions

For the Salad:

1. Put the potatoes in a large saucepan, cover with cold water by at least an inch.
2. Add a good pinch of salt and bring to a boil. Cover the saucepan part way, reduce heat to medium, and cook until potatoes are tender.
3. Drain on a rack set in the sink and leave the potatoes there to cool completely.
4. Peel the potatoes and cut them into 1/3-inch dice. Drop them into a mixing bowl, separating the cubes as you go.
5. Add the cucumber, bell pepper and scallion. Chop 2 of the hard-cooked eggs and add them.

For the Dressing:

Combine the vinegar, sugar, mustard, salt, and pepper to taste in a small saucepan with ¼ cup water. Stir to dissolve the sugar and bring to a boil.

Whisk the eggs well in a small bowl and slowly pour into the boiling vinegar, whisking all the time. Scrape this back into the pan and return to medium low heat. Cook stirring constantly, until the dressing thickens and coats the back of a spoon for about 3 minutes. Scrape it back into the bowl and whisk in the mayonnaise.

Pour the dressing over the salad and fold to combine it well. Chill for at least an hour. Serve the salad garnished with the remaining 2 sliced hard-cooked eggs and radishes. Serves 4-6.

Curried Sweet Potato and Carrot Soup

Ingredients

2 sweet potatoes, peeled and cut into $\frac{3}{4}$ inch cubes (about 5 cups)
2 cups baby carrots
1 onion, chopped
 $\frac{3}{4}$ teaspoon curry powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{4}$ teaspoon ground ginger
4 cups vegetable broth
 $\frac{3}{4}$ cup Half & Half
1 tablespoon maple syrup

Slow Cooker Directions

1. Place sweet potatoes, carrots, onion, curry powder, salt, cinnamon, pepper and ground ginger in slow cooker.
2. Add broth, stir well to combine
3. Cover and cook on low for 7-8 hours.
4. Working in batches, process soup in food processor or blender until smooth.
5. Return to slow cooker.
6. Add Half & Half and maple syrup.
7. Cover and cook on high for 15 minutes or until heated through.
8. Makes 8 servings.

Delmonico Potatoes

Ingredients

2 pounds russet potatoes, peeled and cut into 1/3-inch cubes
1 ½ cups milk
½ cup heavy cream
Freshly grated nutmeg
Coarse salt and fresh ground black pepper
½ cup fresh breadcrumbs
3 tablespoons freshly grated parmesan

Directions

1. Heat oven to 375 degrees. Butter a 2/12 to 3- quart shallow casserole, or large oval gratin dish. Place a sheet of heavy-duty aluminum foil on the rack below the one you'll be baking on.
2. Combine the potatoes, milk, and cream in a large saucepan. Season with nutmeg, salt, pepper, and bring to a gentle simmer over medium heat. Let the potatoes simmer ever so gently for a minute or two and then remove from the heat.
3. Transfer the potatoes and their liquid to the baking dish. Stir the breadcrumbs and cheese together and sprinkle this mixture over the top of the potatoes. Let the dish sit for a few minutes so the crumbs can absorb some of the liquid.
4. Slide the potatoes into the oven and bake until they are tender, and the top is bubbly and brown (about 1 hour)

Ham & Broccoli Baked Potatoes

Ingredients

4 large baking potatoes
1 can cream of mushroom soup
¼ cup milk
2 cups chopped ham
1 ½ cups cheddar cheese
½ cup sour cream
1 cup broccoli

Directions

1. Preheat the oven to 400 degrees.
2. Scrub potatoes and pierce them several times with a fork.
3. Bake until tender about 50-75 minutes.
4. Cut an "X" in each potato. Fluff the pulp with a fork.
5. Combine all remaining ingredients and spoon onto each potato.
6. Top with cheddar and buttery breadcrumbs.
7. Sprinkle with chives (optional)

Hamburg & Potato Casserole

Directions

1. Layer as much hamburger as you want in bottom of casserole dish
2. Top that with canned corn
3. Add a layer of sliced onions, a layer of sliced potatoes
4. Add Salt & pepper to taste
5. Spoon a can of tomato soup over the top
6. Cover, & bake for 1 1/2 hours at 350°-375°.

Italian Potato Chicken Bake

Ingredients

3-4 medium potatoes (or 2 cans small white potatoes drained)
2 Tbs. oil
1 Tbs. Italian seasoning mix (optional)
1/2 tsp. salt and 1/2 tsp black pepper
1 15 oz can mixed vegetables or 1 can corn, 1 can green beans
1 12.5 oz can chicken in water
1 C. pizza or spaghetti sauce
1/3 C. grated parmesan or shredded mozzarella cheese

Directions

1. Scrub potatoes well, and cut into 1" cubes (leave skin on for nutritional value)
 2. Cook for 15-20 min. in pan of boiling salted water. (If using canned potatoes then just drain and cut in 1" pieces.)
 3. Drain potatoes in colander. Heat oil in a pan, add potatoes and saute for 5 minutes, add salt and pepper and Italian seasoning.
 4. Saute for another 5-10 more minutes till potatoes start to brown.
 5. Open can of mixed vegetables and drain in colander then place vegetables in bowl. Open can of chicken and drain water, add it to bowl of veg. add cup of pasta or pizza sauce to veg and chicken, add potatoes to the mix and stir all together to coat everything with the sauce.
 6. Pour mix into glass pan or casserole dish. Cover dish with lid or aluminum foil and bake in oven at 350 degrees for 15 minutes.
 7. Pull out of oven, uncover, pour the cheese all over the top. Put back in oven uncovered for 15 more minutes at the same temperature to melt the cheese.
- Option: make it Mexican by substituting -
Salsa for the spaghetti sauce
Shredded cheddar for the mozzarella
Black beans for the green beans/mixed vegetables

Kid's Favorite Sweet Potato

Ingredients

1 stick of unsalted butter, softened
2 sweet potatoes
2 eggs
2 teaspoons cinnamon or to taste
1 cup maple syrup
1 ½ teaspoons vanilla
½ cup milk

Topping

1 generous cup chopped pecans
¾ cup brown sugar
½ stick softened unsalted butter
½ cup flour

Lentil Vegetable Soup

Ingredients

3 Tablespoons extra virgin olive oil
3 cloves garlic chopped
Pinch of red pepper flakes
1 onion chopped
3 stalks celery, sliced thin
2 ½ cups sliced mushrooms
1 carrot chopped
3 medium gold potatoes chopped in ½ inch cubes
1 teaspoon chopped fresh rosemary
2 tablespoons fresh basil chopped
10 oz. brown lentils, rinsed
1 can diced tomatoes, undrained
1 cup chopped spinach
1 ½ teaspoon salt
1/2 teaspoon pepper
3 cups water
4 cups vegetable broth

Directions

1. Saute onion, garlic, red pepper, mushrooms, and celery in olive oil until soft.
2. Add all the rest of the ingredients and bring to a boil.
3. Reduce heat and simmer for 40-50 minutes.

Micro Scalloped Potatoes

Ingredients

3 medium potatoes, peeled and sliced
1 teaspoon flour
½ teaspoon salt
¼ teaspoon pepper
2 teaspoons soft butter
¼ cup grated low-fat cheese (optional)
1 cup fat-free milk

Directions

1. Grease a 2-quart casserole dish (microwavable).
2. Cover bottom of dish with a layer of potatoes. Sprinkle with part of the flour, salt and pepper. Dot with part of the butter.
3. Repeat layering until all potatoes are used.
4. Sprinkle cheese over top layer; pour milk over potatoes. Cover dish.
5. Microwave on high for 10 to 12 minutes, turning dish three times during cooking.
6. Place under broiler 2–3 minutes to brown.

Oven-Creamed Potatoes

Directions

1. Boil as many potatoes as needed.
2. Cool then peel.
3. Slice into aa shallow casserole.
4. Sprinkle generously with flour and grated cheese.
5. Turn Potato slices with a spoon to coat each slice.
6. Top with grated cheese.
7. Bake 45 minutes at 350 degrees.

Potato Balls

Ingredients

4 cold, boiled potatoes
2 eggs
1 tablespoon chopped parsley
Bread Crumbs
1 tablespoon melted butter

Directions

1. Mash the potatoes
2. Beat the eggs
3. Beat the mash together thoroughly with the egg and parsley.
4. Roll into balls and then cover in breadcrumbs.
5. Deep fry in oil or sauté in butter.
6. Serve warm with your meal of choice.

Potato Cakes

Ingredients

Cold mashed potatoes - preferably left over from the day before.

Flour (depending on the amount of potatoes). For every teacup of potato, about half of a tea cup of flour.

Butter to fry them in.

Directions

1. Mash the spuds with the heel of a cup and keep adding flour until you have a crumbly dough that you can roll out to about $\frac{1}{4}$ inch thick.
2. Roll around and then cut into triangles and fry them in butter in a heavy iron frying pan.
3. They should go a bit black. That's okay though – they taste fabulous.

Potato Salad (1)

Ingredients

1 cup cream
2/3 cup salad dressing
1 heaping teaspoon mustard
3 tablespoons vinegar
Sugar to taste
5-6 boiled potatoes
1 small onion chopped
1 small can peas
Salt & Pepper to taste
1 hard cooked egg sliced
Dash of Paprika

Directions

1. Whip the cream and add the salad dressing, mustard, vinegar, and sugar to taste.
2. Dice the cooked potatoes.
3. Add chopped onion, peas and seasonings.
4. Garnish with Sliced eggs and a dash of paprika.

Potato Salad (2)

Ingredients

9 potatoes cooked
8 Tablespoons Vegetable Oil
3 Tablespoons Wine vinegar
3-4 tablespoons finely chopped onion (red)
2 teaspoons Salt
½ teaspoon Pepper
½ teaspoon dry mustard and parsley

Directions

1. Mix all ingredients together
2. Soak it all together for a few hours
3. Add Mayonnaise before serving.

Potato Soup

Ingredients

¼ cup (1/2 stick) butter or margarine
½ cup chopped onion
¼ cup flour
1 can (14.5 oz) chicken broth
1 can (12 oz.) evaporated milk
2 large or 3 medium baking potatoes – baked or microwaved
Cooked and crumbled bacon (Optional)
Shredded cheddar cheese (Optional)
Sliced Green onions (Optional)

Directions

1. Melt butter in large saucepan over medium heat.
2. Add onions, cook, stirring occasionally for 1-2 minutes or until tender.
3. Stir in flour and gradually stir in broth and evaporated milk.
4. Scoop potato pulp from potatoes (reserve potato skin) and mash.
5. Add pulp to broth mixture.
6. Cook over medium heat, stirring occasionally until mixture comes to a boil.
7. Dice remaining potato skins and potatoes. Add to soup and heat through.
8. Season with salt and pepper.
9. Top each serving with bacon, cheese and green onions, if desired.
10. Makes 4 servings.

Potato Soup Mix

Ingredients

1 $\frac{3}{4}$ cups instant potato flakes
1 $\frac{1}{2}$ cups dry milk powder
2 tablespoons chicken broth powder
2 teaspoons dried minced onion
1 teaspoon dried parsley flakes
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{8}$ teaspoon turmeric
1 $\frac{1}{2}$ teaspoons seasoning salt (like Lawry's)

Directions

1. Combine all ingredients, mixing well to make sure everything is combined. A canning jar with a screw top lid makes a good storage container or other airtight container.
2. To use: Put a $\frac{1}{2}$ cup of the mix in a soup bowl. Add 1 cup of boiling water and stir to mix. Enjoy!

Other variations: Once you've combined the mix with the water you can add other goodies. Put leftover corn in it for corn chowder. You can also stir in leftover ham. You can also sprinkle bacon bits on top too.

It's also a good idea to keep some kind of label on the jar with the instructions for preparation.

Roasted Potato Salad with Herbs & Parmesan Dressing

Ingredients

2 tablespoons sherry vinegar or red wine vinegar
1 teaspoon Dijon mustard
1/3 cup extra virgin olive oil
Course sea salt or kosher salt
Freshly ground black pepper
1-2 lbs. small new potatoes, halved and quartered
1 shallot, minced
¼ cup finely grated parmigiano-reggiano cheese
6 cups torn mixed salad greens or mesclun, such as frisée, baby spinach, mizuna and radicchio, and mint
½ Vidalia or other sweet onion thinly sliced.
2 ripe tomatoes.

Directions

1. Pre-heat oven to 425 degrees.
2. Lightly oil a rimmed baking sheet.
3. In a small bowl, combine the vinegar and mustard. Slowly drizzle in the oil, whisking until fully emulsified.
4. Season with salt and pepper to taste.
5. Place the potatoes and shallots in a large bowl. Drizzle with 3 tablespoons of the vinaigrette and toss to coat. Arrange in a single layer on the baking sheet.
6. Roast for 30-40 minutes until the potatoes are lightly browned and tender when pierced with a fork, stirring and turning occasionally for even cooking.
7. Sprinkle with half the cheese and toss to coat.
8. Just before serving, in a large serving bowl, combine the greens, herbs, onion, potatoes, and remaining cheese. Toss to mix.
9. Add the remaining vinaigrette and toss to coat.
10. Season with salt and pepper to taste.
11. Garnish with the tomatoes and serve at once.
12. Serves 4-6

Roasted Beet and Potato Salad

Ingredients

3 baking potatoes (russet or Idaho with skins on)
2 tablespoons extra virgin olive oil.
Salt and freshly ground black pepper
3 medium-sized beets (about 1 lb.), tops and roots trimmed to one inch
1 cup sour cream or plain yogurt
½ small red onion, sliced
¼ cup chopped fresh dill.

Directions

1. Preheat the oven at 425 degrees. Lightly oil a rimmed baking sheet.
2. Cut the potatoes in half lengthwise. Cut each half into 6-8 thin wedges. Then cut each wedge in half widthwise.
3. Combine the potatoes, oil, and salt and pepper to taste in a large bowl.
4. Toss to coat and arrange cut side down in a single layer on the baking sheet.
5. Place the beets in a small baking dish and cover with aluminum foil.
6. Place the baking sheet and baking dish side by side in the oven. Roast the potatoes for about 25 minutes, until tender and well browned. Turn them halfway through the roasting process.
7. Roast the beets for 1-1 ¼ hours, until the largest beet is easily pierced with a knife.
8. . Meanwhile, in a small bowl, combine the sour cream, onion, dill, salt and pepper to taste.
9. When the beets are cool enough to handle, peel and cut into wedges.
10. In a large serving bowl, combine the potatoes and beets, Add the sour cream dressing and mix with a rubber spatula. Serve at once.
11. Serves 4-6

To make this into a main course salad for 4, add wedges of hard cooked eggs and bed the salad on an assortment of greens.

Roasted Garlic Mashed Potatoes

Ingredients

Aluminum foil
2 large garlic bulbs
1 teaspoon olive oil
3 pounds large red potatoes – peeled and cubed
¼ cup milk – heated
¼ cup butter – softened
Salt and pepper
1 tablespoon chopped fresh parsley

Directions

1. Pre-heat oven to 400 degrees
2. Slice off tops of unpeeled garlic bulbs
3. Remove papery outer layer of garlic bulbs.
4. Place garlic bulbs on sheet of aluminum foil.
5. Drizzle with olive oil and wrap in foil.
6. Place on cookie sheet and bake 25 minutes or until garlic is soft.
7. Cool and then squeeze pulp from garlic, mash in small bowl and set aside.
8. Place potatoes in large saucepan.
9. Cook, covered in boiling, lightly salted water about 20-25 minutes or until tender.
10. Drain and mash with potato masher or beat with an electric mixer on low speed.
11. Add roasted garlic, milk, butter, salt and pepper to taste.
12. Beat until light and fluffy.
13. Stir in parsley
14. Makes 6-8 servings.

Scalloped Potatoes with Sausage & Peppers

Ingredients

2 tablespoons olive oil
1 lb. Sweet Italian sausage (casings removed)
2 onions thinly sliced
1 large red bell pepper, cored, seeded, and cut into 1/3-inch strips
1 large green bell pepper, cored, seeded, and cut into 1/3- inch strips
Coarse salt
2 cloves garlic, minced
1 teaspoon dried oregano
Pinch of crushed red pepper
1 cup canned tomatoes with their juices
1 ¾ lbs. all purpose or russet potatoes
¼ cup all- purpose flour
½ cup freshly grated parmesan cheese
Freshy ground black pepper
2 cups half & half

Directions

1. Heat the oil in a large heavy skillet. Over medium heat until shimmering, crumble the sausage and cook, stirring and breaking up the meat with the side of your spoon, until it loses it's pink color. Spoon off all but about a tablespoon of the fat.
2. Add the onions and bell peppers. Season with salt, and cook, stirring frequently until the vegetables are soft, about 10 minutes.
3. Add a tablespoon of water if the pan dries out and the vegetables start to stick. Add the garlic and cook for about 1 minute until fragrant. Then add the oregano, crushed red pepper, and tomatoes. Stir and break up the tomatoes with the side of your spoon and cook until very thick, about 7 minutes. Remove from the heat.
4. Heat the oven to 350 degrees. Grease a 3-quart casserole dish.
5. Peel the potatoes and cut them into 1/8-inch thick slices. Combine the flour with ¼ cup of the cheese.
6. Place one-third of the potatoes in a layer in the casserole. Season with salt, pepper, and sprinkle with half the flour mix. Spoon on half of the sausage & peppers. Again, layer potatoes with salt & pepper, the rest of the flour mix, and the rest of the sausage & peppers. Top with a layer of potatoes and season with salt & pepper. Pour in the half & half and cover the casserole with aluminum foil.
7. Bake for 45 minutes. Uncover the casserole and push the potatoes down with a spatula or back of spoon to submerge them. Sprinkle with the remaining ¼ cup cheese and bake for another 40 minutes. The top of the casserole will be a rich brown or until the potatoes easily pierce with a knife. Let it rest for 20 minutes before serving. Serves 4-6

Scalloped Potatoes

Ingredients

Potatoes Thin sliced
Chopped onion
Butter
1/2 Cup Milk
Flour
Salt & pepper
Shredded cheddar cheese

Directions:

Layer an 8x8 pan

1. potato slices
2. chopped onion
3. flour dusting
4. sprinkle salt & pepper
5. 4 small dollops of butter
6. Cheese
7. Continuing layering until dish is full.
8. On last layer of cheese add 1/2 cup of milk.
9. Cover with aluminum foil
10. Bake at 350 degrees for 40-60 minutes.

“A Maine Staple: the potato”

Shepherd’s Pie with Fresh Root Vegetables

Serves 16 Time: 2 Hours

THE STAR OF THIS MAINE DISH is the topping which consists of delicious Maine potatoes and butternut squash baked, and briefly broiled, over a nutritional mix of “root vegetables” and ground beef. This is real comfort food with versatile ingredients found daily at a food pantry or soup kitchen.

FILLING INGREDIENTS

4 oz. of butter	3 tablespoons marjoram spice
4 oz. olive oil	3 tablespoons sage spice
2 lb. leeks, sliced ¼ “	1 lb. of brussels sprouts, halved
3 lb. of ground beef	1 lb. carrots, peeled and sliced ½ “
6 medium shallots or 1 large onion	2 oz. Worcestershire sauce
1 lb. white button mushroom, sliced ¼ “	black pepper & salt

MASHED POTATO and SQUASH TOPPING

5 large russet potatoes, peeled & cut	4 oz. milk
1 lb. butternut squash, peeled & cut	black pepper & salt
6 oz. butter	3 tablespoons parsley flakes, if available

RECIPE

1. Wash, trim and slice fresh leeks, slice with knife into ring shaped pieces. Sautee in butter and olive oil over medium heat.
2. Finely chop shallots, or onion, and add to heated butter, olive oil, marjoram and sage. Place ground beef in a same pan cooking over medium heat. Add sliced mushrooms, Worcestershire sauce, and salt & pepper to taste.
3. Gently boil, or steam, brussels sprouts and carrot slices, drain when firm but tender.
4. Combine all filling ingredients in large vessel over low heat and gently mix. Place mix into 3” deep pan, approximately 12” x 18” and spread evenly.
5. Boil russets potatoes and butternut squash till soft, drain well, mash and add milk, butter, salt & pepper while hot. Mix well, spoon and level mashed topping over pan filled with cooked ingredients. Salt and pepper lightly and bake at 350 degrees for 30 minutes or until potato/squash topping begins to turn a golden color. Switch over to broil for 5 to 10 minutes till the gold color darkens.
6. Remove pan from oven, sprinkle with parsley flakes, and allow to rest for 15 minutes before cutting into serving pieces.

Spam and Potato Bake

Ingredients

¼ cup of butter or margarine
1 – 12 oz can of low sodium spam, sliced & cut in strips
1 large onion, finely chopped
6 potatoes, boiled
1 tbsp dried parsley flakes
2/3 cup of evaporated milk
4 ounces of grated cheddar cheese
Salt and pepper to taste

Directions

1. Melt half the butter in a pan and fry the sliced spam until it begins to brown.
2. Remove from the pan and fry the onion until cooked.
3. Cut the cooked potatoes into wedges and arrange in a 1-quart baking dish with the onion, and spam.
4. Season with salt and pepper.
5. Pour in the evaporated milk and cover with the grated cheese.
6. Bake in a preheated 350-degree oven for 30 minutes.

Sweet Potato Casserole

Ingredients

2-2 ½ pounds sweet potatoes, scrubbed
Coarse salt
5 tablespoons unsalted butter, softened
2 tablespoons heavy cream
¼ teaspoon ground allspice
¼ teaspoon ground ginger
Freshly grated nutmeg
Freshly ground white pepper
2 tablespoons brown sugar (optional)
2 large eggs, lightly beaten

Directions

1. To boil the Potatoes: Place the sweet potatoes in a large saucepan with a copious amount of cold water and a pinch of salt and bring to a boil. Reduce the heat and simmer until the potatoes are just tender. Drain on a rack.
2. To bake the Potatoes: Heat the oven to 450 degrees. Prick the sweet potatoes with the tip of a knife and bake them on a foil covered tray until very tender. Let cool slightly.
3. Heat the oven to 350 degrees. Butter a 2-quart casserole dish (an 8-inch square baking dish is fine)
4. As soon as the potatoes are cool enough to handle, peel and pass them through a food mill or mash with a whisk in a large bowl, beat in 4 tablespoons of the butter and the cream. Season with allspice, ginger, nutmeg, salt, pepper, and sugar. Beat in the eggs.
5. Scrape the sweet potatoes into the casserole and dot the top with the 1 tablespoon of butter.
6. Bake the sweet potatoes until lightly puffed and beginning to brown – about 1 hour.

Sweet Potato Fries with BBQ Mayonnaise

Ingredients

2 pounds sweet potatoes or yams – peeled and cut into 2-inch long thin wedges
1 cup mayonnaise, divided
¼ cup barbecue sauce

Directions

1. Preheat oven to 425 degrees.
2. Line 2 jelly roll pans with aluminum foil
3. Spray pans with non-stick cooking spray.
4. Combine potatoes with ½ cup mayonnaise in large bowl; toss to coat.
5. Arrange potatoes in prepared pans.
6. Bake for 20 minutes.
7. Rotate pans and bake an additional 15 minutes or until potatoes are golden and crisp.
8. Meanwhile, combine remaining ½ cup mayonnaise with BBQ sauce in small bowl. Serve with fries.
9. Makes 8 servings

Swiss Potato Pie

Ingredients

3 cups prepared instant mashed potatoes
½ cup shredded swiss cheese (2 oz.)
½ cup mayonnaise
¼ cup chopped green onions
1 egg slightly beaten

Directions

1. With mixer or wire whisk, beat together all ingredients until well blended.
2. Spoon into a 9-inch deep pie crust.
3. Bake in a 400 degree oven for 35-45 minutes or until puffed and golden brown.
4. Serve immediately.
5. Yield 4-6 servings.

Two Ingredient Potato Tortillas

Ingredients

1 large sweet potato or regular potato
¾ cup of flour

Directions

1. Wash your potato of choice and then take a fork and poke holes all around the potato.
2. Place the potato in the microwave and microwave for 6 minutes. (You can also bake the potato in an oven).
3. When the 6 minutes are up, remove the potato from the microwave and set it aside to cool for a couple of minutes.
4. Once the potato has cooled off a bit, peel off the skin and mash the potato in a medium sized bowl.
5. Add the flour little by little to the mashed potato until a dough has formed (you can add more or less flour depending on the size of the potato).
(Regular potatoes may need some oil or water to help the dough stay together and will probably use less flour. Sweet Potatoes normally use all the ¾ cup of flour.)
6. Take out a piece of the dough and roll it out flat on a floured surface.
7. Place the rolled dough onto a heated skillet with some butter or oil and heat until small dark spots begin to form. Then flip and repeat on the other side.
8. These tortillas can be eaten alone or you can add chicken, vegetables, sour cream, salsa, cheese, etc.

Whipped Potatoes

Ingredients:

8-10 medium potatoes

1 cup sour cream

8 oz. cream cheese

1 teaspoon onion salt (to taste)

1 teaspoon garlic salt (to taste)

Recipe:

1. Boil potatoes, drain, and mash
2. Whip in sour cream and cream cheese
3. Add onion and garlic salts
4. Put in a casserole dish
5. Dot with Butter
6. Sprinkle Paprika
7. Set in refrigerator for 24 hours before baking.
8. Bake at 350-degrees about 45 minutes.