

COOKING FOR WELLNESS

December 2021 Recipes



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

caramelized onion and mushroom dip

The combination of deeply caramelized onions and mushrooms is a one-two punch of savory flavor. Use fino sherry to deglaze the pan, and then make a Not Not Martini (see p. 57) with the remaining. If you don't have any sherry on hand, use cider, white wine, or red wine vinegar instead. Makes 2 cups

- 2 Tbs. extra-virgin olive oil**
- 2 Tbs. unsalted butter**
- 3 medium yellow onions, thinly sliced**
 - Fine sea salt and freshly ground black pepper**
- $\frac{3}{4}$ lb. button mushrooms, chopped**
- 2 Tbs. fino sherry**
- $\frac{1}{4}$ tsp. crushed red pepper flakes; more to taste**
- 1 cup (8 oz.) crème fraîche, at room temperature**
- 1 to 2 Tbs. fresh lemon juice**
 - Chopped fresh flat-leaf parsley, for serving**
 - Crusty bread or potato chips, for serving**

In a large skillet over medium heat, combine 1 Tbs. of the oil and 1 Tbs. of the butter. Once the butter has melted, add the onions, and cook, stirring oc-

asionally, until browned and caramelized, adjusting the heat as needed, 35 to 45 minutes.

About halfway through cooking time, season with $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. (Note: If the onions begin to stick as they caramelize, especially near the end of cooking, add a bit of water and use a wooden spoon to scrape up any brown bits sticking to the bottom of the pan.)

Transfer the onions to a bowl. Increase the heat to medium high, and return the skillet to the stove. Add the remaining 1 Tbs. oil and 1 Tbs. butter. Once the butter has melted, add the mushrooms in a single layer and cook, undisturbed, until golden and caramelized, and the pan looks almost dry, about 7 minutes. Lower the



heat to low, and season with $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Stir and cook until mostly golden and tender, 3 to 4 minutes more.

Return the onions to the pan, and add the sherry and pepper flakes. Cook until the sherry evaporates (which will happen very quickly), season to taste with

salt and pepper, and set aside to cool to room temperature.

Stir the crème fraîche into the cooled onion-mushroom mixture, and season to taste with lemon juice. Transfer to a serving bowl. Sprinkle with the parsley, and serve at room temperature with the bread or chips.

three speedy sides

mashed roasted cauliflower and potatoes **Serves 4 to 6**

Position a rack in the center of the oven, and heat the oven to 400°F. Line a large rimmed baking sheet with parchment. In a large bowl, toss 1 lb. **cauliflower florets**, 1½ lb. **russet potatoes** peeled and cut into 1½-inch cubes, ¼ cup **olive oil**, ½ tsp. **kosher salt**, and ¼ tsp. freshly ground **black pepper**. Transfer to the baking sheet, spread in an even layer, and roast until the potatoes are tender and browned in spots, about 40 minutes. In a large bowl, mash the cauliflower and potatoes with ½ cup room-temperature **mascarpone**, 2 Tbs. room-temperature **unsalted butter**, and 1 tsp. finely grated **lemon zest**. Using a rubber spatula, fold the ingredients together until well blended and somewhat fluffy. Season with ¾ tsp. salt and ¼ tsp. pepper, top with 1 Tbs. finely chopped **smoked almonds**, and serve.



seedy herbed walnuts

*Nuts are no stranger to a cocktail party, but that's no reason to exclude them. This lightly sweet but mostly savory take combines walnuts, maple, orange, sesame, poppy, dill, and plenty of pepper. It's the ideal nibble for resetting the palate between sips. **Makes 3 cups***

- 2 Tbs. extra-virgin olive oil**
- 2 Tbs. pure maple syrup**
- 1 tsp. orange liqueur (optional)**
Zest of half an orange
- ½ tsp. smoked paprika**
- 3 cups walnuts**
- 2 Tbs. sesame seeds**
- 1 Tbs. poppyseeds**
- 1 Tbs. finely chopped fresh dill; more dill fronds for serving**
- 2 tsp. freshly ground black pepper**
- 2 tsp. flaky sea salt**

Position a rack in the center of the oven, and heat the oven to 325°F. Line a large rimmed baking sheet with parchment. In a medium bowl, whisk the oil, syrup, orange liqueur (if using), zest, and paprika. Add the walnuts and toss to coat. Transfer to the prepared baking sheet, and bake until fragrant and starting to brown, 12 to 15 minutes.

In a small bowl, combine the sesame seeds, poppyseeds, dill, pepper, and salt, and sprinkle the mixture over the nuts, stirring to coat. Return to the oven until the nuts and sesame seeds are golden, about 5 minutes more. Remove from the oven, and set aside to cool for at least 1 hour. Before serving, sprinkle with the fresh dill fronds.

FROSTED CARROT CUPCAKES

Cupcakes are fun for kids' parties, and they're faster to bake than large cakes. Pineapple, ginger, and coconut give a tropical flair to these perennial favorites. While carrot cakes are traditionally made with oil, olive oil is not the usual choice. Use regular olive oil, which has a very subtle, mildly fruity flavor; extra-virgin olive oil may be too assertive. The frosting adds sweetness and a more festive quality, but the cupcakes are good plain, too.

wet ingredients

- 1 CUP PEELED AND FINELY GRATED CARROTS, PACKED
- 1 CUP UNSWEETENED CRUSHED PINEAPPLE (8-OUNCE CAN, WELL DRAINED)
- 1 CUP BROWN SUGAR, PACKED
- 2 LARGE EGGS, LIGHTLY BEATEN
- $\frac{2}{3}$ CUP OLIVE OIL
- $\frac{1}{2}$ CUP UNSWEETENED GRATED COCONUT (PAGE 397)
- 1 TEASPOON FINELY GRATED PEELED FRESH GINGER ROOT
- 1 TEASPOON PURE VANILLA EXTRACT

YIELDS 12 CUPCAKES
PREPARATION TIME: 25 MINUTES
BAKING TIME: 25 TO 30 MINUTES
COOLING TIME: 20 MINUTES

dry ingredients

- 2 CUPS UNBLEACHED WHITE FLOUR
- 1 TEASPOON BAKING POWDER
- $\frac{1}{2}$ TEASPOON BAKING SODA
- $\frac{1}{2}$ TEASPOON SALT
- $\frac{1}{2}$ TEASPOON GROUND CINNAMON
- $\frac{1}{4}$ TEASPOON GROUND NUTMEG



vanilla cream cheese frosting

- 2 TABLESPOONS UNSALTED BUTTER, AT ROOM TEMPERATURE
- $\frac{1}{4}$ CUP NEUFCHÂTEL OR CREAM CHEESE, AT ROOM TEMPERATURE
- $\frac{2}{3}$ CUP CONFECTIONERS' SUGAR
- 1 TEASPOON PURE VANILLA EXTRACT

Preheat the oven to 350°. Butter a standard 12-cup muffin tin or fill with paper liners.

Combine the wet ingredients in a large bowl. (Reserve the pineapple juice for another use—or just drink it!) Using a large spoon, mix the ingredients together until well blended. In another bowl, sift together the dry ingredients. Stir them into the wet ingredients and mix just until all of the flour is moistened and incorporated.

Pour the batter in twelve equal portions into the prepared muffin cups. Bake for 25 to 30 minutes, until a knife inserted in the center of the largest cupcake comes out clean. Cool the cupcakes for 3 or 4 minutes; then remove them from the tin and allow to sit on a rack for about 20 minutes.

To prepare the frosting, cream together the butter and Neufchâtel or cream cheese in a food processor bowl or with an electric mixer. Add the confectioners' sugar and vanilla and beat until smooth.

When the cupcakes have cooled completely, frost them.



virgin strawberry moscow mule

This mule has lots of flavor but no kick—and that's the point! Serves 8

4 cups halved strawberries

6 cups diet ginger ale, divided

¼ cup lime juice

Crushed ice

½ cup loosely packed small fresh basil leaves

8 thin slices fresh ginger

In a blender or food processor, combine strawberries, ½ cup ginger ale, and the lime juice. Cover and blend or process until smooth. Strain if desired.

Transfer strawberry mixture to a large pitcher. Slowly pour in the remaining ginger ale; stir gently. Fill 8 glasses with crushed ice, and add basil and ginger to each glass. Pour mule into each glass to serve.

Bourbon Caramel Apple Cocktail

Stir a half gallon of apple cider with one 750mL bottle of bourbon and 2 Tbsp. of caramel sauce in a large pitcher. Chill before serving.

Apple Pie Mimosa

Combine a quart of apple cider, one 750mL bottle of chilled Champagne and 4 cinnamon sticks in a large pitcher.