

The New Traditions

Family Recipes

by Laura "Lalie" Jessica Davis Tsitlidze



Veggie Pizza

Gather

What are your favorite vegetables? You can put anything on a pizza! Here are some ideas:



You can make your own crust, but there are plenty of great frozen ones. Get some marinara sauce and shredded mozzarella cheese.

Cook

1. Follow the directions on the pizza crust. You'll probably be baking it first for a little while.
2. Cook your veggies. It's a good idea to lightly sauté all your veggies. That way, they won't release too much moisture in the oven.
3. When the crust is ready, spread the marinara sauce over evenly and sprinkle lots of cheese. Top with your veggies. **Try making a pattern or silly design.**
4. Back in the oven. Follow the directions from the crust, but also make sure your cheese and veggies are the right amount of cooked.
5. Cut up with a pizza slicer on a cutting board.

Enjoy

Did you make a few different pizzas together? Remember to share! Pizza goes great with soda and fresh pineapple or grapes.

Rosemary Ribeye

Gather



- 2 ribeye steaks
- 3 tablespoons butter (try Kerrygold)
- 2 cloves garlic
- 2 sprigs fresh rosemary (Fresh rosemary is great, but most dried pantry rosemary is delicious too. Just use a lot!)

Cook

1. Bring the steak to room temperature before cooking.
2. Generously salt and pepper each side of the steak.
3. Heat a pan to medium-high heat.
4. Add the butter. Keep it nearby, because you might want to add more once the steaks are in there.
5. To the melted butter, add minced garlic and rosemary. Also try thyme, oregano, paprika, hot pepper, and/or English mustard powder.
6. Throw in the steaks and cook to the temperature you like. Spoon the butter over the steak while each side cooks.
7. Rest the steak. **Or don't.** Sure, resting improves the flavor and moisture, but skipping that part leaves it hotter.

Enjoy

Throw broccoli or onions into the pan after removing the steak and sauté in beefy butter sauce.

Try grilling instead, using a bit of olive oil instead of a lot of butter.

Cheesy Potatoes

Gather

- 1½ lb. potatoes (new red potatoes are best)
- 1 cup shredded cheddar cheese
- chopped-up chives
- 4 Tbsp butter
- a splash of lemon juice or zest
- onion powder



Cook

1. Slice the raw potatoes into thick slices (or pieces). If you have scrawny arms or a dull knife, pop them in the microwave at 50% with a little water at the bottom of the bowl.
2. Boil the potatoes with a pinch of salt for about 10 minutes. They should be firm enough to hold their shape.
3. Let them cool a little. Then toss to mix potatoes, chives, butter, lemon, onion powder, salt, and lots of black pepper.
4. Bake the seasoned potatoes in a shallow baking dish for 20 minutes at 375°. You should see them brown at the edges.
5. Add cheese and broil until the cheese melts, probably less than 5 minutes.

Enjoy

Don't be greedy. If the potatoes are stacked a little high, no taking just the top layer! If you absolutely need more cheese, add some and pop it in the microwave.

Double the recipe if you have french-fry fiends at the table.



Cilantro Lime Chicken

Gather

- 4 chicken breasts
- 2 limes
- 1 bunch of fresh cilantro
- 3 cloves of garlic
- olive oil



Cook

1. Cut the chicken into strips, as big or small as you prefer, but smaller pieces will have more flavor in the end.
2. Cut the limes in half and juice them. Grate a little zest.
3. Chop up the cilantro. Ideally, you want a small handful once it's chopped.
4. Mince the garlic. Add more if you are a maniac.
5. Mix lime zest, cilantro, garlic, salt, and pepper. Add some hot sauce or hot peppers if you like.
6. Marinate the chicken for about an hour, or all day.
7. Pop it on the grill. Outdoor grill, George Foreman grill, stovetop grill ... **Anything is a grill if you believe in yourself!**

Enjoy

Serve with a side of broccoli. Salt one pound of broccoli flowers lightly and steam on the stove.



Top with grated parmesan cheese and some red pepper flakes.

Chai Ice Cream

Gather

- 2 cups heavy cream
- 14-oz can sweet condensed milk
- chai tea
- 1 tsp vanilla extract
- cinnamon
- cloves



Prepare

1. Boil some chai. Use at least twice the tea to water ratio as you usually would. While it's boiling, add a cinnamon stick and some cloves.
2. Grab out the cinnamon and cloves. Set aside half a cup and let it cool. **Drink the rest. Dilute it with water, if you prefer.**
3. Whip the cream until it stiffens in peaks. **Don't try this without a hand mixer or stand mixer. You will regret it.**
4. In another bowl, mix condensed milk, cold tea, and vanilla. Add just a pinch of salt and stir.

5. Carefully spoon in the whipped cream. Slowly lift and turn the spoon until the mixture is combined.
6. Put it in a freezer-safe closed container and freeze for at least 6 hours.

Enjoy

Don't tell anyone you made ice cream. Eat the whole batch as a meal with coffee.

Crunchy Didis

Gather

- 1 cup oats
- ½ cup peanut butter
- ⅓ cup honey
- ½ cup Rice Krispies
- ½ cup chocolate chips
- 1 teaspoon vanilla extract



Cook

1. Preheat the oven to 350°F.
2. In a large bowl, dump in all the ingredients. **Little hands can help with this.**
3. Wash your hands well (maybe put on some vinyl gloves), and mush everything together until it's all mixed.
4. Spoon out tablespoons onto a baking sheet. Flatten them a little, because they won't spread much.
5. Bake for 10–12 minutes or until they look nice and brown.

Enjoy

There's no egg, so you could even eat them raw. The Rice Krispies, baked or raw, makes these extra crunchy. Eat them with some fresh veggies as a snack or for dessert.

Make a whole bunch and put them in the freezer for later.

Try adding something instead of (or in addition to) chocolate chips. M&Ms or caramel chips would be delicious!

Fresh Guava Paste

Gather

- 4 medium-sized guavas (about ½ lb.)
- 1 cup white granulated sugar
- ¼ lemon



Cook

1. Peel and chop the guavas. Try to remove most of the seeds, but you won't exactly die if some are left in.
2. Blend the chopped guava until it's smooth. *If you can't get it completely smooth, see step 1.*
3. Juice the lemon quarter. *Make a glass of lemonade with the rest.*
4. On the stove, combine guava puree, sugar, and lemon juice on a medium-low heat. Some varieties of guava are sweeter than others. Go nuts on the sugar if need be.
5. Stir until the sugar is all melted in.
6. Then continue to stir forever while it thickens.
7. Every now and then, spoon a bit onto a plate. You want the consistency to be at least spreadable if not harder.
8. Let it cool in the pan, then transfer to another container lined with parchment paper.
9. Let the container cool a little more before popping it in the fridge.

Enjoy

Cook into pastries, with or without cream cheese.

Eat as guava cheese if it's hard enough, or my favorite quick treat, layer cream cheese and guava paste on a saltine cracker.

Stuffed Burgers

Gather

- 1 lb. ground meat
- pickled cherry peppers
- hamburger buns
- muenster cheese slices (*as much as you can justify, for later snacking*)

Cook

1. Chop the peppers into pretty small pieces. *If you prefer, use a different kind of pepper, but try to use only pickled varieties.*
2. You can add another stuffing if you want. If so, cook it up. Caramelized onions, sautéed mushrooms, and (very, very crispy bacon) are some good options.
3. Season the round ground beef with salt and pepper. Add *a little bit* of cumin. Also consider garlic, onion powder, and/or paprika. You can go heavier on any of those.
4. Mix it up with your hands. Wear vinyl gloves. They won't leave a taste. Or go in raw with you bare hands.
5. Make the beef into 4 patties about the circumference of your buns. Make sure you have more beef. Push down a little indent in the middle.
6. Add peppers, cheese, and anything from step 2 in the hole.
7. Pat down a little more ground beef to seal everything in.
8. Grill, pan fry, or even bake. I recommend medium-well, but *the world is your oyster!*

Enjoy

Top with leafy greens (arugula would be a good choice), tomato slices, pickles ... whatever floats your boat.

Chipotle mayo or Whataburger spicy ketchup (they sell in stores) would go well.

Yes, go ahead and use regular or gluten-free buns, but Hawaiian buns would be best. Potato buns are good too, or brioche.

Chocolate Cherry Rum Cake

Gather

- a handle of Mount Gay dark rum
- 2 sticks of butter
- any box of chocolate cake mix (about 15 oz.)
- 4 eggs
- instant vanilla pudding mix (3.5 oz.)
- a bag of dark chocolate pieces (about 12 oz.)
- jar of maraschino cherries
- ½ cup raw cane sugar (turbinado)
- 1 tsp vanilla extract
- ½ cup heavy cream

Cook

CAKE

1. Take a shot of rum. Get in the mood.
2. Use butter to grease a standard-sized bundt pan.
Add some chopped walnuts or any kind of nuts to the bottom of the pan if you'd like to add a little texture to the top of the cake.
3. Mix cake mix, eggs, ½ cup rum, 1 stick of butter, and pudding mix.
*Don't worry it's so little rum; we're going hard in the glaze. You don't **need** the whole stick of butter, so use the same stick you used to grease the pan and save a few pats.*
4. Throw in a small handful of dark chocolate pieces and no more than 10 maraschino cherries, cut in half. Mix again.
5. Pour the batter into the bundt pan and bake at 325 for about an hour, until a skewer comes out clean.
6. Let the cake cool in the pan while you make the syrup.

SYRUP

1. Melt the other stick of butter on the stove. Add ½ cup rum, a rounded half cup of raw cane sugar (turbinado), a teaspoon of vanilla extract, and a pinch of salt. Bring to a boil, then simmer until it's a smooth consistency. Add a little water if necessary.
2. Take the pan off the burner and add more rum. A few shots will do, but add a few more.
3. Poke holes in the cake with a skewer, and then pour the syrup over evenly and slowly. Let it soak in. Leave the cake to cool some more.

GANACHE

1. Put 1 cup of dark chocolate chunks into a bowl, the darker, the better.
2. Heat ½ cup of heavy cream to simmering (don't boil). Then pour it over the chocolate.
3. Stir until smooth. Pop it in the microwave for 10 seconds at a time and stir again if it's too lumpy.
4. Add in some juice from the maraschino cherry jar. *Better yet, add some cherry liqueur.*
5. Let it thicken a little. You want it thick but pourable.
6. The cake should be pretty cooled by now, turn it upside down onto a big plate. *If some sticks to the pan, no worries. Grease the pan more next time, but for now, kind of pile the stuck-on bits into the divots. No one will notice or care.*
7. Drizzle the ganache on top of the cake. It'll drizzle down the sides. Go slowly in circles to make sure it's even. *"Accidentally" add a little extra to any weird-looking places.*

Enjoy

I know you'll want to eat it right away, and it'll be delicious, but it will be even more delicious the next day.

Eat it with people you love (or want to trick into thinking you love them) with some rum punch.

Greek Salad

Gather

- 1 cup cherry or grape tomatoes
- fresh parsley
- deli meat
- pepperoncinis
- Greek dressing
- cucumber
- sliced olives
- pine nuts
- red onion
- feta cheese

Prepare

1. Chop the tomatoes, 1 cucumber, ½ onion, about half a grocery-store bunch of parsley, and pepperoncinis. (You could use 2 big ol' regular tomatoes or 5 Roma tomatoes instead of the tiny, delicious ones.)
2. If you don't have Greek dressing on hand, just whisk some olive oil, red wine vinegar, salt, and oregano in a mug with a fork.
3. Toss everything you chopped in step 1, plus some pre-sliced olives, together. Sprinkle in some crumbled feta cheese while tossing.
4. Rip up some sliced turkey or chicken for some easy protein.
5. Top the salad with the deli meat, dressing, and pine nuts. Now add extra pine nuts.

Enjoy

Amounts are relative. Life is uncertain, so don't skimp on your favorites.

Substitute romaine lettuce for the parsley if you prefer, or use a mix of both to stretch it out.



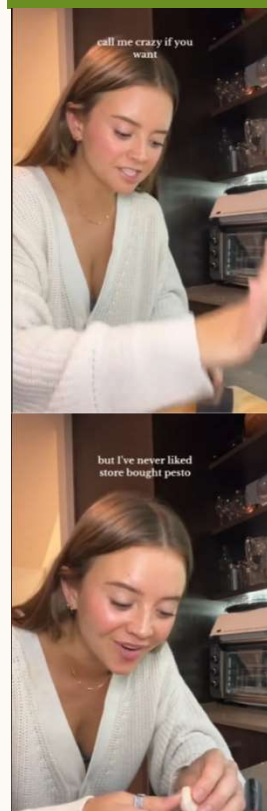
Pesto Rice

Gather

- 2 cups Basmati rice (or Jasmine)
- 2 cups basil leaves (Growing your own basil is easier than you might think. Start from seeds and keep the pot out in the sun if possible.)
- ½ cup grated parmesan (fresh grated is best, but shaky cheese will do)
- pine nuts (walnuts work too and are cheaper, but pine nuts are the G.O.A.T.)
- 2 cloves of garlic (if you're like Susi, use at least 3.)
- olive oil (the virgin-er, the better)

Cook

1. Start on the pesto first. The rice will take longer to cook than the pesto takes to make, but you need the pesto first.
2. Throw the pesto ingredients into a food processor: basil, ½ cup parmesan cheese, ½ cup pine nuts, garlic, and ½ cup olive oil. Process until well-combined but before it's liquidy. Add salt.
3. Boil the rice however you normally do, but add a spoonful into the water. Start flavoring early.
4. Once the rice is cooked, mix in the pesto. Top with black pepper, more parmesan, and/or red pepper flakes.



Enjoy

You could add spinach or another green leafy vegetable to the pesto if you're low on basil. You should probably eat some vegetables when you have a side of rice, but it's plenty green.

Blackened Shrimp Skewers

Gather

- 1 pound large shrimp (peeled and deveined)
- skewers
- olive oil
- smoked paprika
- thyme garlic powder
- onion powder
- oregano
- cayenne pepper

Cook

1. Soak your skewers in water. **Use the number that feels right in your heart.**
2. In a bowl, toss the shrimp (thawed, with extra moisture drained / wiped up) in olive oil, enough so they can all get a thin coat.
3. Mix together the spices plus some salt and pepper. This should be all powder, no fresh herbs. Ratios can be about equal.
4. Throw the spices into the shrimp bowl. Don't just dump it out in case you made too much seasoning. Or do. Seasoning is the literal spice of life.
5. Make sure each shrimp is coated to your liking in the spice mix. If it's not sticking well enough, add a little olive oil until it does.
6. Grill or cook on the stove a few minutes per side. There's a pretty small window where shrimp are cooked perfectly and not too dry. **Do your best.**



Enjoy

If you overcooked the shrimp, drizzle with olive oil before serving. Pretend you like your shrimp dry. Tell everyone, "Well, actually, the 'blackened' part in blackened seafood is that it's meant to be burnt a little." Dare them to challenge you.

Seared Snapper

Gather

- 4 snapper filets
- 3 limes
- olive oil
- jerk seasoning
- 4 cloves of garlic
- fresh cilantro



Cook

1. Juice 2 limes. Mix the juice with a few Tbsp of olive oil, a big ol' dollop of jerk seasoning, minced garlic, and salt.
2. Marinate the fish for half an hour. Add a little water if there's not enough liquid to cover the filets.
3. Pan sear the filets a few minutes each side, until it's flaky.
4. Cut the 3rd lime into wedges and set a little bowl out with chopped cilantro to garnish.

Enjoy

Serve with peas and rice (pigeon peas, white rice, salt, a little butter, and hot pepper) and a side of bonnie pepper sauce.

The End

No recipes were copied, although various sources were used to help with amounts and methods. Coupon on the back cover.

