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### Publisher's Note

Welcome to our 2nd *Cooking up Justice* cookbook, an assortment of recipes contributed by our friends in the legal community. The first section highlights delicious recipe ideas from practicing attorneys, who will engage in a cook-off competition in mid-July to see whose recipe stands above the rest. The second section (see Page 25) features additional mouth-watering recipe ideas from our contributors. Most importantly, a portion of the proceeds from the book will go to support Philabundance, our partner on this venture and the largest hunger relief organization in the region. Thank you to everyone that contributed, and we hope you enjoy testing out these recipes as much as we did. Bon Appétit!

**Hal Cohen**

Publisher, *The Legal Intelligencer*

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# Cooking Up Justice

*Recipes from your favorite law firms*

### Contestants

Billet & Associates, LLC <i>Grandma's Baked Beans and Corn Bread</i> .....	5
Caesar Rivise Bernstein Cohen & Pokotilow, Ltd. <i>Pasta Napoli</i> .....	7
DLA Piper <i>Leek, Mushroom, Thyme, and Gruyère Quiche</i> .....	9
Feldman Shepherd Wohlgelemer Tanner Weinstock & Dodig LLP <i>Risotto with Shrimp, Scallops and Summer Vegetable "Salsa"</i> .....	11
Galfand Berger, LLP <i>Mediterranean Orzo Grill</i> .....	13
Law Offices of Jeffrey N. Kale <i>Shrimp and Mango Ceviche</i> .....	15
Locks Law Firm <i>Gourmet Mac 'n Cheese</i> .....	17
Montgomery, McCracken, Walker & Rhoads, LLP <i>Chicken Provencé</i> .....	19
Volpe and Koenig, PC <i>Pastitsio/Greek Lasagna</i> .....	21
Zarwin, Baum, DeVito, Kaplan, Schaer & Toddy, PC. <i>Crispy Crab Cakes</i> .....	23

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Did you know that there are almost 1 million neighbors around the Delaware Valley in need of food assistance? And that as the need in the middle class continues to grow, those statistics could actually include your neighbor, your coworker or your friend?

Well it's true. And that's why Philabundance is so honored and excited to be working with our partners in the legal community through Cooking Up Justice.

We are passionate about getting nutritional food to those who need it, providing food access to over 65,000 people each week in 9 counties across Southeastern Pennsylvania and Southern New Jersey. Your support of Cooking Up Justice allows us to continue this vital work.

While you enjoy the many amazing recipes that your fellow lawyers have perfected through tasting time and time again, please don't forget the strain so many families feel when they are unsure of where their next meal will come from.

The 21 million pounds of food that Philabundance is able to distribute each year, through your support, is essential in helping us continue the fight against hunger.

Thank you for your help making sure that no man, woman or child go to bed hungry,

William J. Clark  
Executive Director

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The Philabundance Community Kitchen (PCK) was founded in 2000, as an adult culinary arts vocational training program that supplies critically needed meals to agencies and area emergency kitchens serving people with food insecurity. PCK promotes the self sufficiency of low-income women and men by preparing them to work in commercial kitchens.

Through a career-targeted, 14-week program, the students gain the experience and knowledge necessary to become employed following graduation. PCK offers internships and job placement assistance to help graduates obtain full-time employment. The program also offers support through life skills preparation for problem solving and long-term life and employment success.

In 2010, PCK produced over 355,000 meals. Upon graduation, 85 percent of PCK graduates gain employment in the food service industry. The program prepares students for the practical demands of job seeking and workplace expectations. PCK graduates have access to job placement and retention services for two full years.

**Chef Linda Miles** has been Chef Instructor at the Philabundance Community Kitchen (PCK) since 2004. She started her career in the culinary arts over 38 years ago, spending twenty years in the US Navy as a culinarian cooking all over the world for dignitaries and senior military officers. Chef Miles received her degree at Johnson and Wales University and later became a Restaurant Chef for Walt Disney World. In addition to her role at the PCK, she is attending the Art Institute of Philadelphia.

Here's Chef Miles' Favorite Pound Cake, and she sometimes adds lemon extract and tops it off with a lemon glaze!

**Ingredients**

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1/2 pound (2 sticks) butter, plus more for pan | 1/2 cup vegetable shortening | 3 cups sugar                |
| 3 cups all-purpose flour, plus more for pan    | 5 eggs                       | 1/2 teaspoon fine salt      |
| 1/2 teaspoon baking powder                     | 1/2 teaspoon vanilla extract | 1/2 teaspoon almond extract |
| 1 cup milk                                     |                              |                             |

**Directions**

Preheat oven to 350 degrees F.  
With a mixer, cream butter and shortening together. Add sugar, a little at a time. Add eggs, 1 at a time, beating after each addition. Stir dry ingredients together in a bowl and add to mixer alternately with milk, starting with the flour and ending with the flour. Mix in vanilla. Pour into a greased and floured tube pan and bake for 1 to 1 1/2 hours, until a toothpick inserted in the center of the cake comes out clean.



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A graduate of Penn and Temple Law School, Bob has been trying cases for 28 years. A former captain of the Penn Track & Field Team as a discus and hammer thrower, Bob is an official at the Penn Relays. He is also a Judge of Elections in Cheltenham Twp., and he and his wife, Fern, also a lawyer, are sailors and SCUBA divers. Bob is also active in the National Bone Marrow Donor Program and the Save the Children Foundation. An avid baker, Bob has been baking creative breads for family and friends for over two decades.

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## Grandma's Baked Beans and Corn Bread

**Robert Douglas Billet**, Managing Member  
Billet & Associates, LLC

#### **Baked Beans**

5 (16 oz) cans  
Heinz Vegetarian Beans  
Dark brown sugar  
(at least 1–2 cups)—  
sweeter is better!  
Heinz Ketchup  
(at least ½ cup)  
Gulden's Spicy Brown  
Mustard (at least a 2 tbsps)  
One package Hebrew  
National Hot Dogs  
(7 in a package),  
cut into ½-inch slices

#### **Corn Bread**

1 cup yellow corn meal  
1 cup white flour  
½ cup sugar  
4 tsp baking powder  
1 tsp salt  
1 cup buttermilk  
(or whole milk)  
1 (11 oz) can sweet corn  
(drained)  
2 eggs, beaten  
¼ cup vegetable shortening



#### **Directions**

**Baked Beans:** Mix all ingredients thoroughly. Bake uncovered in deep ceramic pot or Dutch oven at 400° for 2–3 hours, stirring occasionally, until mixture thickens.

**Corn Bread:** Preheat oven to 450°. Combine corn meal, flour, sugar, baking powder and salt. Add buttermilk, eggs, shortening and corn. Beat until smooth. Bake in greased 8" x 8" baking pan for 20–25 minutes.

Optional additions: diced chilies; cheddar cheese.



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Sal Guerriero: THE MAN about the kitchen! His talents range from the most imaginative antipasto dishes to the simple and delicious PASTA NAPOLI dish presented here. When not in the kitchen, Sal is found at the Philadelphia intellectual property boutique Caesar Rivise Bernstein Cohen & Pokotilow, Ltd, where his practice includes a broad range of intellectual property litigation, including complex patent, trademark, copyright and trade secret disputes. A substantial portion of his practice further includes all aspects of trademark and copyright prosecution. A graduate of Drexel University with a degree in Biology, Sal received his law degree *cum laud* from Widener University School of Law, and he was previously a research assistant at the Lankenau Institute for Medical Research.

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## Pasta Napoli

**Sal Guerriero**, Partner  
Caesar Rivise Bernstein Cohen & Pokotilow, Ltd.

### Ingredients

¼ to 1 cup extra virgin olive oil (best you can buy)

1 pound dry penne (best you can buy)

2 (28 oz) cans whole San Marzano tomatoes (Make sure it has the DOP emblem on the label!), hand crushed

sea salt and freshly ground black pepper to taste

½ cup freshly grated Parmigiano-Reggiano cheese (best you can buy; definitely not the pre-grated "Parmesan" you find in a cardboard/plastic container)

fresh basil, chopped



### Directions

Preheat oven to 400 degrees. Place oil in a large bowl. Add dry pasta and stir until well coated; let stand for 20 minutes.

Crush tomatoes and add to pasta mixture along with juices; season with salt and pepper. Stir to combine. Transfer to a 2½ quart baking dish. Cover with a parchment-lined aluminum foil.

Bake, lifting up and stirring the pasta every 15 minutes with a wooden spoon, for 45–60 minutes (pasta should be cooked just past "al dente")

Remove from oven, sprinkle with cheese and basil, and stir to incorporate.

Serve.



# STIRRING THE POT FOR A CAUSE

DLA Piper is honored to participate in the Cooking Up Justice project and salutes the efforts of Philabundance, the region's largest hunger relief organization. When it matters to our communities, it matters to us.

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Tiffany Nichols is an associate in DLA Piper's Intellectual Property group. Ms. Nichols focuses her practice on intellectual property litigation and prosecution, as well as general litigation. In the area of intellectual property litigation, Ms. Nichols has experience in the representation of clients in patent infringement matters involving the chemical arts. Ms. Nichols has handled patent prosecution matters for semiconductor devices, telecommunications, signal processing, imaging, business methods and the mechanical arts. Her general litigation experience includes environmental law. Ms. Nichols also devotes her time to pro bono projects. For example, Ms. Nichols has handled applications for Humanitarian Parole for those displaced after the earthquake in Haiti.

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## Leek, Mushroom, Thyme, and Gruyère Quiche

**Tiffany Nichols**, Associate  
DLA Piper

#### Ingredients

5 eggs  
½ pint of heavy cream  
½ lb of shredded Gruyère  
(I like DiBruno's Swiss Aged Gruyère)  
1 leek  
½ lbs of cremini mushrooms  
5 sprigs of thyme  
½ tsp of salt  
½ tsp of pepper  
1 tbs of olive oil  
1 pie crust



#### Directions

Pre-heat oven to 375°. Wash leek. Cut off both ends (the dark green and root ends) and discard. Dice ½ of remainder. Wash and remove stems of mushrooms. Dice caps. Peel leaves from thyme and set aside.

Heat olive oil on medium/high. Add leek and mushrooms. Sauté for 5–6 minutes. Remove from heat. In a separate bowl crack eggs, add heavy cream, thyme leaves, salt, and pepper. Blend with an immersion blender under mixture bubbles.

Place pie crust on baking sheet. Line bottom of pie crust with ⅓ of the shredded Gruyère. Spread sautéed leeks and mushrooms on top of the Gruyère. Pour egg mixture in crust. Spread remaining Gruyère on top of egg mixture.

Bake for 35 minutes. Check to see if quiche is set. If not, check whether quiche is set every 5 minutes, with a 45 minute maximum. Remove from oven and cool to room temperature. You can serve when quiche reaches room temperature. You can also cover and refrigerate over night (this is best).

Recipe yields one quiche—to make two quiches, simply double the recipe.

FELDMAN SHEPHERD

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In addition to serving as one of the founding partners of Feldman Shepherd, and raising four kids into now young adulthood, Carol Nelson Shepherd has enjoyed cooking ever since receiving her first Betty Crocker cookbook as a child.

Over the years, Carol has not only collected a wide variety of professional chefs' cookbooks, but has also assembled her own multi-volume series of notebooks of selected recipes organized by type of dish and ingredients. She hopes someday to get it all on the computer!

Carol loves entertaining, cooking for a crowd at family holidays, and trying to mimic restaurant meals she enjoyed. She is thrilled to be a part of Cooking Up Justice again and hopes you get as much delight from this recipe as she does.

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## Risotto with Shrimp, Scallops and Summer Vegetable "Salsa"

**Carol Nelson Shepherd**, Attorney at Law

Feldman Shepherd Wohlgelernter Tanner Weinstock & Dodig LLP

### Ingredients

8–12 large diver scallops	Red, orange, yellow and green peppers, ½ each, coarsely chopped
12–16 medium to large shrimp, peeled and deveined, leaving tail intact	2 cups Arborio rice
8 tbsp olive oil	4 cups fish stock
4 tbsp butter	2½ cups white wine
4–6 garlic cloves, minced	Small bunch fresh basil leaves, thinly sliced
2 bunches scallions, white part only, thinly sliced	Small bunch of flat leaf parsley, roughly chopped
2 shallots, finely chopped	Salt and pepper
1 small onion, chopped	Sea salt or kosher salt
16 grape tomatoes, halved lengthwise	Pinch dried red pepper

### Directions

**Risotto:** Warm 4 tbsp olive oil and 4 tbsp butter in large saucepan, and sauté onions and shallots until barely soft. Add 2 cups Arborio rice. Toss lightly to coat rice, but do not brown. Add fish stock and remaining white wine, ½ cup at a time, stirring occasionally, adding additional liquid only after the liquid has been absorbed by the rice. When almost completed, add salt and pepper, plus the chopped flat leaf parsley, reserving 2 tbsp for garnish.

**Sauce:** Warm 2 tbsp olive oil in medium large sauté pan over medium heat. Add scallions and 1 chopped shallot. Cook until just soft. Add garlic to taste, reserving 2 cloves. Cook for another 1–2 minutes. Add peppers and, if desired, corn and/or squashes. Cook until barely soft, colors still brilliant. Add ½ cup white wine, tomatoes, chopped basil, salt and pepper and pinch red pepper. Toss lightly for just 1–2 minutes to blend flavors and set aside.



Optional: Add chopped zucchini and/or yellow squash, or left-over sweet corn to vegetable mixture. Sprinkle finished dish with Asiago or Parmesan cheese.

**Shrimp and Scallops:** As the risotto and sauce are cooking, rinse and dry scallops, sprinkle with salt and set aside. Peel shrimp. Warm 1 tbsp olive oil in each of 2 small sauté pans and bring to medium high heat. Quickly cook shrimp just until pink and set aside. Sear scallops on each side, turning only once so to brown each side without overcooking the scallops. Set aside.

**To Assemble:** Gently re-warm ingredients, if necessary, on low heat. Using a small soufflé cup or glass custard cup, prepare four timbales of risotto placing one in the center of each of the four or six plates. Tumble 2 scallops and several shrimp over each timbale of risotto, and spoon a moat of the vegetable mixture around the timbale of risotto, sprinkling some over the seafood as well. Sprinkle the reserved parsley over each dish, and, if desired, some shredded Parmesan cheese and serve.



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Debra Jensen, Galfand Berger's managing partner, focuses her practice in the areas of complex medical malpractice and labor and employment law.

Debra has achieved significant results for her clients, including the distinct honor of winning a landmark American with Disabilities Act case before the full, en banc, Third Circuit Court of Appeals.

Debra has been selected four times to the Pennsylvania Super Lawyer list and is a member of multiple professional organizations, including the Million Dollar Advocates Forum, Pennsylvania Association for Justice (PaAJ) and the American Association for Justice (AAJ).

Outside the courtroom, Debra serves on the Board of Directors of the Legal Clinic for the Disabled (LCD) providing free legal services to low-income people with physical disabilities...and, she is a wizard in the kitchen!

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## Mediterranean Orzo Grill

**Debra Jensen**, Managing Partner  
Galfand Berger, LLP

### Ingredients

- 1 ½ lbs ground lamb (or lamb sausage with casings removed)
- ½ cup mint, chopped and divided (with extra for garnish)
- ½ cup basil, chopped and divided
- 3–4 cloves fresh garlic, minced
- 16 oz jar of marinated artichoke hearts, drained and rinsed and thread onto skewers
- 4 roma tomatoes (fresh), chopped
- 6 oz feta cheese, cut into ½ inch cubes
- 3 tbsp olive oil
- 1 tsp lemon zest



### Directions

Mix lamb, garlic, ½ of your basil and ½ of your mint in a bowl (add ½ tsp salt and ½ tsp pepper if you are not using sausage) and form into hamburger-sized patties.

Turn grill onto medium high heat. Cook lamb patties through, flipping once to allow for caramelization on each side. While patties cook, add Artichoke skewers to grill, also allowing some minor charring for taste.

Meanwhile, cook Orzo in well-salted water and drain when cooked. Once patties are finished cooking, break up into bite-sized pieces with a fork. Return orzo to the pot you cooked it in (should still be warm) and add broken lamb patties, artichokes, feta, chopped tomato, remaining basil and mint. Stir in olive oil and season to taste with salt and pepper.

Serve in shallow bowls, and garnish with splash of good olive oil, lemon zest and reserved mint.

Serves 6

# Jeffrey N. Kale

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Cherry Hill Attorney Jeffrey N. Kale is a trial lawyer with many years of experience. Mr. Kale focuses in the principal areas of civil litigation, contract and business litigation, commercial litigation and personal injury law. While many firms handle a high-volume of either plaintiff or defense cases, Mr. Kale has the versatility and sophistication to represent either side. Mr. Kale also optimizes his caseload so that he can give each of his client's individualized and special attention.

As Managing Partner of his Cherry Hill Law Firm, Mr. Kale is sensitive to the often high-cost of legal fees. To that end, Mr. Kale offers flexible and reasonable rates. Initial consultations are always Free. Attorney Kale is a Cherry Hill Attorney committed to helping individuals and businesses through dedication and hard work and has considerable experience in a broad range of legal areas with particular focus on the following practice areas:

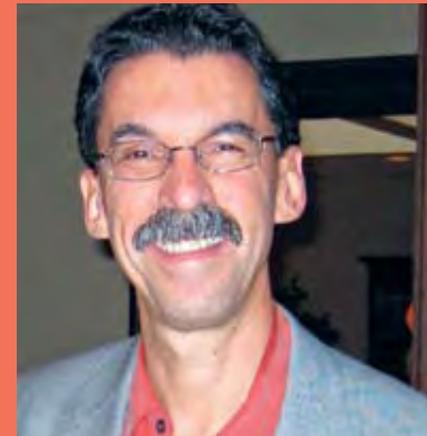
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Jeffrey N. Kale has been engaged in the general practice of law for approximately 30 years in the areas of litigation, real estate, estate planning and administration, small business counsel and personal injury. He maintains two offices in Philadelphia and Cherry Hill.

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## Shrimp and Mango Ceviche

**Jeffrey N. Kale**, Attorney at Law  
Law Offices of Jeffrey N. Kale

### Shrimp Ingredients

12 jumbo shrimp  
¼ cup black peppercorns  
¼ cup white wine  
1 bay leaf  
4 cilantro stems  
½ lemon, cut in sections  
½ lime, cut in sections  
Salt, to taste

### Dressing Ingredients

1 cup lime juice  
1 cup lemon juice  
¼ cup ketchup  
1 tbsp diced jalapeno  
2 tbsp minced cilantro  
salt & pepper, to taste



### Salad Ingredients

1 mango, peeled and diced  
½ cup red onion, diced  
½ cup plum tomatoes, diced  
½ cup cucumbers, diced

### Directions

Peel and devein **shrimp**. Prepare a pot of boiling water and add the peppercorns, wine, bay leaf cilantro, lemon, lime and salt. Cook the shrimp for 3 minutes in boiling water. Transfer shrimp to an ice water bowl. After they are cooled, slice shrimp in small pieces

For the **dressing**, add the lime and lemon juices, ketchup, jalapeno, cilantro, salt and pepper to a blender and mix. Then marinate the shrimp in the dressing for 5 minutes.

Stir in the mango, onion, tomatoes and cucumber.

Drain off the excess liquid and chill and serve with plaintain chips or gourmet tortilla chips.

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Pamela A. Lee practices in both Pennsylvania and New Jersey. She specializes in personal injury cases, as well as in complex litigation, primarily mass torts and class actions. She has extensive experience in pharmaceutical litigation, and has worked in environmental law as well. When not protecting the rights the victims of persons seriously injured as a result of negligence or harmed by defective products of corporations, she spends as much time as she can with her three children, who love her macaroni and cheese.

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## Gourmet Mac 'n Cheese

**Pamela A. Lee**, Associate Attorney  
Locks Law Firm

#### Ingredients

11 oz elbow macaroni  
12 bacon slices, chopped  
3 cups fresh breadcrumbs (French bread)  
1 cup (4 oz) parmesan cheese, finely grated  
½ cup fresh Italian parsley, chopped  
2-3 cloves garlic, minced  
3 tbsp flour  
6 cups whole milk  
6 large egg yolks  
3½ cups Fontina cheese, grated  
14 oz bag of frozen peas  
1½ tsp salt  
¾ tsp freshly ground black pepper



#### Directions

Cook macaroni in heavy large pot. Cook bacon until crisp. Transfer bacon and ¼ cup pan drippings to large bowl. Add breadcrumbs, ¼ cup parmesan cheese and ¼ cup parsley to bacon. Toss to coat.

Add minced garlic to remaining pan drippings in pot and sauté over medium heat, about 30 seconds. Add flour and whisk 3 minutes. Gradually add whisk in whole milk, then egg yolks, salt and pepper. Cook until mixture thickens, whisking constantly, about 12 minutes. Add 2 cups Fontina cheese and remaining ¾ cup parmesan cheese; whisk until cheeses melt. Remove from heat. Mix in peas, macaroni and remaining parsley. Stir in remaining 1½ cup Fontina cheese. Transfer to prepared dish.

Sprinkle breadcrumb mixture over macaroni mixture. Bake at 350° for about 15 minutes until top is golden. Let stand 15 minutes.

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Richard L. Scheff is the chairman of Montgomery McCracken. With a special emphasis on pharmaceutical and device companies, Mr. Scheff's government and corporate investigations practice focuses on False Claims Act matters, off-label promotion, pricing issues, compliance programs, securities fraud, inside trading, civil fraud and other white collar criminal matters.

In 1995, he was designated by President Clinton to serve in a consultant capacity to the Undersecretary of the Treasury for Law Enforcement. Prior to private practice, he had a distinguished career as Chief of the Corruption/Labor Section of the U.S. Attorney's Office for the Eastern District of Pennsylvania.

Mr. Scheff is frequently quoted in *The Wall Street Journal*, *The New York Times*, *Financial Times*, *Forbes* and recently appeared on CNBC.

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## Chicken Provencé

**Richard L. Scheff**, Chairman  
Montgomery, McCracken, Walker & Rhoads, LLP

### Ingredients

2 whole chicken breasts	½ lb white mushrooms
4 large garlic cloves	broccoli and cauliflower, one stalk each (optional)
1 medium onion	¾ cup flour
3 carrots	1 tsp seasoned salt
2 stalks celery	1 tsp freshly ground black pepper
½ pint brussel sprouts	1 tsp poultry seasoning
¼ lb green beans	½ cup Chardonnay wine
8 stalks of asparagus	extra virgin olive oil
½ red pepper	
½ green pepper	
½ yellow pepper	



### Directions

Slice chicken breasts quarters. Dredge chicken in flour seasoned with seasoned salt, black pepper, poultry seasoning. Reserve flour.

Clean and slice vegetables: Slice carrots and celery ¼ inch thick diagonally and then in half; cut onion in half and then in ¼ inch slices; trim brussel sprouts and cut in half; slice peppers be in ¼ inch strips; slice mushrooms; trim green bean ends; cut asparagus stalks in two.

Heat 4 tablespoons of olive oil in large heavy skillet. Sauté chopped garlic in oil for 1 minute, then add chicken. Sauté for 6 minutes per side in a covered pan. Add vegetables, sauté for another 7 to 8 minutes in covered pan.

During cooking process, stir in two tablespoons of seasoned flour.

Add ½ cup of Chardonnay wine to chicken and vegetables. If more liquid is needed, add more wine. Cook chicken, vegetables and wine in uncovered pan for 3 to 4 minutes; wine and liquid in pan should form a light sauce.

Serve immediately over a mixture of brown and wild rice.

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Ryan Miller is a patent attorney, focusing his practice on the preparation and prosecution of patent applications covering telecommunications and digital processor technologies. He also assists in litigation and transactional due diligence and counseling. Ryan graduated cum laude from Drexel University School of Law and is registered to practice before the United States Patent and Trademark office and admitted to practice law in Pennsylvania, New Jersey, and New York.

Special thanks to Maria Vamvakidou for lending her recipe!

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## Pastitsio/Greek Lasagna

**Ryan Miller**, Law Clerk  
Volpe and Koenig, P.C.

### Meat Sauce

1½ lbs ground beef  
1 onion, finely chopped  
2 cloves of garlic  
3½ cups tomatoes, finely chopped  
1 jalapeno, chopped  
1 bay leaf  
1 cinnamon stick  
¼ cup extra virgin olive oil  
⅓ cup of brandy  
pinch of sugar  
salt and ground pepper

### White Sauce (Béchamel)

3½ cups butter  
3½ cups flour  
6 cups fresh milk  
1 small onion  
2 cloves  
½ tsp grated nutmeg  
2 eggs  
salt and white pepper  
1 pkg. #2 Macaroni for Pastitsio (500g) available at Greek or ethnic groceries; or substitute penne or ziti  
½ cup parmesan cheese, grated



### Directions

**Meat Sauce:** Heat the olive oil in a wide pan. Add ground beef and stir until brown. Leave for 7–8 minutes, then add onion and garlic and leave for another 5–6 minutes. Pour in the brandy. Add bay leaf, cinnamon stick, sugar, tomatoes, jalapenos, salt and pepper. Leave the cinnamon for 5 minutes, then remove. Simmer for 20–25 minutes until the liquid is reduced.

**Béchamel:** Warm the milk in a small sauce pan. Pierce the cloves into the onion and add to the milk. Do not bring to a boil. In another pan, melt the butter gently, then add the flour gradually and, over medium heat, whisk vigorously for 2–3 minutes, until consistency is smooth. Discard the onion, slowly add the milk to the flour and butter mixture, and whisk vigorously. Make sure each amount of milk is fully incorporated before you add the next. Add all the remaining ingredients except eggs. Whisk occasionally (over medium heat always) for 7–8 minutes until the sauce thickens.

When ready, remove from heat. Add each egg, whisking briskly. Again, make sure each yolk is fully incorporated before you add the other. When ready, add two ladlefuls of the béchamel to the minced meat sauce and mix well.

Boil and drain the macaroni. Place half in a deep baking pan greased with olive oil. Pour on a ladleful of béchamel and shake the pan lightly. Pour another ladleful to the ground beef sauce and mix well. Add meat sauce to the macaroni. Place the remaining macaroni on top and pour the remaining béchamel. Shake the pan lightly to even béchamel topping and sprinkle with the ½ cup of parmesan cheese. Place it on the bottom shelf of the preheated oven and bake at 350° for 45–50 minutes.

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Mitchell S. Kaplan is the managing shareholder of Zarwin, Baum, DeVito, Kaplan, Schaer & Toddy, a mid-sized, full service law firm with four offices in Pennsylvania and New Jersey. The firm has experienced substantial growth and added numerous practice areas during Mitchell's tenure as managing shareholder. The firm is committed to providing skilled, efficient and practical legal services.

Mitchell's love of cooking was instilled in him as a young child watching his mother regularly entertain her family and friends. He frequently picks up recipes and cooking tips from being a habitual Food Network watcher and prides himself on cooking everything from "scratch" with fresh ingredients.

Mitchell's crab cake recipe is always a crowd pleaser and works with many different sauce combinations that due to space reasons could not be included with the recipe.

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## Crispy Crab Cakes

**Mitchell S. Kaplan**, Managing Shareholder  
 Zarwin, Baum, DeVito, Kaplan, Schaer & Toddy, P.C.

### Ingredients

4½ tbsp unsalted butter, melted and cooled slightly	½ tsp ground black pepper
1 cup yellow onions, chopped	⅙ tsp cayenne
½ cup celery, chopped	1 lb jumbo lump crabmeat, picked over for shells and cartilage
3 tbsp mayonnaise	6 tbsp fine dry bread crumbs
1½ tsp fresh lemon juice	⅓ cup all-purpose flour
1½ tsp extra-virgin olive oil	1 large egg
1 tbsp green onions (green parts only), chopped	2 tbsp milk
1 tbsp fresh parsley leaves, chopped	1½ cups panko (Japanese bread crumbs)
¾ tsp salt	½ vegetable oil

### Directions

Line a baking sheet with parchment paper and set aside. Heat the butter in a medium skillet and add the onions and celery. Cook, stirring, until softened, about 4 minutes. Set aside to cool.

Meanwhile, combine the mayonnaise, lemon juice, extra-virgin olive oil, green onions, chives, parsley in the bowl of a food processor and process until well blended and slightly thickened. Add the salt, pepper, and cayenne and process for 15 seconds to blend.

Transfer to a medium bowl with the cooled sautéed vegetables, crabmeat and 6 tbsp bread crumbs and fold gently to mix, being careful not to break up the lumps.

Form the crabmeat mixture into 8 (2½- to 3-inch) round cakes, about 2½ ounces each, and pack gently but firmly. Place on the prepared backing sheet, cover with plastic wrap, and refrigerate until well chilled, 1 to 2 hours.

Put the flour in a small shallow dish. In a separate bowl, whisk together the egg and the milk to make an egg wash. Put the panko in a third shallow dish. Dredge each crab cake in the flour, then in the egg wash, and then the panko crumbs, shaking to remove any excess breading. (Note that the crab cake mixture will be slightly wet and should be handled carefully. If the crab cakes become too loose during the breading, they can be refrigerated again until firm.) Set aside.

Heat ¼ cup of the vegetable oil in a large, heavy skillet over medium heat. Panfry the crab cakes 3 or 4 at a time until golden brown, about 4½ minutes per side. Add more oil as needed. Drain the crab cakes on paper towels. Keep warm.





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Desserts by Dana .....	<b>Inside Front Cover</b>	VOS Strategies <i>Hello Dollies</i> .....	<b>51</b>
Philabundance Community Kitchen <i>Chef Miles' Favorite Pound Cake</i> .....	<b>2</b>	10 Rittenhouse Square .....	<b>52</b>
The Prime Rib .....	<b>24</b>	Sam S. Yampell Jewelers <i>Sam's Steak Sandwich</i> .....	<b>54</b>
Morgan Wentworth <i>Cauliflower, Roasted Corn and Poblano Soup</i> .....	<b>26</b>	Theatre Alliance of Greater Philadelphia .....	<b>56</b>
Reading Terminal Market .....	<b>28</b>	Short Hills Restaurant & Deli <i>Kaplan's Potato Latkes</i> .....	<b>57</b>
The Restaurant Collection .....	<b>28</b>	Hershey Park .....	<b>58</b>
Thomson Reuters—Michele Cartwright <i>Summertime Risotto</i> .....	<b>29</b>	Springdale Farm Market <i>Springdale Three-Grain Cereal</i> .....	<b>59</b>
Marlene's Dress Shoppe .....	<b>30</b>	The Dispute Resolution Institute <i>Tuna Fish Curry</i> .....	<b>60</b>
Melange Café <i>Grand Marnier Zabaglione</i> .....	<b>31</b>	Pain Management & Rehabilitation Centers <i>Black Bean Turkey Chili</i> .....	<b>62</b>
Barsky Diamonds <i>Adobo Chicken</i> .....	<b>32</b>	Davis Cosmetic Plastic Surgery <i>Greek Salad Wrap</i> .....	<b>64</b>
Approach the Bench .....	<b>34</b>	Lawyers Funding Group .....	<b>66</b>
Bistro at Cherry Hill Mall <i>Roasted Corn and Chipotle Crab Cake</i> .....	<b>35</b>	Le Castagne <i>Chestnut Bisque with Duck Confit</i> .....	<b>67</b>
Coffee Serv <i>Wild Mountain Blueberry Pound Cake / White Chocolate Blueberry Drizzle Sauce</i> .....	<b>36</b>	Academy of Natural Sciences .....	<b>68</b>
The Legal Intelligencer <i>Southwest Chicken Soup / Ginger Chicken Stir Fry</i> .....	<b>38</b>	Millie's Jiggles & Wiggles Pet Grooming <i>Millie's Beef and Rice Pooch Yummy's</i> .....	<b>69</b>
American Executive Centers <i>Aunt Mae's Stuffed Peppers</i> .....	<b>40</b>	R4 Risk & Wealth Solutions <i>Mandel Bread</i> .....	<b>70</b>
Atlantis—Paradise Island, Bahamas .....	<b>42</b>	Darling's Diner .....	<b>72</b>
The Cove Atlantis Hotel & Executive Meeting Rooms .....	<b>43</b>	Gary & Lenny's New York Delicatessen & Restaurant <i>Gary &amp; Lenny's Stuffed Cabbage</i> .....	<b>73</b>
Abelson Legal Search <i>Summer Barbeque Dinner</i> .....	<b>44</b>	HB Litigation Conferences <i>Mike Mealey's Bloody Mary</i> .....	<b>74</b>
Pravda Vodka .....	<b>46</b>	Rettinger Fireplace Systems <i>Lexi Rettinger's Artichoke Chicken</i> .....	<b>75</b>
Eight Eleven .....	<b>47</b>	Finley Catering .....	<b>76</b>
B2 Salon .....	<b>48</b>	Classic Jaguar of Cherry Hill .....	<b>Back Cover</b>
Le Bec-Fin .....	<b>49</b>		
Love Court Reporting .....	<b>50</b>		



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MORGAN WENTWORTH, LLC is a legal recruiting firm located in King of Prussia, PA. The firm is dedicated to the exclusive placement of attorneys and other legal staffing.

Rachel Kantor focuses on the placement of paralegals, legal assistants and other legal staffing, while Patricia Mosesso, President, focuses on placement of lateral partners, associates and firm mergers.

In addition to her work at Morgan Wentworth, Rachel is involved in many activities, including inventing her own vegetarian recipes and cooking. This recipe is one of her favorites.



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### CAULIFLOWER, ROASTED CORN AND POBLANO SOUP



- 1 small head cauliflower, chopped
- 1 quart vegetable stock
- 2 poblano peppers – charred, peeled, seeded and chopped
- 2 ears of corn, grilled (½ cup set aside)
- 1 can cannellini beans, drained and rinsed
- 1 avocado, chopped
- 1 small onion, diced
- 4 cloves of garlic, minced
- ¼ teaspoon crushed red pepper
- 1 teaspoon smoked paprika
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 tablespoons chopped cilantro

In a large saucepan, sauté onion in olive oil over medium heat until transparent. Add crushed red pepper, smoked paprika and garlic and sauté for 1–2 minutes longer. Add vegetable stock, cauliflower, cannellini beans, poblano peppers and corn (making sure to reserve ½ cup). Bring to a boil, reduce heat and simmer for 30–40 minutes. Puree the soup in a blender in batches, adding additional water or stock as necessary until desired consistency is reached. Return to pot and keep warm until ready to serve.

To serve, top with reserved corn, avocado, cilantro and serve with tortilla chips on the side.

Serves 4.



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## SUMMERTIME RISOTTO *by Michele Cartwright*

### Ingredients

- 3 ears sweet corn, kernels removed, cream pressed from the cobs
- 8 cups spring or filtered water
- 4 Tbs. extra olive oil
- 2 Tbs. unsalted butter
- 1 cup finely chopped sweet onion
- 1 cup chopped green bell pepper, seeded
- 3 teaspoons minced garlic
- 4 sprigs fresh thyme
- 2 cups Arborio rice (I use Nano)
- 1 cup dry white wine
- 2 lbs. shrimp, peeled and deveined
- 1 cup chopped grape tomatoes
- 1/4 cup chopped green onions, green tops only
- 1 cup grated Parmigiano-Reggiano (it pays to use the good stuff)
- 1/3 cup heavy cream
- Salt and freshly ground black pepper
- 4 tablespoons fresh basil chiffonade



Michele Cartwright is a Corporate Sales Consultant for Thomson Reuters in Philadelphia and surrounding counties including Delaware and parts of New Jersey. She has been with Thomson for 13 years. Michele loves spending time with family and friends and loves going to Phillies games. She enjoys going to at least one or two away games a year to see a new town and support her team.

### Directions

With a sharp knife remove the kernels from the corn cobs, next run the back of the knife down the cob pressing out the cream and reserving it with the kernels. Cover the cobs with water and bring to a boil and let simmer for at least 30 minutes. Keep water warm.

In a large Dutch oven, heat the olive oil and butter over medium heat. Add the onion, bell pepper, thyme and corn kernels and sauté until tender, about 5 minutes. Add the garlic and sauté until fragrant, about 30 seconds. Increase the heat to medium-high add the rice (do not rinse) and cook, stirring constantly, until it becomes opaque, about 4 minutes (cook the full 4 minutes). Add the wine and cook, stirring constantly, until the rice has completely absorbed all the liquid.

Begin by adding two cups of your corn stock keeping the pot at a gentle simmer (stir often). Be patient and wait until most of the stock has been absorbed. Add another cup and continue by adding your stock in 1/2 cup increments as the liquid is absorbed. Stir often careful not to let the rice dry out between additions. After 15 minutes add the shrimp, tomatoes and green onions, cooking another 5 minutes, until rice is al dente. (You should use about 6 cups of corn water). Add 1/2 cup of the Parmesan, heavy cream basil and stir well to mix. Take off the heat and fold in the reserved butter, season, to taste with salt and freshly ground black pepper. Serve with remaining basil and Parmesan at table.

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# Melange

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## Featured Recipe: Grand Marnier Zabaglione

- Fresh berries  
(any berries or peaches work well!)
- 8 tablespoons sugar
- 4 tablespoons Grand Marnier
- 5 egg yolks
- 1 cup heavy cream

Place egg yolks, 2 tablespoons sugar, and 2 tablespoons Grand Marnier in top of a double boiler set over simmering water. Beat for 20 minutes or until mixture is very thick and has doubled in volume.

Slowly add heavy cream and remaining sugar and Grand Marnier.

Serve warm or cold over berries.



Chef/Owner and author Joe Brown has been serving up a perfect blend of Cajun Creole and Italian cuisine at his restaurant Melange Cafe since 1995. Originally located in Cherry Hill and now in Haddonfield, Chef Joe has been in the restaurant business for over 32 years.

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BARSKY

# Adobo Chicken

(About 6 servings)

## Ingredients

- 2 tablespoons vegetable oil
- 1 (3 lb) chicken, cut into pieces (remove skin)
- 1 large yellow onion, chopped
- 2 tablespoons minced garlic
- 1/3 cup vinegar (white or apple cider)
- 2/3 cup low sodium soy sauce
- 1 teaspoon of lemon juice
- 1 tablespoon garlic powder
- 1 tablespoon black pepper
- 2 bay leaves

## Directions

Heat the vegetable oil in a large skillet over medium-high heat. Cook chicken pieces until golden brown on both sides, then remove from pan. Stir in the onion and garlic; cook until tender and slightly brown about 5-6 minutes.

Pour in vinegar, soy sauce, and lemon juice and season with garlic powder, black pepper, and bay leaves. Add the browned chicken, increase the heat to high, and bring to a boil. Reduce heat to medium-low, cover, and simmer until the chicken is tender and cooked through, approximately 35 to 40 minutes.

Serve over fresh steamed white or brown rice.



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## Bistro at Cherry Hill Mall

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### Roasted Corn and Chipotle Crab Cake

**Ingredients:**

- 1 lb Lump Crabmeat
- 1 tablespoon Chipotle Peppers in Adobo Sauce
- 1-1/2 cups Roasted Corn taken off cobb
- 1 Beaten Egg
- 3/4 Cup fresh diced wonder bread
- 2 tablespoons Hellmans Mayonaise
- 1 tablespoon dijon mustard
- 1 tablespoon Worcestershire
- 1 tablespoon Old Bay seasoning
- Pinch Sea Salt
- Pinch Cracked Black Pepper



**Cooking Instructions:**

Combine all ingredients together in a bowl leaving aside the crabmeat and the bread crumbs and mix well.

Gently fold crabmeat into mixture. Add the bread crumbs do not squeeze or overmix. Gently form into desired size by hand. Pan fry until golden brown on each side.

Serving Size: Six 3-4 oz. cakes

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*Harvard Health Letter* recently published a rundown on **coffee's many benefits**, and we couldn't be more excited. Turns out, your morning cup might have anti-cancer properties – and may lower your risk of getting diabetes. And, in men, coffee seems to protect against Parkinson's disease. Studies also show that coffee may not increase the risk for high blood pressure, as previously thought.

See the full article at [http://www.health.harvard.edu/press\\_releases/coffee\\_health\\_benefits](http://www.health.harvard.edu/press_releases/coffee_health_benefits)

## Wild Mountain Blueberry Pound Cake

- 2 c. all purpose flour
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 c. butter
- 1 c. dark brown sugar
- 4 large eggs
- 1/2 c. Wild Mountain Blueberry Coffee
- 1 c. fresh blueberries, washed and dried

Preheat the oven to 350F. In a medium bowl, combine flour, baking powder, cinnamon, and salt. Whisk together until fully combined and aerated.

In a large mixing bowl, cream together butter and brown sugar until light and fluffy. Add eggs, one at a time, mixing after each addition until fully incorporated.

Add flour and coffee in turns with mixer on low, mixing until flour and coffee are both completely mixed in, but do not over mix.

Mix in the fresh blueberries by hand. You do not want them to burst, so mix gently.

Spray a 9" x 5" bread loaf pan with cooking spray for baking, or grease with butter or vegetable shorting and sprinkle with a little flour. Pour batter into pan and bake for 55-60 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Remove from oven and allow to cool for 10-20 minutes. Using a butter knife, work around the edge of the pan to loosen the cake. Remove to a cooling rack and allow to cool completely, about an hour.

Drizzle with white chocolate blueberry coffee sauce and more fresh blueberries.



## White Chocolate Blueberry Drizzle Sauce

- 1 c. White Chocolate Chips
- 1 tbsp light corn syrup
- 1/4 c. Wild Mountain Blueberry Coffee
- 2 tbsp half & half
- Powdered sugar as needed to thicken

In a medium bowl, place the chocolate chips and corn syrup. Set aside. In a small sauce pan, heat the coffee and half and half slowly, until just boiling. Pour over the chocolate and corn syrup and stir continually until the chocolate is completely melted. The sauce should be fairly thick, of a "drizzle" consistency. When you lift the spoon out of the sauce, it should slowly fall off the spoon. If the sauce is a bit too thick, thin it with a bit more coffee. If the sauce is too thin, add powdered sugar by the tablespoon and stir until you get your desired consistency. The consistency can vary by brand/type of white chocolate chips used.

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Jayne Overturf is an account manager in the sales department at The Legal Intelligencer. Jayne loves creating new recipes for her husband, Ryan, and if they don't turn out, their Welsh Corgi, Rocket, gets to enjoy them. When not working or cooking, Jayne enjoys trying new restaurants and spending time with family and friends.

### SOUTHWEST CHICKEN SOUP

- 1 lb of chicken breast, diced
- 1 onion, chopped
- 2 cloves of garlic, minced
- ½ teaspoon chili powder
- ½ teaspoon cayenne pepper
- 32 oz of chicken broth
- 14½ oz (1 can) diced tomatoes
- 14½ oz (1 can) crushed tomatoes
- 14½ oz (1 can) black beans, rinsed and drained
- 2 cups frozen corn
- 1 small can of tomato paste
- 2 tablespoons olive oil
- salt, pepper, additional cayenne to taste



Heat oil; thoroughly cook diced chicken, season with salt and pepper. Add onion, garlic and spices; cook until the onion is soft. Add chicken stock, crushed, dice tomatoes, bring to a low boil. Add the rest of the canned ingredients and corn. Reduce heat and simmer for 15 minutes. Ladle soup into a bowl, top with tortilla chips, sour cream, and shredded cheese.



Tracy Footes is the Circulation/Marketing Supervisor at The Legal Intelligencer. Tracy enjoys cooking and baking. She loves preparing meals and desserts for her family and friends.

### GINGER CHICKEN STIR FRY

- 1 lb boneless skinless chicken breasts, cut into 1 inch pieces
- 1 garlic clove, minced
- 3 teaspoons olive oil, divided
- 2 tablespoons powdered ginger (I use Powdered China Ginger by Penzey)
- 2 tablespoons reduced-sodium soy sauce
- ½ teaspoon seasoned salt
- ½ teaspoon pepper
- 1 (16 ounce) package your favorite frozen stir-fry vegetable blend
- 2 teaspoons cornstarch
- 1 tablespoon cold water
- hot, cooked yellow rice



In a large nonstick skillet or wok, stir-fry chicken and garlic in 2 teaspoons oil. Add soy sauce, salt and pepper. Cook and stir until chicken is lightly browned and juices run clear. Remove and keep warm. In the same pan, stir-fry the vegetables in remaining oil for 2-3 minutes or until heated through. Return chicken to the pan; mix well. Combine cornstarch and cold water until smooth; stir into chicken mixture. Bring to a boil; cook and stir for 1 minute or until thickened. Serve over rice.

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## Aunt Mae's Stuffed Peppers

4 to 5 green peppers

2 tsp oregano

1½ to 2 lbs sweet Italian sausage

1½ cups grated Parmesan cheese

1 tbsp olive oil

2 eggs beaten

2 (10 oz.) pkgs. chopped spinach (thawed)

½ tsp salt

2 cloves crushed garlic

½ tsp black pepper

½ cup Italian bread crumbs

Wash peppers, cut in half lengthwise and remove seeds

Blanch in boiling water for 3 minutes

Drain peppers and set aside in a large roasting pan

Squeeze sausage meat from casing and sauté in a frying pan with one tablespoon olive oil, breaking sausage meat into small pieces

Drain spinach and squeeze out excess moisture

Add spinach, garlic, salt, pepper and oregano to sausage and stir, remove from heat

Blend in the eggs once the mixture has cooled

Mix well and fill pepper halves with equal amounts of filling

Sprinkle with parmesan cheese

Add ½ inch of water to the bottom of the pan and cover peppers with aluminum foil

Bake at 350 degrees for 15 minutes

Remove foil and continue to bake for 15 minutes

They are served best with your favorite pasta and pesto sauce and a salad. Enjoy.



As President and COO of American Executive Centers, Mike Howard has been instrumental in securing the firm's position of excellence within the Executive Suite industry. He is an active member and sponsor of numerous business organizations, including, Business Club of America, Mid-Atlantic Business Alliance, The Greater Philadelphia Chamber of Commerce, and the British American Business Council. In December 2010, he was appointed a one year term Board of Directors seat for the Office Business Center Association International. Howard also co-founded Donors Are Heroes, an organization that raises awareness of the importance of the need for organ donors, and he actively supports READ TO ME Early Literacy Program, a non-profit that promotes literacy for young children within the Philadelphia School District.



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# CATHY ABELSON'S

# SUMMER BARBEQUE DINNER



## MARINATED FLANK STEAK

3–4 lb flank steak  
½ cup soy sauce  
¼ cup white vinegar  
½ tsp ground ginger  
1 tsp garlic powder  
3 tbsp sugar

1. Mix ingredients together until blended
2. Score the meat slightly on both sides
3. Put meat into a plastic bag and add marinade
4. Marinate ideally for about 24 hours
5. Grill for about 10–15 minutes per side
6. Slice thinly against the grain



## PASTA SALAD WITH SUN-DRIED TOMATOES

1 lb of Farfalle pasta  
1 bottle oil packed sun-dried tomatoes, chopped & drained  
8–10 oz French feta cheese  
1 cup chopped fresh basil  
½ cup pine nuts (toasted)

### Dressing

⅓ cup balsamic vinegar  
⅔ cup extra virgin olive oil  
2 tsp Dijon mustard  
3–4 cloves of garlic, minced or crushed

1. Boil Farfalle pasta for about 8 minutes, drain
2. Put pasta in a large bowl, mix in the sun-dried tomatoes
3. Prepare dressing; whisk oil in to the vinegar, add mustard and garlic
4. When ready to serve add the cheese (crumb into small pieces), pine nuts (save 2 tbsp) and mix thoroughly
5. Carefully mix in basil and top with remaining pine nuts and a few basil leaves as garnish



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## BROWNIES

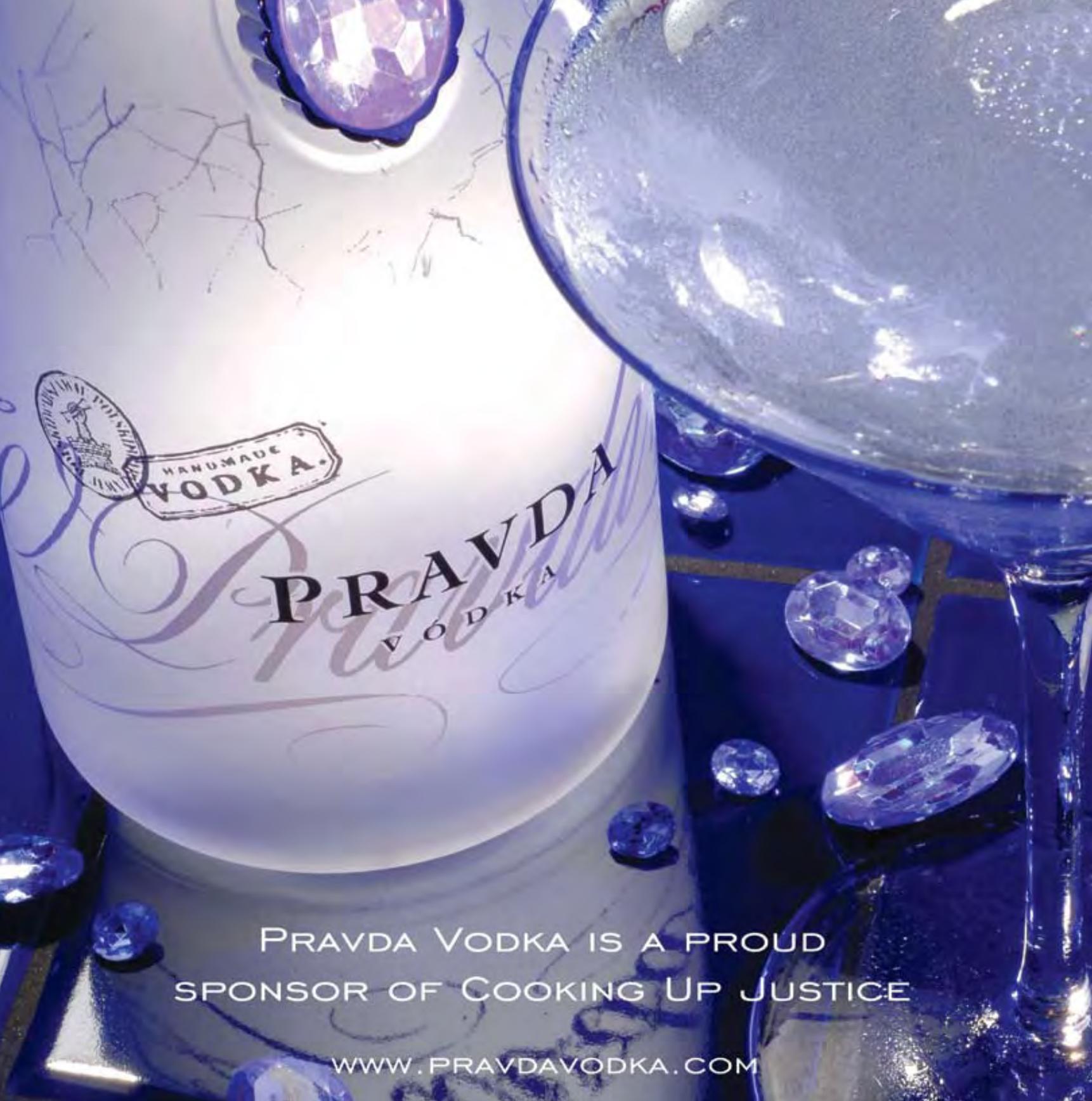
4 large eggs  
6 one oz squares unsweetened chocolate  
½ lb of unsalted butter  
2 cups sugar  
⅔ cup flour  
1 tsp baking powder  
1½ tsp vanilla

1. Beat eggs slightly
2. Melt the butter and chocolate, cool a bit and then add to egg mixture
3. Add remaining ingredients and mix until well blended
4. Pour into a 9" x 12" baking pan
5. Optional – Add nuts or mini chocolate morsels to the top
6. Bake at 350° for ½ to ¾'s of an hour

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## Hello Dollies

### Ingredients:

- One 13 x 9 Pan
- 1/4 lb. Butter (*Margarine*)  
Melt in Pan
- 1 3/4 Cup Corn Flakes  
(*crumble but not fine*)
- 2 tbsp. Sugar
- 12 oz. Nestle Semi-Sweet  
Chocolate Chips (*1 1/3 Cup*)

- 7 oz. Shredded Coconut  
(*1 1/2 Cups*)
- 1 1/2 Cups Chopped Walnuts
- 1 1/4 oz. Can Eagle Brand  
Condensed Milk



### Cooking Instructions:

Melt butter in pan, make sure sides and corners are well greased. Mix corn flakes and sugar together and pat down in pan to form crust. Layer next three ingredients in that order. Zig zag condensed milk over top – cover evenly.

Bake at 350 degrees for about 30 to 35 minutes until top is light brown.

Cool on wire rack for about 10 minutes. Make cuts into small squares (5 cuts the long way) (use judgment for the other way). Make sure you cut all the way through and loosen sides. Cool for another 10 - 12 minutes then use spatula to take them out. Do not cool them too long. If you want to layer them in a pan, put wax paper in between.

They freeze very well and taste great frozen.

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As president of the consulting firm, VOS Strategies LLC, Caren brings to her clients 13 years of experience in strategic planning, marketing, communications, sales and project management.

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## Sam's Steak Sandwich



**Ingredients:**

- 2 garlic cloves, minced
- Kosher salt
- 1 tablespoon minced rosemary
- 1 1/2 teaspoons extra-virgin olive oil
- One 1 pound flank steak
- Freshly ground pepper
- Four 1/2 inch thick slices of whole grain bread

- 2 teaspoons mayonnaise
- 2 teaspoons Dijon mustard
- 8 slices of fresh-pickled green tomatoes (recipe follows), plus 1 tablespoon pickling liquid
- 1 cup packed baby arugula

**Cooking Instructions:**

On a work surface, sprinkle the minced garlic with salt and, using the flat side of a knife, mash the garlic to a smooth paste. In a small bowl, whisk the garlic paste with the rosemary, paprika and olive oil. Rub the marinade all over the steak and let stand at room temperature for 2 hours or refrigerate for up to 2 days.

Heat a grill pan. Season the flank steak with salt and pepper and grill over moderately high heat, turning once, until medium-rare, about 7 minutes. Transfer the steak to a board and let rest for about 5 minutes. Thinly slice the steak across the grain.

Grill the bread until crisp and golden, about 2 minutes per side. Spread each slice with 1/2 teaspoon each of mayonnaise and mustard. Arrange the steak on the bread and top with the pickled green tomatoes.

In a medium bowl, toss the arugula with the tomato pickling liquid and season with salt and pepper. Mound the arugula on the sandwiches and serve.

Serving Size: 4



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Sam has 30 years of jewelry experience with the last 15 years spent at Sam Yampell. He's married with 2 daughters, loves to read at the beach and has just become a new grandfather.

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### Kaplan's Potato Latkes

#### Ingredients:

- 3 pounds potatoes, peeled and quartered
- 2 large onions (use 1½ cups grated onions)
- 3 extra large eggs
- 1 teaspoon baking powder
- ¾ cup rendered chicken fat
- 1 cup flour
- 1½ teaspoons salt
- ¼ teaspoon white pepper
- 2 cups matzo meal
- 1 tablespoon fresh chopped parsley



#### Cooking Instructions:

In a food processor fine grate potatoes and onions. Do not liquefy. Strain to eliminate excess liquid.

Add eggs and chicken fat, flour, salt and pepper, mix well. Fold in matzo meal. Make sure everything is well blended.

Heat ½ cup of chicken fat into a deep skillet. Spoon batter into pan to create pancakes oval or round at medium heat until underside is dark brown. Turn over and fry for a minute or two.

Serving Size: 4

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**Springdale Three-Grain Cereal**

**Ingredients:**

- 1/3 cup pearly barley
- 1/4 cup quinoa
- Kosher salt
- 6 ounces Medjool dates (about 8 dates with pits)
- Boiling water
- 1 cup quick-cooking rolled oats
- Pinch of cinnamon
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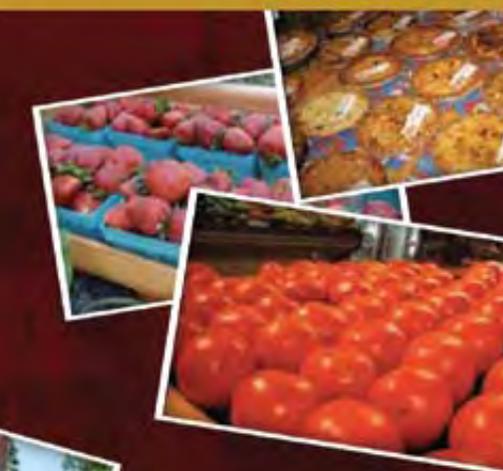


**Cooking Instructions:**

In a medium saucepan of slated boiling water, cook the pearly barley over moderate heat for about 30 minutes, until tender. Drain the barley in a colander and shake off all of the excess water.

Meanwhile, in a small saucepan, combine the quinoa, 1/2 cup of water and a pinch of salt to a boil. Cover and simmer over low heat until the water is absorbed, about 15 minutes.

Serving Size: 4



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In addition, he conducts a “mock appellate argument” to allow the attorney to “dry run” the appellate argument and makes suggestions as to how to make the argument more receptive by Appellate Court.

He became a chef out of necessity when he was a single parent with two boys under ten and specializes in cooking with a Wok, a George Foreman grill and a microwave (You should try his microwave live lobster). This recipe is one of his that tries to create a Four Seasons gourmet-style meal on a McDonalds budget.



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## TUNA FISH CURRY

### Ingredients

- 2 tablespoons of oil
- 1 clove of garlic, peeled, crushed (or cheat and use powered garlic)
- 2 small apples (preferably tart), peeled, cored and seeded
- 2 teaspoons curry powder (more or less to taste)
- 1 (8 oz) can tomato sauce (if in a pinch and desperate, can use spaghetti sauce)
- 2 tablespoons sherry or dry white wine (not absolutely necessary)
- 1 (8 oz) can of Tuna, drained and broken into chunks (my son also uses left over chicken)
- 2 cups hot cooked rice

### Directions

Heat the oil and garlic, preferably in a wok. Cook until the garlic is lightly browned. If using real garlic, discard the garlic. Stir fry the apple over medium heat a minute or two. Add the curry powder and tomato sauce. After the mixture boils, add the sherry or wine and tuna and stir. Serve over rice.

It's designed for four servings, but you might want to make more than listed if your eaters are growing boys. I became a chef out of necessity when I was a single parent with two boys under ten and specialize in cooking with a Wok, a George Foreman grill and a microwave (You should try my microwave live lobster).

This recipe is one of his that tries to create a Four Seasons gourmet-style meal on a McDonalds budget.



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### BLACK BEAN TURKEY CHILI

2 tablespoons extra-virgin olive oil  
1 pound lean ground turkey (white meat only)  
3 garlic cloves, minced  
1 medium onion, finely chopped  
2 tablespoons ancho chile powder  
1 teaspoon ground cumin  
One 14-ounce can chopped tomatoes  
One 15-ounce can tomato sauce  
One 15-ounce can black beans, drained and rinsed  
4 corn tortillas  
Salt and freshly ground pepper

#### Directions

In a saucepan, heat the oil. Add the turkey, season with salt and pepper and cook over moderate heat, breaking up the meat, until white throughout, 4 minutes. Add the garlic, onion, chile powders and the cumin and cook, stirring, until fragrant, 5 minutes. Stir in the tomatoes, tomato sauce and 1 cup of water; bring to a simmer. Cook over low heat, stirring occasionally, until thickened, 45 minutes. Add the beans and simmer for 15 minutes.

Meanwhile, light a grill or heat a grill pan. Grill the tortillas over moderate heat until soft, 30 seconds per side; wrap in a towel.

Season the chili with salt and pepper and serve with the grilled tortillas.



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## Greek Salad Wrap



**Ingredients:**

- 6 Wraps, Halved Horizontally and Toasted
- 1, 7 oz. Container Purchased Hummus
- 4 Romaine Lettuce Leaves
- 1 Large Tomato, Sliced
- 1 Yellow Sweet Pepper, Seeded and Sliced

- 1/2 an English Cucumber, Sliced
- 2 oz. Feta Cheese, Crumbled
- 1/4 Cup Lightly Packed Fresh Oregano Leaves
- 1/4 Cup Purchased Greek Vinaigrette Dressing

**Cooking Instructions:**

Spread eight pita halves with hummus. Layer four of the spread slices with romaine, tomato and sweet pepper slices. Top with four spread pita halves, hummus side up.

Layer cucumber, feta cheese and fresh oregano. Drizzle with dressing. Top with remaining pita halves. Makes 4 sandwiches (4 servings).

To toast: Preheat broiler. Lay pita halves, cut sides up, on two baking sheets. One baking sheet at a time, broil pita halves 3 to 4 inches from heat for 1 minute until toasted.

*Each serving: 454 cal., 14 g. fat, 13 mg. chol., 975 mg. sodium, 66 g. carb, 7 g. fiber, 16 g. pro.*

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## Chestnut Bisque with Duck Confit



### Ingredients

- ½ pound pancetta bacon, sliced or cut into ½-inch dice
- 1 onion ½-inch dice
- 1 stalk of celery, cut into ½-inch dice
- 1 small carrot, cut into ½-inch dice
- 1 medium parsnip, peeled and cut into ½-inch dice
- 1 medium Idaho potato, peeled, cut into ½-inch dice
- 2 pounds fresh chestnuts, boiled and peeled
- 12 sprigs thyme, tied together
- 1 cup Ruby Port wine
- 1 cup red wine
- 4 cups chicken stock
- 1 cup heavy cream
- Salt and pepper, to taste
- 1 pound duck confit

### Directions

Over medium-low heat in a large heavy-bottomed saucepan, cook the pancetta bacon, stirring occasionally, until the bacon has slightly browned and has started to render its fat. Add the onion, celery and carrot and cook slowly, until soft and translucent. Add the parsnip, potato, chestnuts, thyme, port and red wine and simmer on low heat until it is almost reduced completely. Add the chicken stock and continue to cook until the chestnuts have completely softened, about 30 minutes. Finish with heavy cream, remove the thyme springs and puree in the blender. Strain the soup through a fine sieve and adjust the seasonings with salt and pepper. Garnish with duck confit.



**Brian Wilson, Chef**



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### Ingredients:

- 1 Jar Baby Food, Dinner, Vegetables and Beef, strained
- 2 1/2 Cups flour, all-purpose
- 1 Cup Whole Wheat Flour
- 1 Cup Rice
- 1 Package unflavored Gelatin
- 1 Whole Egg
- 2 tbsp. Vegetable Oil
- 1 Cup Powdered Milk
- 1 Package Yeast
- 1/4 Cup Warm Water
- 1 Beef Bouillon Cube

### Cooking Instructions:

Dissolve yeast in warm water. Mix dry ingredients in large bowl. Add yeast, egg, oil, baby food and dissolved beef bouillon. Mix well.

Mixture will be very dry, knead with hands until it forms a ball. Roll out on floured surface to 1/4 inch thickness, cut in 1 or 2 inch circles. Bake on un-greased cookie sheet 30 minutes at 300 degrees.

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## MANDEL BREAD

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1 stick butter/margarine  
1 cup sugar  
3 eggs  
2½ cups flour (maybe more, enough to bring loaves to firm consistency)  
1½ tsp baking powder  
½ tsp salt  
½ cup raisins  
1 cup crushed walnuts  
chocolate chips (optional)

Beat butter/margarine & sugar together. Add eggs & beat well. Add flour, baking powder & salt. Mix together. Add nuts and raisins (& chocolate chips if using). Oil hands if needed. Shape into 3 loaves. Bake on cookie sheet at 350 degrees for 25 minutes. Take out, cut into diagonal slices. Place back in oven, bake at 325 degrees for 10 more minutes or until golden brown.

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## Gary & Lenny's Stuffed Cabbage

### Ingredients:

*(chop and mix well)*

- 2 Cups Rice Cooked
- 10 lb. Ground Beef
- 2 Red Pepper
- 2 Green Pepper
- 3-4 Onions
- 2 Hotel Spoons Fresh Garlic
- 2 Hotel Spoons Beef Base

*(add to meat mixture)*

- 1/2 Can (3 lb.) Ketchup
- 1/4 Cup Worcestershire Sauce
- 2 tbsp. Black Pepper
- 2 tbsp. Hot Sauce
- 1/2 Hotel Spoon Bread Crumbs



### Cooking Instructions:

Add rice. Line stuffed cabbage in a full size pan. Cover with sauce with some brown sugar. Cover the pan with wax paper or aluminum foil. Cook for 1 1/2 hours at 350 degrees.



When Gary met Lenny it was over a tongue sandwich at Moish and Itzy's in Bucks County, and the rest is history. Lenny, a Brooklyn native and Gary a seasoned delicatessen restaurateur, decided to open Gary and Lenny's. This New York Restaurant and Deli opened on Route One in Lawrenceville. Lenny who frequented Moish and Itzy's in Newtown suggested that a restaurant of this type was needed near his hometown of Princeton. While Moish and Itzy's has been a family business for years, the newer Gary and Lenny's location has been getting rave reviews. Both stores offer full service restaurants and Deli to-go departments. Catering services at both stores are second to none featuring affairs from Bar/Bat Mitzvahs to corporate meetings and events.



# LITIGATION CONFERENCES

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## Mike Mealey's Bloody Mary



### Ingredients

Fresh Lemon  
Fresh Lime  
Fresh Horseradish  
Beef Bullion  
Vodka  
Tomato Juice  
Celery Salt  
Fresh Celery  
Ice

### Directions

Mix together the juice from half a lemon, the juice from a quarter lime, a lump of horseradish, tomato juice and vodka. The amount of vodka depends on the day you're having. Even without vodka this is a great drink.

In a coffee cup (it must be a coffee cup to be authentic), mix three tablespoons of STRONG beef bullion. If making a batch, use two heaping teaspoons of bullion to about half a coffee cup of hot water.

Pour the ingredients together in a tall, chilled glass with ice, and stir thoroughly. Drop in a crisp celery stalk if you like that kind of thing. Sprinkle top with celery salt and serve.



Mike Mealey founded Mealey Publications Inc. in 1984. The line of Mealey's litigation reports is now part of LexisNexis®. The Mealey Conference division was sold to HB in 2008. Mike and Judy Mealey are retired and split their time between Utah and Pennsylvania. Thanks to Mike for allowing us to share his famous recipe!

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## Lexi Rettinger's Artichoke Chicken

### Ingredients:

- 4 Boneless Chicken Breasts – sliced in half and pounded
- 1 cup Wondra Flour
- 3 tablespoons EVOO (I use Extra Light)
- 1 cup reduced fat chicken broth
- 2 cups roasted pepper slices (I make my own but you can use jar)
- 1/2 cup white wine (Whatever you have opened and have not consumed yet!)
- 2 jars marinated artichokes (drained & rinsed)
- 2 tablespoons capers
- Juice of 1/2 lemon
- 2-3 garlic gloves sliced or chopped Morton's Nature's Seasons (seasoned salt)
- 1/4 teaspoon of crushed red pepper seed



### Cooking Instructions:

Preheat oven to 325 F.

Sprinkle chicken breasts with Nature's Seasons, dredge chicken breasts through flour. Heat 2-3 sliced/chopped garlic gloves in EVOO. Add chicken and sauté for approximately 2 minutes each side. Place chicken in 9x12 baking dish. Add chicken broth and white wine to baking dish.

In the same pan you sauté the chicken now add a little more EVOO and garlic, artichokes, peppers, capers and Nature's Season and simmer for 2 minutes on low. Pour mixture over top of chicken, squeeze lemon and sprinkle with crushed red pepper seed.

Bake covered for 45 minutes and then 15 minutes uncovered. Add more chicken broth and wine if necessary to be sure it stays moist.

Serving Size: 4

Tanti baci & buon appetito!



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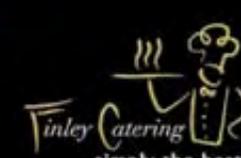


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