

3rd Edition

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## Publisher's Note

Back by popular demand is our 2012 Cooking up Justice cookbook, an assortment of recipes contributed by our friends in the legal community. As in previous editions, the first section highlights delicious recipe ideas from practicing attorneys, who will engage in a cook-off competition on July 19th to see whose recipe stands above the rest. The second section (see Page 31) features additional mouth-watering recipe ideas from our contributors. Most importantly, a portion of the proceeds from the book will again 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*

## The Legal Intelligencer

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# Cooking Up Justice

*Recipes from your favorite law firms*

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*Driving hunger from our communities*

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.

A handwritten signature in black ink that reads "William J. Clark".

William J. Clark  
Executive Director

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## thanks Cooking Up Justice for all of your support!

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 2011, PCK produced over 400,000 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 Noah Mathay** Chef Noah Mathay brings 20 years of culinary training to PCK. He graduated from The Academy of Culinary Arts in Mays Landing, NJ in 1997. He has spent time working in Rehoboth Beach, and Wilmington, DE as well as Vail and Telluride, CO.

He has overseen the operations of private country club, fine dining, and casual/bistro kitchens as well as serving as Culinary Instructor for another local Non-Profit. He brings a diverse culinary background, passion for food and cooking and real world style of training to PCK.

Here is Chef Noah's smoked, coffee rubbed St. Louis style rib recipe:

**Ingredients**

1 rack St. Louis or baby back ribs	1 teaspoon black pepper
1 cup brown sugar	1 teaspoon kosher salt
½ cup ground coffee	1 teaspoon smoked paprika
1 tablespoon granulated garlic	1 teaspoon chili powder
1 tablespoon granulated onion	½ teaspoon crushed red chili flakes

**Directions**

Place all dry ingredients into a bowl and mix well. Place rack of ribs on a pan and spread dry seasoning liberally over ribs. Using your hands to "rub" seasoning into the meat, covering the entire rack.

Cover ribs with plastic wrap and leave in the refrigerator for 2-24 hours. Prepare smoking chips by soaking them in water for 30 minutes, while the wood chips are soaking light the coals and let them ash over.

Place a layer of soaked wood chips over the coals, place the ribs on the grill rack and smoke for 1-2 hours, wrap the ribs in aluminum foil and continue to cook for about an hour in a pre-heated 325F oven until ribs are tender.





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Sal Guerriero: A buongustaio, who tries to live by the simple words, "if you are what you eat, you might as well eat the good stuff." His talents range from the most imaginative antipasto dishes to the simple and delicious ROASTED SADDLE OF LAMB 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 all aspects of Intellectual Property law, including the policing, enforcement and defense of patents, trademarks, copyrights and trade secrets. A graduate of Drexel University with a degree in Biology, Sal received his law degree cum laud from Widener University School of Law.

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# Roasted Saddle of Lamb with Mint Pesto

Presented with Sautéed Fiddlehead Ferns and Roasted Garlic Potato Purée

**Sal Guerriero**, Partner

Caesar Rivise Bernstein Cohen & Pokotilow, Ltd.

## Ingredients

2 loins from 1 saddle of lamb (purchase at a specialty butcher such as Esposito's Meats in the Italian Market)

Salt, pepper

Sunflower oil

3 sprigs of thyme

½ bunch mint (leaves only)

1 bunch of parsley (leaves only)

3–4 large stems of basil (leaves only)

5 garlic cloves (peeled)

Zest from 1 lemon

Juice of 1 lemon

2 tbsp salt

Pinch of black pepper

1½ cup good quality extra virgin olive oil



## Directions

**Pesto:** In a food processor, combine mint, parsley and basil leaves, garlic, lemon zest, lemon juice, salt and pepper and pulse until roughly chopped. With the processor on, add the olive oil in a thin stream and process until smooth.

**Lamb:** Preheat oven to 350°. Generously salt and pepper the lamb. In a very large, ovenproof skillet, heat 2–3 tbsp of sunflower oil. Add the lamb, 2 sprigs of thyme and cook over high heat until nicely browned all over, about 2 minutes per side.

When the saddle is well colored, transfer the skillet to the oven and roast the lamb for about 4–5 minutes for rare, or until desired temperature. Transfer to a carving board and let rest for at least 8 minutes. Discard thyme sprigs. Slice lamb on bias and serve with mint pesto.

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May Mon is an attorney with Deasey Mahoney Valentini & North, Ltd. and focuses her practice on employment and civil rights litigation on behalf of management.

In August 2007, May Mon was selected by American Lawyer Media as one of Pennsylvania's Lawyers on the Fast Track. In 2008, 2010, 2011, and 2012, she was selected as Pennsylvania's Rising Star by Super Lawyers. She was awarded Best Lawyers Under 40 recognition in 2010 by the National Asian Pacific American Bar Association.

May Mon is the co-chair of the Philadelphia Bar Association's Solo and Small Firm Management Committee. She served as the President of the Asian Pacific American Bar Association of Pennsylvania in 2009, Chair of the Minorities in the Profession Committee in 2006 and 2007, and Vice Chair of the Young Lawyers' Division in 2007.

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## Easy Breezy Paella

**May Mon Post**, Attorney

Deasey Mahoney Valentini & North, Ltd.

### Ingredients

2½ tablespoons olive oil	¼ tsp paprika
¾ lb medium shrimp, peeled and deveined	Pinch of saffron
1 (12 oz) Spanish chorizo, sliced in ½-inch quarters	1 can (14.5 oz) chicken broth
1 medium yellow bell pepper; diced	2 8-fl oz clam juice
5–6 green olives, diced	Coarse salt and ground pepper
1 small onion, finely chopped	1 cup frozen green peas, thawed
3 cloves garlic, minced	2 dozen clams (in shells), optional
1½ cups yellow rice	



### Directions

In a heavy 12-inch sauté pan, heat 1 tbsp oil over medium heat. Cook 1 clove garlic for 45–60 seconds. Turn heat to medium-high and add shrimp until just pink on both sides, about 4 minutes (do not overcook). Transfer to a plate.

Add ¼ tbsp oil and chorizo to pan; cook over medium heat until cooked, about 2 minutes. Transfer to a plate. Add ½ tbsp oil and yellow bell pepper to pan, and cook, about 2 minutes. Add green olives and cook for about 1 minute. Transfer to a plate.

Add the remaining oil (½ tbsp) and onion to pan, and cook, stirring frequently, until translucent, 3 to 4 minutes. Add the remaining garlic and rice; cook, stirring to coat, until rice is translucent, 1–2 minutes.

In a small cup, add a pinch of saffron to 2 tbsp of boiling water and add to the rice mixture. Stir in paprika, chicken broth and clam juice, scraping up browned bits from bottom of pan with a wooden spoon. Season with salt and pepper. Bring to a boil, then reduce heat to a simmer. Cover, and cook until rice is tender and has absorbed almost all liquid, about 20 minutes.

While the rice is cooking, steam the clams. Stir in peas to the rice mixture; cook until rice is done (about 5 minutes). When the rice is cooked, stir in cooked shrimp, chorizo, yellow bell pepper, and olives. Place the steamed clams in shells in the paella. Serve immediately.



# 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.  
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Denise Murphy, an Executive Assistant at DLA Piper for the past 17 years, has spent a lifetime cooking for her family. Her children have reaped the benefits of her culinary skills over the years and, in fact, her daughter, Samantha Fallavollita, no longer takes cooking lessons from Denise, but rather, ventures out on her own, creating fantastic dishes for the family. Submitted to the "Cooking Up Justice" is an original recipe created by Samantha. Denise is now relegated to being Samantha's assistant in the kitchen.

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# Chocolate Chip Cookie Dough Cupcakes

**Denise Murphy**, Executive Assistant  
DLA Piper LLP (US)

## Cookie Dough Ingredients

1½ cups all-purpose flour	1 tsp salt
¼ tsp baking soda	1⅓ cups milk
¼ tsp sea salt	Vegetable oil
½ cup butter, softened	1 stick butter, softened
½ cup white sugar	1 tbsp vanilla extract
½ cup brown sugar	3 large eggs
1 egg	
2 tsp vanilla extract	
1 cup mini semisweet chocolate chips	

## Yellow Cake Ingredients

2½ cups all-purpose flour (do not sift)	1 cup unsalted butter, softened (ideal texture should be like ice cream)
1½ cups granulated sugar	3–4 cups confectioners (powdered) sugar, SIFTED
3½ tsps baking powder	¼ tsp table salt
	1 tbsp vanilla extract
	Up to 4 tbsp milk or heavy cream

## Directions:

**Prepare Cookie Dough:** Whisk flour, baking soda, sea salt; set aside. Beat butter, white & brown sugar with electric mixer in large bowl until smooth. Add 1 egg & vanilla extract, beat until smooth. Mix in flour mixture until just incorporated. Fold in chocolate chips; mixing just enough to evenly combine. Form dough into tablespoon-sized balls; place onto a baking sheet, & freeze until solid, about 2 hours. Preheat oven to 350°. Line 24 muffin cups.

**Prepare cake mix:** In large mixing bowl combine flour, sugar, baking powder & salt, mixing well. Measure 1½ cups of milk in 2 cup measuring cup, then add enough vegetable oil to bring the liquid up to 1½ cups. Add milk/vegetable oil mixture, butter & vanilla to flour mixture, beat with electric mixer on medium to medium-high speed for 2 min., scraping sides of bowl as needed. Add eggs & continue beating an additional 2 min. Spoon cake batter into cupcake liners, filling each ¾ full. Place a frozen

cookie dough ball on the top center of each cupcake. Bake until toothpick inserted into cake portion (not the cookie dough ball) comes clean, appox 20 mins. Cool in pans for 10 mins. before removing to cool completely on wire rack.

**Prepare Icing:** Beat butter for a few minutes with a mixer with paddle attachment on medium speed. Add 3 cups of powdered sugar, turn your mixer on the lowest speed (so the sugar doesn't blow everywhere) until sugar has been incorporated with butter. Increase mixer speed to medium and add vanilla extract, salt, and 2 tablespoons of milk/cream and beat for 3 minutes. If your frosting needs a more stiff consistency, add remaining sugar. If your frosting needs to be thinned out, add remaining milk 1 tablespoon at a time.

Pipe icing on cupcakes and decorate with topping of your choice.



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Grace M. Deon is a Shareholder in the Litigation practice group at Eastburn and Gray, P.C. where she represents companies and individuals in employment law cases and general commercial litigation matters. She is an experienced trial attorney, who has tried cases before federal and state tribunals, argued at the appellate level and appeared before a variety of administrative agencies.

Grace reviews, prepares and negotiates employment agreements and severance packages and counsels employees and employers on human resource related issues. She also represents Pennsylvania school districts in employment and special education matters. In 2011, she was appointed to chair the Pennsylvania Bar Association's Legal Services for Exceptional Children Committee.

Grace currently serves on the Board of Directors for the Bucks County Bar Association, the Network of Victim Assistance and the Bucks County Foundation.

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## Citrus Shrimp Paired with the "White Orchid"

**Grace M. Deon**, Shareholder  
Eastburn and Gray, P.C.

### **Shrimp Marinade** **Ingredients**

3 tbsp olive oil  
2 tbsp lime juice  
2 tbsp orange juice concentrate  
1 tbsp orange zest  
1 tbsp minced garlic  
2 tsp Dijon mustard  
1 tbsp ground coriander  
½ tsp red pepper flakes

¼ cup chopped cilantro  
½ tsp kosher salt

### **The White Orchid\*** **Ingredients**

1 part Domaine de Canton®  
1 part Citrus Vodka  
1 part white cranberry juice  
Shake and strain into a martini glass. Garnish with candied ginger.



\*Cocktail recipe courtesy of Domaine de Canton®

### **Directions**

Mix all ingredients together.

**Shrimp Preparation:** Peel and devein 1 pound of large shrimp (16/20 count). Be sure to remove the tails as well. Add shrimp to the marinade and refrigerate for at least an hour or up to 6 hours. Soak 16–20 six-inch bamboo skewers in water in at least an hour.

**Cooking Instructions:** Heat oven to 450°. Thread the head and the tail of the shrimp onto the end of a skewer. Spray baking sheet with cooking spray and place skewered shrimp on the baking sheet. Space the shrimp so they are not touching. Spoon small amount of marinade over shrimp. Roast shrimp for 5 minutes or just until cooked through, being careful not to overcook.

Makes enough for 4 appetizer portions (4 shrimp per person).

Serve by passing on a platter with cilantro and lime garnish with a glass of the White Orchid.

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In addition to serving as one of the founding partners of Feldman Shepherd, which is celebrating its 25th anniversary this year, and raising four children into now young adulthood, Carol Nelson Shepherd loves regularly hosting a crowd of friends and family at her beach home in Avalon.

This is Carol's variation of bouillabaisse which is a great light and healthy summer dish to serve at the beach where fresh seafood is always available. For a big crowd, the dish can be served in a large pasta serving bowl and ladled into individual bowls on a buffet or at the table, with the croutons served on the side. For a smaller group, serve in individual bowls with the crouton placed atop the bouillabaisse. Despite the large number of ingredients and lots of preparation, it's actually pretty quick and easy to put together.

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## Carol's Bouillabaisse

**Carol Nelson Shepherd**, Partner

Feldman Shepherd Wohlgelernter Tanner Weinstock & Dodig LLP

### Bouillabaisse Ingredients

4+ tbsp olive oil	24 littleneck clams &/or mussels
2 leeks, rinsed, sliced & coarsely chopped	12 medium-large shrimp, peeled and deveined, leaving the tails intact
1 onion, diced	12 scallops, halved if large
3 celery ribs, diced	1 lb halibut or other sturdy white fish, skinned & cut into 8 large chunks
3 carrots, diced	½ lb linguini (optional)**
1 fennel bulb (discard stems) cored & coarsely chopped*	
6 garlic cloves, minced	
2 c fish stock or clam juice	
1½ cups white wine	
Two 28 oz cans diced tomatoes with fluid	
1 tsp saffron (optional)	
¼ tsp cayenne pepper	
¼ tsp red chili pepper flakes	
1 tsp each sea salt & pepper	
½ c flat leaf parsley, chopped	
¼ c basil, coarsely chopped	

### Directions

**Rouille/CROUTONS:** In a food processor, sprinkle the diced bread with the water & let stand until water is absorbed, about 5 min. Add garlic, cayenne & salt & process until coarsely chopped. With machine on, drizzle in the olive oil & process until rouille is smooth & spreadable, adding a bit more olive oil if necessary. Transfer to bowl & refrigerate until ready to serve. To serve, toast baguette slices & liberally spread with rouille, place atop bouillabaisse in individual serving bowls & garnish each crouton with a reserved fennel frond.

**Bouillabaisse:** Warm olive oil in Dutch oven. Add leaks & fennel. Cook on low to medium heat until soft, stirring occasionally. Add onion, celery, carrots, garlic.

Continue cooking until all vegetables slightly soft. Add more olive oil if necessary to avoid browning. Add all remaining bouillabaisse ingredients except seafood, parsley & basil. Stir to blend. Bring to boil & immediately reduce to medium heat, simmering for approx. 20–30 min. for flavors to blend. Add seafood, parsley & basil, gently folding into fluid & vegetables. Cover with lid & cook on medium high heat until mussels/clams open, stirring briefly in order not to break up fish.

Spoon bouillabaisse into individual pasta bowls, placing one crouton with rouille in the center of each.



\*Reserve fronds.

\*\*Although not a part of a classic bouillabaisse, I like to place a small amount of linguini at the bottom of the bowl to help soak up some of the fluid.

# believe\*

\* in the power of one to change the world. Flaster/Greenberg salutes the staff and volunteers of Philabundance who work selflessly to better our world—one person, one cause, one community at a time.

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Jeffrey D. Hofferma is a member of the Litigation Management Section of the Litigation Department and the Litigation Section of the Intellectual Property Department at Flaster/Greenberg P.C.

His practice concentrates on the representation of publicly held corporations in the defense of mass tort litigation throughout the United States. He also has extensive experience as trial counsel representing businesses and individuals in a wide variety of commercial and personal matters including injunction cases, RICO claims, contract, real estate, zoning, land use, copyright, trademark, and shareholder and partnership disputes.

Mr. Hofferma personally counsels small businesses and individuals. He also has experience with products liability multidistrict litigation including matters involving pharmaceutical injury claims.

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## Beef Back Ribs

**Jeffrey Hofferma**, Shareholder  
Flaster/Greenberg P.C.

### Rib Ingredients

Rack of ribs  
BBQ sauce  
Balsamic vinegar  
Verde sauce (mild)  
Habañero sauce  
Honey  
Garlic powder  
Cracked black pepper  
Cayenne pepper  
Hungarian paprika  
Flaked chili pepper  
Kosher salt  
Dried parsley & chives

### Sauce Ingredients

Favorite commercial BBQ sauce (heat or sweet is fine)  
Balsamic vinegar equal to  $\frac{1}{4}$  volume of the BBQ sauce  
XXXX habanera sauce or equivalent to taste  
Verde sauce (mild) to taste  
Honey, maybe  $\frac{1}{4}$  the volume of the balsamic, more can't hurt



### Directions

Cut rack into individual prehistoric looking Dino ribs. Set aside.

**Dry rub:** Mix together garlic powder, cracked black pepper, cayenne pepper, Hungarian paprika, flaked chili pepper, kosher salt, dried parsley, dried chives. Pack meat side liberally, sprinkle on back of ribs or shake and pack a few at a time in a large plastic bag.

Arrange ribs meat side up in roasting pan(s), packed side by side but not too tightly. Let sit for 1–2 hours.

Pre-heat oven (convection roast setting is best if available) to 550°+ (as hot as it will get).

Put roasting pans in, uncovered. Cook at 550° for  $\frac{1}{2}$  hr to 45 minutes.

Turn heat down to 250° and cook for 3–4 hours.

When ribs are  $\frac{1}{2}$  hour away from completion, take out and liberally brush the meat side with the BBQ sauce.

Put back in oven, finish, remove, let them sit for 10–15 minutes and dig in.



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Robert D. "Robb" Fox, is the managing partner of the environmental, energy, land use law and litigation firm of Manko, Gold, Katcher & Fox. With over twenty-five years of experience providing compliance counseling and litigating environmental matters, he is as savvy in the courtroom as he is in the kitchen.

Since his early cooking days, Robb has always connected food with family—a tradition that carries over to the family-oriented atmosphere at MGKF. Whether it's weekly strategic firm lunches, customized employment to balance professional and family demands, or a specially prepared meal for the summer interns at his own home, Robb loves to mix things up in new and different ways.

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## Short Ribs Two Ways

**Robert D. Fox**, Managing Partner  
Manko, Gold, Katcher & Fox, LLP

### Barbeque Rib Rub Ingredients

$\frac{1}{8}$  –  $\frac{1}{4}$  cup kosher salt  
2 tbsp pepper  
3 tbsp light brown sugar  
3 tbsp paprika  
2 tbsp chili powder  
2 tbsp garlic powder  
1 tbsp thyme  
 $\frac{1}{2}$  tbsp ground fennel  
2 tbsp ground coriander

### Asian Rib Rub Ingredients

Chinese five spice powder

### Crunchy Asian Slaw Ingredients

1 head of green cabbage, shredded  
 $\frac{1}{2}$  head red cabbage, shredded  
4 scallions, sliced  
2 carrots, shredded  
 $\frac{1}{2}$  tsp of chili oil  
1 tsp grated ginger  
 $\frac{1}{2}$  cup rice wine vinegar  
 $\frac{1}{4}$  cup soy sauce  
2 tbsp of sesame oil



### Directions

**Ribs:** Approximately 12 short ribs for each variation.

Salt, Pepper and apply rubs. In a heavy oven pan with lid use olive oil and brown ribs. Set aside.

For **Asian ribs**, add 2 tbsp olive oil, sauté 2 chopped onions. Add 1 tbsp of minced ginger, 4 lemongrass stalks chopped, 2 minced garlic cloves and  $\frac{1}{4}$  cup brown sugar.

For **barbeque ribs**, sauté 2 chopped onions in 2 tbsp olive oil.

Add ribs to respective mixtures and cover with beef stock. Put in 350° oven for 2½–3 hours. Remove ribs. Remove fat from broth and reduce over high heat. Add Hoison or barbeque sauce to thicken.

Pour sauce over ribs and top with green onion/sesame seeds for Asian ribs.

**Slaw:** Combine cabbage, scallions, and carrots in a bowl. In a separate bowl whisk remaining ingredients. Pour mixture over slaw. Toast raman noodles in pan. Add raman noodles to mixture/toss.

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Stephen A. Grossman is a partner in the litigation department of Montgomery McCracken and co-chair of the firm's Electronic Discovery Practice Group. His practice encompasses complex commercial litigation, government investigations, internal corporate investigations, and fraud matters. He represents manufacturers of pharmaceuticals, medical devices, and health care products in civil and criminal investigations and internal corporate investigations.

Mr. Grossman counsels clients in all aspects of electronic discovery and e-mail management policies. He has managed major, national electronic discovery collections, reviews, and productions in connection with complex civil litigation, government investigations, and white collar criminal matters.

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## Honey Garlic Spice Shrimp with Multigrain Rice

**Stephen A. Grossman**, Partner

Montgomery, McCracken, Walker & Rhoads, LLP

### Ingredients

¼ cup honey	1 tsp oil
¼ tsp sugar	⅓ cup multigrain rice
⅛ tsp white pepper	1 carrot
1 tbsp garlic, minced	Parsley for garnish
1 tbsp white onion, minced	
½ tsp habañero or chili pepper, diced	
4 extra large shrimp	



### Directions

Heat oil to in medium sauté pan. Add and sauté garlic, onions, and shrimp, cooking almost completely.

Remove shrimp from pan and set aside, keeping oil, garlic and onions.

Add sugar, white pepper, honey, and habañero and simmer for 3 minutes.

Return shrimp and simmer for 3 more minutes.

Serve shrimp over or next to rice (cook rice according to package). Garnish with sliced carrots and parsley (or minced habañero pepper).



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Evan Van Gorder is an associate in Ogletree Deakins' Philadelphia office. Mr. Van Gorder focuses his practice in employment litigation. Originally hailing from Erie, Pennsylvania, Mr. Van Gorder developed a knack for cooking very early on in his life because, well, there isn't much else to do in Erie. Outside of his legal practice, Mr. Van Gorder enjoys wine and spending time outdoors.

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## On-the-Go Omelet Muffins

**Evan Van Gorder**, Associate

Ogletree, Deakins, Nash, Smoak & Stewart, P.C.

### Ingredients

6 eggs (or 1½ cups Egg Beaters)

½ cup diced vegetables (fresh are best but store-bought canned or freezer variety work well)

½ cup chopped ham or pre-cooked bacon or sausage

¼ cup shredded cheese

⅛ cup mayonnaise (optional)

⅛ cup water (optional)

¼ tsp salt

¼ tsp pepper



### Directions

Preheat oven to 350°. Grease a 6-muffin tin pan. I use a mister and olive oil, but butter works too. If you are feeling particularly festive, use paper baking cups. The baking cups not only make removal easier but they also help the "muffins" hold their shape and make eating on-the-go that much more civil.

In a large mixing bowl, mix the eggs, mayo, and water. Add in your veggies, cheese, meat, salt, pepper, and any other ingredients of choice. Spoon the mix into the muffin cups.

Bake for approximately 18–20 minutes. (Helpful tip: after 18 minutes, use a knife or toothpick to insert in the center of a muffin. If the knife comes out clean, they are finished. Be careful not to overcook them. The muffins will continue to cook for a minute or two after they have been removed from the oven).

Remove the muffins from the oven, let them cool for a minute or two, and serve while running out the door, late for work as usual.

Save the extra muffins for another day. Simply pop them in the microwave for 30 seconds and you're good to go.

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Sidney is an Appeals Case Manager at the Workers' Compensation and Social Security Disability Firm of Pond Lehocky Stern Giordano. Sidney earned her B.A. in Historical Studies from The Richard Stockton College of New Jersey and has been with the Social Security Disability Department of Pond Lehocky since January of 2011.

Growing up in Galloway, NJ, Sidney's love of cooking began with her family. She started cooking with her dad at a young age. "We didn't spend too much time together, so cooking was always something I enjoyed to do with him." Sidney loves all types of food and enjoys learning new techniques used around the world to make a dish exciting and delicious.

Sidney's Greek Meatballs are a favorite at her family and friend gatherings and she is excited to be able to share her recipe with Cooking Up Justice this year!

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## Greek Meatballs

**Sidney Palatianos**, Case Manager

Pond Lehocky Stern Giordano

#### **Ingredients**

1 pound ground beef	$\frac{1}{2}$ tsp of garlic powder
$\frac{3}{4}$ cup of ricotta cheese	Pinch of nutmeg
1 egg	Pinch of salt
$\frac{1}{2}$ cup of grated Parmigiano-Reggiano cheese	A few leaves of fresh basil, diced
$\frac{3}{4}$ cup of bread crumbs	1 medium onion
Freshly ground black pepper	1 clove of garlic
1 tsp of ground cinnamon	1 cup of flour
$\frac{1}{2}$ tsp of onion powder	Olive oil



#### **Directions**

Dice onion and clove of garlic. Heat olive oil in a pan (enough to coat the bottom of the pan). Once pan is hot, sauté onions and garlic. Put mixture to the side to cool.

In a large bowl, combine the ricotta cheese, ground beef, egg, Parmigiano-Reggiano, bread crumbs, pepper, cinnamon, nutmeg, salt, fresh basil, and onion garlic mixture. Mix all ingredients thoroughly. If mixture feels loose add some more bread crumbs.

Dust a baking sheet and your hands with flour. Put the cup of flour into a small dish. Gently form into balls about  $2\frac{1}{2}$  inches in diameter, flouring your hand again each time you finish one meatball. Reserve the meatballs on the floured baking sheet.

To finish the meatballs, preheat your oven to 350°. Take a pan and cover the bottom with olive oil. Heat oil over medium-high heat. When the oil is hot begin to brown the outside of the meatballs. Gently turn them until sides are browned. Take the meatballs and put them on a baking sheet. Bake the meatballs 1–2 minutes or until fully cooked.

Add meatballs to your favorite sauce and gently simmer. Serve the meatballs in sauce alone or over pasta.

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Nolan Shenai is an Associate in the firm's Commercial & Corporate Litigation practice group. He has a specific focus on Banking & Finance Litigation as well as Sports & Entertainment Law.

Nolan earned his J.D. from Vanderbilt University Law School, during which he served as a summer clerk to the Honorable Peter W. Hall in the U.S. Court of Appeals for the Second Circuit. Prior to attending law school, he received his Master of Letters in Philosophy from the University of St. Andrews and his B.A. from the University of Pennsylvania.

Nolan has been appointed as a Hearing Committee Member serving The Disciplinary Board of the Supreme Court of Pennsylvania. He is admitted to practice in Pennsylvania and New Jersey.

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## Chicken Makhani Tacos with Marinated Onions

**Nolan G. Shenai**, Attorney at Law

Thorp Reed & Armstrong, LLP

### Tandoori Chicken Ingredients

2 lbs of chicken tenders	2 8oz cans tomato sauce
4 tbsp yogurt	2 tsp sugar
2 large tbsp of freshly grated ginger (grate finely)	2 tsp chili powder
3 large tbsp minced fresh garlic	4 tbsp ketchup to taste
Juice from one large lemon	1 pt heavy whipping cream
1 tsp chili powder	2 tbsp extra virgin olive oil
1 tbsp coarsely grated sea salt	Fresh cilantro leaves to taste
1 tsp cinnamon	Fresh ground Tellicherry peppercorns
4 cloves	
2 tbsp extra virgin olive oil	
3 tbsp ground pepper	

### Makhani Sauce Ingredients

3 tbsp butter	3 large white onions
6 tbsp powdered cashews (use 'grind' setting on a food processor/blender)	½ bunch cilantro
	Juice from 4 limes
	3 tbsp extra virgin olive oil
	Sea salt (to taste)
	Tellicherry pepper (to taste)
	4 tbsp za'atar
	½ tsp of aged balsamic vinegar

**Chicken:** Add chicken, yogurt, ginger, garlic, lemon juice, chili powder, salt, cinnamon, cloves, olive oil. Mix in a bowl and refrigerate for 24 hours.

**Prepare cake mix:** Cook marinated tandoori chicken at 425° for 25 minutes covered. Remove cover and cook open till browned. On medium flame, melt butter mixed with olive oil. Fry cashew/almond powder in oil/butter mixture. When browned, add tomato sauce, ketchup, sugar, chili powder, and pepper. Add in fresh cilantro and cook on low heat until reduced by 10%. Use fork to pull tandoori chicken, and add pulled tandoori chicken to gravy along with a little liquid from the cooked chicken and simmer. Add cream and stir thoroughly. Add additional cilantro/additional ground Tellicherry peppercorns to taste.

**Onions:** Slice onions and half each slice to create thin, half-moon shaped pieces of onion. Soak cut

onion in cold water for 10 minutes. Rinse and re-soak cut onions in cold water for an additional 10 minutes. Dry thoroughly. Mix lime juice, olive oil, balsamic vinegar, salt, pepper and za'atar (a Persian mix of dried oregano, basil thyme, thyme, savory, sesame seeds, sumac) thoroughly and let stand for at least an hour. If you are unable to find aged balsamic vinegar, you can reduce 2 tsp. of regular balsamic vinegar over low heat until it is ½ tsp. Mix onions with dressing and let marinade at least an hour, preferably longer. Can be made up to 24 hours ahead of time.

**Assemble Tacos:** 24 6" flour/corn soft tortillas (depending on preference). 4 oz cotija cheese (crumbled). Place approximately 2–3 tbsp. of chicken makhani and 1 tbsp. of marinated onions on tortilla. Garnish with crumbled cotija cheese, a sprig of fresh cilantro, and a wedge of lime.



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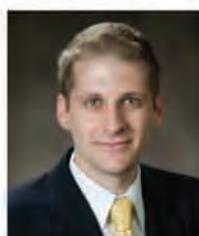
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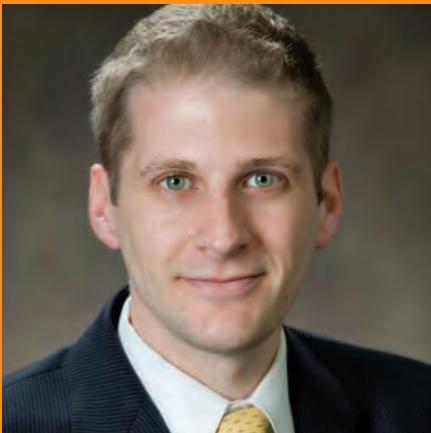


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Andrew Taylor focuses his practice exclusively in family law and handles all matters of divorce, support and custody. He regularly argues cases before the Pennsylvania Superior Court involving complex family law issues. In 2011, Andrew was selected by *The Legal Intelligencer* as a "Lawyer on the Fast Track," an honor recognizing the future leaders of Pennsylvania's legal community. Andrew is a member of the Doris Jonas Freed Inn of Court and volunteers for the Montgomery County Advocacy Project. He is member and President of the Collegeville Lions Club. In his spare time, Andrew enjoys cooking for his wife and two year old son.

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## Mini Chicken Meatloaf with Carrot Purée

**Andrew D. Taylor**, Attorney at Law

Weber Gallagher Simpson Stapleton Fires & Newby LLP

### Ingredients

1½ lbs ground chicken  
1½ teaspoon cumin  
1½ teaspoon chili powder  
1½ tablespoons fresh squeezed lime  
⅓ cup panko crumbs  
2 tablespoons mayonnaise  
5 carrots or 1 bag of baby carrots  
2 tablespoons reduced sodium chicken broth



### Directions

**Meatloaves:** Preheat oven to 400 degrees. Salt and pepper chicken. Mix together all ingredients except carrots and broth. Spray muffin tin and pack meat mixture into the bottom using a measuring cup to pack (spray with Pam). Bake 30 minutes at 400 degrees or until internal temperature is 165 degrees.

**Carrot purée:** Rinse and peel carrots. Cook carrots until easily poked with a fork. Drain and add to food processor. Add broth and blend. Add salt and pepper to taste. Add more broth if needed for desired thickness.

Transfer mini meatloaves to plate. Top with carrot purée using an ice cream scooper.

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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.

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## Roasted Tomato Soup with Grilled Cheese Dippers

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

### **Tomato Soup Ingredients**

2½ lbs fresh tomatoes (mix of fresh heirlooms, cherry, vine and plum tomatoes)  
6 cloves garlic, peeled  
2 small yellow onions, sliced  
½ c extra-virgin olive oil  
Salt and freshly ground black pepper  
1 qt chicken stock  
2 bay leaves  
4 tbsp butter  
¾ c half and half

### **Grilled Cheese Dippers Ingredients**

6 slices of thick country white bread  
8 oz. grated Fontina cheese  
4 tbsp butter  
4 tbsp canola oil  
2 tbsp finely chopped sage leaves  
½ c chopped basil leaves



### **Tomato Soup Directions**

Preheat oven to 450°. Wash, core and cut the tomatoes into halves. Spread the tomatoes, garlic cloves and onions onto a baking tray. Mix with olive oil and season with salt and pepper. Roast for 20–30 min., or until beginning to blacken.

Remove roasted tomatoes, garlic and onions from the oven and transfer to a large stock pot. Add ¾ of the chicken stock, bay leaves, and butter. Bring to a boil, reduce heat and simmer for 15–20 min. or until liquid has reduced by a third. Use an immersion blender to puree the soup until smooth. Return soup to low heat, add half and half and adjust consistency with remaining chicken stock, if necessary. Season to taste with salt and ground black pepper.

### **Grilled Cheese Dippers Directions**

Melt butter over low heat being careful not to burn butter. When melted add oil and sage leaves. Wait a few minutes and take mixture off stove.

With a pastry brush, coat one side of bread with butter/sage mixture and lay butter side down. Cover other side with cheese and lay on griddle (butter side down) on medium heat. Cover cheese with another slice of bread and coat with sage/butter mixture. When bottom side golden brown, turn and toast the other side until golden brown as well, then take off heat until slightly cooled. Slice grilled cheese into several pieces and lay into hot soup. Garnish with chopped basil and serve.



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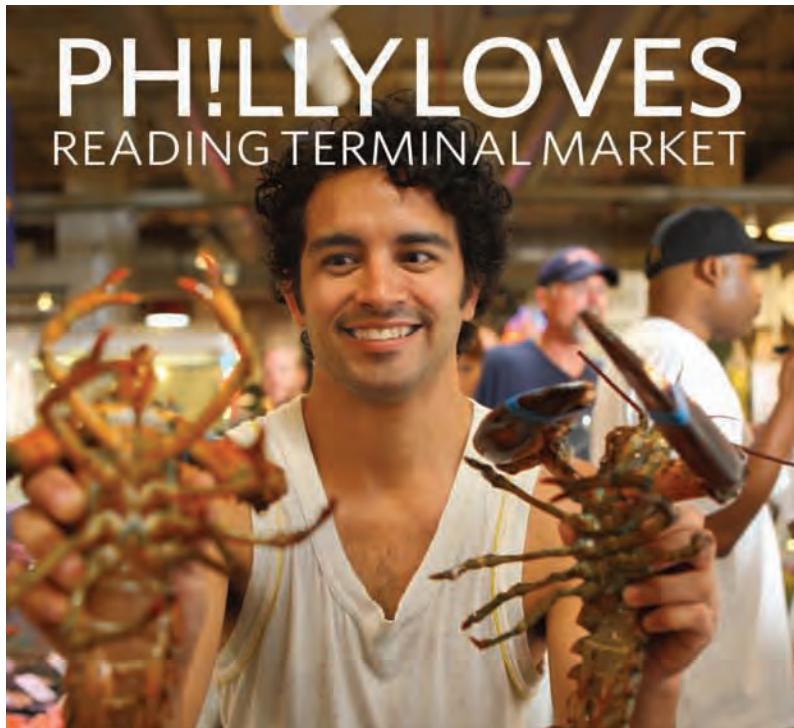


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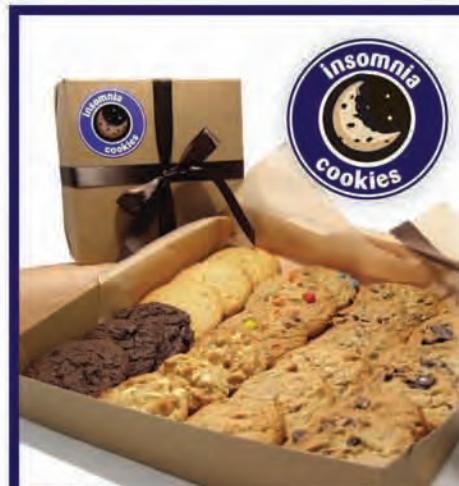
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- **Lawyers Without Coverage**  
*(1 package of cocktail franks or mini sausages)*
- **Specially Wrapped Lawyer Protection**  
*(1 package of crescent rolls)*
- **Pro Bono Flavor**  
*(Optional: cheddar cheese slices)*

### ***Damages:***

#### **Nutritional Info (without cheese)**

- Servings Per Recipe: 32  
Amount Per Serving: 1
- Calories: 94
  - Total Fat: 6 g
  - Sodium: 202.6 mg
  - Total Carbs: 7.6 g
  - Protein: 2.3 g

### ***Burden of Preparation:***

- Unroll each crescent roll and slice them into fours
- Wrap mini franks (and 1/3 slice of cheese) and bake according to roll directions





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## GRILLED MESQUITE RED POTATOES

3 Lbs. Red Potatoes  
Virgin Olive Oil  
Kosher Salt

### Preparation:

Cut potatoes into 2 x 2 inch cubes.  
Place in deep foiled pan and lightly  
cover with olive oil and kosher salt  
(vary amount of salt to taste).

Charcoal grill is optimal, particularly a smoker grill. Soak mesquite wood chips in water and let sit for 15 minutes. Distribute burning coals evenly over grate. Pour water from wood chip container and evenly distribute wet chips on top of burning coals. Place cooking grills over coals and close grill cover and let grill smoke for several minutes. Place foiled pan with potatoes on grill and close cover. Cook for approximately 30 minutes, depending on heat of grill, stirring occasionally to ensure potatoes are rotating and not charred on the bottom. Cook until potatoes are crispy on the exterior and moist in the center.

Serve in a bowl with a garnish of your choosing, or just stand at the grill and eat the entire panful!



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Lana Ehrlich is a Law Firm Account Manager in the ad sales department of *The Legal Intelligencer*. Lana loves baking, as well as "making reservations" for dinner. When not working or dining out, Lana enjoys dancing, traveling, volunteering and spending time with family and friends.

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# Banana Split Cheesecake

## Crust

1½ cups graham cracker crumbs

3 Tbs sugar

4 Tbs (½ stick) butter, melted

## Filling

2 (8 oz) packages cream cheese, softened

2 (8 oz) packages Neufchatel cream cheese, softened

1 cup sour cream

4 ripe bananas, mashed

¾ cup sugar

3 Tbs flour

2 tsp vanilla extract

4 eggs



Preheat the oven to 325°. Spray a 9-inch springform pan with cooking spray.

### To prepare the crust:

Combine the graham cracker crumbs, sugar and butter in a small bowl. Toss with a fork until the crumbs are moistened. Press onto the bottom and about 1 inch up the side of the prepared pan; set aside.

### To prepare the filling:

Beat the cheeses and sour cream in a large bowl with an electric mixer at high speed until smooth. Add the bananas, sugar, flour and vanilla; beat well. Add the eggs 1 at a time, beating well after each addition. Pour into the prepared crust.

Bake for 1 hour and 30 minutes or until the center barely moves when the pan is gently shaken. Cool completely in the pan on a wire rack. Run a knife between the cheesecake and the side of the pan. Release the side of the pan. Refrigerate, covered for at least 8 hours. (Cheesecake can be made 1 day ahead)

To serve, top each slice with bananas & whipped cream, or your favorite topping including pineapple, strawberry or chocolate syrup, pecans and a cherry.

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## RUSH TO HERSPARK!

# Cinnamon Chili Hot Chocolate

- ~ 1/4 tsp cinnamon
- ~ 1/8 tsp cayenne pepper
- ~ 1/2 ounce piece of dark chocolate (preferably 90% cocoa or greater)
- ~ 2 Tbsp unsweetened cocoa powder
- ~ 1 cup brown rice milk
- ~ (unsweetened or any low-fat milk)
- ~ 2 to 4 packets of Stevia sweetener



In a mug, combine the cinnamon, cayenne, chocolate, cocoa and  $\frac{1}{4}$  cup rice milk.

Heat in the microwave for 30 to 60 seconds to combine. Make sure chocolate has melted and powder is incorporated smoothly.

Add the remaining  $\frac{3}{4}$  cup of rice milk.

Stir and heat to desired temperature. Sweeten to taste.

Serve with your choice of shaved chocolate, light whipped cream and/or cinnamon stick.



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# GARLIC ROASTED CHICKEN LEG QUARTERS

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Garlic roasted chicken leg quarters are tasty and easy. Serve this chicken with roasted or mashed potatoes and your favorite vegetables. Serves 4.

## INGREDIENTS

4 cloves garlic, finely minced  
1 teaspoon dried leaf oregano  
1/2 teaspoon salt  
1 teaspoon chili powder  
1/4 teaspoon ground cumin  
dash freshly ground black pepper  
2 tablespoons olive oil  
4 chicken leg quarters  
1/2 cup chicken broth (part dry white wine, if desired)



## PREPARATION

1. Heat oven to 425°.
2. Combine the garlic, oregano, salt, Italian Seasoning and black pepper.
3. Add olive oil and mix well.
4. Use a mortar and pestle to make a paste consistency, or mash with a fork.
5. Wash chicken leg quarters and pat dry.
6. Snip off any excess skin.
7. Arrange the chicken pieces in a baking dish and pat the garlic mixture over each quarter.
8. Pour 1/2 cup of chicken broth (part dry white wine, if desired) into the baking dish.
9. Bake for 40 to 50 minutes, or until juices run clear.

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Mary Barsky

# Mary Barsky's Refreshing Tropical Smoothie

1 fresh medium size pineapple

1/3 cup light coconut milk (not coconut water)

1-2 small sprigs of fresh basil

12 oz. of ice

Remove skin and stem from pineapple and cut into chunks (you can use the core as well if your blender can handle it), use one small sprig of fresh basil, 1/3 cup of light coconut milk and 12oz of ice. Place all ingredients into blender and mix on high until smooth. Garnish with the other sprig of fresh basil. This is a healthy and delicious alkaline and enzyme rich treat.



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## Watermelon, Feta, and Arugula Salad with Balsamic Glaze

- 1 5-ounce package baby arugula
- 8 cups 3/4-inch cubes seedless watermelon
- 1 7-ounce package feta cheese, crumbled
- 2 tablespoons balsamic vinegar glaze

---

### Directions:

Arrange arugula over large platter.  
Scatter watermelon, then feta over.  
Drizzle with balsamic glaze and sprinkle with pepper.

### Ingredient tip:

Balsamic vinegar glaze can be found in the vinegar section at many supermarkets. If unavailable, boil 3/4 cup balsamic vinegar in a small saucepan until reduced to 3 tablespoons, 6 to 7 minutes.



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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# Orecchiette w/Broccoli di Rabe

by Judge Annette Rizzo

In the “Heel” region of Puglia, Italy pasta is commonly made at home. The signature pasta shape and the symbol of the region—is orecchiette, or “little ears.” The pasta is referred to as “recchie” or “recchietelle” in the local dialect, and is prepared in many ways. Favored sauces with this pasta are usually based in vegetables, beans or legumes. This recipe is one of the most basic. A popular variation is with bits of sausage. It is a great dish for light summer meals. As a Judge on the bench, my job is always to be “all ears”!

This recipe was shared with me by a former law clerk with the courts, and an amazing cook, Marian Luongo, Esq. Serves 4 to 6.

## INGREDIENTS:

½ cup extra-virgin olive oil  
8 garlic cloves, thinly sliced  
¼ tsp red pepper flakes  
1 lb dried orecchiette  
1 cup grated pecorino cheese

1 ½ lb trimmed broccoli di rabe,  
stems thicker than a pencil  
removed (about 2 lb before  
trimming)  
Salt to taste

## DIRECTIONS:

1. In a large sauté pan over medium heat, warm the olive oil. Add the garlic and red pepper flakes and sauté until the garlic colors lightly, 1 to 2 minutes. Set aside.
2. Have ready a bowl of ice water. Bring a large pot three-fourths full of salted water to a boil over high heat. Add the broccoli di rabe and cook until just tender, 2 to 4 minutes. Using tongs, lift out and transfer to the ice water to stop the cooking. Leave the pot of water over high heat. Drain the broccoli di rabe well and squeeze gently to remove any excess moisture. Chop into 2-inch lengths.
3. Add the pasta to the boiling water used to cook the broccoli di rabe, stir well and cook until “al dente” (tender but firm to the bite), about 12 minutes or according to the package instructions. While the pasta is cooking, add the broccoli di rabe to the pan holding the garlic. Return to medium heat, season generously with salt and cook, stirring occasionally, until the broccoli is hot throughout, 3 to 5 minutes.
4. Drain the pasta and return to the warm pot. Add the sauce and toss. Divide among warmed dishes and serve immediately. Pass the pecorino cheese at the table.

Parting Thoughts—I have substituted broccolini with the dish and put a splash of Balsamic Vinegar in for a little bite!

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## Esther's Mandelbrot (Biscotti)

Submitted by:  
**Judge Anne Lazarus**

### Ingredients

2 eggs  
1½ cups flour  
½ cup sugar  
1 tsp vanilla (or almond) extract  
½ cup oil  
½ cup chopped roasted almonds or filberts  
1 tsp baking powder

### Directions

Preheat oven to 350 degrees.  
  
In a large bowl mix eggs and sugar. Add oil and extract and stir well. Sift flour and baking powder into a bowl, add nuts and then the eggs and sugar mixture. Stir until mixture is smooth. Divide dough into 2 separate pieces. With dampened hands flatten onto greased cookie sheet or parchment paper making two loaves. Bake in a 350 degree oven, cutting each loaf into ½ inch slices after 20 minutes. Turn slices on their sides and bake again for 10 minutes or until lightly toasted.

Each loaf makes approximately 6 pieces of mandelbrot.



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## the buzz

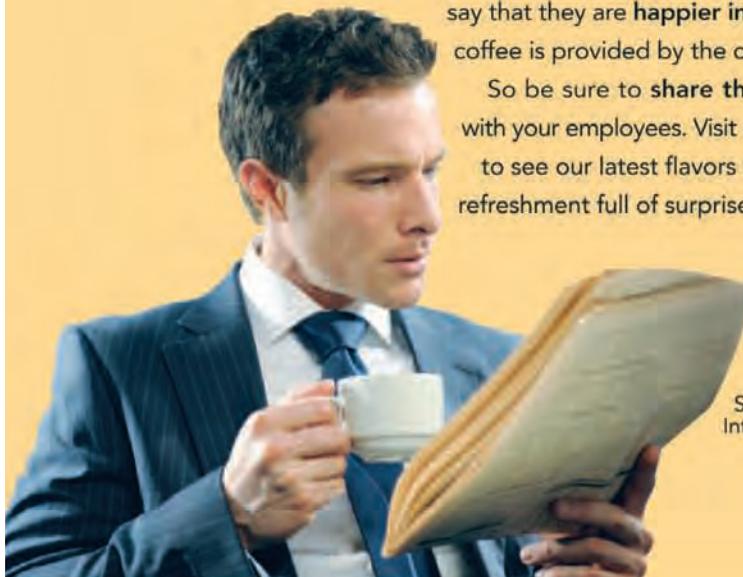


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# Wild Mountain Blueberry Pound Cake

**2 cups all purpose flour  
1 tsp baking powder  
½ tsp cinnamon  
½ tsp salt  
1 cup butter  
1 cup dark brown sugar  
4 large eggs  
½ cup Wild Mountain Blueberry Coffee  
1 cup fresh blueberries, washed and dried**

Preheat the oven to 350°F. 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 shortening 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 cup white chocolate chips  
1 tbsp light corn syrup  
¼ cup 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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# Melon, Berry & Feta Salad

## Ingredients:

- 2 Tbsp Extra-Virgin Olive Oil
- 2 Tbsp fresh Lemon Juice
- 1 Small Shallot, Thinly Sliced
- 1/2 tsp Minced Preserved Lemon Peel or Lemon Zest
- 1/4 tsp Crushed Red Pepper
- Salt and Freshly Ground Pepper
- 1/2 Green Melon – About 1 1/4 Pounds
- (Cut into Wedges, Peeled and Thinly Sliced)
- 1 Cup Blackberries
- 2 Ounces of Feta Cheese, Cut into Thin Slices
- 2 Tbsp Snipped Chives



## Cooking Instructions:

In a small bowl combine olive oil, lemon juice, shallot, preserved lemon and crushed red pepper. Season with salt and pepper.

Arrange the melon slices and blackberries on a platter.

Drizzle the dressing over fruit and garnish with feta and snipped chives.



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### Rod's Ultimate Caesar Salad

2 Heads romaine lettuce (or more)  
¼ Cup red wine vinegar  
2 TBSPs Worcestershire Sauce  
2 Egg Yolks  
1 ½ Cups Extra virgin olive oil  
½ Sour dough loaf cut into 1 inch cubes for croutons

2 lemons juiced  
3 Clove Garlic- Fresh and minced  
1 TBSP Dijon  
2 Cans rolled anchovies with capers (chopped)  
3 TBSPs black pepper  
¾ Cup fresh Parmesan/Reggiano grated

Beat the egg yolks senseless until you create a frothy consistency. Slowly add the olive oil while continuing to whisk the mixture creating a viscous consistency. While whisking until your arm is sore, add the minced garlic, Dijon mustard, anchovies, pepper and Worcestershire sauce. Dip a piece of romaine into the mixture and check for flavor. Now add the lemon juice and the vinegar continuing the whisking process to ensure consistency. Finally, add in the grated parm. Set aside and chill the dressing if possible while you prepare the croutons. I have always recommended cutting the romaine from the core in 1 inch cuts all the way up to the leaf. Always cut with something other than a steel knife to avoid lettuce rust. Croutons are fun to make. After you've got your cubes, crank up the skillet. Toss the croutons in a bit of salt, pepper and parmesan. Once the skillet is hot, add a few TBSPs of olive oil, just before it starts to smoke, throw in the croutons being certain to mix them around to get a bit of the olive oil coating. Repeat the process until you have enough croutons. Throw the sautéed croutons on a baking sheet and bake at 350° for 10 mins. Spread some dressing on the bottom of your mixing bowl, add the romaine and croutons, add a bit more dressing on top, toss and serve.

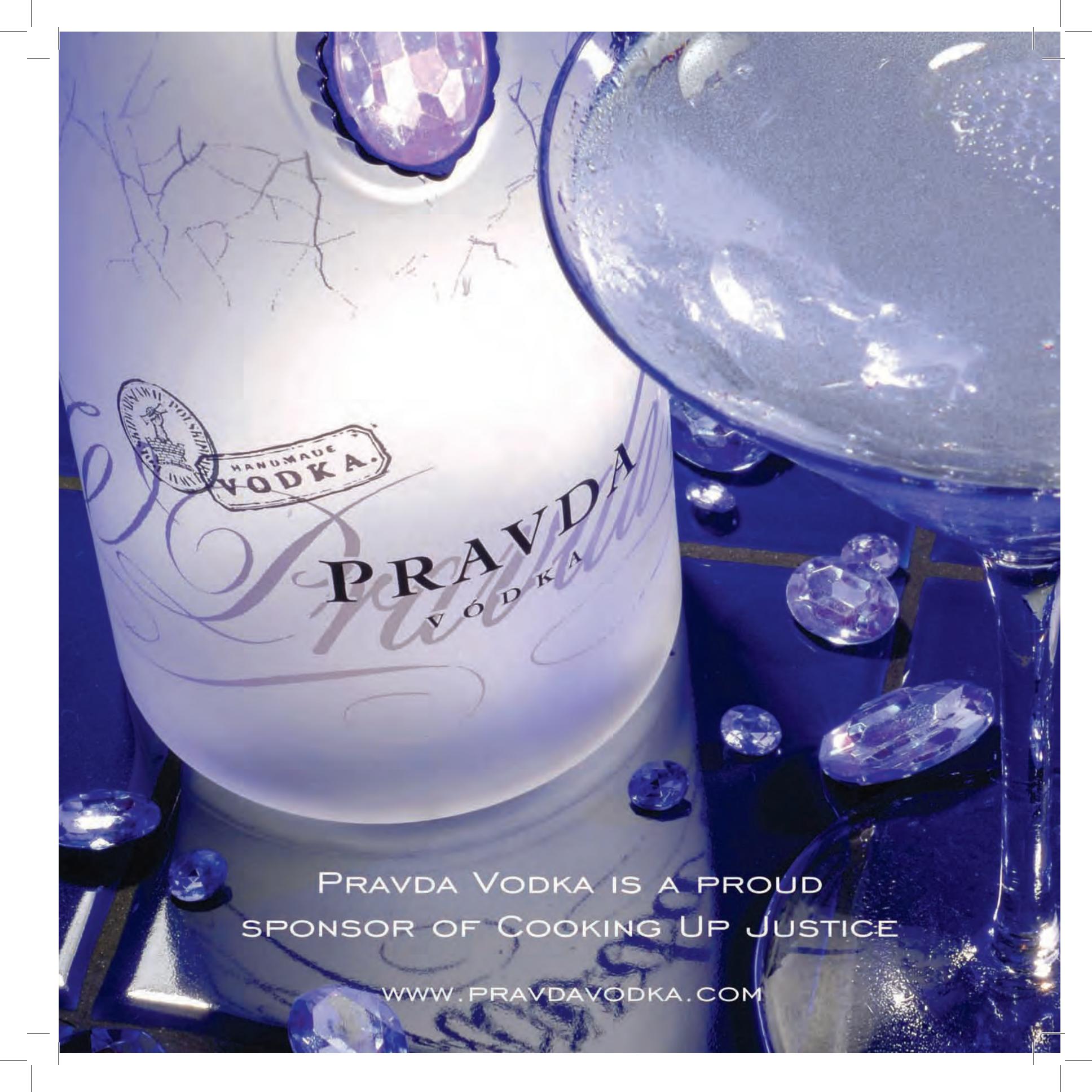
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Four 1-inch thick rib eye steaks (about 3 ½ pounds)  
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1 tbsp dark brown sugar  
2 tbsp warm water  
10 anchovy fillets  
2 tsp onion powder  
2 tsp garlic powder  
2 tsp ground ginger  
2 tsp freshly ground black pepper  
1 tsp freshly ground white pepper

- Season the steaks with salt and let them stand at room temperature for 10 minutes.
  - In a bowl, combine the dry mustard, brown sugar and warm water. Stir until the sugar is dissolved. Stir in the remaining ingredients.
  - Spread the paste on both sides of the steaks and refrigerate for 2 hours.
  - Bring the steaks to room temperature. Light a grill.
  - Grill steaks over moderately high heat for 3 minutes per side, until they are nicely charred outside and medium-rare within.
  - Let the steaks rest for 5 minutes before serving.
- The anchovies and dry mustard in the marinade for these steaks add a salty, almost umami-like flavor to the meat.

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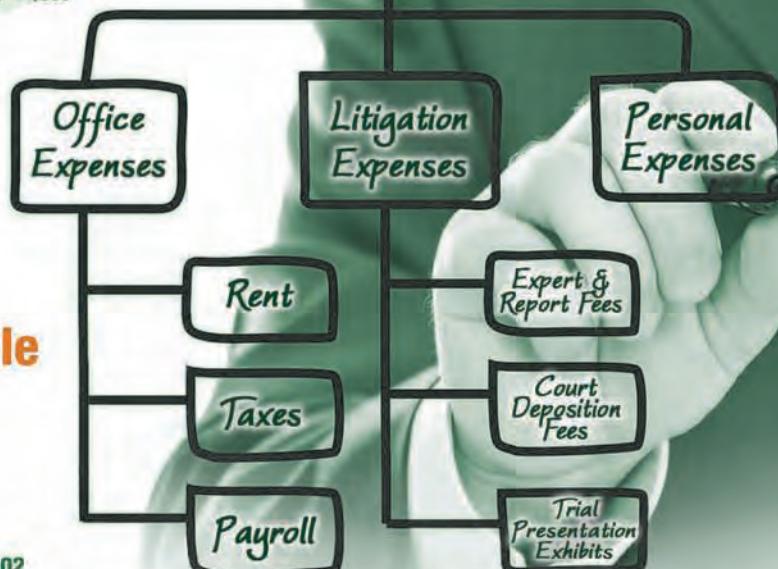
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# SUMMERTIME RISOTTO

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.

**ENJOY**

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# Best Recipes for Sweet Success



## Sweet Chocolate Salami

From Divina Cucina



### Ingredients:

6 oz. Petite Buerre cookies  
1/2 cup sugar  
5 oz. melted butter, cooled  
2 egg yolks  
1/4 cup unsweetened cocoa powder (more if you like it dark)

### Steps:

1. Beat yolks with sugar to cake batter consistency
2. Add melted butter and cocoa
3. Crush cookies so pieces are different sizes (resembling fat in salami)
4. Form a salami shaped log and roll it in foil
5. Place in freezer for 30 min
6. To serve, sit at room temp for 10 min
7. Unwrap and slice
8. Serve with whipped cream and berries

## Medical Litigation Success



### Ingredients:

Some medical records  
Little research  
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Smart medical experts

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1. Un-mix records
2. Add a dash of research
3. Simmer quickly in legal nurses' mind
4. Identify strengths & weaknesses, missing records, etc
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## Springdale Three-Grain Cereal

### Ingredients:

- 1/3 cup pearled 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
- Fresh Berries available daily at  
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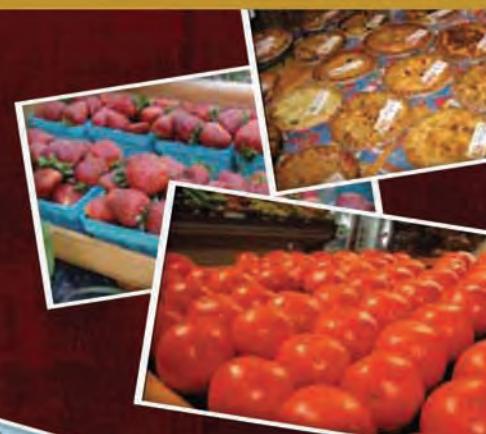


### Cooking Instructions:

In a medium saucepan of slated boiling water, cook the pearled 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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## Grilled Pesto Rubbed Chicken

from Di Bruno Bros. in The Market & Shops at Comcast Center



### INGREDIENTS

- 1 whole chicken (3–4 lbs) cut into pieces (leg, thigh, breast)
- 3/4 cup Di Bruno Bros. Pesto
- Kosher salt and freshly ground black pepper, to taste
- Di Bruno Bros. Fruttato Extra Virgin Olive oil (for brushing the grill and chicken)

### DIRECTIONS

1. Brush the grill slats with olive oil and preheat the grill to medium high.
2. Using your fingers, slightly separate the chicken skin from the meat. Stuff the space between the skin and meat with pesto.
3. Generously salt and pepper the chicken
4. Cook on the grill for 25 minutes turning only once.
5. Rub chicken skin with remaining pesto and cook 5 minutes more.
6. Tent the chicken with foil and let rest for 15 minutes.
7. While the chicken is resting, plate a green salad or simple antipasti with Italian bread.
8. Serve the chicken with a salad or antipasti and some crusty bread. Enjoy!



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## Nora Gold: Leek Fritters



## Horseradish Dill Dip



### INGREDIENTS

2 pound leeks (whites and first 2 inches of green)  
4 eggs  
1 cup mashed boiled potatoes  
½ cup bread crumbs or ¼ bread crumbs & ¼ pecorino cheese  
Salt & pepper  
Oil for sautéing  
Lemon wedges for garnish

### DIRECTIONS

Preparation (25 minutes)  
Serving (8-10)

- Trim and carefully wash the leeks, going between the layers to remove all the dirt.
- Bring 2 quarts salted water to boil. Parboil the leeks for 3 minutes. Drain and place the leeks in a mixing bowl. The leeks can also be cooked in the microwave for 3 minutes.
- Combine all ingredients, except oil & lemon with the leeks.
- Heat ¼ inch oil in a 12 inch skillet. Form a small patty and place in sizzling oil. Sauté on both sides until golden brown, turning only once during cooking.
- Drain the fritters on paper towel and garnish with lemon wedges.

### SERVING SUGGESTIONS

As an appetizer with horseradish dill dip or roasted peppers.

### INGREDIENTS

3 to 4 tbsp Hellman's Dijonnaise  
1 tbsp white horseradish  
1 to 2 tbsp of chopped dill

### DIRECTIONS

Mix together and chill.

## Nancy Landy: Strawberry Spinach Salad



### INGREDIENTS

2 tbsp of sesame seeds  
1 tbsp of poppy seeds  
½ cup white sugar  
½ cup olive oil  
¼ cup white vinegar  
¼ tsp of paprika  
¼ tsp of worcestershire sauce  
1 tbsp of minced onion  
1 bag of fresh baby spinach leaves  
1 quart of strawberries

### DIRECTIONS

- Wash strawberries and slice, mix all ingredients together and let chill for one hour, longer is preferred.
- Rinse spinach, pour dressing over salad and toss.
- Refrigerate 10 to 15 minutes before serving is recommended, not necessary.

## Matt Blatz: Scotch Egg



### INGREDIENTS

1 pound ground italian sweet sausage  
5 hard boiled eggs (large)  
1 egg  
1 box of pan co bread crumbs  
Vegetable oil (for frying)  
1 cup dijon mustard  
1 cup spicy mustard  
2 Tbsp honey

### DIRECTIONS

- Start by wrapping each hard boiled with your ground sausage completely covering entire egg until you have a round like ball of meat.
- Next, take one egg and scramble in bowl for egg wash
- Next, Pour pan co bread crumbs on plate and set aside
- Next, heat your oil in a pan for frying (If deep frying, which is ok, your oil temp should be at least 375 degrees)
- Next, take your balls of meat and dip into egg wash, then into your bread crumbs, covering entire ball with the bread crumbs and set aside (setting them aside for awhile will allow for better hold of bread crumbs when your frying)
- Next, fry each ball for at least 15-20min or until the balls turn a golden brown.
- After the ball is cooked all the way around, set aside on paper towels to drain.
- Next, take both your mustards and honey and mix into a bowl for dipping sauce for your scotch eggs (There are a few sauces you can make for this but this is my favorite)
- Next, cut your Scotch Eggs in half, serve with your sauce, and enjoy!!!

### SERVING SUGGESTIONS

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## Millie's Beef & Rice Pooch Yummy's

### 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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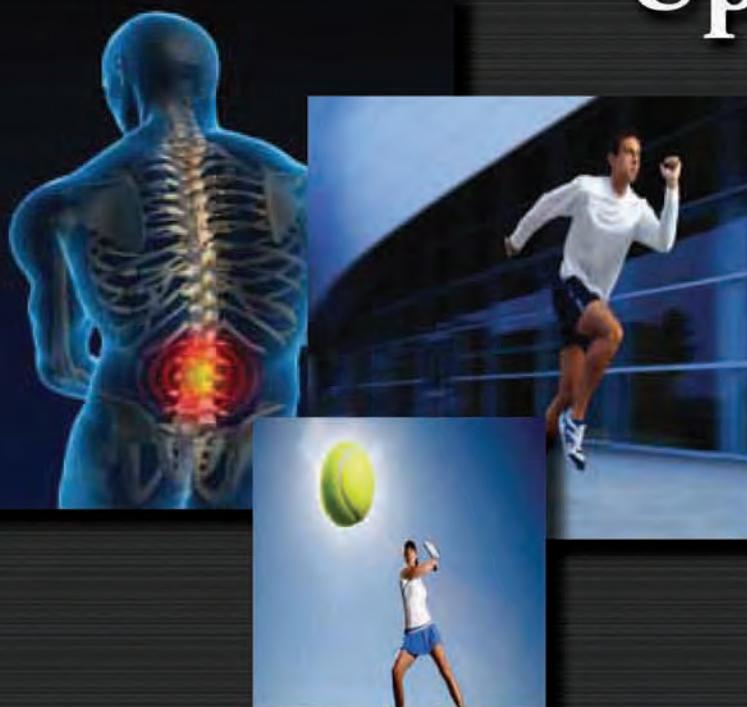
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