



Men

Who

Cook

Fifth Annual Men Who Cook

April 20, 2024

*A
Tasting!*

April 20, 2024



“Serving the children of the world”



“Serving the children of the world”

Acknowledgements

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The Kiwanis Club of Colonial Capital would like to thank our cooks and sponsors. We could not have held this event without the support from Publix Super Markets Charities, Williamsburg Clarion Hotel, the Virginia Beer Company, and Weather Crafters.

Colonial Capital Kiwanis



Charity Golf Tournament for Children

Monday September 23, 2024

1:00 Shotgun Start

All Skill Level Golfers Welcomed

Entry includes green fees, cart, Kiwanis logo balls, unlimited range balls and dinner to follow with beer, wine, and other refreshments.

Sponsorships Available

Kings Mill Resort River Course

1010 Kings Mill Road
Williamsburg, VA

For information contact:

Larry Sipos
(703) 447-6462

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<https://colonialcapitalkiwanis.org>

Our Raffle Prizes



Williamsburg Location
(757) 220-3616



Le Yaca French Restaurant

1430 High St, Williamsburg, VA 23185

Cochon on 2nd is a place where fine cuisine meets approachable comforts. We work hard to find the perfect selection of ingredients that create a memorable dining experience. Our chef-driven restaurant, offers rotating menus of delectable creations. Our unique concept is perfect for both special occasions and everyday dining. See menus and hours of operation by visiting www.cochonon2nd.com.

Our Event Host



3032 Richmond Road, Williamsburg, Virginia

[833-435-0451](tel:833-435-0451)

The Williamsburg Clarion Hotel donated the space for tonight's event.

Organizations and Activities Supported by Colonial Capital Kiwanis in 2023

- Avalon Center for Women and Children
- Bacon Street
- Bruton High School Key Club
- Clara Byrd Baker Elementary School
- Colonial CASA
- D. J. Montague Elementary School
- Griffin-Yeates Head Start Center – Reading is Fun
- Grove Christian Outreach Center
- Holiday Gifts for Local Kids
- House of Mercy
- James City County Parks and Recreation
- James City County Social Services
- Kiwanis Clothes Closets
- KCCC College Scholarships
- KCCC Teenager of the Year
- Latisha’s House
- Local Middle Schools Girls’ and Boys’ Sports
- Read Across America
- Salvation Army
- Virginia Peninsula Food Bank
- Williamsburg Christian Academy Key Club
- Williamsburg Community Foundation
- Williamsburg Regional Library

Beside service hours, the Kiwanis Club of Colonial Capital’s Foundation distributed over **\$60,000** in support of children in the local area. Thank you for supporting our efforts.

To learn more about the Kiwanis Club of Colonial Capital visit www.colonialcapitalkiwanis.org, email colonialkiwanis@gmail.com, or attend a Wednesday morning 7:30am meeting at the Holiday Inn and Suites, 515 Bypass Rd.. We provide breakfast!



To donate, scan the QR code.



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Chocolate Éclair Dessert

Chef: Professor Randy Colman, W&M

Ingredients

- 24 low fat gram crackers (approximately 1 box)
- 1 box sugar free instant chocolate pudding
- 4 ½ cups skim milk
- 12 oz. Cool Whip lite, thawed
- 2 boxes sugar free instant pudding
- Strawberries (optional)

Directions

1. Place 8 crackers in the bottom of a 13x9 inch pan
2. Mix vanilla puddings and 3 cups milk well, let sit 2 minutes.
3. Gently fold in Cool Whip.
4. Pour half on graham crackers
5. Top with another 8 graham crackers
6. Pour remaining mixture and top with remaining crackers.
7. Mix the chocolate puddings with 1 ½ cup milk well, and let sit 2 minutes.
8. Spread over graham crackers. Let sit 6 hours or overnight in refrigerator to soften crackers.
9. Strawberries may be served on top as garnish.

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Summer Supper Salad

Chef: Randy Casey-Rutland, President, Town Management

Ingredients

- 1 cup cooked brown rice
- 2/3 cup canned white beans, rinsed
- 1 medium-sized crisp apple, chopped
- ¼ cup raisins
- 1/3 cup sweet or red onion, finely chopped
- 1/3 cup red bell pepper, finely chopped
- ½ cup fresh broccoli, cauliflower, or green beans, cut into small pieces
- 1/3 cup frozen green peas
- ¼ cup roasted peanuts, coarsely chopped (opt)
- *For the dressing:*
- 2½ tbs olive oil
- 1 (scant) tbs peanut butter
- 1 tsp honey
- 1½ tbs light or fruity vinegar
- 1-2 tsp lemon juice (or substitute vinegar)
- ¼ tsp curry powder
- 5-10 generous grinds of black pepper
- Salt to taste

Directions

1. Blanch the broccoli, cauliflower, or green beans in boiling salted water for 1 – 2 minutes.
2. Rinse immediately with cold water.
3. Combine all salad ingredients in large bowl.
4. Mix all dressing ingredients together until smooth and fully incorporated.
5. Taste and adjust seasonings.
6. Pour dressing over salad and stir until evenly coated.
7. Cover and refrigerate at least 2 hours to allow flavors to develop.
8. Serve cold as a main dish on a bed of greens or as a side dish.

Grandma's 9 Layer Cake (cont'd)

Chef: Chief Ryan Ashe

Icing Ingredients

- 3 sticks of margarine melted
- 3 boxes of confectionary sugar
- ¾ of a small can of cocoa
- Can milk

Icing Directions

1. Stir together the sugar and cocoa in a bowl.
2. Add the melted margarine.
3. Mix with a mixer and add can milk as needed to soften. NOTE: If icing is too thin the cake layers will slide when you try to layer up the cake a little stiffer is better.
4. Add icing between the layers as you layer up the cake.
5. Once the last layer has been added, ice the sides as well.

Store cake in a cool place to allow the icing to set.

For slicing, it works best to cut and remove a quarter of the cake to another plate.

The cake slices best when cold.

Grandma's 9 Layer Cake

Chef: Ryan Ashe, James City County Fire Chief

Cake Ingredients

- 1 lb of flour (3 cups)
- 1 lb of sugar (2 cups)
- 1 lb of butter (use 2 sticks of margarine & 2 sticks of butter)
- 9 eggs
- 1/3 tsp. baking powder
- 1 tsp. vanilla
- 1 tsp. lemon extract/juice

Directions

1. Put butter, margarine and sugar in a bowl and let it soften at least overnight.
2. Preheat oven to 350°
3. Sift flour in a bowl and add baking powder. Set aside.
4. Mix the butter, margarine and sugar until mixed well.
5. Add 3 eggs at a time, alternating with the flour until all are mixed well. But do not over mix.
6. Add vanilla and lemon juice.
7. Using 3 round pans, cut circles of parchment paper or wax paper to fit in the bottoms. You'll need at least 9 circles.
8. Spray the pans with oil and put a circle in the bottom of each pan. Repeat for each layer cooked.
9. Put 3/4 cup of batter in each pan and spread around with a spoon.
10. Bake until the cake has bubbles on the top and the cake will be done. **Note:** If the top browns, it has cooked too long.
11. Slide cake layers out of the pans and place bottom side down to cool on wax paper on top of newspaper while you repeat steps for the next 3 cake layers to cook.

Breakfast Casserole

Chef: James Young, Manager Publix Super Market, Monticello Marketplace

Ingredients

- 2 pounds breakfast sausage
- One dozen eggs
- 1 cup heavy cream
- 1 30 ounce bag of shredded hashbrowns
- 1 teaspoon dry mustard
- 1 teaspoon of salt
- 1 teaspoon black pepper
- 8 ounces shredded white cheddar cheese
- 8 ounces shredded sharp cheddar cheese

Directions

1. Brown to pounds of breakfast sausage and drain the grease.
2. In large, mixing bowl, whisk your eggs and combine with heavy, whipping cream
3. Soak your hashbrowns in water for 10 minutes and then drain.
4. Combine your egg mixture with the hashbrowns, sausage, white cheddar cheese. and all of your spices, and mix together well.
5. Pour all of your ingredients into a greased 9 x 13 baking dish and bake at 350° for 50 minutes.
6. After 50 minutes remove from the oven and top with your sharp cheddar cheese and return to the oven for 20 minutes.
7. Server with optional hot sauce.

Enjoy!

Lamb and Pistachio Meatballs with Sumac Yogurt Sauce

Chef: Dr. Reed Hornsby, Williamsburg Dental Group

Ingredients

- ½ cup/60g shelled pistachios
- 1¼ cups/25g arugula
- 1 onion, quartered (5¼ oz/150g)
- 1 large garlic clove, peeled
- 1 lb 2 oz/500g ground lamb
- about 3 tbsp olive oil
- salt and black pepper

SUMAC YOGURT SAUCE

- 1 cup/250g Greek-style yogurt
- 1 tbsp sumac
- 1 tbsp olive oil
- 1 tbsp lemon juice

Directions

1. Mix together all the ingredients for the sumac yogurt sauce and keep in the fridge until needed.
2. To make the meatballs, put the pistachios into the bowl of a food processor.
3. Blitz for a few seconds, to roughly chop, then put into a medium bowl.
4. Add the arugula to the processor, blitz for a few seconds to roughly chop.
5. Add to the bowl of pistachios.
6. Continue with the onion and garlic, to form a smooth paste, and add to the bowl.
7. Add the lamb, 1 tbsp of oil, ¾ tsp salt, and a good grind of pepper.
8. Mix well to combine, then, with wet hands, shape the mix into meatballs.
9. Put 1 tbsp of the oil into a large nonstick frying pan and place over medium heat.
10. Once hot, add the meatballs- as many as you can fit without crowding the pan.
11. Cook for 7 minutes, turning after 3½ minutes, until golden brown and just cooked through during the process.

Pineapple Casserole

Chef: Pat Dent, Vice Mayor, City of Williamsburg

Ingredients

- 2 - 20 ounce cans crushed pineapples drained, but reserving 1/4 cup of juice
- 1/2 cup all-purpose flour
- 1/2 cup granulated sugar
- 2 cups sharp cheddar cheese (shredded)
- 2 sleeves Ritz crackers
- 1/2 cup butter (melted)

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, mix drained crushed pineapple, flour, sugar, cheese, and 1/4 cup of the pineapple juice.
3. Lightly season a 9 x 9 casserole dish
4. Pour mixture into the dish.
5. In a medium bowl, crush crackers
6. Mix with the melted butter.
7. Sprinkle the crackers over the pineapple mixture.
8. Bake for 30 minutes or until the crackers are golden.
9. Serve immediately.

Easy Homemade Baklava

Chef: Bill Vehov, Dining Manager. Dining Services, Williamsburg Landing

Ingredients

- 1 cup granulated sugar
- 3/4 cup water
- 1/2 cup pure honey
- 2 tablespoons fresh lemon juice
- 16-ounce package of phyllo dough thawed
- 1 cup (2 sticks) unsalted butter melted
- 2 cups walnuts finely chopped
- 2 cups pistachios finely chopped
- 1 tablespoon ground cinnamon

Directions

1. Preheat oven to 325F degrees.
2. Open the phyllo pastry dough package and cover with a damp towel to prevent drying out. If needed, trim the dough to fit your glass baking dish
3. Grease a 13 x 9-inch or larger glass baking dish with 1 tablespoon of the melted butter and set aside.
4. In a medium saucepan, combine sugar, water, honey, and lemon juice. Bring to a boil over medium heat, stirring often until the sugar is dissolved. Reduce the heat to low simmer without stiffing for 4 minutes; set aside to cool.
5. Combine the finely chopped walnuts, pistachios, and cinnamon in a medium bowl.
6. Lay 1 sheet of the phyllo dough into the bottom of the buttered dish. Brush with melted butter, then repeat with 9 more sheets of phyllo. Spread 3/4 cup of the walnut/pistachio mixture evenly over the phyllo layer.
7. Lay another 5 sheets of phyllo dough over top of the mixture, brushing each with butter. Sprinkle on another 3/4 cup of the walnut/pistachio mixture. Repeat until the mixture is used up, then top with last 10 sheets of phyllo dough, brushing butter on each as you add them.
8. Brush the top layer with butter, then slice the pastry into 1 1/2-inch strips and the slice diagonally in both directions to create diamonds.
9. Bake uncovered for 1 hour 25 minutes until pastry is golden brown. Immediately after removing from oven, pour the cooled syrup over the pastry.
10. Let cool completely before serving.

For best results, let the baklava sit covered overnight to soak up the syrup.

Boston Globe Fish Chowder

Chef: Tom Wilson, Vice Admiral, U.S. Navy (ret.)

Ingredients

First Set of Ingredients

- 2 lb. white fish fillet (Cod preferred or Haddock)
- 4 potatoes peeled and sliced
- 3 cut up onions
- Parley or celery leaves
- Bay leaf
- 4 whole cloves
- ¼ teaspoon pepper
- 2 ½ teaspoon salt
- ¼ teaspoon dried dill weed

Second Set of Ingredients

- 2 cups boiling water
- 1 stick butter
- ½ dry white wine

Directions

1. Layer first set of Ingredients in a large casserole or deep baking dish:
2. Next, add boiling water, butter, and white wine
3. Cover and bake for 1 ¼ hour at 350 degrees
4. When the cook almost done, heat 2 cups all-purpose cream: add to the chowder, stir, and serve

New Hampshire Clam Chowder

Chef: Dr. Todd Mooradian, Dean, Raymond A. Mason
School of Business, William & Mary

Ingredients

- 2 tablespoons unsalted butter
- 1 medium onion, finely diced
- 2 celery stalks (reserve tender leaves) trimmed, quartered lengthwise, then sliced into 1/4-inch pieces
- 3 tablespoons all-purpose flour
- 2 cups chicken or vegetable stock
- 2 (10-ounce) cans chopped clams in juice
- 1 cup heavy cream
- 2 bay leaves
- 1 pound Idaho potatoes, cut into 1/2- inch cubes
- Salt
- Freshly ground black pepper

Directions

1. Heat the butter in a large pot over medium-high heat.
2. Add the onion and celery.
3. Sauté until softened, mixing often.
4. Stir in the flour to distribute evenly.
5. Add the stock, juice from 2 cans of chopped clams (reserve clams), cream, bay leaves, and potatoes and stir to combine.
6. Bring to a simmer, stirring consistently (the mixture will thicken), then reduce the heat to medium-low and cook 20 minutes, stirring often, until the potatoes are nice and tender.
7. Then add clams and season to taste with salt and pepper,
8. Cook until clams are just firm, another 2 minutes.

Chocolate-Pistachio Cookies

Chef: Paul Spitalnik, Pharmacist

Ingredients

- 2.5 cups All-Purpose flour
- ½ cup unsweetened cocoa powder
- ¾ tsp Kosher salt
- ¼ tsp baking soda
- 2.5 sticks unsalted butter, softened
- ¾ cup light brown sugar
- ½ cup dark brown sugar
- 1 tsp Vanilla extract (not *imitation* vanilla)
- 1 large egg white
- 5 oz. + bittersweet or semisweet chocolate or some of each type
- 1 cup unsalted/raw Pistachio nuts (Buy them unshelled and shell yourself or buy shelled.)
- Flaky sea salt

Directions

1. Crush the nuts into smaller bite size pieces. You decide the size of the nuts.
2. In a medium bowl, whisk together the flour, cocoa powder, salt, and baking soda. Set aside.
3. In a second bowl, beat butter, sugars, and vanilla on high speed for 4 minutes till light and fluffy.
4. Reduce speed to low and slowly add dry ingredients and mixing JUST enough to combine.
5. Mix in egg white.
6. Add chocolate morsels and pistachio nuts, and combine.
7. Additional chips or nuts can be added at your discretion.

To save:

1. Divide dough into four pieces and roll them out into 8” logs about 1.5” in diameter. Flour to prevent sticking.
2. Wrap tightly in plastic wrap and then place in freezer.
3. When you want cookies, take the logs out of freezer, and defrost
4. Using a serrated knife, slice into ¼” thick slices.

To bake:

1. Roll out dough on a floured surface and shape into cookies, or use a mold, and punch out cookies.
2. Place on a cookie sheet lined with parchment or a silk pat and then sprinkle flaky sea salt on cookies.
3. Pre-heat oven to 350° degrees.
4. Bake for 10-12 minutes or until cracking on surface.

After baking, the cookies can be frozen.

No Bake Biscoff Trifle

Chef: Senator Danny Diggs, Virginia 24th District

Ingredients

- 2 cup heavy whipping cream,
- 1/2 powdered sugar
- 1/2 cup Biscoff cookie butter
- Pudding of your choice (white chocolate, cheesecake, vanilla)
- Pound cake
- Biscoff cookies
- Cool Whip (optional) or make more whipped cream

Directions

1. In a chilled metal bowl pour 1 cup mix heavy whipping cream
2. Add powdered sugar and Biscoff cookie butter.
3. Mix on low until combined
4. Add the remainder of the whipping cream
5. Mix on high until stiff peaks are formed
6. Prepare pudding of your choice (white chocolate, cheesecake, vanilla)
7. Cut pound cake or cake of choice into small cubes.
8. Assemble in glass bowl by placing all ingredients in layers and repeat.
9. Finish with Cool Whip or freshly prepared whipped cream (first step)
10. Top with crushed Biscoff cookies.

Pan Toasted Croutons (for the Chowder)

Chef: Todd Mooradian, Dean, Raymond A. Mason School of Business, Williams & Mary

Ingredients

- 2 to 3 tablespoons unsalted butter
- 1/2 baguette, cut into 1-inch cubes
- 3 tablespoons freshly chopped flat-leaf parsley
- Salt
- Freshly ground black pepper

Directions

1. Melt the butter in a large skillet
2. Toss the bread cubes in the butter until browned and toasted, about 2 to 3 minutes.
3. Add parsley
4. Season with salt and pepper.

Vermont Seriously Sharp Mac & Cheese

Chef: Josh DeBottis, GM and Chief Operating Officer, Two Rivers Country Club

Ingredients

- 1 box of elbow macaroni
- 2 Seriously Sharp Cabot Cheese (8 oz bars), shred
- 1 chopped Vidalia onion
- 1 stick of salted butter
- 2 cups of half & half
- ¼ cup Grey Poupon
- 1 teaspoon salt
- 1 teaspoon pepper
- 10 crushed Ritz Crackers

Directions

1. Pre-heat oven to 350 degrees.
2. Boil macaroni in salted water until al dente; drain water, set aside.
3. In separate sauce pan, on low heat, melt 1 stick of butter
4. Add chopped Vidalia onion, salt & pepper.
5. Stir until onions are soft but not brown.
6. Add half & half, Grey Poupon, stir.
7. Add shredded Seriously Sharp Cabot cheese (set aside some for top).
8. Stir constantly until cheese is melted.
9. Pour cooked macaroni and cheese mixture into baking dish.
10. Top with more shredded cheese and crushed Ritz crackers.
11. Bake for 20 minutes at 350 degrees, until golden brown.

Note: For cheesier mac & cheese add less macaroni.

Nat's Open-Faced Meatballs on Bruschetta

Chef: Nat Elliot, Berkeley Middle School Teacher

Ingredients

- 1 lbs. ground beef
- 1 lbs. ground veal
- 1lbs. ground pork
- 1 lbs. sweet Italian sausage, removed from casing
- ½ yellow onion, diced
- 4 cloves garlic, minced
- 2 slices day-old bread, cubed
- 1 cup milk
- ½ cup grated parmesan cheese
- 2 eggs beaten
- ½ cup chopped flat leaf parsley
- ½ cup chopped fresh basil
- 1 Tbsp. dried red pepper flakes
- Salt and pepper to taste

Directions

1. Over medium low heat, gently sauté onions and garlic just until they turn clear, about 3-4 minute
2. Add to meat (beef, veal, pork, and sausage) in a large mixing bowl
3. Soak bread cubes in milk for a few minutes, then squeeze them out
4. Add to the mix
5. Combine eggs with ½ cup of the milk from the bread cubes
6. Add egg/milk mix to the bowl
7. Add all remaining ingredients and mix thoroughly.
8. Test a small portion of the meatball mix by frying it in a pan.
9. Add salt and pepper if needed.
10. Using an ice cream scooper, portion out meatballs onto a sheet pan
11. Form them into balls with your hands. (If the meat sticks to your hands a couple drops of water on your hands will make them easy to roll)
12. If time permits, brown the meatball on the stovetop in a large sauté pan. Alternately, they work almost as well by browning them in an oven set to 400F.
13. When the meatballs are deep brown in color, remove them to a big pot of your favorite Marinara sauce. where they can sit for as long as you need them to (ideally at least an hour or so. They benefit from the tomato sauce, and the sauce benefits from the meatballs too—a real match made in heaven)

Cheesy Ham and Hash Brown Casserole

Chef: Major Tony Dallman, James City County Police

Ingredients:

- 1 (32 Ounce) package of frozen hash brown potatoes
- 8 ounces cooked diced ham
- 2 (10.75 ounce) cans condensed cream of potato soup
- 1 (16 ounce) container sour cream
- 2 cups shredded sharp cheddar cheese
- 1 ½ cups grated parmesan cheese

Directions

1. Preheat oven to 375, lightly grease 9X13 baking dish
2. Mix hash browns, ham, soup, sour cream, and cheddar cheese
3. Spread evenly into the prepared dish
4. Sprinkle with parmesan cheese
5. Bake 1 hour in preheated oven until bubbly and light brown

Serve ASAP, hotter is better.

Malloy Potatoes

Chef: Brian Malloy, Dr. Detroit

Ingredients

- Red potatoes
- Salt
- Olive oil
- Feta cheese
- Zesty Italian dressing

Directions

1. Cut the potatoes into quarter pieces
2. Boil with a pinch of salt
3. Drain water
4. Top with olive oil, Feta cheese, and Italian dressing
5. Mix well
6. Serve

Optionally

1. Preheat oven to 350 degrees
2. Cut potatoes into quarter piece
3. Cook for about 30 minutes regularly stirring
4. Remove from the oven and place in a bowl
5. Top with olive oil, Feta cheese, and Italian dressing
6. Mix well

Mac and Cheese

Ingredients

- 16 oz elbow macaroni, cooked (or other tubular pasta)
- 1 tbsp extra virgin olive oil
- 1 tbsp unsalted butter
- 1/3 cup all-purpose flour
- 2 cups whole milk
- 1 cup heavy whipping cream
- 4 cups sharp cheddar cheese shredded
- 2 cups Gruyere cheese shredded salt and pepper to taste
- 1 1/2 cups panko crumbs (for extra crunch try gluten free)
- 4 tbsp butter melted
- 1/2 cup Parmesan cheese shredded
- 1/4 tsp smoked paprika (or regular paprika)

Directions

1. Preheat oven to 350F.
2. Lightly grease a large 3 qt or 4 qt baking dish and set aside.
3. Combine shredded cheeses in a large bowl and set aside.
4. Cook the pasta one minute shy of al dente according to the package instructions. Remove from heat, drain, and place in a large bowl.
5. Drizzle pasta with olive oil and stir to coat pasta. Set aside to cool while preparing cheese sauce.
6. Melt butter in a deep saucepan, dutch oven, or stock pot.
7. Whisk in flour over medium heat and continue whisking for about 1 minute until bubbly and golden.
8. Gradually whisk in the milk and heavy cream until nice and smooth. Continue whisking until you see bubbles on the surface and then continue cooking and whisking for another 2 minutes.
9. Whisk in salt and pepper.
10. Add two cups of shredded cheese and whisk until smooth.
11. Add another two cups of shredded cheese and continue whisking until creamy and smooth. Sauce should be nice and thick.
12. Stir in the cooled pasta until combined and pasta is fully coated with the cheese sauce.
13. Pour half of the mac and cheese into the prepared baking dish.
14. Top with remaining 2 cups of shredded cheese and then the remaining mac and cheese.
15. In a bowl, combine panko crumbs, Parmesan cheese, melted butter and paprika. Sprinkle over the top.
16. Bake until bubbly and golden brown, about 30 minutes.

Serve immediately.

Buddy's Brunswick Stew

Chef: Buddy Giles, Former President, Kiwanis Club of Toano

Ingredients:

First Set of Ingredients

- 1 whole chicken or "on-the-bone" chicken pieces totaling approximately 5 pounds
- 2 quarts water
- 1 tbs salt
- 1 tsp black pepper
- 4 bay leaves

Next Set of Ingredients

- 1/2 cup ketchup
- 2 tbs light brown sugar
- 1 1/2 tsp dry mustard
- 1 1/2 tsp squeezable ginger paste -or- fresh ginger, grated
- 1/2 lemon sliced very thin and quartered
- 1 tsp garlic -minced from jar
- 1 tbs butter or margarine
- 1/4 cup white vinegar
- 3 tbs vegetable oil
- 1 tbs Worcestershire sauce
- 3/4 tsp hot sauce
- 1/2 tsp black pepper

Final Set of Ingredients

- 1 cup ketchup
- 2 - 28 oz cans diced tomatoes, undrained
- 2 - 15 1/4 oz cans, whole kernel corn, undrained
- 2 - 14 3/4 oz cans, cream style corn
- 1 - 12oz bag frozen black-eyed peas
- 1 - 12oz bag frozen baby lima/butter beans
- 1 large onion, chopped
- 1/4 cup light brown sugar, firmly packed
- 1 tbs salt
- 1 tbs black pepper

Best Ever Chicken Gumbo (cont'd)

9. Stir in tomato paste and the next seven ingredients, (3 bay leaves, fresh thyme, 2 tsp kosher salt, 1 tsp hot-sauce ¼ tsp ground red pepper, ½ tsp ground black pepper, and 1 tbs Worcestershire sauce.)
10. Separate the chicken from the bone.
11. Stir in tomatoes and 1/3 cup of their liquid; gradually add the chicken broth and the chicken.
12. Add reserved sausage and okra. Bring to a boil over high heat, and cover.
13. Reduce heat to medium-low and simmer 35-45 minutes.
14. Stir remaining green onions, and simmer 4 minutes. Stir in parsley and simmer 1 minute. Remove from heat. Taste and add salt, if desired.
15. Server over long grain rice.

Best Ever Chicken Gumbo

Chef: Howie Hall, Former Chief Pilot, Atlas Airlines

Ingredients

- 3 lbs bone in chicken thighs, skin removed
- Kosher salt. 1 pinch, 2 tsp & to taste
- 6 Tbs. Oil, divided.
- 2 lbs. Frozen sliced okra.
- 1 lbs. Andouille sausage thinly sliced
- 2 Tbs. All-purpose flour
- 2 cups finely chopped yellow onion
- 1 cup finely chopped celery
- 1 cup finely chopped green bell pepper
- 4 garlic cloves, minced
- 1 cup chopped green onions divided
- 1 can tomato paste (6.5-oz)
- 3 bay leaves
- 1 tsp finely chopped fresh thyme
- 1 tsp hot-sauce (Tabasco)
- ¼ tsp ground red pepper
- ½ tsp ground black pepper
- 1 Tbs Worcestershire sauce
- 1 can whole tomatoes (14.5 oz) drain, coarsely chop, and reserve the liquid
- ¼ cup finely chopped fresh flat-leaf parsley
- Hot cooked long grain rice

Directions

1. Season the chicken, then brown in a Dutch oven. Set the chicken aside.
2. Add 8 cups of water to a pot, add the chicken and bring to a low boil. Cook 35-45 minutes or until the chicken is cooked. Remove the chicken from the pot and set aside.
3. Heat 2 Tbsp. oil in a large heavy skillet over medium heat and add okra. Sprinkle with ½ Tsp. Salt and sauté 10 minutes. Set aside okra and wipe out skillet.
4. Heat another Tbs of oil in skillet over medium-high heat, and sauté andouille about 8 minutes or until brown. Set aside.
5. Heat remaining 3 Tbsp. oil in a large heavy pot over high heat.
6. Add flour, reduce heat to medium, stirring constantly, about 10 minutes or until roux is a medium -to dark brown.
7. Add yellow onions, celery, and bell pepper, and sauté 4 to 5 minutes or until vegetables begin to soften.
8. Add garlic and ½ cup green onions and cook 3 more minutes.

Buddy's Brunswick Stew (cont'd)

Directions

1. Pour 2 quarts of water into a large pot
2. Add chicken, salt, black pepper, and bay leaves
3. Bring to boil, then reduce heat, and simmer for an hour or until the chicken is tender.
4. Drain chicken, reserving 1 quart of strained chicken broth.
5. Pour the reserved broth back into the large pot
6. Skin, bone, and shred chicken
7. Place shredded chicken into the chicken broth and begin warming on low heat
8. In a small saucepan add 1/2 cup of ketchup, light brown sugar, dry mustard, ginger paste or fresh grated ginger, sliced lemon, garlic, butter or margarine, white vinegar, vegetable oil, Worcestershire sauce, hot sauce, and black pepper
9. Cook over medium heat, stirring occasionally, for about 15 minutes.
10. Pour contents of the saucepan into the large pot
11. To the large pot add 1 cup of ketchup, diced tomatoes, whole corn, creamed corn, black eyed peas, lima bean, chopped onion, light brown sugar, salt and pepper
12. Simmer covered, stirring often, for about 4-5 hours or until mixture is thickened to suit. To get a thicker stew, uncover for some part of the long cook.

YIELD: 3 1/2 quarts

Dan's Brunswick Stew with a Kick!

Chef: Dan Schultz, Former President of Sikorsky Aircraft Corporation

Ingredients

- 2 chickens
- 3 cups broth
- 1 cup onions
- 2 cans of white corn
- 2 cans butter beans
- 3 cans of tomatoes
- 1 Tablespoon of sugar
- 3 cups of cut up potatoes
- ½ stick of butter
- Salt and pepper to taste
- Lots of paprika

Directions

1. In a Dutch oven or large pot on medium heat, brown the onions in butter
2. Add the broth
3. Add the chickens
4. Add the onions
5. Add the butter beans
6. Add the white corn
7. Add the tomatoes
8. Add the potatoes
9. Add the sugar
10. Season with salt, pepper, and paprika
11. Bring to a boil, then reduce temp.
12. Cook until chicken is stringy, do ahead of time, keeping in the fridge so the flavors get to know each other.
13. Reheat when ready to serve

Terri Leigh's Chicken Broccoli Casserole

Chef: Ron Montgomery, Sheriff, York-Poquoson

Ingredients

- 2-3 boneless skinless chicken breasts, cut into bite size pieces
- 1 cup Jasmine rice, cooked
- 1 bunch fresh broccoli, chopped & cooked (May use 10-12oz frozen)
- Can of Cream of Chicken with Herbs soup
- 8 oz shredded cheddar cheese
- 4 oz shredded Mexican blend cheese

Directions

Chicken

1. Drizzle olive oil in heated skillet, add chopped chicken
2. Lightly season with salt/pepper/Italian seasoning & oregano
3. Cook completely

Casserole

1. Preheat oven to 350 degrees
2. In a large bowl mix together cooked rice, cream of chicken soup, 6oz of the shredded cheddar, 4oz of the shredded Mexican blend
3. Fold in cooked broccoli & chicken
4. Transfer all to a baking dish
5. Top with remaining cheddar cheese
6. Bake for 20-30 mins

Sweet Potato Casserole

Chef: Sean Dunn, Chief of Police, City of Williamsburg

Ingredients

- 3 pounds of sweet potatoes, peeled and cut into cubes
- 1/2 cup brown sugar (packed!)
- 1/3 cup softened butter
- ½ teaspoon vanilla extract
- ¾ cup chopped pecans, divided
- Salt and pepper to taste
- 2 cups mini marshmallows

Directions

1. Preheat oven to 375°F. Grease a 9 x 13 pan.
2. Place sweet potatoes in a pot of boiling water.
3. Simmer for 15 minutes or until fork tender.
4. Drain.
5. In a large bowl (or in the pot the potatoes were cooked in), mash the sweet potatoes with brown sugar, butter, cinnamon, vanilla and salt & pepper.
6. Fold in half of the pecans
7. Spread into prepared pan.
8. Sprinkle with the marshmallows and the remaining pecans.
9. Bake for 25 minutes or until marshmallows are golden brown and potatoes are heated through.
10. Serve!

Southern Comfort Chili

Chef: Kenya Williams, Owner, iShine®

Ingredients

- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet red pepper, chopped
- 1 small onion, chopped
- 2 cloves of garlic, minced
- 1 jalapeno, seeded and diced (optional)
- 3 Tablespoons of oil (for sautéing)
- 1 cup frozen or dried sweet corn
- 1 (2lbs) Turkey Meat
- 1 (14.5 oz) can diced tomatoes
- 1 (14.5 oz) can whole Italian Stewed Tomatoes, chopped
- 1 (15 oz) can Tomato sauce
- 1 (15 oz) can kidney beans, rinsed & drained
- 1 (15 oz) can black beans, rinsed & drained
- 1 (15 oz) can garbanzo beans, rinsed and drained
- 3 T. chili powder
- 3 T celery flakes (or fresh celery)
- 1½ t. seasoning salt
- 1½ t. ground cumin
- 1 t. paprika
- 1 T. oregano
- 1 T. cilantro
- 2 t. sugar
- 1 T. parsley
- 2 t. thyme
- 1 T. basil (optional)

All of these are seasoned to Taste, I added extra of each.

Directions

1. Grill Turkey Meat (**Charcoal Grill preferred**)
2. Heat olive oil in a large pot
3. Add in the vegetable crumbles. and chopped veggies.
4. Sauté on medium heat until the bell peppers are nice and tender.
5. Add the corn and cook for another minute.
6. Add diced tomatoes, Italian Stewed Tomatoes and tomato sauce.
7. Stir in the drained beans.
8. Stir until everything is combined.
9. Add in the spices.
10. Stir to combine.
11. Cover and bring to a boil or put in crockpot for 3-4hrs.
12. Reduce heat and simmer for about 30 minutes.

World's Best Chili

Chef: Bob Donnelly, President, Governors Land Foundation

Ingredients

- 2 yellow onion, chopped
- 4 tbs olive oil
- 1 red bell pepper, chopped
- 6 rashers bacon, cubed
- 2 jalapeno pepper, chopped
- 8 garlic cloves, minced
- 3 pounds lean ground beef
- ¼ cup Worcestershire sauce
- 2 cups beef broth
- 1 (12 fluid ounce) can or bottle beer
- 1 (28 ounce) can crushed tomatoes
- 1 (14.5 ounce) can diced tomatoes
- 1 (12 ounce) can tomato paste
- ½ cup white wine
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoon molasses
- 2 ½ teaspoons dried basil
- 1 ½ teaspoons smoked paprika
- 1 teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper
- 2 (16 ounce) cans dark red kidney beans

Directions

1. In a large pot, cook the bacon until crisp, stirring often to cook evenly.
2. Remove the bacon to a paper towel lined plate.
3. Add the onions and peppers and cook until tender.
4. Add the ground beef and cook until browned.
5. Drain off any excess grease, we just tilt the pot and use a large spoon.
6. Add all the remaining ingredients and the bacon and stir to combine.
7. Cook for a minimum of 45 minutes.

Note: If you have the time, it is best if it simmers all day or as long as possible.

Tomato Sauce (for the Chicken Parmesan)

Ingredients

- 2 cans (28 oz cans) Cento San Marzano Tomato
- 1/2 cup peeled, minced sweet onion
- 2 cloves minced garlic
- 2 Tbsp Extra Virgin olive oil
- 1 pkg fresh basil, leaves stripped, stems discarded, finely chopped
- 2 Tbsp unsalted butter
- Salt and pepper to taste

Directions

1. Hand-crush tomatoes into sieve over large bowl; remove stems.
2. Release juices by gently squishing with fingers.
3. Drain, reserving juices. Set aside.
4. Add onions, garlic, and olive oil to large pan on MED-LOW.
5. Cook, stirring, about 5 min, until soft but not browned.
6. Add reserved tomato juice; raise heat to MED-HIGH.
7. Cook, stirring often, about 25 min, until liquid is reduced by ¾
8. Add crushed tomatoes to pan.
9. Reduce heat to LOW; simmer 10 min.
10. Add basil leaves, butter, salt, and pepper.
11. Cook, stirring, 5 min

Chicken Parmesan

Ingredients

- Skinless, boneless chicken breast halves
- Salt and freshly ground black pepper to taste
- Eggs
- 1 cup panko bread crumbs, or more as needed
- 1/2 cup grated Parmesan cheese
- 2 tablespoons all-purpose flour, or more if needed
- 1 cup olive oil for frying
- 1/2 cup prepared tomato sauce
- 1/4 cup fresh mozzarella, cut into small cubes
- 1/4 cup chopped fresh basil
- 1/2 cup grated provolone cheese
- 1/4 cup grated Parmesan cheese
- 1 tablespoon olive oil

Directions

- 1 Preheat an oven to 450 degrees F (230 degrees C).
- 2 Place chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface.
- 3 Firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2. chicken thoroughly with salt and pepper.
- 4 Beat eggs in a shallow bowl and set aside.
- 5 Mix bread crumbs and 1/2 cup Parmesan cheese in a separate bowl, set aside.
- 6 Place flour in a sifter or strainer; sprinkle over chicken breasts, evenly coating both sides.
- 7 Dip flour coated chicken breast in beaten eggs.
- 8 Transfer breast to breadcrumb mixture, pressing the crumbs into both sides. Repeat for each breast.
- 9 Set aside breaded chicken breasts for about 15 minutes.
- 10 Heat 1 cup olive oil in a large skillet on medium-high heat until it begins to shimmer.
- 11 Cook chicken until golden, about 2 minutes on each side. The chicken will finish cooking in the oven.

4 Eagles Chili

Chef: Randy Coleman Jr. Owner, RA Coleman Landscaping

Ingredients

- 2.5 pounds 85% lean ground beef
- 1 Large yellow onion diced
- 1 bell pepper diced
- 1 cup of chili powder
- 1 tablespoon ground cumin
- 1 tablespoon of Masa
- Red pepper powder as desired for heat
- 16 ounces of diced tomatoes
- 16 ounces of chili beans
- 16 ounces of dark kidney beans
- 6 ounces of tomato paste

Directions

1. In a large pot, brown the ground beef
2. When finished, drain the fat
3. Add the diced onion and diced bell pepper
4. Simmer for five minutes
5. Add the remaining ingredients
6. Bring to a boil
7. Reduce heat and leave covered for 30 minutes

Doc's Chili

Chef: Dr, Charlie Frazier, SVP and Chief Medical Information and Innovation Officer, Riverside Health System

Ingredients

- 1 lbs. cooked, smoked brisket, shredded/chopped
- 1 large green pepper, chopped
- 1. large onion, chopped
- 1 15oz can kidney beans, drained
- 1 15oz can pinto or black beans, drained
- 1 15oz can cannellini beans, drained (optional – leave out for fewer beans)
- 1 28oz can crushed tomatoes
- 1 15oz can tomato sauce
- ½ 15oz can water
- 4 tsp curry powder
- 1 Tbs chili powder
- 1 tsp ground cumin
- 2 tsp salt
- 1 tsp garlic powder
- 1 tsp brown sugar
- ½ tsp onion powder
- ½ tsp pepper
- 1 cup ketchup
- 4-8 TBSP hot sauce

Directions

1. Dump all ingredients into a large pot
2. Stir well.
3. Bring a low boil.
4. Reduce the heat (low to medium low) to gently simmer the chili, covered, stirring occasionally.
5. Cook for a minimum of 30 minutes. The longer it simmers the better it gets.
6. Let the chili rest for 5-10 minutes before serving.

Szechwan Eggplant with Ground Pork

Chef: Dr. Ed McMahon, Owner, E.P. McMahon

Ingredients

- 1 ½ lbs Chinese eggplants (3-4 medium)
- Cornstarch for coating eggplant slices (about 2 TBS)
- 3 - 4 minced garlic cloves
- 2 Tbs minced ginger
- 2 sliced green onions, white for dish, greens for garnish
- 2 Tbs hot bean sauce (doubanjiang)
- 1 Tbs hoisin sauce
- 1 ½ Tbs rice vinegar (unflavored)
- 3 Tbs soy sauce
- 2 tsp sugar
- 1 Tbs sesame oil
- ¼ lb ground pork

Directions

1. Slice eggplant into ¼ - 3/8-inch pieces (on slight diagonal)
2. Mix vinegar, sugar, hot bean paste, hoisin sauce, sesame oil and soy sauce and set aside
3. Dust the eggplant slices in cornstarch to lightly coat them (shake them in a plastic bag with the cornstarch)
4. In two batches in a hot wok stir-fry eggplant ~1 ½ - 2 min in hot oil (2 TBS) just to start the cooking and to add a little color. The eggplant will absorb all the oil – don't use too much, and don't crowd the eggplant.
5. Remove and set aside.
6. Stir fry the ground pork in a little oil until no longer pink.
7. Add 1 TBS oil if the pork has not rendered enough oil and stir-fry garlic, ginger, and onion for 30 seconds with the pork. This flavors the oil with the aromatics.
8. Add the soy sauce mixture, stir for a few seconds to heat. Add back the eggplant and continue to stir-fry for about 1 minute until the eggplant begins absorbing the sauce. The color change will be obvious. It is very important to have the eggplant absorb the sauce!!
9. Remove from heat, and top with garnish.

The idea is to make the eggplant soft (cooked) but not mushy. It must be cooked enough without being overcooked. All cooking should be done over highest heat available, preferably in a wok. Use high smoking point oil like peanut or canola oil only.