

St. Thomas More Center at the University of New Hampshire Student Suppers

Information for Cooks

1. An asterisk has been placed next to one person in each group. This person is responsible for:
 - (a) calling the other members of the team to decide how you want to prepare the meal to serve
 - (b) calling Ginny Tagliaferro to check on recent attendance at the suppers and to let her know your group is all set (868-7244)
2. Serving dishes are available at the Student Center
Pan sizes are: 12" X 18" X 2", 16 quart kettles
3. Please pick up any food items and pans from the center by 4:00 p.m. on Thursday, office is closed on Friday.
4. Serve a salad or vegetable with each meal. An appetizer is optional.
5. Food may be prepared at home and then cooked in our ovens or you may prepare it at the Student Center.
6. Please purchase the bread, rolls, meat, chicken and fresh produce suited for your meal. Save your receipts and give them to Elaine Walczak (there are reimbursement slips on her door), so that you can be reimbursed.
7. Mass is at 5:00 p.m. Supper begins at approximately 6:10 p.m.
8. If your group feels creative, please feel free to create your own menu.
9. Set up eight tables of eight. There are serving bowls available in the kitchen for each table. It is extremely helpful if the pans and bowls can be washed when they are emptied.
10. Team members working on a dinner should be at the Center by 4:40 to help with set up. This year we will set the tables with paper plates and silverware.

11. Bread and rolls and salad may be put on the tables before the students arrive. The main course can be served to the individual tables after grace has been said.

12. We would like to feel that each person who cooks treats this meal as an extension of their family meal. BRING THE FAMILY. Sit and enjoy a meal with the students. They enjoy getting to know you.

Thanks for all your help.

RECIPES

MENU # 1 LASAGNA

Main Course: lasagna, meat and meatless
tossed salad
garlic bread
Dessert: your choice

LASAGNA RECIPE

(serves 50)

Make one pan of lasagna without meat in the sauce. Two with meat.

1 cup chopped onion	2 cloves garlic, minced
1 tbl oil	2 lbs ground beef
1 #10 can tomato sauce	1 (12 oz cans) tomato paste
3 tsp oregano	1 1/4 lbs lasagna noodles
1 1/4 lbs grated mozzarella cheese	1 1/2 lbs ricotta cheese
1 eggs	1 c grated Parmesan cheese, grated

Brown ground beef, drain fat. Saute onion and garlic until soft. Add sauce, oregano and onion/garlic mixture to meat and simmer for about 1/2 hour, stirring occasionally. Cook noodles in 2 gallons of water with 1 tbl oil added. Drain. Mix eggs with ricotta cheese.

Arrange in pans: Put a thin layer of sauce in bottom of pan. Alternate layer of noodles, layer of ricotta and mozzarella cheese, layer of noodles, layer of sauce, repeat. End with a layer of sauce. Sprinkle with Parmesan cheese. Bake 45-50 minutes at 350°.

Put bread and salad on table before the students arrive. Cut lasagna and put on serving dishes for each table. Put extra sauce for passing in bowls at each table.

MENU #4 ROAST BEEF and OVEN ROASTED POTATOES

Main Course: roast beef (for 50)
oven roasted potatoes (Parmesan potatoes for vegetarians)
three green salads
fresh or frozen vegetable, your choice
French bread

Dessert: your choice

ROAST BEEF DINNER RECIPE (serves 50)
5-6 rump or eye round roasts (or 18 lbs total)
50 – 60 small potatoes
8 lg jars gravy

Trim any fat from roasts. Place two roasts in each roasting pan and cook at 350° for 20 minutes per pound. Peel and boil potatoes about 15 minutes. About 30 minutes before roasts are done. Drain potatoes which have been boiled. Add to roasting pan. Baste with pan drippings. Continue basting occasionally until both the roasts and potatoes are cooked.

Peel potatoes (leave whole unless large.) Boil in large pots about 15-20 minutes. Set aside. Add to roast beef as directed above.

Meanwhile, follow directions on the jar to make gravy. And some juice from the roast, salt and pepper.

Put rolls and salad on each table before the students arrive.

Slice roast in serving pieces. Place roast and potatoes on serving platters for each table.

Put gravy in small bowls for each table. Put vegetables in serving bowls for each table.

For vegetarians: Put 5-6 potatoes aside after they are boiled. Cut in quarters and place in a small baking dish. Toss with 1/3 cup melted butter. Sprinkle with 1/3 Parmesan cheese. Bake uncovered at 350° about 20-30 minutes. Serve with vegetables and salad.

MENU # 5 TACO DINNER

Main Course: tacos with meat and/or vegetables
Dessert: your choice

TACOS

(serves 50)

10 lbs ground beef	3 heads of lettuce shredded
6 pkg taco seasoning mix	6 cups diced tomatoes
6 cups water	6 10 oz pkgs. sharp cheddar cheese
2 cups onions	2 cans black olives (optional)
7 peppers, diced	taco sauce (optional)
80 taco shells	

Brown beef in skillet or oven. Drain fat.

Mix together taco seasoning mix and water. Bring to a boil. Reduce heat and simmer uncovered for 30 minutes or until thickened, stirring occasionally. Mix meat and taco seasoning together. Place in serving pans.

Divide vegetables onto serving plates and place on individual tables. Serve meat mixture in serving bowls and taco shells in baskets for each table.

MENU #6 CHICKEN MARSALA

(serves 50)

Main Course: chicken marsala
vegetables and Alfredo sauce (for 6)
linguine
orange cranberry salad
Italian bread
Dessert: your choice

18 lbs boneless chicken breasts	4 lbs fresh mushrooms
2 ½ cups flour	6 cups chicken broth
2 sticks butter	2 cups white wine and marsala
6 onions, thinly sliced	salt & pepper to taste
7 lbs linguine	1 pkg alfredo sauce for vegetarians

Slice chicken into thin strips. Dredge in flour. Melt butter in a heavy fry pan. Saute chicken pieces until just golden. Remove chicken from pan.

(Chicken may need to be cooked in several batches.) Saute onions and mushrooms in butter. (You may need to add a little more butter.) Add wine and broth when onions are tender. Place chicken pieces back in pan. Add salt and pepper and simmer for 10-15 minutes. Serve over linguine.

Cook linguine as package directs. Keep warm until ready to serve. Put linguine on serving platters for each table. Spoon marsala mixture on top. Salad and bread may be put on each table before the students arrive.

For vegetarians: Cook a small amount of the mushrooms and onions in a separate pan. Add a little wine when onions are soft. Follow package directions for alfredo sauce. mix with vegetable mixture and heat through. Put linguine on serving platter. Top with alfredo/vegetable mixture.

MENU # 8 CHICKEN BURRITOS

Main Course: chicken burritos
 bean burritos
 bean salad
Dessert: your choice

CHICKEN BURRITOS

16-18 lbs chicken, sliced in small pieces	3 lbs onions, sliced thin
8 bags Mexican cheese, shredded	4 cans refried beans
10 green peppers, cut in strips	2 large jars salsa
8 red peppers, cut in strips	2 containers guacamole
800 burrito shells	3 heads lettuce
Mexican seasonings	

Sitry fry chicken in oil in batches. Sprinkle with Mexican seasonings while cooking. Set aside and keep warm. Meanwhile stir fry veggies until tender crisp. Keep warm. Warm burrito shells in oven.

REFRIED BEANS

Mix beans and salsa in a large pan. Heat, stirring frequently until hot. Add 1 ½ packages of cheese. Stir until melted. Keep warm.

To serve put warm burritos in baskets and bowls of cheese on tables. Spoon chicken, vegetables, and beans into separate bowls for each table. Serve with bean salad. An appetizer of nachos and cheese is a great addition to this meal. Buy one more bag of cheese, another jar of salsa and 2 bags of nachos.

AMERICAN CHOP SUEY RECIPE

(serves 50)

4 cups chopped onion	4 cups chopped green pepper
8 lbs ground beef	1 tbl Italian seasonings
1 #10 can tomatoes	4 cups diced cheese
1 #10 can tomato sauce	4 tsp Worcestershire sauce
salt & pepper to taste	2 (3 lb) pkgs elbow macaroni

Cook elbow macaroni in boiling water for 10 minutes. Drain.
Brown onion in 1 tbl oil, stirring until soft. Add meat, cook stirring until completely brown. (You may wish to cook meat in the oven instead.) Drain off all fat. Add tomatoes, tomato sauce, peppers and seasonings. Simmer for 15 minutes. Add cooked macaroni. Top with cheese. Heat in oven until thoroughly hot and cheese is melted

MENU # 11 CHICKEN POT PIE

VEGETABLE - BEAN POT PIE

Main Course: chicken pot pie (for 50)
 vegetable pot pie (for 15)
 rice
 salad
 brown & serve rolls

Dessert: your choice

CHICKEN POT PIE RECIPE

(serves 50)

5 pkgs frozen mixed vegetables	2 lbs mushrooms, sliced
4 large cans cream of chicken soup	salt and pepper to taste
3 (soup) cans milk	2 boxes Bisquick (or 10 cups)
15 lbs chicken, cut in small pieces	3 1/2 cups milk

Cut chicken into small pieces. Put in a pot of water with salt, pepper and celery salt and boil for about 15 minutes. Saute mushrooms in 2 tbl margarine until tender. Divide all ingredients in half. Pour into two 12x18x2 inch pans. Put half of the vegetables on top of mushrooms in each pan. Cover each with the chicken. Mix soup and milk together in a bowl. Pour over chicken mixture. Add extra milk if there is not enough gravy. Spoon Bisquick topping on top (see below.) Bake at 400° for 30 minutes.

Bisquick topping: Follow directions on Bisquick box for topping. Drop by spoonfuls on top of chicken mixture before baking.

VEGETABLE BEAN POT PIE

(serves 15)

1 1/2 pkg frozen mixed vegetables
1 large can cream of mushroom soup salt and pepper to taste
3/4 lb mushrooms, sliced 1 (soup) can milk
2 1 lb cans kidney beans, rinsed

Follow directions as above, adding beans instead of chicken. Top with Bisquick topping. Cook in a 9x13 pan.

APPETIZERS

CHEESE & CRACKERS

VEGGIES & DIP FRUIT IN SEASON

NACHOS
etc.

Appetizers are the choice of the group.
They are always welcome.
You decide.

VEGETABLES

Fresh vegetables are a real treat and may be purchased.
Frozen vegetables may be purchased.

PEAS CARROTS CORN

GREEN BEANS BROCCOLI

MIXED COMBINATIONS

SALADS

TOSSED SALAD

(serves 50)

6 heads lettuce (mix varieties)	3 red onions
10 tomatoes	7 green peppers
1 lb carrots	3 cucumbers

Add other ingredients of your choice when in season.

Break lettuce into bite-size pieces, wash and pat dry. Put in serving bowls for each table. Cut remaining ingredients in bite size pieces. Toss. Put salad dressing on tables.

CAESAR SALAD

7 heads romaine lettuce	2 bags croutons
3 cups grated Parmesan cheese	garlic powder
1 jar anchovies (if desired)	creamy Caesar dressing

Break lettuce into bite-size pieces, wash and pat dry. Put in serving bowls for each table. Sprinkle each salad with garlic powder, $\frac{1}{4}$ cup Parmesan cheese, and croutons. Toss. Pour Caesar dressing on top just before serving. Toss.

CRANBERRY-ORANGE SALAD

7 heads of mixed greens romaine, red leaf, green leaf	7 cans mandarin oranges, drained
2 bags raisins	3 sm pkgs gorgonzola cheese
	1 bottle lemon poppy seed dressing

Break lettuce into bite-sized pieces, wash and pat dry. Put in serving bowls for each table. Drain mandarin oranges. Crumble cheese into tiny pieces. Mix all ingredients except dressing. Toss. Add dressing just before serving.

WINTER FRUIT SALAD

7 large heads romaine lettuce	2 $\frac{1}{2}$ cups raisins
4 cups shredded Swiss cheese	5 apples, cored and chopped
5 pears, cored and chopped	
1 bottle poppy seed dressing	

Break lettuce into bite-sized pieces, wash and pat dry. Put in serving bowls for each table. Mix remaining ingredients, except dressing. Toss. Add dressing before serving.

THREE GREEN SALAD

3 heads romaine lettuce	1 bag spinach
2 heads red leaf lettuce	3 cups gorgonzola cheese, crumbled
1 head green leaf lettuce	1 bottle balsamic vinegar dressing

Break lettuce and spinach into bite-sized pieces, wash and pat dry. Put in serving bowls for each table. Add cheese. Toss. Spoon dressing on top just before serving.

STRAWBERRY-ORANGE SALAD

2 pkgs. spinach	2 qts. strawberries, sliced
4 heads romaine lettuce	3 cups feta cheese, crumbled
6 cans mandarin oranges, drained	

Break lettuce and spinach into bite-sized pieces, wash and pat dry. Put in serving bowls for each table. Add remaining ingredients. Toss. Spoon dressing on top just before serving.

Strawberry Vinaigrette Dressing

1/3 cup red wine vinegar	8 strawberries
1 cup olive oil	

Cut strawberries in small pieces, then mash. Add vinegar and olive oil. Beat with a whisk until smooth (can also be blended in a small blender.) Pour over salad and toss.

BEAN SALAD

2 15 oz cans black beans	4 green peppers, chopped
3 15 oz cans red kidney beans	3 red onions, chopped
2 15 oz can chick peas	3 red onions, chopped
1 16 oz pkg frozen corn	2 heads leaf lettuce shredded

Dressing:

1/2 cup olive oil	2 tbl sugar
1/2 cup red wine vinegar	2 tsp chili powder
1/4 cup lime juice	2 tsp. cumin
2 tsp dried cilantro (optional)	1/2 tsp. salt
2 gloves garlic, minced	

Mix dressing ingredients. Set aside. Rinse and drain beans and chick peas. Mix all salad ingredients except lettuce. Pour dressing on top and stir. Refrigerate 4-6 hours. To serve, layer lettuce in serving bowls. Top with bean mixtures.

DESSERTS

BROWNIES

CAKES

COOKIES

ICE CREAM

APPLE CRISP

CHOCOLATE CHIP BARS

CUP CAKES

GINGERBREAD

ANY HOMEMADE TREAT

Students are excited about home made desserts. Cake mixes, brownie mixes and chocolate chip bar mixes are available at the Center. Make whatever is your favorite. Plan on serving dessert for 60 students, as they often take more than one.

APPLE CRISP RECIPE

1 #10 can sliced apples (3 qts)
1/4 cup lemon juice
2 cups granulated sugar
1/4 lb. margarine, melted
1 tsp salt

1/2 lb. margarine, not melted
cups brown sugar
2 cups flour
2 cups corn flakes or oatmeal
1 bl cinnamon

Cut apples into bite size pieces. Mix apples, lemon juice, granulated sugar, and melted margarine in a bowl. Pour into two cake pans. Add brown sugar and flour and mix well. Add cereal. (Mixture will be very stiff.) Crumble over the apple mixture. Bake at 400° for 30-40 minutes. Serve warm.