

From Court to Cuisine

Second Edition



Introduction



In 2009, the Connecticut Bar Association (CBA) produced a charity cookbook, *From Court to Cuisine*, under the leadership of Livia D. Barndollar, past CBA president (2008-2009). After sitting at Livia's dining room table, enjoying her delicious lunches and dinners in her very charismatic company, I became convinced that one way to spread love is through *food*. This second edition is a compilation of those original recipes with new additions.

The idea for the second edition of the cookbook was conceived during a lunch time meeting with the leaders of the affinity bar associations in Connecticut. As we discussed ways to bring the legal community in Connecticut together, we turned to the one thing that for centuries united nations—*again, food*. Accordingly, the goal of this second edition is two-fold: to spread love amongst the members of all bars in the State of Connecticut through our love and need for food, and to celebrate our differences and commonalities with members who hail from different cultural backgrounds. While the recipes in this cookbook represent diverse traditions and cultures that span across the globe, the primary goal of all of these recipes is to bring us all together in one kitchen, celebrating our differences, while embracing our similarities. What's more, this second edition is a living document. Its virtual nature allows you to continue to add recipes and contribute to the diverse narrative in our legal community over time.

The recipes in the first and second edition were generously submitted by some of my family members; CBA staff; and members of the Connecticut Bar Association, Connecticut Asian Pacific American Bar Association, Crawford Black Bar Association, Connecticut Hispanic Bar Association, Connecticut Italian Bar Association, and the Connecticut South Asian Bar Association. Through the contributions in this cookbook, we share with the Connecticut legal community the delicious and diverse flavors, textures, and aromas that fill the kitchens, tables, stomachs, and hearts of our members and friends.

On behalf of the Connecticut Bar Association, thank you to all who contributed recipes for this cookbook. Thank you also to the staff of the Connecticut Bar Association for making this cookbook a reality. Finally, thank you for purchasing this cookbook. Your generous contributions will allow us to donate the proceeds of the cookbook to Greater Hartford Legal Aid, New Haven Legal Assistance Association, Inc., and Statewide Legal Services of Connecticut.

Bon Appétit!

Ndidi N. Moses
CBA President, 2019-2020 Bar Year

Table of Contents

Chapter 1

All Rise for Brunch

Stockbridge Granola Recipe	13
Santa Fe Brunch Casserole	15
Healthy Egg Muffins	16
Healthier Pancakes.....	17
Nana Drew’s Irish Bread	18
Pumpkin Chocolate Chip Bread.....	19
Practically Fat-free Banana Bread	20
Georgia Pumpkin Bread	21
Aunt Marge’s Irish Soda Bread	22

Chapter 2

Pre-Trial: Appetizers

Mock Boursin au Poivre	25
Almost-Instant Appetizers	26
Appetizer	27
Easy Chopped Liver	28
Guyanese Salt Fish Cakes.....	29
Seared Yellowfin Tuna	30
Buffalo Chicken Dip	31
“Quick Fix” Pizza Dip	32
Hummus	33
Colleen Yanko’s Cran-Brie Appetizer.....	34
Goat Cheese Portabella	35
Chèvre Fondue with Poblano Coulis	36

Chapter 3

Soups, Salads, and Sidebars

Corn Salad.....	41
Chinese Asparagus Salad	42
Poppy Morizio’s Lentil Soup	44
Eggplant with Garlic Sauce	45
Chick Pea & Orzo Soup.....	46
Fish Chowder	47
Cajun Fish Chowder	48
Curried Red Lentil Soup	50
Lentil Soup	52

Curry Spiced Chickpea Salad.....	53
Mixed Grain Salad	55
Portabella Delight.....	56
Marie Morgan’s Tangy Carrots.....	57
Moroccan Couscous Salad.....	58
Wilted Cucumbers.....	60
Cinnamon Acorn Squash.....	61

Chapter 4

Court Adjourned. It’s Dinner Time!

Annie’s Brisket.....	65
Arizona Fajitas	66
Barbecued Pot Roast.....	67
Arroz con Pollo (Chicken with Yellow Rice)	68
Beef in Guinness.....	70
“Chicken Chattel”: Spinach and Artichoke Chicken Salad.....	71
Chicken Miranda	72
Dean’s Special Veal	73
Delicious and Easy Chili.....	74
Fajita Pie	75
Eggplant, Tomato, and Chickpea Casserole.....	76
Festival Pasta.....	78
Fried Pork Chops	80
Frogmore Stew	81
Fig, Prosciutto, and Goat Cheese Grilled Pizza	82
Ginger Chili	84
Grandma Yetta’s Noodle Kugel	85
Homemade Tagliatelle	86
Roast Italian Tomato Sauce with Parsley	88
Italian Hunter Stew	89
Johnnie Massetta	90
Killer Brisket.....	91
Ligurian Chicken	93
Louisiana Beef Stew	94
Not Your Mama’s Pot Roast	95
Roberto’s New England Chili	97
Scampi Fra Diavolo.....	99
Slow-Cooked Short Ribs.....	100
Stanger’s Simple Spaghetti Meat Sauce	102
Steak a la Moutarde.....	103
Swordfish Tidbit Casserole.....	104
Mark’s “Two-Step” BBQ Beef Ribs	105
Vodka Cream Penne.....	106

Fettuccine with Lobster alla Pantelleria.....	107
Southwestern Chili Stuffed Sweet Potato.....	108
Guyanese Peppercot (Slow Cooked)	109
Parsley Lemon Swordfish.....	110
Korean Bibimbap.....	111
Mama Rose's Chicken	113
Halmoni's Bulgogi.....	114
Bayou Vermilion Shrimp and Crab Gumbo	116
Guyanese Chicken and Shrimp Fried Rice.....	118
Baked Steak	119
Foolproof Salmon	120
Chick Pea Curry	121

Chapter 5

Objection! No Meal's Complete without a Special Treat

ATP Brownies.....	125
Aunt Cathy's Cheesecake.....	126
Easy Chocolate Chip Cake.....	127
Dutch Apple Cake.....	128
Ginger Scones.....	129
Flan.....	130
Judge Joyce's Carrot Cake.....	132
Lawyer's Favorite Chocolate Chip Cookies	133
Heath Bar Treat	134
Date and Orange Muffins	135
Pignoli Cookies	136
Baked Rice Pudding.....	137
Sugar Cookies	138
Swedish Ginger Cookies.....	139
World's Greatest Cookie.....	140
Magic Bars	141
Easy Oreo Truffles	142
Biscoff Buckeye Cake	143
Mexican Chocolate Cake with Icing.....	145
Guanese Bread Pudding with Rum Sauce.....	146
Gini's Polvorones Butter Cookie Balls	147
Aunt Dot's Molasses Cookies	148
Anginettes.....	149
Almond Cake	150
Apple Cake.....	151
Shortbread Cookies.....	152
Amazing Apple Cake.....	153
Grandma Cox's Fudge Sauce	154

Chapter 6

Special Session: For the Seasons

Banana Pineapple Coconut Cake.....	157
Blueberry Coconut Muffins	158
Singer’s Icy Lemon-Lime Strawberry Daiquiri	159
Chinese Cucumber Salad	160
Grilled Scallops and Peaches in Basil Cream Sauce	161
Apple Butter Ham.....	163
Pumpkin, Black Bean, and Turkey Chili	164
Old Fashioned Apple Pie	165
Whole Wheat Pumpkin Bread	167
Sweet Potato Apple Casserole.....	168
Turkey Soup for the Soul	169
Peppermint Brownies	170
Gugelhopf (Austrian Christmas Cake)	171

Stockbridge Granola Recipe

Stewart Edelstein

INGREDIENTS

8 cups rolled oats
2 to 3 cups nuts of your choice, such as almonds, walnuts, cashews, pecans
½ cup wheat germ (if you use toasted wheat germ, add it after cooling)
2 teaspoons dried orange zest
1 teaspoon cinnamon
½ teaspoon nutmeg
½ cup vegetable oil of your choice
½ cup honey
1 tablespoon vanilla
1 teaspoon almond extract
Juice of ½ lemon

DIRECTIONS

1. Preheat the oven to 300 degrees.
2. In a large roasting pan, pour in:
 - 8 cups rolled oats
 - 2 to 3 cups nuts of your choice, such as almonds, walnuts, cashews, pecans
 - ½ cup wheat germ (if you use toasted wheat germ, add it after cooling)
 - 2 teaspoons dried orange zest
 - 1 teaspoon cinnamon
 - ½ teaspoon nutmeg
3. Stir the dry ingredients until they are evenly mixed.
4. In a microwavable bowl, combine:
 - ½ cup vegetable oil of your choice
 - ½ cup honey
 - 1 tablespoon vanilla
 - 1 teaspoon almond extract
 - Juice of ½ lemon
5. Microwave the wet ingredients for a minute until warm.

(Continued on next page)

Stockbridge Granola Recipe, Continued

6. Stir the wet ingredients until they are evenly mixed.
7. Stir the wet ingredients into the dry ingredients until each morsel is coated.
8. Pour all the ingredients into an ungreased roasting pan.
9. Put the roasting pan in the middle rack of the oven. After 30 minutes, remove it from the oven. Stir, especially from the bottom, top, and sides, to avoid excessive browning or burning. If necessary, cover with aluminum foil. Every 20 minutes, repeat the stirring process. Remove the granola from the oven when it is granular, after about an hour.
10. After the granola cools, add zest of half a lemon, and dried fruit of your choice, such as dried cherries, cranberries, raisins, currants, or apricots, avoiding clumps.

Note: This recipe is ideal for making granola to sprinkle on cereal, yogurt, or ice cream, or for eating right out of your hand. It is easy to make (although it does require some patience), more tasty, and less sweet than commercial brands—and is healthy eating.

This granola freezes well, so consider doubling this recipe for a stash that will last longer.

Mama Rose's Chicken

Livia Barndollar

INGREDIENTS

8 Skinless chicken breasts, cut in half (or chicken pieces)
8 baking potatoes, cut in wedges of about 8 per potato
2 large onions, cut in half and then into strips
1 bag frozen peas
Olive oil
Italian bread crumbs
Grated Parmigiano cheese
Salt and pepper, to taste

DIRECTIONS

1. In a baking or roasting dish large enough to hold ingredients, toss chicken, potatoes, and onion with olive oil, bread crumbs, Parmigiano cheese, and salt and pepper so that the chicken is coated and neither too dry nor dripping in oil. You can add mushrooms if you care for them - preferable baby bella or crimini.
2. Cover with aluminum foil and bake for 30 mins.
3. Uncover pan. Continue to bake at the same temperature until potatoes are soft and chicken is cooked through. (Turn often with a big spoon, so that everything gets a chance to brown. You may need to add more oil as it cooks.)
4. About 10 mins. before the potatoes are soft enough, stir in peas. If the chicken cooks through before the potatoes are soft, remove the chicken and continue cooking the potatoes for a while longer. A real homey dish. It smells so good while cooking, you may have to push diners out of the kitchen!

Guanese Bread Pudding with Rum Sauce

Ndidi Moses, CBA

INGREDIENTS

6 slices of bread
1/2 cup of raisins
1/4 cup of crushed walnuts (optional)
1/2 stick of margarine/melted
3/4 cups of sugar
2 cups of milk
2 eggs
1 tsp vanilla extract
Rum Sauce:
1 stick of margarine
1 cup sugar
1 egg beaten
1/2 cup rum or whiskey (or rum extract)

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Grease a 9 " pan with butter.
3. Soak bread in milk for 10 minutes. Crush bread and mix well.
4. Whisk mixture for a few minutes then add sugar, eggs, vanilla extract, raisins, and stir well.
5. Pour pudding mixture into greased pan and bake for 45 minutes.

Sauce

1. Melt butter and sugar and cook until dissolved.
2. Add beaten egg and stir continuously so it doesn't curdle.
3. Remove from heat and let cool (5 minutes), then add rum, whiskey, or rum extract.
4. Pour sauce over warm pudding and enjoy with ice cream. Makes 6 servings.