

# THANKSGIVING COOKBOOK 2021





AFG wants to connect our family in one of the best way we know... through food!

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AFG employees sent in their favorite family recipes. Just like our employees, these dishes bring a variety of flavors and experiences and WOW are we eager to share with you!

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Pull up a chair and join the AFG family table for a taste of Thanksgiving you won't want to miss!



Spirits.....	4
Sides.....	8
Main Dishes.....	22
Desserts.....	46





*"For garnish, I personally like cinnamon sticks, fresh cranberries, or whipped cream."*

*- Madelaine*

## *Slow Cooker Wassail*

*Madelaine Akers, Marketing Coordinator, Herndon, VA*

### *Ingredients*

#### **Juice**

- 1 gallon apple juice
- ½ cup cranberry juice (or ½ cup of whole cranberries)
- 3-4 oranges, quartered with peels
- ½ tsp. ground ginger
- ½ tsp. nutmeg

#### **Spice Pouch**

- cheesecloth
- 2-4 cinnamon sticks
- 2 star anise, whole
- 10-20 allspice berries
- 5-10 cloves, whole

### *Directions*

Using cheesecloth, make a spice pouch containing the listed ingredients.

Add all ingredients, including spice pouch, in a crockpot on low heat for 2 hrs.

Garnish with your choice of additional fun.

#### **Optional Adjustments**

\*Include an additional 1-2 cups of O.J. for a more citrusy pop.

\*Alcoholic version: 90 mins into cook time, add 1-3 cups of your chosen alcohol to the batch in half cup increments, testing for flavor between. The slow cooker allows more flexibility in timing so you don't have to worry about the alcohol denaturing. Suggested liquors: brandy, cognac, or spiced dark rum.

# SPIRITS.



# Thanksgiving Sangria

*Caity O'Connor, Marketing Coordinator, Richmond, VA*

## Ingredients

- 3 cups pomegranate juice
- 5 cinnamon sticks
- ½ tsp. whole allspice
- 4" piece peeled fresh ginger, thinly sliced (about ¾ cup), divided
- 750-ml red wine
- 1 Bartlett pear, quartered lengthwise, thinly sliced crosswise
- ½ cup pomegranate seeds
- ½ cup spiced rum
- 750-ml bottle pear or apple sparkling cider

## Directions

Bring pomegranate juice, cinnamon, allspice, and ⅓ of ginger to a simmer in small saucepan over medium-low heat.

Cook 10 mins; remove from heat and let steep 10 mins.

Strain pomegranate mixture through a fine-mesh sieve into a pitcher, reserving cinnamon sticks.

Add wine, pear, pomegranate seeds, rum, cinnamon sticks, and remaining ginger and stir to combine.

Cover and chill at least 4 hrs. To serve, fill pitcher or punch bowl with ice and pour sangria over; top with cider.





SIDES.







# *Cheesy Phyllo Appetizers*

*Pete Costulis, BCxA, cGQM, CQM, Director of Technical Services, Allison Park, PA*

## *Ingredients*

- 2 boxes Athens phyllo shells
- 7.5 oz. Kraft Philly Garden Vegetable Cream Cheese, ⅓ less fat
- 1 cup cheddar cheese, shredded
- 2-3 slices of Deli Ham, chopped fine
- ½-1 tsp. parsley, fresh or dried (added mostly for fun and color)

## *Directions*

*Yields 30*

Preheat oven to 350°F. Line cooking sheet with parchment paper or non-stick foil and place phyllo shells on top.

In a bowl, thoroughly mix all remaining ingredients.

Fill each shell using about ½ tsp. of mixture.

Bake 12-15 mins until cheese is melted and shells are golden brown.



# Bacon Artichoke Dip Bites

Caity O'Connor, Marketing Coordinator, Richmond, VA

## Ingredients

- 1 baguette, cut to ¾" slices
- 2 Tbsps. butter, melted
- 1 clove garlic, very finely chopped
- 14 oz. artichoke hearts, coarsely chopped and squeezed dry
- 8 oz. cream cheese, softened
- 1 cup bacon, cooked and crumbled
- 2 Tbsps. chili garlic sauce
- ½ cup Parmesan cheese, shredded
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. fresh thyme, chopped

## Directions

12 servings

Heat oven to 350°F. Line large rimmed baking pan with parchment paper.

Line baguette slices on parchment paper, press down center of each to make a cup.

Brush melted butter over tops of crostini cups.

In medium bowl, mix artichoke hearts, cream cheese, bacon and chili garlic sauce. Spoon into cups and top with Parmesan cheese.

Bake 14-16 mins or until filling is hot and cheese is melted.

Transfer to serving platter; top with parsley and thyme.



"Another Friendsgiving favorite, and if you like a little spice, just add 2 Tbsps. chili garlic sauce to the butter!"  
- Caity





# Mini Meat Pies

Brian Mellen, NICET III, Fire Protection Manager, New Durham, NH

## Ingredients

- 3-4 lbs. ground beef
- 4.5 oz. envelopes onion soup
- 2 cups sharp cheddar, shredded
- Four 8-count crescent roll containers

## Directions

*Yields 8-10 dozen*

In a large skillet, brown the ground beef over medium high heat, stirring to break into small pieces. Drain well and reduce heat to low.

Add envelopes of onion soup and mix well. Stir in cheese, until melted and combined. Cover and remove from heat.

Remove 1 crescent roll package at a time from the refrigerator.

Take each triangle and lightly press to enlarge its size, then cut each into 4-6 equal pieces.

Fill each medallion with 1 oversized teaspoonful of mixture. Fold edges to cover and place seam side down onto an ungreased cookie sheet.

Bake at 350°F for 10-15 mins or until golden.

Cool on a baking rack before serving warm or cold.





# *Avgolemone - "Ah-vah-lemon-o"*

## *A Greek Rice Dish*

*Pete Costulis, BCxA, cGQM, CQM, Director of Technical Services, Allison Park, PA*

### *Ingredients*

- Three 14.5 oz. cans chicken broth, 40% low sodium
- 3 eggs, large
- 1/3 cup lemon juice
- 2 pouches of Uncle Ben's long grain rice



*Pete's Tip: Refrigerating for one day is key to this dish. It allows the rice to absorb the flavors of the ingredients!*

### *Directions*

Bring water to boil. Add 2 pouches of Uncle Ben's long grain white rice and boil.

In a separate pot, add chicken broth and lemon juice. Beat eggs and add to broth; bring to boil.

Add boiled rice to broth mixture and simmer for approximately 30 mins until thick consistency.

Refrigerate for 24 hrs. Salt to taste.







# *Dorothy's Cheese Ball*

*Brian Mellen, NICET III, Fire Protection Manager, New Durham, NH*

## *Ingredients*

- 24 oz. cream cheese, softened
- 1 cup green onion, finely chopped
- 1 packet vegetable soup mix
- 1 cup bell pepper, finely chopped, (any color)
- 1 cup sharp cheddar, shredded
- 2 cups walnuts, finely chopped

## *Directions*

In large bowl mix first four ingredients until thoroughly combined.

Place chopped nuts on wax paper sheet. Scoop out enough cheese mixture to make 2 or 3 balls.

Roll each ball into the chopped nuts to coat. Place on a clean sheet of wax paper.

Place cheese balls in refrigerator for 1-2 hrs until firm, then wrap with saran wrap to store.

When ready to serve, place cheese ball on plate and surround with crackers.



# Methi Puri

*A crispy deep fried Indian bread*

*Neha Patel, Accountant, Centreville, VA*

## Ingredients

- 1 cup flour, wheat
- 2 tsps. sesame seeds
- 3 Tbsps. Semolina (Suji/Rava) flour
- ½ tsp. Red Chilli powder
- 1/3 tsp. Tumeric powder
- 1/3 cup fresh Fenugreek leaves, chopped
- 3 Tbsps. cooking oil
- Salt, to taste
- Water



*"Methi Puri is a family tradition to have during holiday times (Diwali). Comfort food for morning start, traditional Indian snack. It's a crispy, flaky with melt in your mouth textured perfect when served with a hot cup of tea." - Neha*

## Directions

*Yields 16*

In a wide bowl, add wheat flour, semolina, sesame seeds, red chili powder, tumeric powder, fresh fenugreek leaves, cooking oil and salt, mixing thoroughly.

Knead very well to a firm dough, adding water accordingly. The dough should not be soft like a

## Directions

chapati dough. Cover the bowl with a cloth or lid, set aside for 10-15 mins.

Pinch into 16 small and equal size balls, then roll each portion into 3-4" diameter discs. Prick the surface 4-5 times with a knife or fork.

Deep fry 3-4 puris at a time on medium heat until light brown and crispy. Remove and drain excess oil.

Transfer to plate and enjoy.

Store in an airtight container for 15-20 days.





# MAIN COURSE.





# Chicken Teriyaki Fried Rice

*Katrina DiLorenzo, Project Administrator, Staten Island, NY*

## Ingredients

- 2 boneless, skinless chicken breast, cubed
- 1 cup teriyaki sauce
- 2 tsps. oil
- ½ cup onion, diced
- 1 tsp. garlic, minced
- ½ cup carrot, diced
- 1 cup broccoli floret
- 3 eggs, beaten
- 3 cups brown rice, cooked
- 2 Tbsps. soy sauce
- 1 Tbsp. sesame oil
- pepper, to taste

## Directions

*4 servings*

Marinate the chicken in teriyaki sauce in the refrigerator for at least 1 hr.

In a wok or deep skillet, add chicken in the marinade and cook thoroughly over high heat. Set aside.

In the same pan, add the oil and cook onions, garlic, and carrots until onions are translucent.

Add broccoli and cook an additional 3-4 mins. Push all of the cooked vegetables to the side of the pan.

Beat the eggs and pour into the cleared half of the pan. Scramble the eggs and mix with the rest of the vegetables.

Add rice, chicken, soy sauce, sesame oil, and pepper. Mix well and let the rice cook until slightly crispy.



*We found this recipe during the pandemic and now it's a family favorite! - Katrina*





# Pasta with Butternut Squash Sauce, Spicy Sausage and Baby Spinach

Catherine Niles, Sr. Business Development Manager, McLean, VA

## Ingredients

- 11 oz. spicy Italian sausage, chicken
- 1 lb. butternut squash, peeled and diced
- 1 Tbsp. butter, whipped
- 10 oz. pasta
- ¼ cup shallots, minced
- 3 cloves garlic, minced
- 2 cups baby spinach, roughly chopped
- 2 Tbsps. fresh parmesan cheese, shaved
- 4 sage leaves, sliced thin
- kosher salt and freshly ground black pepper, to taste

## Directions

with spoon as it cooks. When cooked through, set aside on a plate.

Reduce heat to medium-low. Melt butter; sauté shallots and garlic until soft and golden, about 5-6 mins.

Add pureed squash, season with salt and fresh cracked pepper. Add a little of the reserved pasta water (I used about 1 cup) to thin out the sauce to your liking.

Add spinach, stirring in parmesan and sage. Toss in pasta and sausage and mix until well coated.

Serve with additional parmesan cheese on the side.

*"BOOM! I don't make this for thanksgiving, but it IS yummy!" - Catherine*



## Directions

5 servings

Bring a large pot of salted water to a boil. Add butternut squash; cook until soft.

Remove with slotted spoon. Puree in blender.

Add pasta to boiling water and cook according to package directions for al dente, reserving at least 1 cup of the pasta water before draining.

Meanwhile, in a large deep non-stick skillet, sauté sausage over medium heat until browned, breaking up





# Asparagus Stuffed Chicken Breast

*Katrina DiLorenzo, Project Administrator, Staten Island, NY*

## Ingredients

- 4 large chicken breasts, boneless
- 1 Tbsp. lemon zest
- salt and pepper, to taste
- 12 asparagus stalks, trimmed
- 4 slices fresh mozzarella cheese (or more if you'd like)
- 2 Tbsps. garlic powder
- 2 Tbsps. paprika
- 1 Tbsp. olive oil

## Directions

Preheat oven to 425°F.

Cut the chicken breasts in half lengthwise but *do not* cut all the way through, it should open like a book.

Season the inside of the chicken breasts with lemon zest, salt and pepper. Lay mozzarella and 3 asparagus pieces inside each. Fold over, enclosing the filling; use toothpicks to close if needed.

In a small bowl, mix salt, pepper, garlic powder, and paprika. Coat outside of the chicken breasts with this spice mixture (like you would with breadcrumbs).

Heat large oven safe skillet over medium-high heat. Add olive oil. Sear chicken for 3-5 mins on each side until golden brown.

Place the pan in the oven and bake for 20 mins.



*Katrina's Tip: A cast iron works best for this dish!*





# Ghapama

## Armenian Stuffed Pumpkin

Maral Mouradian, CMIT, Field Engineer, Lynbrook, NY

### Ingredients

- Pumpkin, Sugar Pie or Spanish Calabaza Variety
- Rice, Wild Blend or Long Grain
- Apricots, sliced in quarters
- Golden raisins
- Almonds, sliced (toasted or raw)
- Walnuts, coarsely chopped
- Honey
- Salt
- Pepper
- Ground Cardamom
- Ground Cinnamon

### Notes from the Chef

All ingredients are optional to your taste, as long as the five elements are present: Pumpkin, grain, fruit, nut, and sweetener. Quantities of ingredients are not listed, because they are dependent on the size of your pumpkin.

For an 8" diameter pumpkin, 1 cup of rice is enough.

For a 12" diameter pumpkin, 2 cups of rice. The rice will significantly increase in volume once the fruits and nuts are mixed in.



### Directions

#### Prepare the Pumpkin

It's best if the bottom of your pumpkin is flat, so that the pumpkin sits on the pan without tipping over.

Wash and dry the outside of pumpkin. With a sharp knife, cut top around stem in a circle or star shape. See photo and cutting tips below.

Scrape out the inside fiber, removing seeds.

Brush the inside of the pumpkin with honey or olive oil

*Cutting Tips:* Its important to make clean cuts, because you'll need to use the top again like a pot cover while cooking the pumpkin and serving. Cut with the knife blade angled inwards so that the hole is wider at the top and smaller at the bottom.

#### Prepare the Rice Mixture

Cook rice to 95% completion according to package directions. Stop rice from cooking too long; it'll cook a bit more in the pumpkin. Make sure to get most of the cooking done on the stove.

While the rice is cooking, chop up fruits and nuts and combine into rice.

Add honey, cinnamon, cardamom, and mix. Add any optional ingredients.







### *Directions*

Use enough fruits, nuts, spices, and honey for the rice to be evenly coated. *\*You'll want every spoonful of rice to have bits of fruits and nuts.*

Stuff rice filling into pumpkin. *\*You can fill the rice up all the way to the top, but no need to tightly pack it in.* Once filled, add a splash of water to rice so it can steam up while cooking.

#### **Cook the Ghapama**

Place pumpkin on baking sheet with parchment paper or silicon mat. *\*It's common for it to leak.*

Place stem back on and place pumpkin in oven at 325°F or 350°F depending on how large/thick your pumpkin is.

Cook anywhere between 1½-2 hrs. *\*You should be able to smell the sweetness of the pumpkin wafting from the oven towards the end of its cooking time.* Insert a toothpick inside flesh of pumpkin to check that its soft enough to eat.

Slice in wedges and serve!



# *Coniglio all Cacciatora*

## *Rabbit Cacciatore - Northen Style*

*John Crossen, Esq. P.E, Program Manager, Marshall, VA*

### *Ingredients*

- 1 box frozen domestic rabbit
- 3 Tbsps. peanut oil
- ¼-½ box crushed sage
- 5 Tbsps. butter
- 1 cup wine, any variety
- 4 slices prosciutto, bite sized pieces

### *Directions*

*4 servings*

Place 2 Tbsps. of butter and peanut oil into pan and saute rabbit pieces. Brown on both sides.

Turn heat to low for about 35 mins; remove meat to platter. Drain juices from pan.

Turn heat up adding remaining butter. Add meat. Sprinkle with sage and prosciutto. Add wine.

Bring to boil and lower heat. Cover and cook for 15 mins.

*\*This recipe can be done in a Dutch oven on an electric stove and works well for chicken and game birds.*



*"The sauce is perfect on polenta!" - John*







# Alfredo Pasta

*Katrina DiLorenzo, Project Administrator, Staten Island, NY*

## Ingredients

- 1/3 cup butter
- 3 cloves garlic
- 1 Tbsp. all-purpose flour
- 1 cup heavy whipping cream
- 1 cup milk
- 3/4 cup parmesan
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/8 tsp. nutmeg (optional)
- 12 oz. pasta. cooked

## Directions

*Yields: 2 cups*

On medium heat, melt butter in a pan, then sauté the garlic until fragrant, around 1 min. Stir in flour and cook for additional min.

Add the milk and cream and simmer for 2 mins. Add the parmesan cheese, salt, pepper, and nutmeg if using. Whisk until the cheese is melted and the sauce is thickened. *\*Don't be tempted to add more parmesan to thicken the sauce, as the sauce will thicken more when it cools down.*

Toss cooked pasta in sauce, garnish with chopped parsley and serve.

*To reheat:* add a splash of water and whisk over low-medium heat until warmed and no longer too thick.



# Leftovers Stew

*Caity O'Connor, Marketing Coordinator, Richmond, VA*

## Ingredients

### Leftovers

- 2 cups gravy
- 4 cups roasted vegetables, cut into bite-size pieces
- 3 cups cooked turkey, shredded

### Fresh

- 1 Tbsp. olive oil
- 1½ cups yellow onion, chopped
- 4 cups chicken broth, unsalted
- 2 Tbsps. fresh parsley, chopped
- Salt & pepper, to taste

## Directions

*serves 4*

Heat oil in a large heavy pot over medium-high heat.

Stirring occasionally, add onion until softened and starting to brown, about 6 mins.

Mix in broth and gravy; let the mixture come to a boil. Add in leftover vegetables and turkey, stirring occasionally, until heated through, 2-3 mins.

Stir in parsley, salt and pepper to taste.







# Debra's Chicken Bruschetta Casserole

Brian Mellen, NICET III, Fire Protection Manager, New Durham, NH

## Ingredients

- 6 oz. box stuffing
- 2 chicken breasts, cubed
- 2 Tbsps. Worcestershire sauce
- Salt & pepper, to taste
- ½ cup sharp cheddar or swiss, shredded
- 1 can tomatoes, diced
- ¾ cup water

## Directions

6 servings

Preheat oven to 350°F.

Place chicken in large bowl or ziplock bag and add Worcestershire and seasoning; shake to coat.

Pour chicken in a greased 9" x 11" casserole dish. Cover with shredded cheese.

Combine stuffing, tomatoes, and water in large bowl; mix until stuffing is moist.

Spoon the stuffing mixture on top of chicken and cheese. Bake uncovered for 25 mins.

Serve with your favorite side vegetables or salad.

"Try this recipe with center cut **pork chops** or **lamb chops**. You will love these variations too." - Debra & Brian





# Flammekuchen

## Alsatian Pizza

John Crossen, Esq. P.E, Program Manager, Marshall, VA

### Ingredients

#### Dough

- 2½ cups All-purpose Flour
- ½ tsp. salt
- 1 Tbsp. oil
- ½ cup water, lukewarm

#### Topping

- 1 large onion, cut into rings
- 1.4 oz. bacon, cut into small strips
- ½ cup Creme Fraiche or sour cream
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ cup cheese, grated
- chives, as garnish

### Directions

#### Dough

Heat oven to 430°F.

Add flour and salt to bowl and mix. Make a well in center and pour in oil and some water; mix. Slowly add more water as mixture becomes dry, until all water is gone and formed into a smooth dough. *\*It should not be sticky or dry.* Set aside.

In pan add a small amount of oil, just enough to fry the onion. Add onion and bacon. Fry all ingredients til a bit soft. Remove from heat to cool.

Take dough and roll into pie. The dough can be rolled out thin to 3 mm. Place on a baking tray with baking paper.

#### Assembly

Top base with cream, spreading evenly. Sprinkle with salt and black pepper.

Drip off any excess oil from the fried bacon and onion and arrange over the cream on the tarte flambée. Sprinkle with grated cheese.

Bake at 430°F for 6-8 mins or until light golden crust. Garnish with chopped chives.

Serve hot.

*"This recipe was passed down from my grandma who taught my Tio [uncle] to make it" - John*





# Phyllis's Sausage Kluski

Brian Mellen, NICET III, Fire Protection Manager, New Durham, NH

## Ingredients

- 1 bag egg noodles, cooked
- 1 lb. bulk sausage, any variety
- 1 cup sweet onion, chopped large
- 1 cup bell pepper, chopped large
- 1 can tomatoes, diced
- ½ cup water
- ½ cup grated sharp cheddar
- Salt & pepper to taste (or other favorite seasoning)

## Directions

6 servings

Cook egg noodles per instructions, drain and set aside.

In a heavy skillet over medium heat, brown sausage and break up the meat into whatever size you want as it cooks. Once sausage is completely cooked, drain off excess fat.

Stir in onion and peppers. Cook until they are slightly golden brown, about 3-4 mins.

Add tomatoes and water. Cover and simmer over low heat for 25 mins, stirring several times while cooking.

Just before serving, add cheese and mix until melted. If needed, add any additional seasoning to taste.

Combine with cooked noodles, mix well, and serve.

Leftovers hold well in fridge for several days.







DESSERTS.



# Delicate Pear Cake with Caramel Sauce

*Pete Costulis, BCxA, cGQM, CQM, Director of Technical Services, Allison Park, PA*

## Ingredients

### Cake

- 16 oz. pear halves in juice
- 1 box French Vanilla cake mix
- 1/3 cup Canola Oil
- Three egg whites, whisked
- 1 tsp. vanilla extract

### Caramel Sauce

- 1/2 cup butter
- 1 cup brown sugar, packed
- 1 cup whipping cream
- 1 tsp. vanilla extract

### Topping

- 8 oz. cool whip, defrosted
- 16 oz. can pear halves in juice
- 1/2 cup pecans, chopped



## Directions

### Cake

Preheat oven to 350°F. Spray non-stick baking spray on 10" Bundt cake pan.

Drain pear halves, reserving 1/3 cup of liquid, toss extra liquid. Puree pear halves in food processor until smooth.

## Directions

In large mixing bowl, combine cake mix, pureed pears, reserved pear juice, oil, egg whites, and vanilla. Mix until moistened.

Beat at high speed for 2 mins. Pour into prepared Bundt cake pan.

Bake for 40-50 mins or until slightly golden brown and a toothpick comes out clean *\*Use 325°F for dark pans and bake a little longer.* Cool in pan, then invert onto a serving dish.

### Caramel Sauce

Add 1/2 cup butter to small saucepan on low heat. As it starts to melt, add brown sugar, whipping cream, and vanilla.

Combine and bring to boil for 5 mins over medium heat, stirring often. Let cool.

### Assembly

Once the cake and sauce are done, cover the cake with Cool Whip.

Drain pears and cut into thin slices to garnish, top with pecans. Drizzle caramel sauce to finish off.

When serving, drizzle sauce over dessert plate before placing the slice of cake on top (the fancy pants way!).

*Pete's Fun Tip: Any remaining caramel sauce is great as an ice cream topping or for dipping apple slices for fun.*





# Magic Cookie Bars

*Brian Mellen, NICET III, Fire Protection Manager, New Durham, NH*

## Ingredients

- ½ cup butter or margarine
- 1½ cups graham cracker or chocolate cookie crumbs
- 14 oz. can sweetened condensed milk
- 2 cups chocolate chips, semisweet
- 1⅓ cups coconut, flaked
- 1 cup of your favorite nuts, chopped (walnuts or pecans are best)

## Directions

*Yields 24-36 bars*

In a 9" x 13" baking pan, melt butter or margarine in the oven. Once melted, remove pan and place on heat safe surface.

Sprinkle graham crumbs or cookie crumbs over melted butter. Even it out and lightly press to form a crust.

Pour condensed milk over crumb crust; top with remaining ingredients and press firmly to set.

Bake at 350°F for 25 mins or until lightly golden brown. Cool in pan completely and cut into bars or diamonds.

Store at room temperature in covered container.







*This pumpkin bread swaps processed sugar for natural ingredients and a bit of zero-carb sweetener, and replaces white flour with whole grains. It is very easy to make, is super moist, and has great flavor." - Theresa*

# Pumpkin Bread

*Theresa Lee, PHR, SHRM, HR Director, Davidson, NC*

## Ingredients

- ½ can pumpkin
- 2 eggs
- ½ cup applesauce
- ½ cup Truvia or Swerve sweetener
- ¼ cup maple syrup
- 1 tsp. vanilla extract
- ½ tsp. molasses
- 1 cup whole wheat flour
- ½ cup oat flour
- 1 tsp. baking soda
- ¼ tsp. baking powder
- ¾ tsp. salt
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- ⅛ tsp. black pepper

## Directions

Preheat oven to 325°F. Grease and flour bread pan.  
In medium bowl, combine wet ingredients and mix well.  
In large bowl, combine dry ingredients and mix well.  
Stir wet ingredients into dry ingredients until just combined and add to bread pan.  
Bake 60-70 mins or until toothpick is inserted and comes out with crumbs instead of batter.



# Jaiden's Chocolate Chip Cookies

Katrina DiLorenzo, Project Administrator, Staten Island, NY

## Ingredients

- 1 cup salted butter, softened
- 1 cup sugar, granulated
- 1 cup light brown sugar, packed
- 2 tsp. pure vanilla extract
- 2 eggs, large
- 3 cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- 1 tsp. sea salt
- 12 oz. chocolate, chips, chunks, or chopped

## Directions

Depending on how big you like your cookies, roll 2-3 Tbsps. of dough into balls and place them evenly spaced on prepared cookie sheets. *\*Alternately, use a small cookie scoop to make your cookies.*

Bake for approximately 8-10 mins. Take them out when they are just BARELY starting to brown.

Let them sit on baking pan for 2 mins.

*"We found that storing them in a ziploc bag is best and for some reason they taste better the next day!" - Jaiden & Katrina*



## Directions

6 servings

Preheat oven to 375°F. Line a baking pan with parchment paper and set aside.

Mix flour, baking soda, salt, baking powder. Set aside.

In a separate, larger bowl, cream together butter and sugars until combined. Beat in eggs and vanilla until fluffy. Mix in the dry ingredients until combined.

Add chocolate chips and mix well.





*"This was a recipe that my father's mother passed to my mother, and quickly became a favorite in our household. It's **super easy** for kids to help make so the whole family can get in on the fun!"*

*- Sally*



# *Creamy Blueberry Gelatin Salad*

*Sally Clark, CPSM, VP, Director of Marketing and Communications, Reston, VA*

## *Ingredients*

### **Gelatin**

- 6 oz. gelatin, grape
- 2 cups boiling water
- 21 oz. blueberry pie filling
- 20 oz. unsweetened crushed pineapple, undrained

### **Topping**

- 8 oz. cream cheese, softened
- 1 cup sour cream
- ½ cup sugar
- 1 tsp. vanilla extract
- ½ cup walnuts, chopped

## *Directions*

*15 servings*

### **Gelatin**

In a large bowl, dissolve gelatin in boiling water. Cool for 10 mins.

Stir in pie filling and pineapple until blended.

Transfer to 13" x 9" dish. Cover and refrigerate until partially set, about 1 hr.

### **Topping**

In a small bowl, combine the cream cheese, sour cream, sugar and vanilla.

Carefully spread over gelatin; sprinkle with walnuts

Cover assembled dish and refrigerate until firm.



# Dump Cake

Brian Mellen, NICET III, Fire Protection Manager, New Durham, NH

## Ingredients

- 20 oz. can pineapple, crushed, undrained
- 16 oz. can cherry pie filling
- 1 cup sweet coconut, shredded (optional)
- 1 cup nuts, chopped (optional)
- 1 box yellow cake mix, dry
- 1½ sticks butter or margarine, sliced thin cup soft butter

## Directions

12 servings

Preheat oven to 350°F.

In large casserole dish, layer in order: entire can of crushed pineapple & its juice, pie filling, coconut, nuts.

Dump dry cake mix evenly over the wet ingredients, then dot with sliced butter evenly over cake mix.

Bake at 350°F for approximately 1 hr or until golden brown.



## Notes from the Chef



This recipe is very rich and very, very good.

Try different cake flavors with different pie fillings to create your own special dump cake, such as blueberry or cherry pie filling with chocolate cake or apple pie filling with spice cake, and so on.

Try adding chocolate, white chocolate, butterscotch, or peanut butter chips as a treat.

Have fun with this recipe since there is no wrong combination!



# Pumpkin Cream Cheese Cookies

Madeline Akers, Marketing Coordinator, Reston, VA

## Ingredients

### Cookies

- 2 cups flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- ¾ tsp. salt
- 2 tsps. ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp. ground ginger
- ⅛ tsp. ground cloves
- 10 Tbsps. unsalted butter, softened

- ¾ cup sugar
- ½ cup light brown sugar, packed
- 1 egg, large
- 1 tsp. vanilla extract
- 1 cup pumpkin, canned

### Frosting

- 5 Tbsps. unsalted butter
- 4 oz. cream cheese
- 2 cups powdered sugar
- 1 tsp. vanilla extract

## Directions

Mix in egg, then blend in pumpkin puree and vanilla extract. Add in dry mix and stir until combined.

Scoop dough mix into 1 to 1½ Tbsps. balls, dropped on baking sheet 2" apart.

Bake at 350°F for 13-15 mins until set. Allow to cool for several mins before transferring to a wire rack.

### Frosting

Whip butter and cream cheese until smooth and fluffy.

Slowly add in powdered sugar and vanilla extract while mixing, until all ingredients are well combined.

Once cool, frost cookies with cream cheese frosting.

Store in the fridge for up to 2 weeks.

## Directions

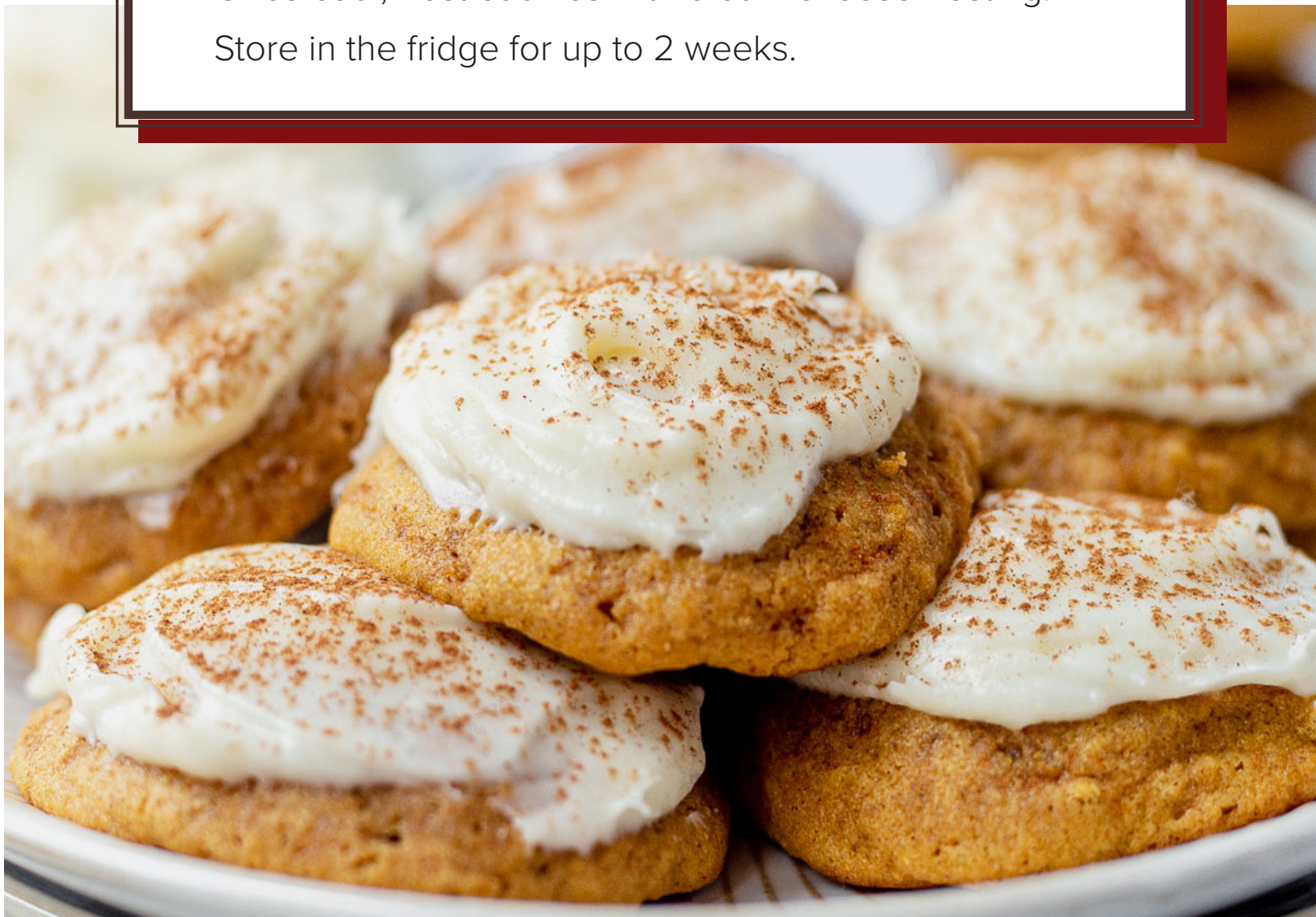
Yields 30

### Cookies

Preheat oven to 350°F. Line baking sheets with parchment paper.

In medium sized bowl, mix together flour, baking soda, baking powder, salt, cinnamon, nutmeg, ginger, and cloves.

In separate bowl, use mixer to cream together butter, granulated sugar, and brown sugar until well combined.





# Carrot Cake

*Sanaa Lotfaoui, Accountant, Centreville, VA*

## Ingredients

### Cake

- 1 lb. of grated carrots
- 6 eggs
- $\frac{3}{4}$  cup of sunflower oil
- 10 oz. of sugar
- $2\frac{1}{2}$  cups of flour
- $2\frac{1}{4}$  tsps. of baking powder

- $2\frac{1}{2}$  tsps. of cinnamon
- $1\frac{1}{2}$  Tbsps. of nutmeg
- 5 oz. of chopped walnuts

### Icing

- 5 oz. of cream cheese
- $\frac{1}{4}$  cup of powdered sugar
- 1 tsp. of vanilla extract
- Crushed nuts

## Directions

### Cake

Preheat oven to 350°F.

In large bowl, whisk eggs with sugar until light and fluffy, then add oil.

Sift the flour and baking powder and add to mixture. Stir, then add carrots, spices, and chopped walnuts. Mix well.

Pour mixture into pre-buttered non-stick square cake pan and bake for 30 mins. Unmold cake on wire rack and let cool.

### Icing

In bowl, mix cream cheese, powdered sugar, and vanilla.

Spread icing on cold cake and sprinkle nuts on top.



*"This is a Lotfaoui family recipe" - Sanaa*



# Marzipan Squares

*John Crossen, Esq. P.E, Program Manager, Marshall, VA*

## Ingredients

- 8 oz. marzipan
- ¾ cup almond flour
- ⅓ cup flour, all-purpose
- 1 egg, separated
- 2 tsps. rose water
- ¾ cup almonds
- ¾ cup confectioner's sugar

## Directions

*Yields 36 squares*

Preheat oven to 350°F.

In bowl, crumble marzipan into pieces. Add flour, confectioner's sugar, rose water, and egg white. Mix until combined and dough forms. Wrap dough in plastic wrap and refrigerate for at least 1 hr.

In heatproof bowl, cover almonds with boiling water for 1 min. Remove skin and halve almonds along natural seam.

Line cookie sheet with parchment paper. Roll dough into small balls approximately 1" in diameter. *\*Dust hands with confectioner's sugar if dough is sticky.*

Press 3 almond halves around each cookie. Place on baking sheet and coat with egg wash.

Bake 15 mins or until golden brown. Remove from oven and cool completely.







# Congo Squares

*Brian Mellen, NICET III, Fire Protection Manager, New Durham, NH*

## Ingredients

- 1½ sticks butter
- 1 lb. brown sugar
- 3 eggs
- 2½ cups all-purpose flour
- 1½ tsps. baking powder
- 1 tsp. salt
- 1 tsp. vanilla
- 1 cup nuts, chopped
- 16 oz. package chocolate chips

## Directions

*Yields 36 squares*

Preheat oven to 350°F.

Blend butter and sugar. Add eggs one at a time, blending between each addition.

Mix in dry ingredients. Add vanilla, nuts, and chocolate.

Spread mixture into rimmed cookie sheet coated with cooking spray.

Bake 30 mins or until lightly golden brown.

Cool completely and cut to size.



# index.



## Index

### SPIRITS

Thanksgiving Sangria   Caity O'Connor.....	6
Slow Cooker Wassail   Madelaine Akers.....	4

### SIDES & APPETIZERS

Avgolemone <i>Greek Rice Dish</i>   Pete Costulis.....	16
Bacon Artichoke Bites   Caity O'Connor.....	12
Cheesy Phyllo Appetizer   Pete Costulis.....	10
Dorothy's Cheese Ball   Brian Mellen.....	18
Methi Puri <i>Indian Deep Fried Bread</i>   Neha Patel.....	20
Mini Meat Pies   Brian Mellen.....	14

### MAIN COURSES

Alfredo Pasta   Katrina DiLorenzo.....	36
Asparagus Stuffed Chicken Breast   Katrina DiLorenzo.....	28
Debra's Chicken Bruschetta Cassaerole   Brian Mellen.....	40
Chicken Teriyaki Fried Rice   Katrina DiLorenzo.....	24
Coniglio all Cacciatora <i>Rabbit Cacciatore</i>   John Crossen....	34
Flamkuchen <i>Alsatian Pizza</i>   John Crossen.....	42
Ghapama <i>Armenian Stuffed Pumpkin</i>   Maral Mourdian.....	30
Leftovers Stew   Caity O'Connor.....	38
Pasta w/ Butternut Squash Sauce, Spicy Sausage and Baby Spinach   Catherine Niles.....	26
Phyllis's Sausage Kluski   Brian Mellen.....	44

### DESSERTS

Carrot Cake   Sanna Lotfaoui.....	62
Jaiden's Chocolate Chip Cookies   Katrina DiLorenzo .....	54
Creamy Blueberry Gelatin Salad   Sally Clark.....	56
Congo Squares   Brian Mellen.....	66
Delicate Pear Cake with Caramel Sauce   Pete Costulis.....	48
Dump Cake   Brian Mellen.....	58
Pumpkin Bread   Theresa Lee .....	52
Pumpkin Cream Cheese Cookies   Madelaine Akers.....	60
Magic Cookie Bars   Brian Mellen.....	50
Marzipan Squares   John Crosson.....	64





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