



Raving[®]

Summer Cookbook

**Raving and Friends Summer
Recipes and Their Stories for
Impressing Friends, Family
and Neighbors**

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Table of Contents

Introduction	4
Category: Appetizer	5
Rob's Beer Bread	5
Category: Appetizer	6
Katy's Chili Corn Chip Dip	6
Category: Appetizer	7
Tzatziki – Greek Cucumber Dip	7
Category: Appetizer	8
Moniqua's Best Ever Guacamole	8
Category: Appetizer	9
The Single Guy's Guide to Appetizers When You're In A Rush or Can't Cook.....	9
Category: Cocktail.....	10
Tom O's Famous Iced Lemon Vodka Martini	10
Category: Cocktail.....	11
Dale's Bloody Mary.....	11
Category: Cocktail.....	12
Rainbow Trout River Punch	12
Category: Side Dish	13
Dan's BBQ Baked Beans.....	13
Category: Side Dish	14
Mediterranean Potato Salad	14
Category: Appetizer	15
Spicy/Salty Fruit Appetizer	15
Category: Side Dish	16
Cheese Grits.....	16
Category: Side Dish	17
Jen's Greek Potato Salad	17
Category: Side Dish	18
Kansas Broccoli Salad	18
Category: Side Dish	19
Summer Avocado Salad	19
Category: Side Dish	20

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Chris' Coleslaw	20
Category: Side Dish	21
Easiest Fresh Corn-On-The-Cob For Small Parties	21
Category: Side Dish	22
Mom's Pork and Beans.....	22
Category: Side Dish	23
Maggie's Macaroni and Shrimp Salad	23
Category: Main Dish	24
Brady's Cabbage Rolls (Brady makes them and Deana eats them!).....	24
Category: Main Dish	25
Cooper's Crab Cakes	25
Category: Main Dish	26
Paula's Camping Kabobs	26
Category: Main Dish	27
Mom's Baby Back Ribs with Homemade BBQ Sauce	27
Category: Main Dish	28
Faria's Ortega Green Chili Burger.....	28
Category: Main Dish	29
O'Connell BBQ Beef.....	29
Category: Main Dish	30
Helen Conrad's Famous City Chicken	30
Category: Main Dish	31
Jim and Arsinoe's Flank Steak with Chimichurri.....	31
Category: Dessert.....	32
Bread Pudding & Whiskey Sauce	32
Category: Dessert.....	33
Strawberry Jell-O Cake	33
Category: Dessert.....	34
3-Holer Chocolate Cake	34
Category: Specialty.....	35
Bob's Carolina Sauce	35

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Introduction

We all know that the tradition of cooking and specific recipes brings us back to people and experiences associated with those foods.

Summer holidays, when I grew up in the 70's, are intertwined with the smell of charcoal and lake water or chlorine and fresh cut grass. Old people might get silent for a while thinking about their time in the service (that's what we'd call just about anyone over 45); there would be neighborhood dads and moms dressed up in some pressed cotton outfits. It was about putting flags on graves and putting up our flags up at our homes. It was about running around with the neighbor kids, playing ball until it was really too dark to see the ball, and catsup stained t-shirts.

We often joke around my family that we grew up enjoying a lot of white trash delicacies (seriously, no disparaging here). I'm not sure if it was because both my mom and my in-laws were from the Mid-West or when I grew up, when mom's celebrated the convenience of TV dinners and not having to make things from scratch; but healthy food was never part of the summer menu. Bologna sandwiches with American cheese packed for the beach with original Doritos in the orange and yellow bag or my brother's, favorite Bugles. I don't think turkey dogs existed back then and iceberg lettuce was the only type of green salad we ever knew (spinach, radicchio, baby greens, pea shoots ... huh?)

Whether this year your summer holidays looks a bit different or you just want to take a stroll through recipes of generations past and even some new ones, we've compiled some food that might inspire you to try something new (or just laugh at what we love to eat). These were contributed by my fellow Ravers and dear friends.

Do you have a favorite yourself? Be included in our next edition by emailing me at chris@betravingknows.com.

Best Regards,

Christine Faria
www.betravingknows.com

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Appetizer

Rob's Beer Bread

Contributed by Rob Anderson, Owner, Bucket List Fly Fishing Adventures

Both my wife and I are from the South (I'm from Virginia and Jodi is from Georgia). We didn't bring a lot of family recipes with us when we headed out West over two decades ago. However, we've created our own food traditions and collected a lot of recipes. As a fly fishing guide here in Northern Nevada and at our camp off the Rio Branco River, in Brazil, several of our recipes have come in handy cooking "on the fly." After moving to Lake Tahoe, we were invited to a party where beer bread was served. We'd never heard of it but couldn't get enough. The host reluctantly gave us the recipe and it became a staple for us. Last year I brought it down to Brazil and baked it in our floating kitchen. I burned the first couple of loaves, as we don't have the internet there and I couldn't figure out how to convert 350 degrees Fahrenheit into Celsius. I soon figured it out and we made it with a couple of type of Brazilian beers like "Itaipava."

Ingredients:

3 cups self-rising flour
3 tablespoons sugar
1 can warm beer (a light beer like Budweiser)
3 tbsp melted butter

Directions:

Preheat oven to 350 degrees
Grease loaf pan
Mix flour sugar and beer together in a bowl
Pour into loaf pan and even out
Pour melted butter on top
Place in oven and bake 45 minutes to 1 hour until golden brown on top
If you greased the pan correctly the bread will fall out
Cut with a serrated bread knife

Note: If using all-purpose flour add 4 teaspoons of Baking powder and 1 teaspoon of salt

Category: Appetizer

Katy's Chili Corn Chip Dip

Contributed by Monica Wright, owner www.youbecheeky.com women's online boutique

Katy married my dad when I was nine years old and besides giving me and my sister a truly loving home, she's always been a fantastic cook. She may shudder that I'm featuring this recipe as it's certainly not gourmet, but when I was growing up, I know I used to really love the creamy deliciousness of it and could look forward to it on our weekend trips to our cabin in Arnold, California. I could never get enough of it! It reminds me of summertime and lots of happy memories.

Ingredients:

One can of Dennison's Chili Con Carne

8 ounces cream cheese

Frito's Original Corn Chips

Optional: Top it with fresh chopped onions

Directions:

Heat up chili either in microwave, oven or stove

Stir in cream cheese; heat a bit more so that cheese is fully melted

Serve hot with corn chips

Category: Appetizer

Tzatziki – Greek Cucumber Dip

Contributed by Christine Faria, VP Marketing, Raving

As soon as I graduated high-school, it was off to Europe for two months staying in hostels. I funded this trip after working on at the College Ave Burrito shop rolling burritos and taking passport photos at a photography studio during junior and senior year. Back then, we budgeted using *Frommer's Europe on \$25 a Day* (and we came in under budget!). One of our stops was the Greek islands as well as the city of Athens, and the food was amazing and super cheap. I was forever hooked. Tzatziki can be used as a dip with veggies, or pita bread or as a sauce with a gyros sandwich or Mediterranean meatballs. I always have lots of fresh mint in my yard during the summer for this refreshing dip. I make this a lot during for summer parties; of course, I have to bore everyone with my wild tales of Greece once they ask about where the recipe came from.

Ingredients:

- 2 cups grated cucumber (from about 1 medium 10-ounce cucumber, no need to peel or seed the cucumber first, grate on the large holes of your box grater)
- 1 ½ cups plain Greek yogurt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh mint and/or dill
- 1 tablespoon lemon juice
- Lemon zest from one lemon
- 1 medium clove garlic, pressed or minced
- ½ teaspoon fine sea salt and ground cracked pepper

Instructions:

1. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl and repeat with the remaining cucumber.
2. Add the drained yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, lemon zest from one lemon, and fresh ground sea salt or pepper to taste.
3. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about four days.

Category: Appetizer

Moniqua's Best Ever Guacamole

Contributed by Monica Wright, owner www.youbecheeky.com women's online boutique

Okay, my name is M-O-N-I-C-A, but my best buds seem to find every variation in my name to call me, including Moniqua, Moe, Moe Hair and Moe Face. Doesn't matter, I make the best damn guacamole on this side of the Sierra's so listen up! You'll always get invited back to summer parties.

Ingredients:

Four ripe avocados

One small white onion finely chopped

One bunch cilantro finely chopped

Juice from one lime

Salt and pepper

Hot sauce to taste

Tortilla chips

Cilantro is kind of a pain to chop, if you get some stems, don't worry about it. The key here which makes a standard guacamole into an incredible guacamole is cilantro ... so don't skimp!

Category: Appetizer

The Single Guy's Guide to Appetizers When You're In A Rush or Can't Cook

Contributed by Gil Motta

My sister made me write this because she wanted more recipes, but I think for anyone that's in a hurry the first thing to know is to make the host happy by coming prepared with something other than beer. The gals care more about the presentation so you can't show up with your bag and plastic tub and expect them to have a bowl on hand. She made me write this too. Following is my list of both chip and dip combinations that you can buy at the market and even the liquor store, put in a basket and bowl (both from the dollar store) along with some other appetizers that will keep you in good graces with the women in your life.

- Bugles with French onion dip (DO NOT doubt me on this – you'll count the times people will say "I haven't had Bugles in forever!")
- Salsa with a mix of blue and yellow tortilla chips (the blue makes it look like you put thought into it and you're a kinda fancy guy)
- Corn chips with chili bean dip (cold or hot)
- Cut up sourdough bread with spinach dip (make sure you get the long, skinny baguette that's not too soft, the cuts are a better size and holds its shape better – the just-baked big bread falls apart)
- Maui onion potato chips with plain sour cream (if you have smoked or regular paprika in your cupboard, sprinkle on top of the plain sour cream)
- Baby carrots with ranch dressing with some Cracked Pepper Triscuits (I've learned that these are on my sister's diet)
- Hummus (there's a ton of varieties in just about any store these days ... when I grew up, we didn't even know what this was) with baby carrots and pita chips

When I'm feeling really fancy:

I've also learned, if you bring something that needs to be reheated in the oven or take room on the grill, that's not going to fly.

- Frozen Italian meatballs from the frozen food section, cooked in a crock pot with spicy marinara sauce or BBQ sauce; serve with toothpicks. Some folks add grape jelly to the BBQ sauce so it's a really thick sauce.
- Box of taquitos from the frozen food section. Bake first and then put in the crock pot (or they'll get too mushy), serve with a side of salsa. I'm impressing the hell out of you by now, aren't I?
- Sliced up pre-cooked sausages, or mini-weenies, cook in BBQ sauce in a crock pot served with toothpicks.
- Marinated cheese stuff tortellini with Italian dressing – sometimes you can buy these pre-cooked in the refrigerated section, if not you do have to boil. Let cool, pour Italian dressing for the night. Put on a platter (not a bowl) and they are mini appetizers served with toothpicks that you serve cold.

Category: Cocktail

Tom O's Famous Iced Lemon Vodka Martini

Contributed by Tom Osiecki, Raving Partner, Marketing

I invented it. No kidding.

During the summer, we barbeque everyday possible. There's nothing like a colorful pile of grilled vegetables, or a mountain of fall off the bone baby back ribs, or a pile of grilled salmon. But my wife does all that. I don't cook, my contribution is the is the cocktails. What do you expect? I'm a marketing guy! It's all about the party.

I often order Iced Lemon Vodka's at bars and restaurants, giving the bartender the exacting recipe. The concept is simple. My dream is to one day earn a mention as one of Esquire Magazines notable drinks.

Bartenders are, mostly, impressed and never heard of the drink before. My wife thinks they are more annoyed than impressed. At least until they taste it. Then, they're not as annoyed.

Iced Lemon Vodka's have been around in our family for years. Most people would say "It's like a lemon drop." No, it's much more subtle than a vodka drink with sugar and lemon.

Iced Lemon Vodka's get their tang from an overload of lemons and good vodka. I prefer Russian brand Zyr, for its smooth finish.

For a smooth lemony martini with twist, try this simple recipe

1. Cut a spiral lemon wedge by zesting a lemon from top to bottom
2. Put the spiral lemon wedge in a martini glass
3. Cut one full lemon in thin slices (Tom always tells the bartender "more lemon than a person should have.")
4. Add the lemon slices to a shaker full of ice
5. Pour 2.5 shots of Zyr vodka, or your favorite vodka
6. Shake the vodka, lemon, and Ice until your hand sticks to the shaker -strain into the glass
7. Enjoy an Iced Lemon Vodka!

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Cocktail

Dale's Bloody Mary

Contributed by Dennis Conrad, President Emeritus, Raving

This is a favorite holiday drink that my dear departed friend used to make for us. It was his own secret recipe and he would never give me the quantities! His name was Dale Magruder and it was affectionately called the "Gruder Mary." He always added one or two celery stalks into the glass so you could munch on them along with a couple of green olives.

Ingredients:

4 ounces Clamato Juice
4 dashes Worcestershire Sauce
Sprinkle of Celery Salt
1 ounce Vodka
Lime Juice from one wedge
2 dashes Hot Tabasco

Note: I never let Chris edit anything I write, but she insisted on coming up with some portions since I didn't have them. All complaints go directly to her!

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Cocktail

Rainbow Trout River Punch

Contributed by Christine Faria, VP of Marketing, Raving

The Truckee River flows from Lake Tahoe, through Reno into the Paiute Tribe's Pyramid Lake. Right around 2003, the City of Reno opened the Truckee River Whitewater River Park. Prior to that, rafting the river wasn't necessarily sanctioned – as there were several obstacles downtown by the casinos where you'd get out. We live right off the river on Rainbow Trout Court and soon me and my neighbors became quite avid "floaters," as soon as the snow melt slowed down around mid-June, and the water warmed up and until the river got too low in late August (thus the warning call of "butt-up"). River punch was born out of sheer stupidity, because it makes a whole lot of sense to navigate a somewhat scary river while drinking. Nevertheless, it's still a summer favorite on or off the water. We'd put it in large Gatorade bottles with ice, in between our legs, in our specialty blue and white "river run" innertubes with net bottoms.

Ingredients:

One gallon part fruit punch (i.e. Crystal Light because it's all about saving on calories when you are drinking so much alcohol, right?)

1 ½ cups vodka

1 ½ cups dark rum

One cup pineapple, mango, cranberry or other juice just to say you put in something good for you

Lots of ice

Season with more alcohol to taste

Mix everything together and pour over ice. This will last in the fridge for a while, so don't put ice in your pitcher unless you are going to drink it that day, so it doesn't get watered down.

Category: Side Dish

Dan's BBQ Baked Beans

Submitted by Dan Stromer, Raving Partner, Executive Tribal Development and Senior Operations

After a Chiefs game in Kansas City, a friend took me to a BBQ joint there; it was not one of the famous brand names that you would have recognized. As a matter of fact, if you would have looked in the dictionary of a dive their picture would have been next to it. When you went in, you could smell the aroma from the smoker that was attached to the building and the seasoning around the smoker. My friend told me I needed to order a bowl of beans. I like beans but didn't think I need a whole bowl. I wanted some ribs and brisket and whatever the sides dishes were that was good enough. But after much convincing, I went ahead and ordered a bowl. The pit master actually had a bean pot that was placed inside the smoker itself and when he needed an order he would scoop it directly from there. In with the beans, he had cut up pieces of the fresh cooked brisket and mixed it in with beans. The smell and the taste were unbelievable and needless to say I could have gotten by with nothing other than the beans and left a very happy and satisfied customer. I have tried many times to duplicate that recipe and had never done it justice, but I get no complaints when I make them, and the bowl always comes back empty.

Ingredients:

- One can dark red kidney beans
- One can light red kidney beans
- One can black beans
- One can lima beans
- One can garbanzo beans (be careful for people with allergies to peas)
- 1 diced medium sized onion
- 1 pound of bacon (if you have brisket chop up and use)
- 1 cup BBQ sauce your choice
- 1 cup brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon liquid smoke
- 1 teaspoon salt
- 1 teaspoon pepper

Directions:

- Place everything in a large crock pot and stir together.
- Drain the water from the lima beans first, with others add the whole contents of the can.
- Cut the bacon into small pieces and cook separately.
- Do not make crispy, just rubbery and add to crock pot.
- Place on high for one hour.
- Reduce to medium heat for an additional three hours.
- Stir occasionally taste and add BBQ sauce or other ingredients as you prefer.

Category: Side Dish

Mediterranean Potato Salad

Contributed by Rob Anderson, Owner, Bucket List Fly Fishing Adventures

As a fishing guide, I provide clients with hearty lunches and dinners out right next to the water. I was looking for a less creamy variety of potato salad during the hot summer. I can't remember where we found this, but this is a nice change from white potatoes with mayonnaise and it does well prepare it the night before.

Ingredients:

2 lbs. small red potatoes, cooked, cooled – and cut into bite sized pieces
1 pint grape tomatoes – halved
1 cup celery – small pieces
1 cup green onions
½ cup fresh basil shredded or 1 tablespoon dried
4 garlic cloves or ½ tablespoon powder
2 Tbsp. white balsamic vinegar
6 Tbsp. extra virgin olive oil
3 Tsp. Dijon mustard
Salt and pepper to taste

Combine potatoes, tomatoes, onions, basil and celery
Wisk together garlic, vinegar, oil, mustard, salt and pepper
Toss everything together and refrigerate until serving.

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Appetizer

Spicy/Salty Fruit Appetizer

Contributed by Jodi Anderson, master businesswoman and mother

This seemed like a weird recipe which I found in an airplane in-flight magazine. We decided to try it and have been hooked ever since and shared the recipe more times than we can count. Even our young son loves it. Trader Joe's has something similar now, but it doesn't compare to this with the fresh lime. My husband Rob, a fly fisherman guide, takes the dry ingredients with him in a jar out to the lake. He can easily pick up some fruit on the way out, cut it up fresh and then sprinkle on the spices and serve to his clients.

Ingredients:

1/2 Tablespoon sea salt

1/4 Teaspoon cayenne pepper

Zest of 1 lime, finely grated

Equal parts of seedless watermelon and cucumber, both chopped into large bite size pieces

Directions:

Combine first three ingredients in a small bowl

Put watermelon and cucumber in a shallow bowl and sprinkle with cayenne, lime, salt and serve.

As it's an appetizer, put on a flat tray and provide toothpicks.

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Side Dish

Cheese Grits

Contributed by Lynette O'Connell, VP of Data Science and Operations, Raving

This came from the Becker's. We have eaten this for as long as I have known them. This is the Easter, birthday, family gathering "go to." This is one of everyone's favorites. We set it up in the buffet at the family farm and everyone helps themselves to food and sits on the deck to eat and watch fireflies in the pasture. Great memories. I miss Kansas.

Ingredients:

1 1/2 cups quick grits
6 cups water
1 lb. Velveeta or sharp Old English cheese
1 1/4 sticks butter
3 eggs beaten

Directions:

Boil the water & stir in grits a minute or two until thick (according to directions on box).
Add the cheese & butter in chunks and stir until melted.
Cool slightly then add beaten eggs.
Pour into 9 x 13 pan and bake at 350 for 1 1/2 hours

Category: Side Dish

Jen's Greek Potato Salad

Contributed by Jennifer Roszell, tv and stage actress

I learned this recipe from a little old lady in Greece who showed me how to make it without a written recipe. I've always flown by the seat of my pants with it. With these ingredients, you really can't go wrong! Just taste it (a lot) and see what you like. I've found the more lemon the better. This is a tasty alternative to the traditional mayonnaise based potato salad.

Potatoes (whole or quartered) – organic (they taste better)
Onion (any kind), sliced
Flat leaf (Italian) parsley, chopped
2 large lemons
Olive oil (about ¼ cup)
Salt

Boil potatoes until tender when pierced with fork/knife. You can use any kind of potato you like. I often use small Yukon Gold or small red potatoes as the skins are more tender and I don't have to peel them! You can use russet, etc., but peel them.

Depending on size of potatoes and the amount of time you have, you can quarter them and boil them (saves time) OR boil whole. If you boil whole, let them cool and peel them when cooled (less waste, and potatoes are better in the recipe). The skins just slip off that way.

Cut your potatoes to bite size and put in a big bowl.

Add sliced onion and chopped parsley – your choice how much on both.

Juice lemons and remove pits. Add lemon juice and olive oil. The more the better on both!

Add salt to taste.

Stir a lot, and voila! Good cold or room temp.

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Side Dish

Kansas Broccoli Salad

Contributed by Lynette O'Connell, VP of Data Science and Operations, Raving

This is a Kansas go-to for potlucks, church gatherings, funerals, and family reunions. Yep gotta' have the Broccoli Salad. This is a Minden and Prothe family recipe.

Ingredients:

- 1 large bunch broccoli, chopped
- 1 1/2 cups seedless purple or red grapes, halved
- 1 1/2 cups celery, chopped
- 1/2 cup green onion, chopped fine
- 1/2 lb. bacon, cooked to crisp and crumbled

Dressing:

Create just before serving

- 1 cup miracle whip (or mayo from those not from Kansas :)
- 1/3 cup sugar
- 1 T. vinegar

Mix all salad ingredients together. Just before serving, toss in dressing.

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Side Dish

Summer Avocado Salad

Contributed by Dr. Darin Lewis is a pianist, composer, conductor and educator

One of my favorite summer memories was when my dad would barbeque chicken. It was a production, but the payoff was incredible. Charcoal grill. He'd first baste chicken in melted butter, then BBQ sauce, more butter, then four or five more layers of BBQ sauce – turning it constantly – a little char was awesome – super crispy skin – mmmm.

To go along with the chicken, if all the stars aligned, mom would make a salad sans the lettuce – avocado, bell peppers, cucumbers, red onions, all tossed in a vinaigrette (though she usually just used Good Seasons, which NO ONE complained about. In fact, I loved Good Seasons so much that they vowed that at my wedding, my gift would be a case of the stuff, along with a case of ketchup and Parmesan cheese; I digress.) Listed below is the recipe, as much as I ever use a recipe, it's more a guideline.

Ingredients:

Avocados

Tomatoes – multi-color make it more festive looking, heirloom have even more flavor

English cucumber (or regular cucumber, just remove the seeds)

Red Onion (sliced thin – to taste)

Bell Peppers (any other than green)

Feta cheese – optional

Salt

Pepper

Vinaigrette – use your favorite, or GOOD SEASONS!

Optional – serve over a bed of bib lettuce or an artistic display of arugula.

Cut up all the ingredients to the size bites you prefer. The proportions can be whatever you like, or have around. I tend to go heavy on the tomatoes and avocados if I have a lot that are ripe. I add crumbled feta, that a sort of thing wasn't readily available when I was growing up.

Combine all the ingredients. I like to season thing pretty aggressively – so I add plenty of salt and pepper, and like my vinaigrette tart (lots of acid – lemon juice or vinegar – Balsamic vinegar tastes great, but the color it creates with the avocado and tomatoes is not that attractive.)

Enjoy!

Category: Side Dish

Chris' Coleslaw

Contributed by Christine Faria, VP of Marketing, Raving

We used to get the Kentucky Fried Chicken meals growing up and we loved their coleslaw. As I started cooking more as a teenager, my goal was to have it taste very similar to KFC – sweet and tangy. We also use this on top of my crock pot pulled pork as well as a side when we barbeque. It truly takes me a few minutes to make; what really takes the time is letting it sit overnight. You don't have to, but it tastes so much better! This is also served in my mom's vintage yellow Pyrex bowl that was always used for our special mayo-based salads.

Ingredients:

One fresh cabbage (or two precut bags if you're really out of time)

1 – 1.5 cups mayonnaise

2 tablespoons sugar

¼ cup white vinegar (you could use apple cider vinegar if you're in a pinch, but it discolors the salad)

Salt & pepper to taste

One large carrot

1. Slice an entire head of cabbage in half and cut out the core.
2. Remove any ugly or wimpy outer leaves.
3. Roughly chop into ¼ size pieces (there's no science here, but we prefer larger than smaller pieces)
4. Mix in all ingredients.
5. Put in bowl and cover overnight. You don't have to do this, but I think it makes it taste much better after soaking!
6. When you're ready to serve adjust seasoning; you may like it sweeter or more savory. Adjust to your preference.
7. Take a potato peeler and top the salad with carrot slices and some chopped parsley for decoration.
8. Serve cold. As this has mayonnaise in it, don't leave out in the sun for too long!

Category: Side Dish

Easiest Fresh Corn-On-The-Cob For Small Parties

Contributed by Toby O'Brien, Raving Partner, Marketing

I don't cook. Ever. At holiday family gatherings, I'm asked to make the salad. Which suits me fine. But here is an, incredibly easy and tasty shortcut I love.

- Take a whole ear of corn, with the husks intact. Yes, do not remove anything.
- Put in microwave (on a piece of paper towel, if you want). Cook on high for four minutes.
- Using a sharp knife, cut about an inch off the wide end of the ear. Do NOT remove the husk.
- Hold the narrow end of the husk in your hand (careful, it's hot). You're grabbing the husk and silk. Hold tight.
- Shake the cob out. If it's stuck, try squeezing a bit, like a tube of toothpaste.
- The corn comes out clean. No silk. No mess. Perfectly cooked.
- If I'm making more than one ear, I cook each for four minutes, then throw the whole batch back in the microwave for a minute to reheat before I dismantle them.

Category: Side Dish

Mom's Pork and Beans

By Daniel Wood, VP of Sales, Engaged Nation

Growing up in Georgia, Mom's pork and beans was a staple at every family gathering. I remember it was no longer a "request," it was expected that Mom brought pork and beans. My dad took us deer hunting for as long as I can remember. I assumed it was well known that most of the "beef" my family ate was actually venison. It wasn't until I was a teenager that I learned one of my uncles hated venison with a passion and refused to eat "that stuff!" Yet at the family gatherings, he always had a pile of Mom's pork and beans on his plate. I still remember the day someone told him that his sister (my mom) has been putting venison in her pork and beans for years and that he's been eating it and loving it without knowing it. His response, "Hot damn, you can't even trust your flesh and blood to tell you the truth!"

Ingredients:

1-2 large cans of Van Camps Pork and Beans (or Bush's Baked Beans)

1 lb. of seasoned ground beef (seasoned salt, black pepper) – or venison!

Add brown sugar and Jack Daniel's BBQ Sauce (Tennessee, No. 7 or Honey) to taste

1/2 lb. of maple bacon, cut in two inch strips, cooked until done, (not crispy)

Combine ground beef and beans, mix together in oven safe dish

Layer bacon on top of beans

Bake at 375 until it starts to bubble or desired crisp of bacon

Category: Side Dish

Maggie's Macaroni and Shrimp Salad

Contributed by Christine Faria, VP of Marketing, Raving

My mom was born in 1924 in Valley Junction, Iowa (now West Des Moines). She grew up in the Great Depression, was a WAC in WWII and took full advantage of recipes on the back of Campbell's Cream of Soup cans (so we grew up with a lot of soup-based casseroles with ground beef). She was frugal, much of the time working two jobs as a nurse, and never really enjoyed cooking. But when she did take the time, wow, it was great. Any of her mayonnaise based salads would be proudly served in our large yellow Pyrex salad bowl, circa 1950 something!

Ingredients:

16 ounces Ditalini pasta or Elbow macaroni

15.5 ounce can black seedless olives – finely chopped and drained

Two cups celery – finely chopped

Two cups mayonnaise

One cup flat leaf Italian parsley – finely chopped

One green pepper rough cut

One yellow pepper rough cut

One medium finely chopped sweet onion (red or white)

Two cups bay shrimp (the very small shrimp you don't have to peel)

Fresh lemon juice from one lemon

Salt and fresh ground pepper to taste

- Boil macaroni until it is firm (not mushy), rinse and let cool.
- Mix shrimp with lemon juice and parsley.
- Combine all ingredients.
- If you are making the night before, add in the shrimp the day of.
- You may need to add in more mayonnaise if you let sit overnight as the pasta sucks up the moisture.

Category: Main Dish

Brady's Cabbage Rolls (Brady makes them, and Deana eats them!)

Contributed by Deana Scott, CEO, Raving

My grandmother Marion loved cabbage rolls, but never made them. Brady decided, since he was the favorite grandson-in-law, to put surprise her with cabbage rolls so set out on a journey to craft a special recipe. These are a labor of love because it does take some time to prepare. She loved the cabbage rolls and bragged about how, "Brady makes the best cabbage rolls I have ever had." He made them for her throughout they have actually become one of my favorite meals. Now Brady makes them for me, and they remind me of my Grandmother. These are great to make for family dinners or to share with others. (We always double the recipe).

Ingredients:

3 lbs. cabbage (8 large leaves)	1/2 tsp garlic
1 lb. ground pork	1/4 tsp Tabasco
1 lb. ground beef	1 – 16 ounce can tomatoes broken up
1/2 cup cooked rice or oatmeal (can eliminate for low carb)	2 – 8-ounce cans tomato sauce
2/3 cup finely chopped onion	2 tbl packed brown sugar (can eliminate for low carb)
4 tbl chopped parsley	1/4 tsp fresh cracked pepper
1/4 cup finely chopped red bell pepper	4 tbl Worcestershire sauce
1/2 tbsp dried basil	

Core cabbage and place in a large saucepan full of boiling water. Cover until leaves separate from head. Remove from pan. Once cooled remove leaves, trim veins, chill in ice water (1-15 minutes). Drain and dry leaves then set aside.

While boiling cabbage, brown 1/2 lb. ground beef in skillet. Once cooked, add tomatoes, tomato sauce, sugar and 1/3 cup onion, 2 tablespoons Worcestershire sauce and 1/4 teaspoon salt. Simmer on low for 15 minutes. (This will be poured over the cabbage rolls once they are completed). Line a baking dish with leftover cabbage pieces.

In a mixing bowl combine pork and remaining 1/2 lb. of beef or just pork., rice, 1/3 cup onion, 2 tablespoons Worcestershire sauce, parsley, 1 teaspoon salt, pepper, Tabasco sauce, 1 – 16 ounce can tomato sauce, add garlic and bell pepper. Mix well, but do not over mix. Once mixture is complete place leaping tablespoon in center of cabbage leaf. Fold two sides over filling and roll up then fasten with a tooth pick and place in a baking dish lined with leftover cabbage. (seam-side down). Arrange rolls over leaves seam-side down. Pour cooked mixture over cabbage rolls and cover. Bake at 375 for 2 to 2.5 hours.

Note:

Johnsonville spicy pork sausage works well. You can make them, refrigerate and cook the next day. The can be frozen after cooking and taste great microwaved.

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Main Dish

Cooper's Crab Cakes

Contributed by Travis Cooper, Creative Director, Raving

I first discovered this recipe when driving semi-truck cross country. I was shocked when the cook told me it was cornbread Stove Top stuffing as the main ingredient. He just put the box up to my face and leftover Dungeness crab would never be the same again!

Ingredients:

- 1 cup boiling water
- 1 pkg. (6 oz.) STOVE TOP Cornbread Stuffing Mix
- 2 cans (6 oz. each) crabmeat, drained, flaked
- 3 eggs, beaten
- 1/4 cup butter or margarine
- 1 lemon, cut into 6 wedges

Directions:

1. Add boiling water to stuffing mix in large bowl; stir just until moistened. Let stand 5 min.
2. Add crabmeat and eggs; mix lightly. Shape into 6 patties.
3. Melt butter in large skillet on medium heat. Add crab patties; cook 5 min. on each side or until heated through and lightly browned on both sides.
4. Serve with lemon wedges.

Makes six cakes! I love to serve it with fresh asparagus. This can also be made as an appetizer for parties.

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Main Dish

Paula's Camping Kabobs

Contributed by Raving Partner – Leadership and Tribal Member Development

Camping my entire life, I have a pretty good system down. Cooking while camping is hard when trying to feed a family of five. Plus, you don't want to miss out on the fun "in the kitchen." So, for the most part, I let the boys do the shopping for food they can prepare: fun camping food and quick snacks. Then I prep before I go, that's my secret so I don't miss out on the fun! To this day, they think these kabobs are the best and a must have to take camping! The boys were a little taken back when they realized how easy they were to make, lol!

Directions:

Pre-soak bamboo skewers.

For the Kabobs, I buy the very best steak and prawns I can, put them each in a bag with fresh garlic, onions, herbs and spices.

Put the meat on the skewers.

I usually cheat and add a high-end marinade and add it to the zip lock bag and throw it in the cooler or fridge ... done!

When you're out camping and grilling, they are ready to go and cook very quickly.

Category: Main Dish

Mom's Baby Back Ribs with Homemade BBQ Sauce

Contributed by Janet Hawk, Raving Partner, Player Development & Marketing

My first attempt at grilling ribs while I lived in Vegas ended in utter failure! I was living in an apartment complex and working graves. We liked to keep the same hours on our days off, so we were grilling at 3 am! We weren't noisy, it was the smell ... good at first, then overwhelming charcoal. There were a lot of mad people – I thought we were going to have to move! My mom gave me this recipe below and years later, a friend and I had a rib cook off and I won! So, thanks mommy!

Instructions and Ingredients:

- I try to buy baby back ribs (pork), and I get the ones that come two racks of ribs to the package. In a big roaster, you just layer them in the pan, rib side down. You may need to cut them to fit.
- Add water to about 2 to 3 inches.
- Add a little salt and pepper, put the lid on and stick them in the oven at about 300 degrees for 3 hours or more, checking on them periodically. (You can do this the day before, just wrap them in foil and stick them in the fridge!)
- Once you have cooked them in the water, take them out and wrap them in foil. I use two kinds of foil ... the heavy duty stuff that is really wide and also the non-stick kind. The outside layer is the heavy duty and the next layer the non-stick. You can spray with Pam or something similar if you don't get the non-stick, but use 2 layers, anyway.
- I wrap one rack at a time (just put two halves together), brush BBQ sauce (see below) on them, fold the foil around and put them on a cookie sheet or two ... however many it takes ... should be able to get two racks of ribs on a cookie sheet ... put them back in the oven and cook them for another couple of hours.
- Open each package and brush a little more sauce on them, back into the oven for another half hour to hour, and they are done. The last step with foil can be done on the BBQ!

Mom's BBQ sauce

2 cups ketchup	1/2 tablespoon fresh ground black pepper
1 cup water	1/2 tablespoon onion powder
1/2 cup apple cider vinegar	1/2 tablespoon ground mustard
5 tablespoons light brown sugar	1 tablespoon lemon juice
5 tablespoons sugar	1 tablespoon Worcestershire

Directions

In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Category: Main Dish

Faria's Ortega Green Chili Burger

Contributed by Jim Faria, Concrete Wall Sawman and husband to Chris

I do not cook except for making macaroni and cheese out of the blue box – and I follow the recipe exactly, every time. And I will grill a hamburger. If you want something different or you complain, I'm happy to run up to Del Taco for you.

Ingredients

Four to six hamburger patties

One can of whole green chilis (i.e. Ortega) – typically six in a small can

One large sweet onion

Butter

Four to six slices of sharp cheddar cheese (or your favorite)

Condiments and buns of your choice

1. Preheat your grill to medium heat, about 325 degrees.
2. Thinly slice a red onion or a sweet white onion and place on a large piece of aluminum foil.
3. Open up a can of whole green chilis, cut down the middle and lay on top of the onions.
4. Place two tablespoons of butter and place on top of chilis. Wrap the onion/butter/chili mixture tightly in the foil, keeping the foil packet as thin as possible for even cooking. Meaning you'll end up with a horizontally shaped packet.
5. If you have thin burgers which will only take about a total of 18 minutes of grilling time, then when grill is hot, put the vegetable packet on the burner about 8-10 extra minutes ahead of the burger. If you have super thick hamburgers that will take 15-20 minutes of cooking, then you can put the packet on at the same time as the meat. This will ensure that your veggies are soft and almost caramelized. You need to flip the packet at least once during the entire cooking time. The thicker the packet of veggies, the longer they will take.
6. Prepare your burger. We use ¼ pound pre-made burger patties, 85% lean. (Hey, I told you, I don't cook) so I spray coconut spray or another vegetable spray on both sides to prevent sticking; season with salt, pepper and chili pepper (optional). I find one side of seasoning is just fine. If you have more fat in your burgers, you don't have to spray.
7. Put the burgers on the grill seasoned side up. Our ¼ pound burgers take about 8-9 minutes each side. Place the cheese on the burgers about a minute before you take off the grill.
8. Top off the burgers with a couple of slices of your sweet onion and a full chili and put on your condiments. Chris likes to make a mayo-taco sauce; but I'm a purist and prefer catsup.

Raving and Friends Summer Recipes with Stories for Impressing Friends & Family

Category: Main Dish

O'Connell BBQ Beef

Contributed by Lynette O'Connell, VP of Data Science and Operations, Raving

This is an old O'Connell favorite that came from my Paternal Grandfather's Aunt Mary. We have been eating this as a family for as long as I can remember and now my friends ask me to bring it to parties. I remember going to my Grandparents house after church on Sunday's when we all lived in or near Pittsburgh, PA. We would have either baked chicken or BBQ beef. I remember around the large family dining room, with tons of food on it, my aunts and uncles there and the family dog (a white Maltese looking dog named Snoopy).

Ingredients:

6 lbs. boneless beef (I use Chuck)
1 bunch celery chopped
1 large onion
1 small Heinz ketchup
1 t. black pepper
3 T. BBQ sauce
3T. apple cider vinegar
1 t. tabasco sauce
1 T. chili powder
2T. salt
1 1/2 cup water

Directions:

Cut pieces of meat into large chunks.
Lay in bottom of roaster or crockpot.
Mix all other ingredients in sauce pan and bring to boil.
Pour sauce over meat, cover and bake 6 hours at 300 degrees.
After four hours of cooking time, take two forks and shred large meat pieces.
Serve on rolls or over rice or noodles.

Category: Main Dish

Helen Conrad's Famous City Chicken

Contributed by Dennis Conrad, President Emeritus, Raving

My grandmother emigrated from Poland at the age of 13, and brought with her a rich tradition of great Polish food which included:

Kluski Noodles and Chicken Broth – great when you were sick, or anytime really.
Borscht (beet soup) – which I hate to this day because we kids used to have to eat it at Christmas before we could open our presents. That stopped the year I violently threw up.

Kielbasa (Polish Sausage) – another Holiday favorite and dinner staple.

Golabki (pigs in a blanket) – we kids always called it “ga-woomp-key.”

Pierogi – cheese and potato ones were way better than the sauerkraut kind.

And finally, there was “City Chicken” and my mom’s recipe is below, handed down from her mother and several generations before. It’s not even “chicken,” but it was made with love and was a Memorial Day staple. Thanks, Mom, and I hope you all enjoy City Chicken and any of the great Polish food you can find. Prepare to gain weight!

Ingredients:

4-6 skewers (pre-soak)

Veal shoulder with narrow bone

Pork butt (not top notch cut)

Directions:

Trim any fat and cut in chunks – put on skewers

Combine salt, pepper, flour and put in high rimmed plate

Add a little water to a beaten egg in a large bowl

Dip skewers in egg, then roll in flour mixture

Brown in skillet with a little vegetable oil, brown on all sides

Bake on rack in pan with a little water in bottom and cover to keep in moisture

Bake until browned at 350 degrees for 30 minutes or so

(Can freeze after frying and then thaw and bake later)

Category: Main Dish

Jim and Arsinoe's Flank Steak with Chimichurri

Contributed by Chris Faria on behalf of Jim and Arsinoe Ferry

As we get older, we start making memories with our own families and friends, traditions outside of our parents and grandparents. When one of my best friends got married, not only did she snag a wonderful husband, but they moved into a funky 60's ranch house in California with an amazing pool. We only had one friend that had a pool growing up when we all met in junior high, so this was like winning the lottery! Her husband "Big Jim" inherited her two best friends Monica, me and my husband "Lil' Jim" who is actually bigger, but Ars called it first. Summer was the time we'd get together for our annual pool parties (and my naked nighttime cannonball contest, yup) as well as an annual trip camping at or near Lake Tahoe, California.

The biggest request, along with Arsinoe's mojitos, was for their steak with Chimichurri sauce (which Arsinoe always have to make extra for us piggies). Ars would make the sauce, Jim would grill. Served with a salad and roasted red potatoes, everyone would end up in a food coma. I tried to make this myself, but it never tasted as good as it did with these friends, after a day in the sun and water. We lost Arsinoe in January of 2020 after a battle with a rare form of cancer at 53 years young, but she'll always live on; her voice singing or favorite oldies, her laughter floating across the water and how much she'd cry when we'd all have to depart after an amazing time spent together.

Ingredients:

- 1 1/2 pounds trimmed flank steak
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon black pepper
- 1 large garlic clove
- 1 1/2 cups fresh cilantro
- 1 1/2 cups fresh flat-leaf parsley
- 1/4 cup distilled white vinegar
- 1/3 cup olive oil
- 1/4 teaspoon cayenne

1. Preheat the grill.
2. Pat steak dry. Stir together 1 teaspoon salt, cumin, coriander, and pepper in a small bowl and rub mixture onto both sides of steak.
3. Meanwhile, with motor running, add garlic to a food processor and finely chop. Add cilantro, parsley, vinegar, oil, cayenne, and remaining 1/2 teaspoon salt, then pulse until herbs are finely chopped.
4. Seer on both sides, then remove from direct heat until internal temp is 135. Let it rest for 10-15 minutes before slicing against the grain. Transfer to a cutting board and let stand 5 minutes.
5. Holding a knife at a 45-degree angle, thinly slice steak. Serve with sauce.

Category: Dessert

Bread Pudding & Whiskey Sauce

Contributed by Pat Gatine, part of the Faria/Benner clan

When I would go home to Monroe, Louisiana on holidays to visit my mom, this was the desert that I would always ask for her to make. The recipe here is a variation of the one that mom would make. We would always have fresh homemade biscuits for breakfast before we went to school and she would use the leftover biscuits for the pudding. It's one of my fondest memories as a kid.

Pudding:

1 10 oz loaf stale French bread or 6 to 8 cups any type of bread
4 cups milk
2 cups sugar
4 Tbsp melted butter
3 eggs
2 Tbsp vanilla
1 cup raisins
1 cup chopped pecans
1 tsp cinnamon
1 tsp nutmeg

Mix all ingredients together. It will be very moist (but not soupy). Pour into a 9x9 inch buttered baking dish. Place in a cold oven. Bake at 350 for 1 hour and 15 minutes, until top is golden.

Sauce

½ cup butter
1 ½ cup powdered sugar
1 egg (whole causes texture – yolk no texture)
½ cup bourbon (to taste)
Cream butter and sugar over medium heat until butter is absorbed.
Remove from heat and blend in egg.
Pour in bourbon gradually, stirring constantly.
Sauce will thicken as it cools.
Serve over warm the Bread Pudding.

Category: Dessert

Strawberry Jell-O Cake

Contributed by Lynette O'Connell, VP of Data Science and Operations, Raving

This started as a birthday recipe. It was Uncle Brett's favorite. This turned into a summer favorite, as it's so refreshing and delicious. When we make it at the farm, different people make the different parts. Some makes the cake, another makes the Jell-O, another makes the frosting and my daughter Torie or Ashlyn decorate.

Ingredients:

1 box Duncan Hines Strawberry cake mix

1 box Strawberry Jell-O

1 box Instant vanilla pudding

1 package Dream Whip

1 1/2 cup Milk

Fresh Strawberries

Cake:

Prepare 1 small package Strawberry Jell-O and let sit un-refrigerated.

Prepare 1 Duncan Hines Strawberry cake in 9 x 13 cake pan.

When the cake is done poke holes in the cake with a fork and pour Jell-O over the cake.

Refrigerate for 2-3 hours.

Frosting:

Combine the dream whip, vanilla pudding and milk and whip together 4-6 minutes until creamy.

Spread on the cake and garnish with fresh strawberries

Category: Dessert

3-Holer Chocolate Cake

Contributed by Gency Warren, Marketing Manager, Raving

My mom Nancy (did you know my name is a combination of my mom's name and my dad Gene?) has made this little cake for us for as long as I can remember; a passed down recipe from her Aunt "Geri" Geraldine. When I was asked for a traditional family recipe, this came to mind first. Frosting is optional (I prefer without – it is SO moist and delicious!)

Ingredients:

1 1/2 cups flour

1 cup sugar

3 tbs cocoa

1 tsp soda

1 tsp salt

6 tbsp Wesson oil

1 tbsp vinegar or wine

1 tsp vanilla

1 cup cold water

Directions:

- Into a nine x nine x two square cake pan (ungreased) sift together flour, sugar, cocoa, soda and salt.
- In same dry ingredients, make three holes.
- Into first put oil, in second the vinegar and last the vanilla.
- Pour cup of cold water over all and mix well with fork until smooth.
- Bake 350 degrees for 25 minutes.

Category: Specialty

Bob's Carolina Sauce

Contributed by Mendy McEntire, Marketing Specialist, Finley and Cook

I coordinated a Lunch & Learn for internal staff. Our CIO, Mr. Bobby Simpson educated us on Bitcoin (I had no idea what Bitcoin was!). He graciously provided lunch too and smoked all the meat, added his amazing sauce, potato salad, and all the trimmings. He even bought us our first bitcoin (I will be rich one day; I am counting on it). The class and the Famous Bobs-Bar-B-Q was so successful, we begged for the recipe. He said he would be delighted to share it with you and all the Ravers.

Mix all of the ingredients together:

- 2 Cups ketchup
- 1 1/2 cup broth
- 1 Cup apple cider vinegar
- 1/2 cup yellow mustard
- 1/2 Cup brown sugar
- 2 tsp red pepper Flakes
- 1 tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika