

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

Information for Cooks

1. Each team leader is responsible for:
 - (a) emailing or calling the other members of the team to decide what and how you want to prepare the meal to serve
 - (b) emailing Mary Ellen Webb to check on recent attendance at the suppers and to let her know your group is all set (mewebb@comcast.net)
2. Serving dishes are available at the Student Center
Pan sizes are: 12" X 18" X 2", 16 quart kettles
3. Please pick up pans during regular office hours: Monday, Tuesday and Thursday until 3 and Wednesday until 1. Office is closed on Friday.
4. Serve a salad or vegetable with each meal. An appetizer is optional.
5. Food may be prepared at home and then cooked in our ovens or you may prepare it at the Student Center.
6. Please purchase the bread, rolls, meat, chicken and fresh produce suited for your meal. Save your receipts and give them to Bindy (there are reimbursement slips on her door), so that you can be reimbursed.
7. Mass is at 5:00 p.m. Supper begins at approximately 6:00 p.m.
8. If your group feels creative, please feel free to create your own menu.
9. Tables and chairs should have been set up in advance. If they are not, please let Bindy or Cheryl know.
10. Team members working on a dinner should be at the Center by 4:30 to help with set up. This year we will set the tables with paper plates but real silverware.
11. When setting up, there should be a regular trash can with clear trash bag and also a compost bin with green trash bag (these are found in the Student Supper closet at end of hall). All paper products that don't have plastic in them (most hot cups have a layer of plastic) can be composted. At the end of the dinner, these bags need to be tied up and put in the bins outside.
12. We would like to feel that each person who cooks treats this meal as an extension of their family meal. **BRING THE FAMILY.** Sit and enjoy a meal with the students. They enjoy getting to know you.

Thanks so very much for all your help.

RECIPES

MENU # 1 LASAGNA

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

LASAGNA RECIPE

(serves 50)

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

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

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

Arrange in pans: Put a thin layer of sauce in bottom of pan. Alternate layer of noodles, layer of ricotta and mozzarella cheese, layer of noodles, layer of sauce, repeat. End with a layer of sauce. Sprinkle with Parmesan cheese.

Bake 45-50 minutes at 350°.

MENU # 2 TACO DINNER

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

TACOS

(serves 50)

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

Brown beef in skillet or oven. Drain fat.

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

Put vegetables on platters in each table. Serve tacos buffet style.

MENU #3 BEEF STROGANOFF

Main Course: beef stroganoff over rice
Caesar salad
dinner rolls
Dessert: your choice

BEEF STROGANOFF RECIPE (serves 50)
15 lbs top of round steak 40 oz sour cream
6 lbs fresh mushrooms, sliced 1 stick butter
7 cans cream of mushroom soup salt and pepper to taste
6 onions red wine, optional
5 lbs rice 1 can black beans

In a large skillet, cook onions in butter until soft. Remove from pan. Cut steak into 1 inch strips. Put in same pan and stir to brown lightly on both sides. (Steak may need to be cooked in batches). Add 6 cans soup, sour cream (save a little for vegetarian recipe), and salt & pepper. Cook until heated through. Add mushrooms and onions. Simmer covered about 15 minutes. Serve over rice.

For vegetarians: Saute one onion. Add mushrooms and heat. Add one can, drained and rinsed, black beans. Heat through. Add one can of soup and about 4 oz sour cream. Simmer covered about 15 minutes. Serve over rice.

MENU #4 ROAST BEEF and OVEN ROASTED POTATOES

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

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

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

Peel potatoes (leave whole unless large.) Boil in large pots about 15-20 minutes. Set aside. Add to roast beef as directed above. Meanwhile, follow directions on the jar to make gravy. Add some juice from the roast, salt and pepper.

Slice roast in serving pieces. Serve meal buffet style.

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

MENU #5 CRANBERRY TURKEY OR CHICKEN CUTLETS

Main Course: cranberry turkey or chicken cutlets
sweet potatoes crisps
your choice of vegetable
winter fruit salad
rolls or bread
Dessert: your choice

CRANBERRY TURKEY or CHICKEN CUTLETS RECIPE* (Serves 50)

18 lbs boneless turkey or chicken breasts	8 cans whole berry cranberry sauce
2 ½ cups flour	7 cups chicken broth
Salt & pepper	7 cups apple juice, apple cider or white wine
Olive oil for browning	1 cup balsamic vinegar
5 onions, chopped	2 tbl dried thyme leaves
25 sweet potatoes	

* Due to the size of the pans needed, it might be best to cut the recipe in half and have two cooks each make ½ the recipe.

Cut chicken/turkey cutlets crosswise to make thin pieces; then cut in serving size pieces. Dredge in flour, salt & pepper. Preheat oven to 375 degrees. Coat the bottom of a cookie sheet with oil. Place cutlets in a single layer on cookie sheet and cook 15 minutes, until brown on both sides. Set aside. In a large pot, sauté onions in oil until golden. Add cranberry sauce, broth and cider/wine. Heat until mixture reaches a boil. Simmer until sauce begins to slightly thicken. Put cutlets in the large 12" X 18" X 2" pan from the Parish Center. Pour the sauce on top. Cook in 350 degree oven, covered, about 10 minutes.

Peel sweet potatoes. Slice in very thin strips. Spray bottom of cookie sheet with oil. Place potatoes in a single layer on cookie sheet. Spray again with oil. Roast at 450 degrees for 20-25 minutes. Or, just scrub potatoes and cut in half, then bake potatoes in 375 degree oven for one hour.

MENU # 6 AMERICAN CHOP SUEY

Main Course: American chop suey (for 50)
Eggplant Parmesan for 6
tossed salad
garlic bread
Dessert: your choice

AMERICAN CHOP SUEY RECIPE (serves 50)

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

Cook elbow macaroni in boiling water for 10 minutes. Drain.

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

MENU # 7 ROAST PORK with ROASTED POTATOES

Main Course: roast pork with gravy
 oven-roasted potatoes
 mixed greens salad
 fresh or frozen vegetable, your choice
 applesauce
 French bread
Dessert: your choice

ROAST PORK DINNER RECIPE (serves 50)

5-6 pork roasts (or 20 lbs total) 7 lbs frozen corn
40 small potatoes 3 lg cans gravy base or lg jar gravy
sliced onions and/or mushrooms (optional)

Trim any fat from roasts. Place two roasts in each roasting pan and cook at 350° for 25 minutes per pound. About 30 minutes before roasts are done, *drain potatoes which have been boiled. Add to roasting pan. Baste with pan drippings. Continue basting occasionally until both the roasts and potatoes are cooked.

*Peel potatoes (leave whole unless large). Boil in large pot about 15-20 minutes. Set aside. Add to pork roast as directed.

Meanwhile, follow directions on can to make gravy from base. Add sliced onions and/or sliced mushrooms to gravy, if desired.

Slice roast in serving pieces. Place roast and potatoes on serving platters. Top with gravy. Serve with applesauce, vegetables and salad.

MENU #8 CHICKEN MARSALA (serves 50)

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

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

Slice chicken into thin strips. Dredge in flour. Melt butter in a heavy fry pan. Saute chicken pieces until just golden. Remove chicken from pan. (Chicken may need to be cooked in several batches.) Saute onions and mushrooms in butter. (You may need to add a little more butter.) Add wine and broth when onions are tender. Place chicken pieces back in pan. Add salt and pepper and simmer for 10-15 minutes.

Cook linguine as package directs. Keep warm until ready to serve. Put linguine on serving pan. Spoon marsala mixture on top.

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

MENU # 9 CHICKEN BURRITOS

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

CHICKEN BURRITOS RECIPE

(SERVES 50)

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

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

REFRIED BEANS

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

Serve buffet style. An appetizer of nachos and cheese is a great addition to this meal. Buy one more bag of cheese, another jar of salsa and 2 bags of nachos.

MENU # 10 CHICKEN PARMESAN, LINGUINE AND SAUCE VEGETARIAN EGGPLANT PARMESAN

Main Course: Chicken Cutlet Parmesan with linguine (for 35)
 Eggplant Parmesan (for 5-6)
 Salad
 Italian bread
Dessert: your choice

CHICKEN PARMESAN

(serves 50)

16 lbs thin sliced chicken breasts	6 qts spaghetti sauce
1 1/2 lbs seasoned bread crumbs	Italian seasonings
3 1/2 cups grated Parmesan cheese	4 -6 eggs
4-6 tbl oil	2 lbs grated mozzarella cheese
6 lbs linguine	

If chicken pieces are thick, slice lengthwise. Cut into serving size pieces. Beat 4 eggs with 2/3 cup water. Mix 1 lb of bread crumbs at a time with 1 cup Parmesan cheese and Italian seasonings.

VEGETABLE BEAN POT PIE

(serves 15)

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

Follow directions as above, adding beans instead of chicken. Top with Bisquick topping. Cook in a 9x13 pan, at 400 degrees for 20 minutes. Serve over rice.

APPETIZERS

CHEESE & CRACKERS

VEGGIES & DIP FRUIT IN SEASON

NACHOS
etc.

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

VEGETABLES

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

PEAS CARROTS CORN

GREEN BEANS BROCCOLI

MIXED COMBINATIONS

SALADS

TOSSED SALAD

(serves 50)

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

Add other ingredients of your choice when in season.

Break lettuce into bite-size pieces, wash and pat dry. Cut remaining ingredients in bite size pieces. Toss.

CAESAR SALAD

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

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

CRANBERRY-ORANGE SALAD

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

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

WINTER FRUIT SALAD

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

Break lettuce into bite-sized pieces, wash and pat dry. Mix remaining ingredients, except dressing. Toss. Add dressing before serving.

THREE GREENS SALAD

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

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

STRAWBERRY-ORANGE SALAD

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

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

Strawberry Vinaigrette Dressing

$\frac{1}{3}$ cup red wine vinegar	8 strawberries
1 cup olive oil	

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

BEAN SALAD

2 15 oz cans black beans	4 green peppers, chopped
3 15 oz cans red kidney beans	3 red onions, chopped
2 15 oz can chick peas	3 red onions, chopped
1 16 oz pkg frozen corn	2 heads leaf lettuce shredded
Dressing:	
½ cup olive oil	2 tbl sugar
½ cup red wine vinegar	2 tsp chili powder
¼ cup lime juice	2 tsp. cumin
2 tsp dried cilantro (optional)	½ tsp. salt
2 gloves garlic, minced	

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

DESSERTS

BROWNIES

CAKES

COOKIES

ICE CREAM

APPLE CRISP

CHOCOLATE CHIP BARS

CUP CAKES

GINGERBREAD

ANY HOMEMADE TREAT

Students get excited about home made desserts. Make whatever is your favorite. Plan on serving dessert for 60 students, as they often take more than one.

APPLE CRISP RECIPE

1 #10 can sliced apples (3 qts)	1/2 lb. margarine, melted
1/4 cup lemon juice	cups brown sugar
2 cups granulated sugar	2 cups flour
2 cups oatmeal	1 tbl cinnamon

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