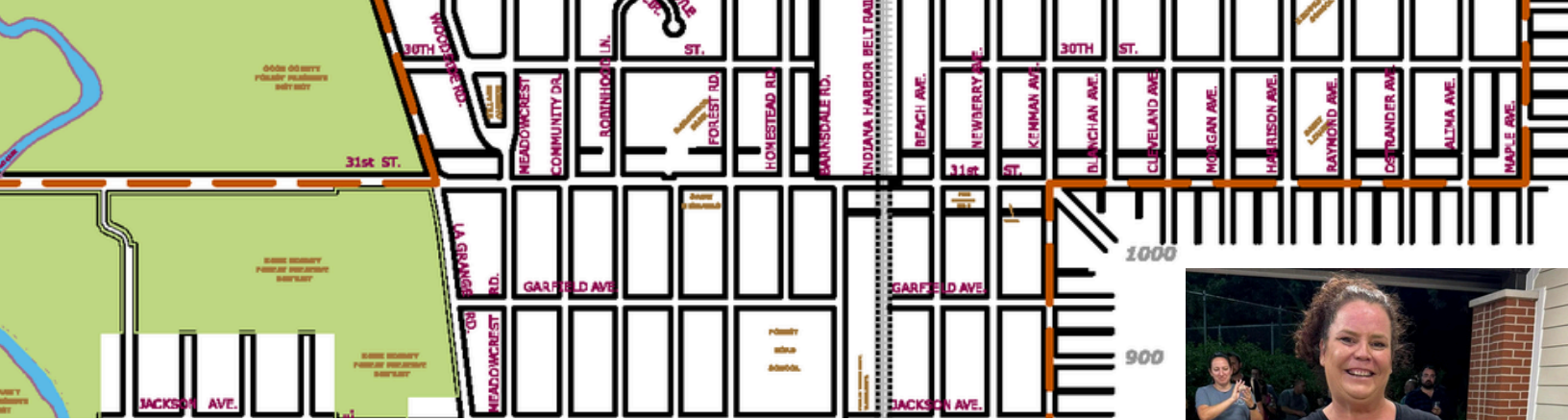


# 60526 GREENSBORO



# LIBRARY STAFF & TRUSTEES





# Janet Tencza

Marketing Coordinator  
La Grange Park Public Library

## Lucky Charm (Instant Pot) Chili

Serves 8

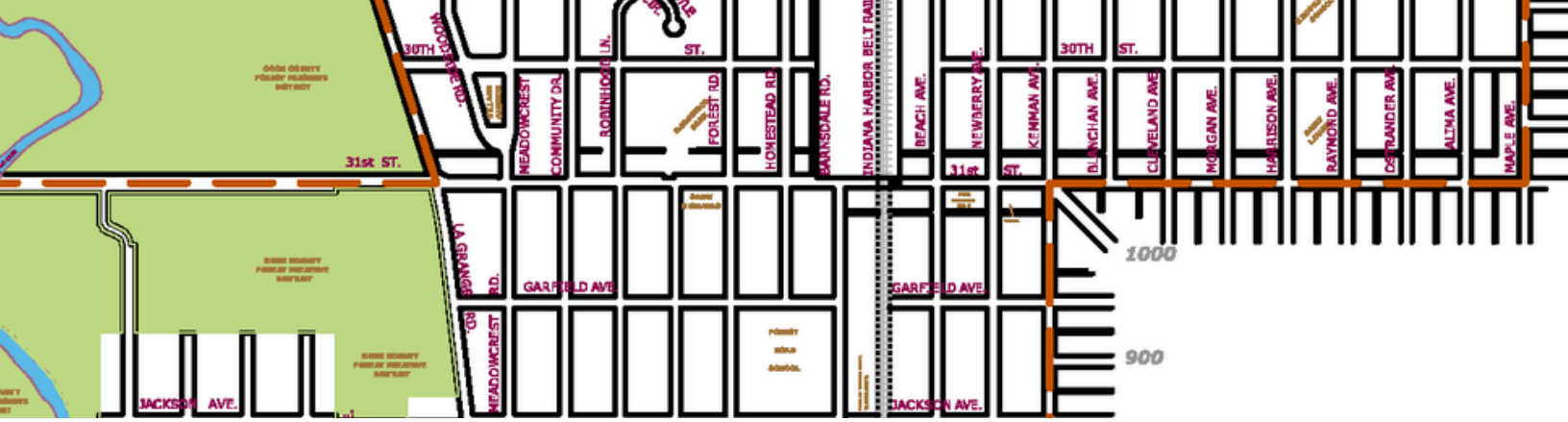
### Ingredients

- Olive Oil
- 1 medium onion, chopped
- 1 tablespoon minced garlic
- 2 pounds ground beef
- 2 tablespoons chili powder
- 2 teaspoons regular or smoked paprika
- 1 tablespoon ground cumin
- 1 tablespoon sugar
- 2 15 ounce cans fire roasted diced tomatoes
- 2 15 ounce cans tomato sauce
- 2 cups beef broth
- 2 15 ounce cans light or dark kidney beans, drained and rinsed
- 2-3 teaspoons salt, to taste
- ½ teaspoon black pepper
- Toppings such as sour cream, shredded cheddar cheese, corn chips, cilantro, or green onions

### Instructions

- Set pressure cooker to SAUTE. Drizzle the pot with a bit of oil and add onions and garlic. Saute 2-3 minutes until fragrant and tender. Transfer to a bowl and set aside. Add ground beef to the pot and saute 6-8 minutes until browned. Return onions and garlic to the pot.
- Add chili powder, paprika, cumin, sugar, diced tomatoes, tomato sauce, beef broth, beans, 2 teaspoons salt, and pepper.
- Cover, turn vent to the sealed position, set to MANUAL/PRESSURE COOK and set the timer for 15 minutes.
- When time is up, do a quick release by turning the vent to the venting position, remove the lid once the float valve drops.
- Give it a good stir, taste and add salt and pepper if needed. Serve with desired toppings.





## “The Best” Irish Brown Bread

Serves 12

### Ingredients

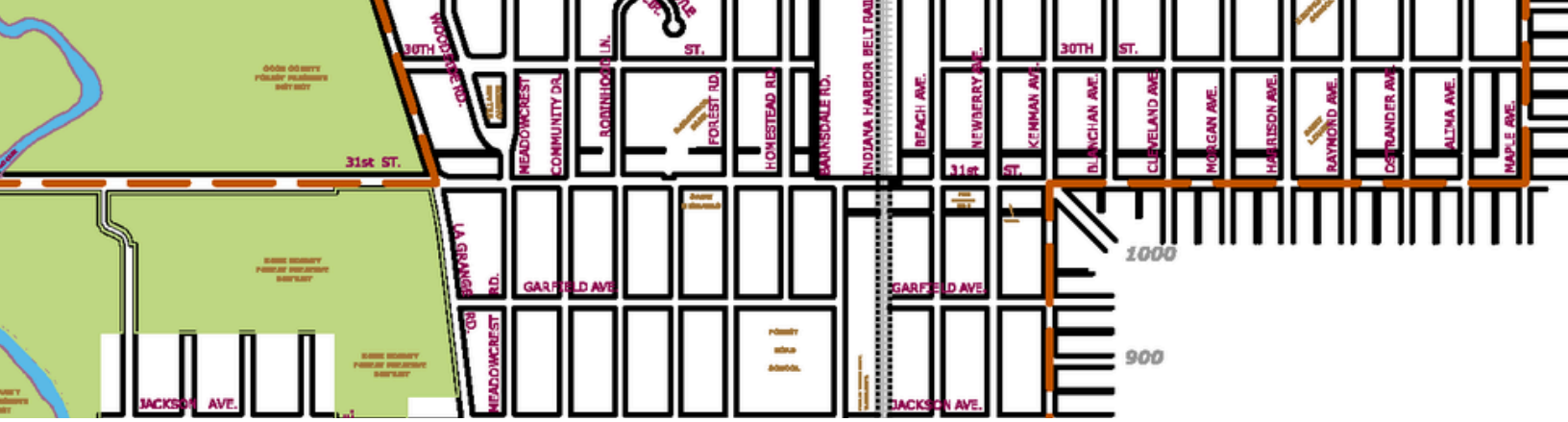
- 4 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- ½ cup white sugar
- 2 cups All Bran cereal
- 2 tablespoons salted butter, softened
- 1 egg
- 2 cups buttermilk
- Cooking spray

### Instructions

- Preheat oven to 350 degrees. Place 10.5" cast iron skillet in oven to be heated.
- Mix flour, baking soda, and baking powder in a large bowl.
- Add sugar and All Bran cereal to the same bowl and mix again.
- To same bowl, add softened butter, egg and buttermilk, and mix.
- Take hot cast iron out of oven.
- Spray cast iron skillet with cooking spray.
- Add bread dough to cast iron skillet, shape it, and add a criss-cross shape to the top of the bread with a knife.
- Bake for 45 minutes or until golden brown.

In September 2024, La Grange Park Public Library’s Marketing Coordinator, Janet Tencza, won 3rd Place in the La Grange Park Chamber’s Chili Cookoff. Her entry was “Lucky Charm Chili served with The Best Irish Brown Bread.”

Janet is proud of her Irish heritage. While the chili has nothing Irish about it (except the name), her brown bread is her beloved mother’s recipe. She converted it with her mom from a pinch of this and a bit of that several years prior. Irish eyes were smiling down on her that evening, as she won only months after her mom’s passing.



# Nikolaj

Adult Reference Librarian  
La Grange Park Public Library

## Beef Stroganoff

Serves 3-4

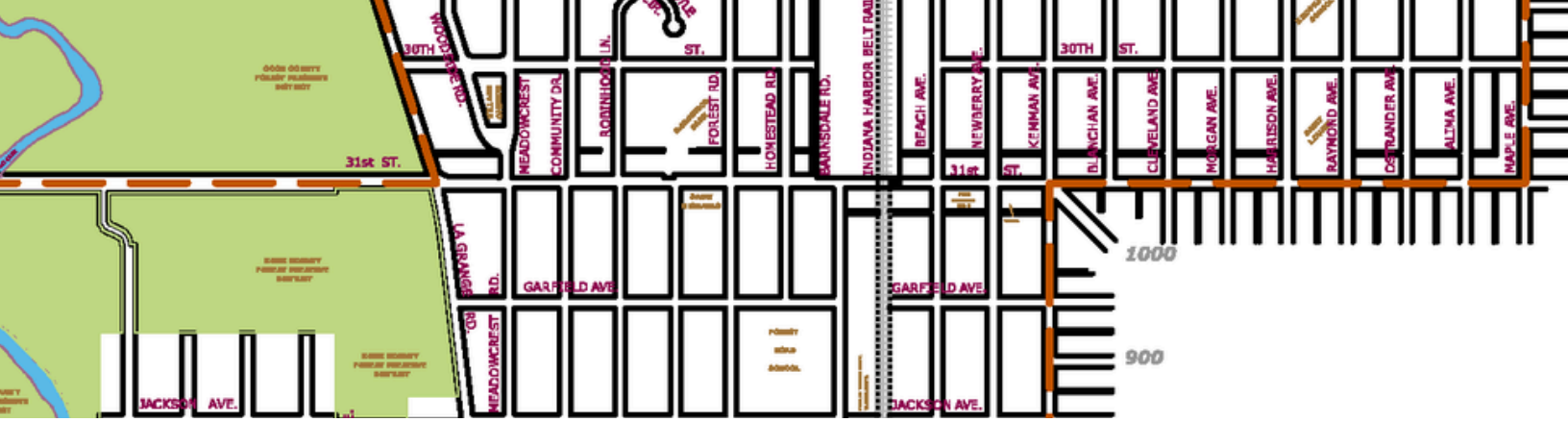
### Ingredients

- 1 pound beef filet, sirloin, or ribeye (avoid stew meat, as it will get tough)
- ½ stick butter
- 8 ounces white mushrooms, sliced
- Worcestershire sauce, to taste
- 1 small/medium yellow onion, diced or sliced, to taste
- 2 cloves garlic, chopped or minced, to taste
- 4 tablespoons all-purpose or gluten free flour
- 1 15 ounce can of beef broth
- ⅔ - 1 cup sour cream, at room temp
- Ketchup, to taste (usually a teaspoon or so)
- Salt, pepper, and paprika, to taste
- Optional: Noodles, rice, potatoes, or other carb/starch

### Instructions

- Saute beef in most of butter until cooked to preferred temperature. (I usually do medium or medium well.)
- In a separate pan at the same time (or you can use the same one after the meat is finished), add in your mushrooms with a bit more butter and about 1 tablespoon Worcestershire sauce and saute until soft. If using the same pan, take them out and set them aside for later.
- Take meat out of the pan and let rest for 10 minutes, but don't clean out the pan.
- Add a little more butter and saute the onions until they start to go translucent before adding garlic for another minute or so.
- Stir/loosen the burned bits, but keep everything in the pan and add flour a little bit at a time while whisking to make a thick roux with the melted butter, onions, and garlic.
- Once your mix is about yogurt consistency, slowly add in your broth while whisking and breaking up clumps.
- Bring to a simmer and add sour cream. Whisk or stir well as it melts into the sauce and once it's incorporated, add in your spices, ketchup, and more Worcestershire sauce, to taste.
- Allow it to simmer and thicken to desired consistency. While simmering, slice your meat into strips or cubes and add in with the mushrooms when sauce gets to desired consistency.
- Optional: Make some noodles of your choice and serve with the stroganoff. It also works well with potatoes or rice.

My grandma used to make this as a special treat and I always used to steal the mushrooms out of the pan when she was cooking them, so she always added extra to account for the mushroom theft. Plan accordingly, if you have mushroom thieves, or if you, yourself, are a mushroom thief.



# Betsy Webster

Circulation Coordinator

La Grange Park Public Library

## Chocolate Chip Cheesecake

Serves 12

### Ingredients

For crust:

- 1 ¼ cup graham cracker crumbs
- ¼ cup sugar
- ⅓ cup melted butter

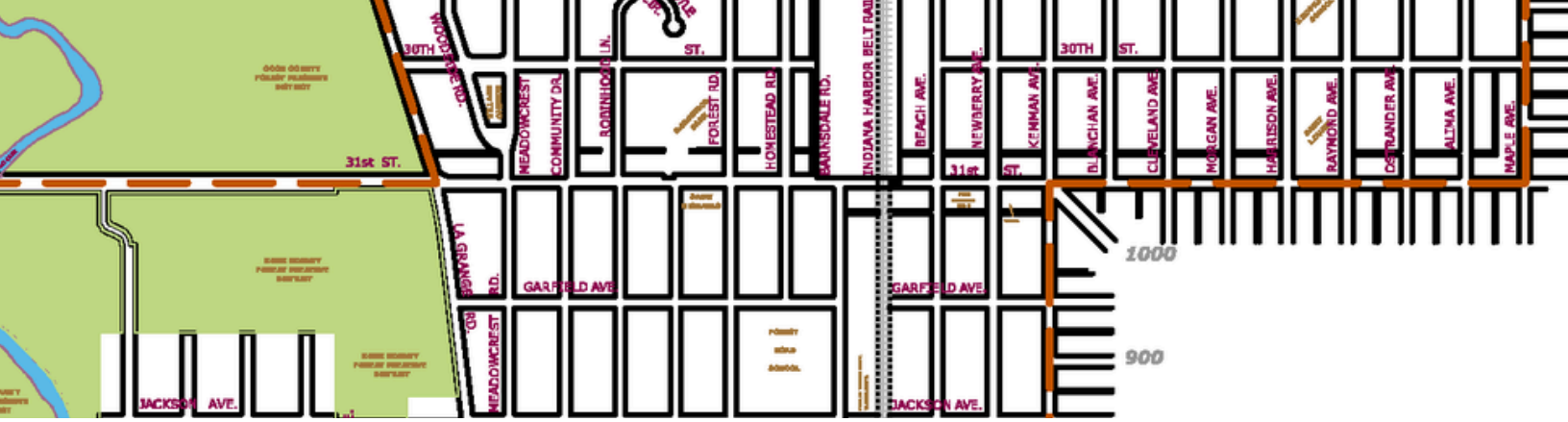
For filling:

- 3 8 ounce packages of cream cheese, softened
- ¾ cup sugar
- 3 eggs
- 1 cup mini chocolate chips
- 1 teaspoon vanilla extract

### Instructions

- Preheat oven to 450 degrees.
- Make crust by combining crust ingredients and spreading in the bottom of an 11" springform pan. Pat down gently.
- Combine softened cream cheese and sugar in large bowl; beat on medium until smooth. Add eggs one at a time. Add chocolate chips and vanilla. Beat until combined but do not over beat.
- Pour into prepared crust and bake at 450 degrees for 10 minutes. Reduce heat to 250 degrees and bake for an additional 35 minutes.
- Let cool before serving. Gently release outer ring of springform pan when ready to serve.

This is the easiest cheesecake you'll ever make!



## Valerie Schoenberg

Circulation Assistant

La Grange Park Public Library

## Fličky - Ham and Noodle Casserole

Serves 8-12

### Ingredients

- 1 16 ounce bag of egg noodles
- 1 ½ cups ground ham or ground smoked butt, or to taste
- 3 eggs
- 1 cup milk
- Partially cooked sliced bacon for additional flavor

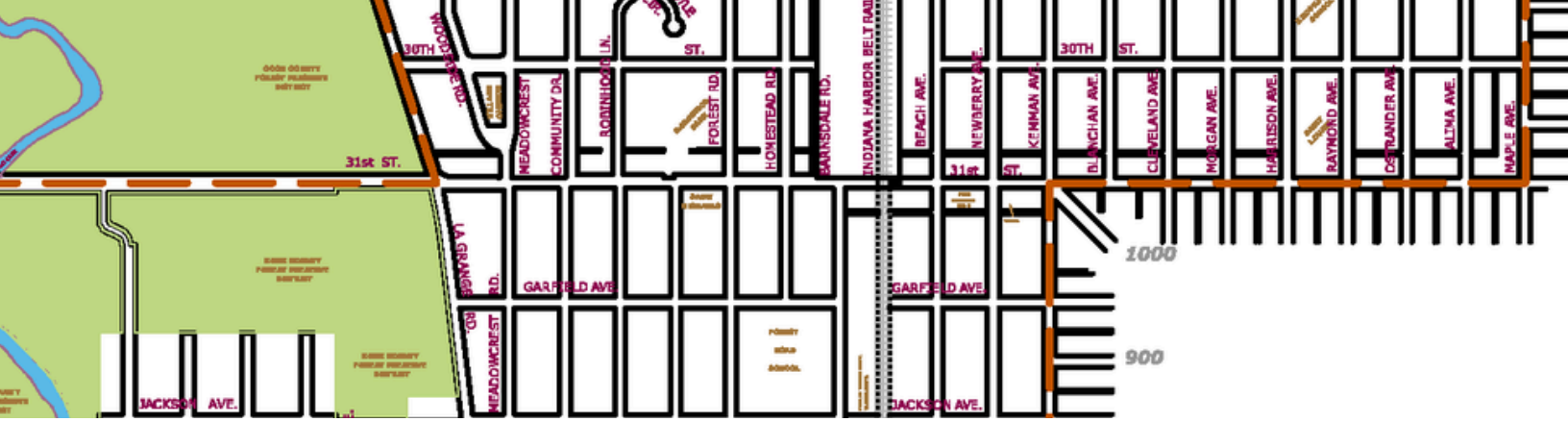
### Instructions

- Preheat oven to 350 degrees.
- Boil noodles according to package directions for al dente and drain well.
- Stir in meat.
- Whisk eggs and milk together.
- Butter a 3-4 quart casserole or baking dish and place noodle and meat mixture into it. Pour egg and milk mixture over the meat and noodles. Do not stir.
- Lace partially cooked bacon on top of casserole dish and drizzle bacon drippings evenly over the top.
- Bake for 45-60 minutes until heated through and crispy on top. Add salt and pepper to taste.

### Notes:

Cook bacon on a foil covered cookie sheet in the oven, for easy cleanup. Most of the time, I mix everything in a bowl first, and then transfer to the casserole dish. Measurements vary by nature, especially when using up a little extra meat, etc.

It reminds me of my childhood growing up with Czech family traditions.



# Gabe Oppenheim

Executive Director

La Grange Park Public Library

## Pasta all'Amatriciana

Serves 4

### Ingredients

- 6 ounces guanciale or pancetta, in small dice
- 1 medium red onion, diced
- Freshly ground black pepper and red pepper flakes, to taste
- 1 15 ounce can of whole Italian tomatoes, squished with your hands
- Salt
- 16 ounces mezz rigatoni or bucatini
- Pecorino Romano and more black pepper, for serving

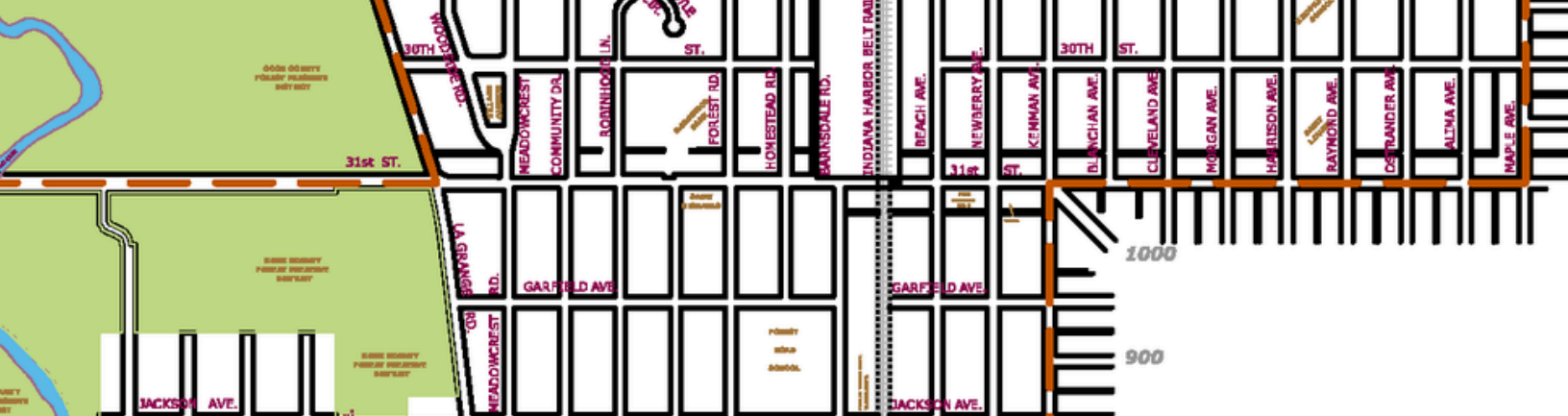
### Instructions

- Add the guanciale to a large frying pan set over medium high heat and cover about halfway with water. When water evaporates, turn the heat to medium low and cook, stirring often, until guanciale is rendered and crisp. Remove with a slotted spoon and reserve. Do not discard the copious fat; that's the primary flavoring for the dish.
  - Add onion to pan and cook, stirring often, until translucent, about 5 minutes.
  - Add at least 1 teaspoon black pepper (more than seems advisable) and a large pinch of red pepper flakes and stir in.
  - Add tomatoes and their juices and bring to a simmer. Reduce heat to low and cook, stirring occasionally, for about 20 minutes.
  - Meanwhile, bring a pot of water to a boil.
  - After the tomatoes have simmered for about 10 minutes, add a large handful of salt and pasta and cook to about 2 minutes shy of al dente.
  - Drain pasta, reserving at least 2 cups of pasta water, and add to sauce.
  - Increase heat to high, add about 1 cup of reserved water, and cook, tossing vigorously, until sauce is glossy and emulsified.
  - Transfer to serving dish and toss with reserved guanciale.
- Serve, finely grating plenty of Pecorino on top and adding pepper, to taste.

### Notes:

Guanciale (cured pork jowl) and bucatini are the traditional choices, but I prefer rigatoni. Neither onion nor red pepper flakes are strictly traditional, depending on who you ask, but they're nice additions.

I have no Italian heritage, but I learned how to make this years ago and it's one of the things I can cook by heart.



## Gabe Oppenheim

Executive Director

La Grange Park Public Library

## BALT with Jalapeno Mayo

Makes one sandwich

### Ingredients

- 2-3 strips smoked bacon
- 2 slices white bread
- Enough thickly sliced tomato to cover bread
- Kosher salt and freshly ground black pepper
- Charred jalapeno mayo
- ¼ avocado
- 1-2 leaves iceberg lettuce

For charred jalapeno mayo:

- 2 large jalapenos
- 1 ½ cups mayo, preferably 1 cup Hellman's and ½ cup Japanese Kewpie

### Instructions

For sandwich:

- Lay bacon on sheet pan and place in cold oven. Preheat to 425 degrees.
- Once oven is preheated, bacon should be pretty much cooked, but continue cooking to your preferred crispiness. Drain on paper towels and reserve.
- Meanwhile, heavily salt and pepper the tomato slices and lightly toast bread.
- Spread both slices of toast with jalapeno mayo edge to edge.
- Place tomatoes on one slice and lightly mash the avocado with a little salt into the other.
- Top tomato with lettuce and avocado with bacon and close sandwich.
- Slice diagonally and serve.

For charred jalapeno mayo:

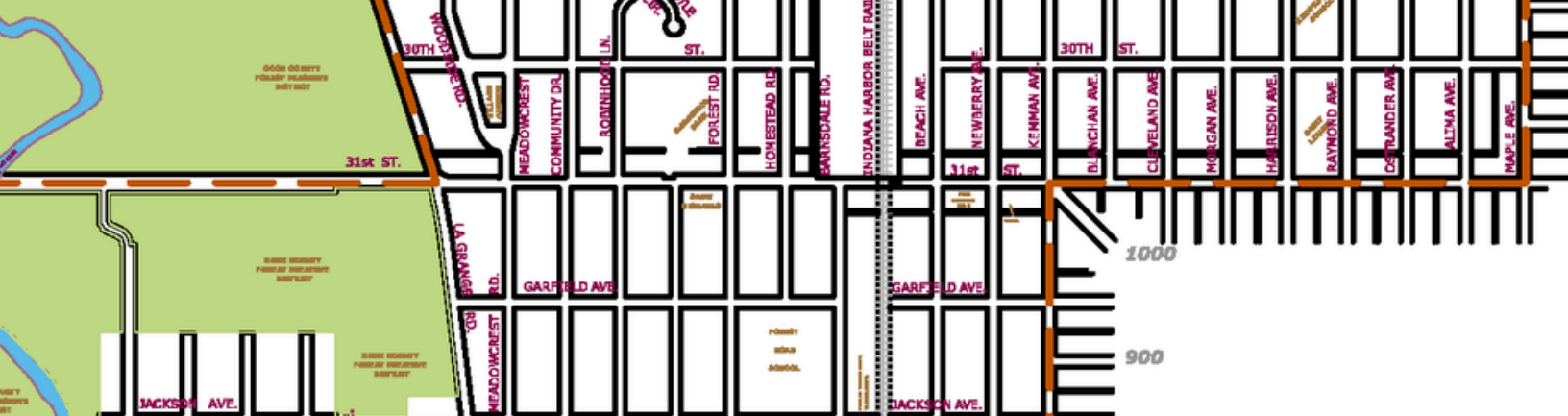
- Place jalapenos directly on burner grate, turn heat to high, and cook, turning occasionally, until blackened all over. Alternatively, broil or grill until blackened.
- Remove stems, and roughly chop, retaining seeds and charred skin.
- Add to food processor along with mayo and blitz until smooth.

Store in fridge for at least a week.

### Notes:

This isn't the time for fancy bread or excessive bacon. Make this sandwich when the tomatoes are getting ripe in August. Using the cold start for the bacon saves time and energy. It's been scientifically proven that sandwiches taste better sliced on the diagonal. Mayo recipe adapted from Tyler Kord's *A Super Upsetting Cookbook About Sandwiches*.

It's just a slightly spicy BLT with avocado, but sometimes it's the little things, right? This says summer to me.



## Allison Demes O'Brien

President, Board of Library Trustees of the  
La Grange Park Public Library

### Beef with Broccoli

Serves 4

#### Ingredients

For marinade:

- 6 tablespoons oyster sauce
- ¼ cup chicken broth
- 2 tablespoons dry sherry
- 2 tablespoons light brown sugar
- 2 teaspoons cornstarch
- 2 teaspoons toasted sesame oil

For the beef:

- 1 lb. flank steak
- 6 garlic cloves, chopped
- 2 teaspoons chopped ginger
- 1 tablespoon cornstarch
- ½ teaspoon baking soda
- 1 tablespoon soy sauce
- 1 teaspoon toasted sesame oil

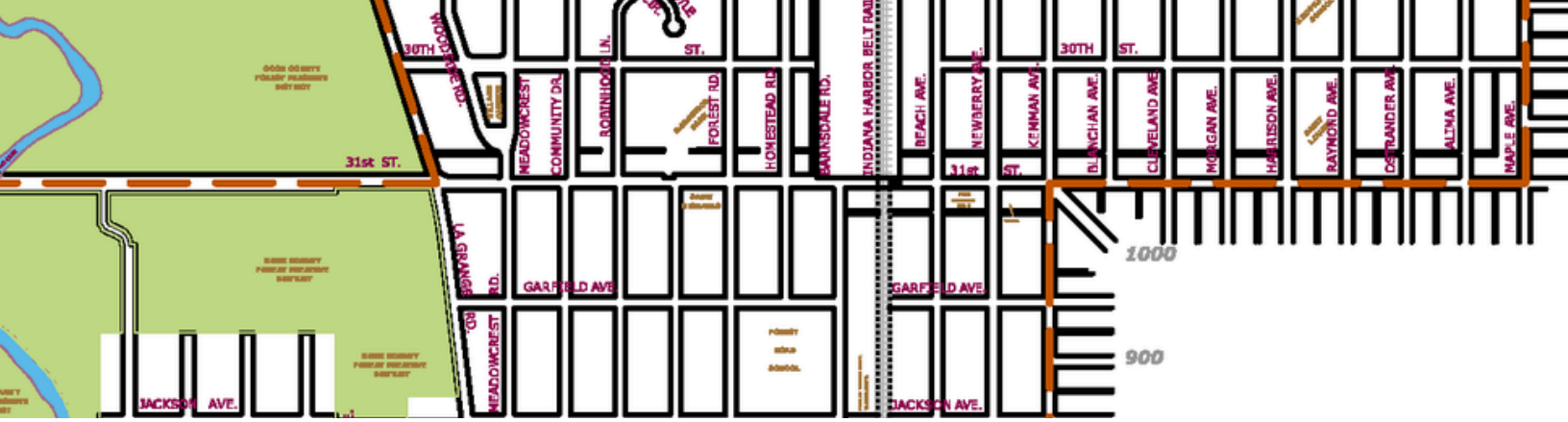
For the broccoli:

- 3 large, or 5 medium heads of broccoli
- ⅓ cup waterose petals, slightly crushed
- 1 tablespoon pistachios, finely chopped

#### Instructions

- In a 2 cup measuring cup, whisk together all ingredients for marinade and set aside.
- Slice the beef thinly and at an angle. Put in a bowl and sprinkle with ⅓ of the chopped garlic and ginger and reserve the rest. One by one, mix the cornstarch, then baking soda, soy sauce, and finally sesame oil into the beef and garlic mixture. Take 1-2 tablespoons of the marinade and add to the beef. Set beef to the side while you heat a wok (or other large pan) on the stovetop with oil over high heat.
- Meanwhile, chop all the broccoli into small florets and put in a bowl. Once the pan is heated, add the beef and spread into a single layer and allow it to cook undisturbed until the edges of the beef start to curl up, about 3 minutes. Flip the beef and continue cooking for another 3 minutes, or until done. Remove beef from the pan and set aside on a plate.
- It is optional, but at this point, I deglaze the pan with Shaoxing wine. Once that is done, add the broccoli to the pan. Then add the ⅓ cup water and cover, allowing the broccoli to steam. Allow it to steam until all the water has evaporated, approximately 5-7 minutes. Add about 2 tablespoons of the same cooking oil you used with the beef (I use Wesson's Best Blend) to the remaining ⅔ of your chopped garlic and ginger.
- When the water has all evaporated, push the broccoli to the sides of the pan and add the oil-garlic-ginger to the center of the pan and mash for about 15-20 seconds, you will know you are doing it right when you can smell the garlic and ginger. Mix the garlic and ginger into the broccoli. Then return the beef to the pan and stir it into the broccoli as well. Whisk the marinade you set aside to recombine it and then pour it over the beef and broccoli in the pan. Allow the sauce to cook for about a minute and then make sure to stir everything one last time before serving (with white rice, preferably).

I used to have Moy Goy's beef with broccoli every board meeting Wednesday. Then they sold the restaurant and the recipe changed! So I had to recreate it. This recipe is the result of about 6 months of trial and error and has been perfected over the last two years.



## Sarah Krall

Trustee, Board of Library Trustees of the  
La Grange Park Public Library

## Rose Shortbread Cookies

Makes 30 cookies

### Ingredients

- 2 sticks (227 g) unsalted butter, room temperature
- $\frac{2}{3}$  cup (133 g) granulated sugar
- 2  $\frac{1}{3}$  cup (292 g) all purpose flour
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{3}{4}$  teaspoon rose water
- $\frac{1}{4}$  teaspoon salt
- 3 tablespoons dried rose petals (organic recommended)
- 3 tablespoons heavy cream
- 1 cup white chocolate, melted (Ghirardelli melting wafers recommended)
- 1 tablespoon dried rose petals, slightly crushed
- 1 tablespoon pistachios, finely chopped

### Instructions

- Preheat oven to 350 degrees. Line a baking sheet with parchment paper and set aside.
- Add butter, sugar, flour, vanilla, rose water, salt, and rose petals into a mixing bowl. Mix on low for 2 minutes until the mixture is a coarse crumbly texture. Add heavy cream and mix for 30 seconds.
- Shape the dough into a flat disc and wrap in plastic wrap. Refrigerate for 20 minutes.
- Roll out half the dough in between two sheets of parchment paper until it is  $\frac{1}{4}$ " thick. Place in the freezer for 5 minutes. Cut the cookies out with your cookie cutter. Roll out the scraps with the rest of the dough and repeat until no dough is left.
- Place the cookies onto the parchment-lined baking sheet 1" apart. Bake for 20 minutes or until the edges of the cookies just start to brown. Cool completely on a rack.
- Pour the melted chocolate into a jar that is wide enough to fit your cookies. Dip the cookies into the chocolate until half of it is covered. Shake off any excess chocolate and place on a parchment-lined baking sheet. Sprinkle cookies with chopped pistachios and crushed rose petals. Freeze for 10 minutes and then store in an airtight container for up to one week.

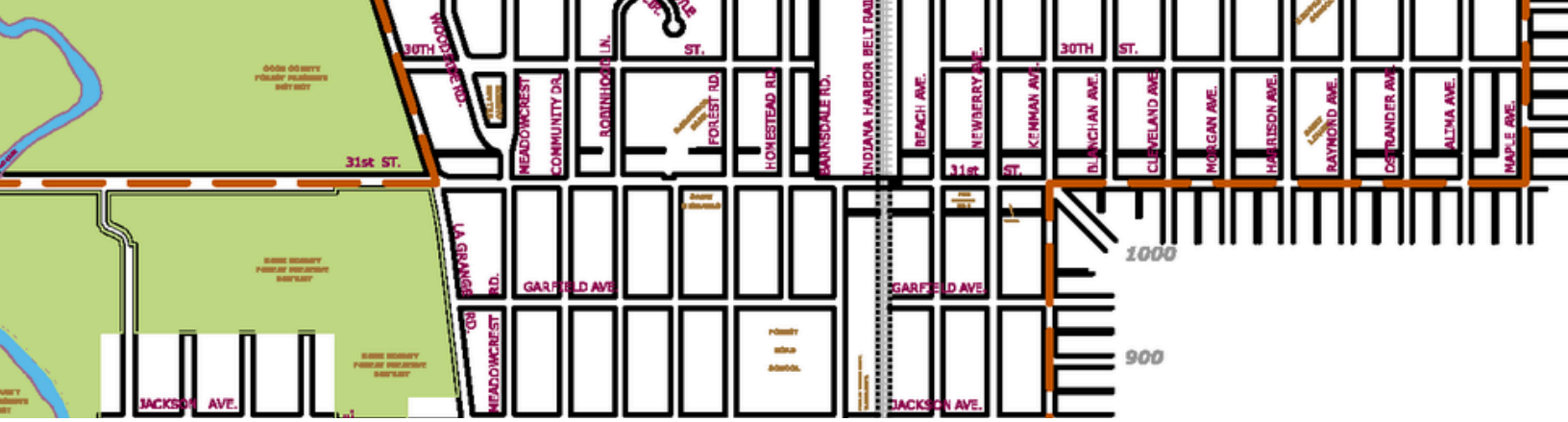
### Notes:

Find a mason jar that is just wide enough to fit your cookies inside and fill it  $\frac{1}{4}$  of the way up with melted chocolate for dipping!

Recipe courtesy of Milk & Cardamom

# OTHER VILLAGE OFFICES





## Darrell Whitedge

Auxiliary Police Officer

La Grange Park Police Department

## Tacos Compechanos

### Ingredients

For tacos:

- 1 pound Bola de res (prime beef)
- 1 pound marinated al pastor
- 1 pound Mexican chorizo
- Garlic powder, salt, and black pepper
- Tortillas, cheese, cilantro, diced onions, diced serrano peppers, salsa, and sour cream, to serve

For salsa:

- 4 plum tomatoes
- ¼ onion
- Garlic, to taste
- Jalapeno or serrano peppers, to taste
- Cilantro, to taste
- Chicken bouillon, to taste

### Instructions

For tacos:

- In a large saute pan, sear the beef, then add the al pastor, chorizo, and spices to taste.
- Cook meat to to your preferred doneness.
- Serve with heated tortillas and cheese, cilantro, diced onions and serrano peppers, homemade salsa, and sour cream.

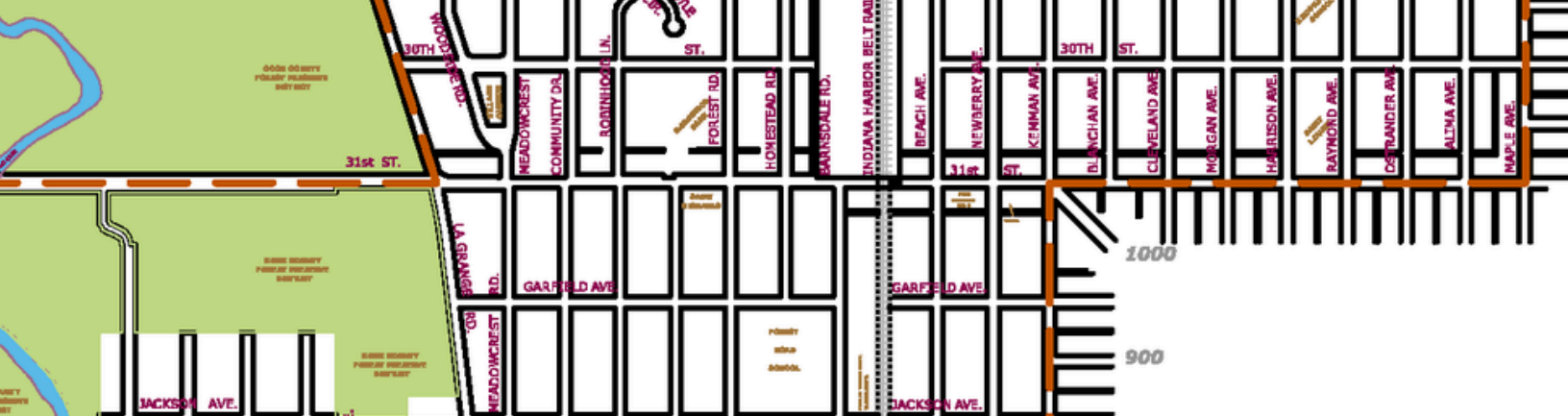
For homemade salsa:

- Add tomatoes, onion, garlic, and peppers to air fryer and roast for 12-15 minutes, or until the vegetables are starting to blacken.
- Transfer to a blender jar, and add cilantro and chicken bouillon to taste.
- Blend until mixed to your preference.

Notes:

I usually do 1 pound beef, 1 pound chorizo, and 1 pound al pastor but you can change and add whatever you like more of. You can't go wrong: just season to your taste and I promise this will be a huge, authentic Mexican treat. (My wife is Latina and taught me this.) It is so good because of the three meats added together. The meat counter at a good Mexican store has everything you need. Make sure the chorizo isn't hot.

This is a family and friends favorite.



## Jim Discipio

Village President  
Village of La Grange Park

## Jim's Sunday Gravy (Really Grandma Rose's Recipe)

serves 4-6, generously

### Ingredients

- 2 tablespoons extra virgin olive oil
- 3-4 cloves garlic, minced
- ½ pound pork neck bones
- ½ pound Italian sausage
- 2 large cans (28 oz. each) San Marzano whole peeled plum tomatoes
- 4 fresh basil leaves
- 1 teaspoon garlic salt (or to taste)
- 1-2 teaspoons Italian seasoning
- 6-8 prepared frozen meatballs (Mariano's Italian-style meatballs)
- 1 pound pasta (rigatoni, penne, ziti, or spaghetti)
- Parmesan or Pecorino Romano cheese and Italian bread, to serve

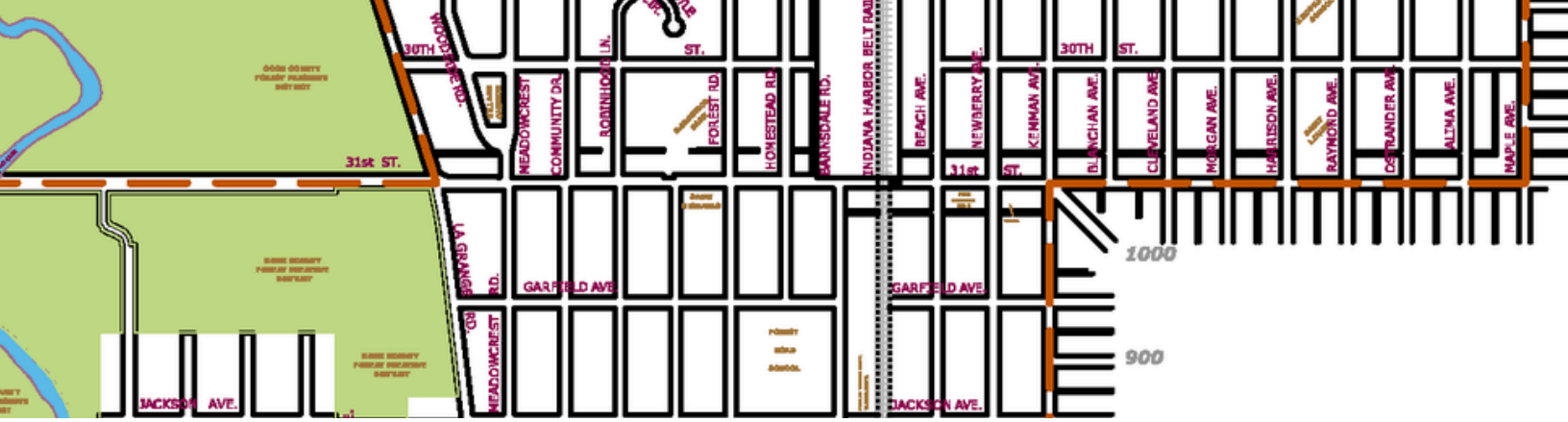
### Instructions

- Heat the oil in a large pot or Dutch oven over medium heat. Add the garlic and sauté until fragrant, about 30 seconds to 1 minute. Be careful not to brown the garlic.
- Add the pork neck bones and brown lightly, then add the Italian sausage and cook for several minutes until it develops some color.
- Pour in the San Marzano tomatoes and crush them with a spoon or potato masher. Add the basil, garlic salt, and Italian seasoning and stir well to combine.
- Bring the gravy to a gentle simmer, cover partially, and simmer for 2 hours, stirring occasionally.
- Add the meatballs during the last hour of cooking and continue simmering until the meatballs are heated through and the flavors have blended together.
- Meanwhile, cook the pasta until just shy of al dente, according to package directions. Reserve about 1 cup of pasta water, then drain the pasta.
- Add the pasta directly to the gravy, stir gently, and allow the pasta to simmer in the gravy for 10-15 minutes, adding a splash of reserved pasta water if needed.
- Serve immediately with grated Parmesan or Pecorino Romano cheese and warm Italian bread.

### Notes:

- Letting the pasta finish cooking in the gravy helps it absorb flavor and creates a richer dish.
- San Marzano tomatoes provide the best flavor and texture for this recipe.
- Leftovers are even better the next day.

Don't just put the gravy on the pasta—let the pasta finish in the gravy. That's how Grandma Rose made it.



## Julia Cedillo

Village Manager  
Village of La Grange Park

### Midwest Mild Chili

Serves 8-12

#### Ingredients

- 3 tablespoons olive oil
- 1 large yellow onion or 2 Vidalia onions, diced
- 2 cloves garlic, minced (optional)
- 1 pound ground beef
- 1 packet mild chili seasoning mix
- 2 cans diced tomatoes (14-15 ounces each)
- 3 cans dark red kidney beans, drained and rinsed
- 1 tablespoon tomato paste (optional)
- 1 ½ cups water
- 1 teaspoon sugar

Optional traditional additions:

For extra flavor without much heat:

- ½ teaspoon cumin
- Small dash Worcestershire sauce
- ½ teaspoon smoked paprika

Best served with:

Cornbread, cheddar cheese, sour cream, and crackers

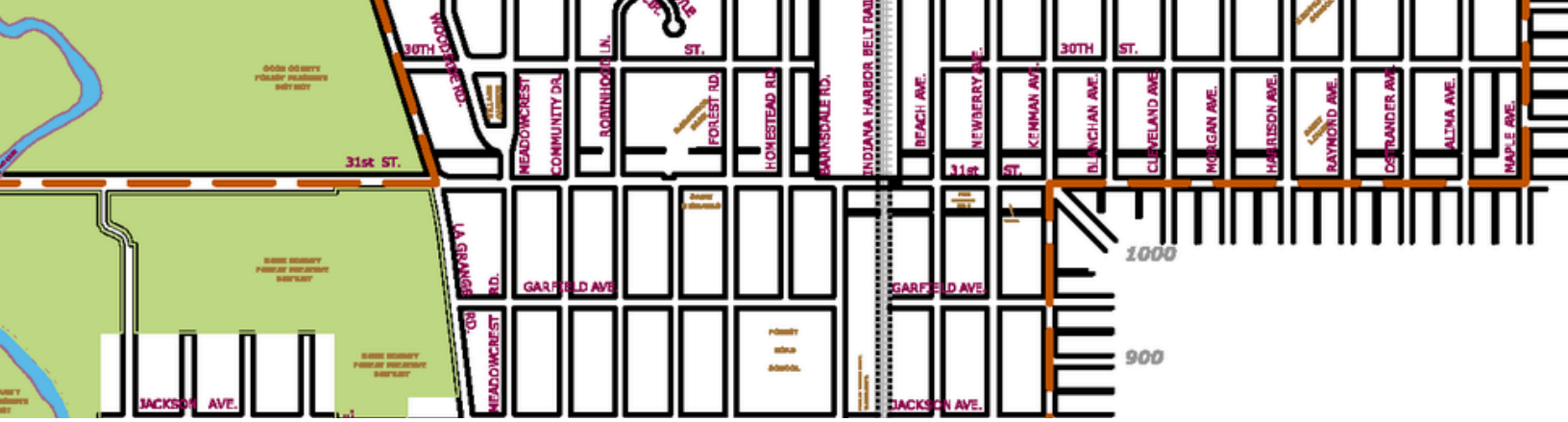
#### Instructions

- Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onions and cook about 6-8 minutes until soft and lightly golden.
- Add garlic and cook for another minute.
- Add the ground beef and cook until browned, breaking it apart as it cooks. Drain excess grease if needed.
- Stir in the chili seasoning packet and tomato paste (if using). Cook for about 1 minute.
- Add diced tomatoes with juices, kidney beans, water, and sugar and stir well
- Bring to a gentle boil, then reduce heat to low and simmer uncovered for 30-40 minutes, stirring occasionally.
- Add a little water if too thick or simmer longer if you want it thicker.

#### Notes:

Vidalia onions will make the chili slightly sweeter and very mellow.

This is my go-to recipe for chili – and my family loves its simplicity. There are never any leftovers.



## Sandy Bakalich

Executive Assistant / Deputy Village Clerk  
Village of La Grange Park

# Cheesy Crack Potatoes (Funeral Potatoes)

Serves 8

### Ingredients

- 24 ounces shredded hash browns
- 1 can cream of chicken soup
- 2 cups light sour cream
- ½ cup unsalted butter, melted
- 1 teaspoon salt
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 package ranch dressing powder
- ½ teaspoon black pepper
- 2 cups cheddar cheese

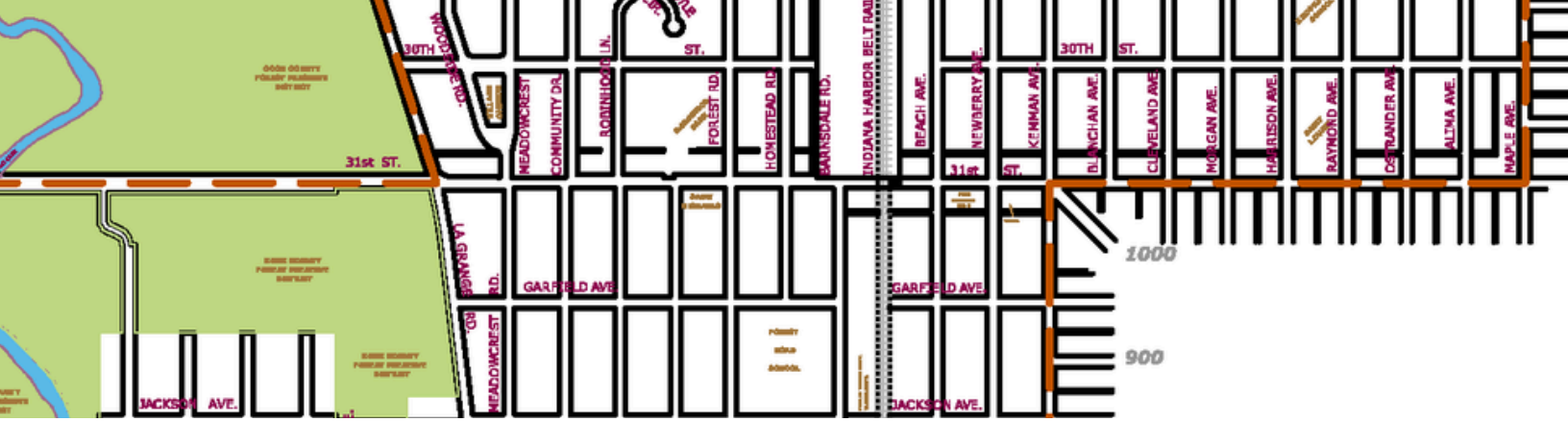
### Topping:

- ½ cup unsalted butter, melted
- 1 sleeve Ritz crackers, crushed

### Instructions

- Preheat oven to 250 degrees.
- Place the frozen hash browns in a colander while you prepare the sauce to defrost them.
- Mix the soup, sour cream, and butter in a bowl until smooth. Add in the seasonings and cheese and mix.
- Mix in the frozen hash browns, lifting and folding the mixture until well combined.
- Pour potato mixture into a greased 9×13-inch baking dish
- Bake 30 minutes. Remove from the oven, top with crushed crackers, and drizzle butter over.
- Return to oven for an additional 10-15 minutes until hot and bubbly around the edges.
- Remove and let it rest for 10 minutes before serving and enjoy!

I've had several versions of this recipe and have tweaked it - it's true comfort food. Shows up at every family gathering :)



## Madelyn Dow

Communications Specialist  
Village of La Grange Park

### Farro Salad

Serves 6

#### Ingredients

- 2 cups uncooked farro
- 1 ½ cups chopped kale (very small pieces)
- ¼ cup olive oil
- 1 cup chopped cucumber
- ½ cup sunflower seeds
- 1 cup dried cranberries
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
- Salt, to taste

Optional ingredients:

- Shredded chicken (to make it a meal)
- ½ cup parmesan cheese

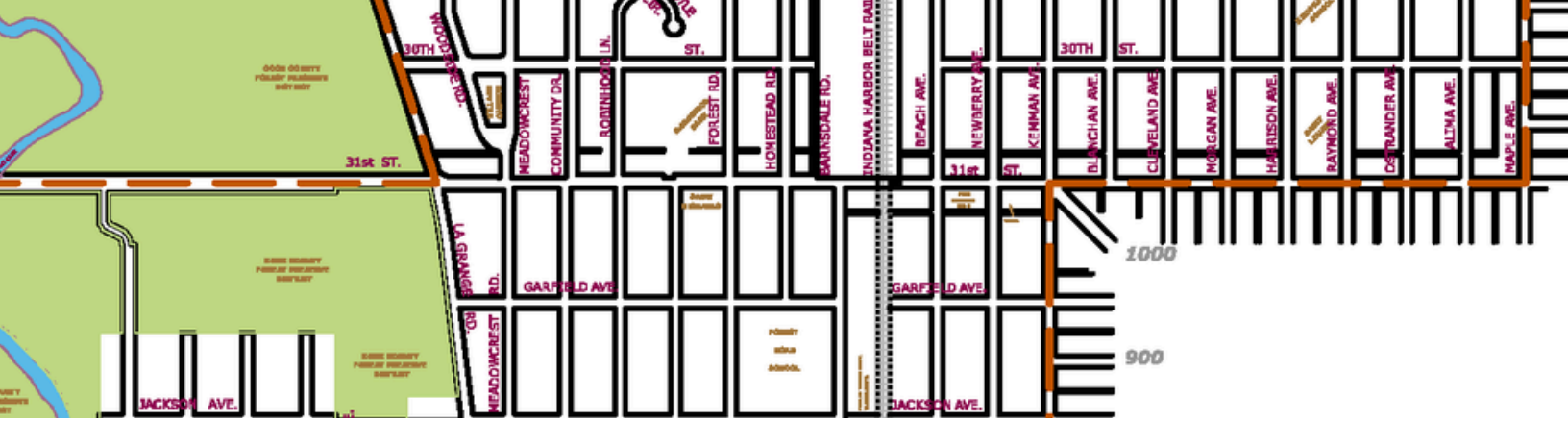
#### Instructions

- Cook the farro by boiling in 4 cups of salted water for about 20 minutes until tender. Then drain and rinse in cold water. Set aside.
- In a large bowl, massage the kale with half the olive oil until it begins to soften.
- Add the farro, kale, cucumber, sunflower seeds, and cranberries. Drizzle remaining olive oil and toss to coat.
- In a small bowl or glass combine the balsamic vinegar and honey and whisk to combine. Drizzle over the salad and season with salt as needed.

#### Notes:

If you want a more substantial meal, add shredded rotisserie chicken and/or parmesan, but it's great on it's own too!

It's my go-to recipe anytime I have people over or need a potluck dish. It can be made ahead and is even better the second day!



## Patrick Smith

President

La Grange Park Chamber of Commerce

## Fresh Apple Cake

Serves 8-10

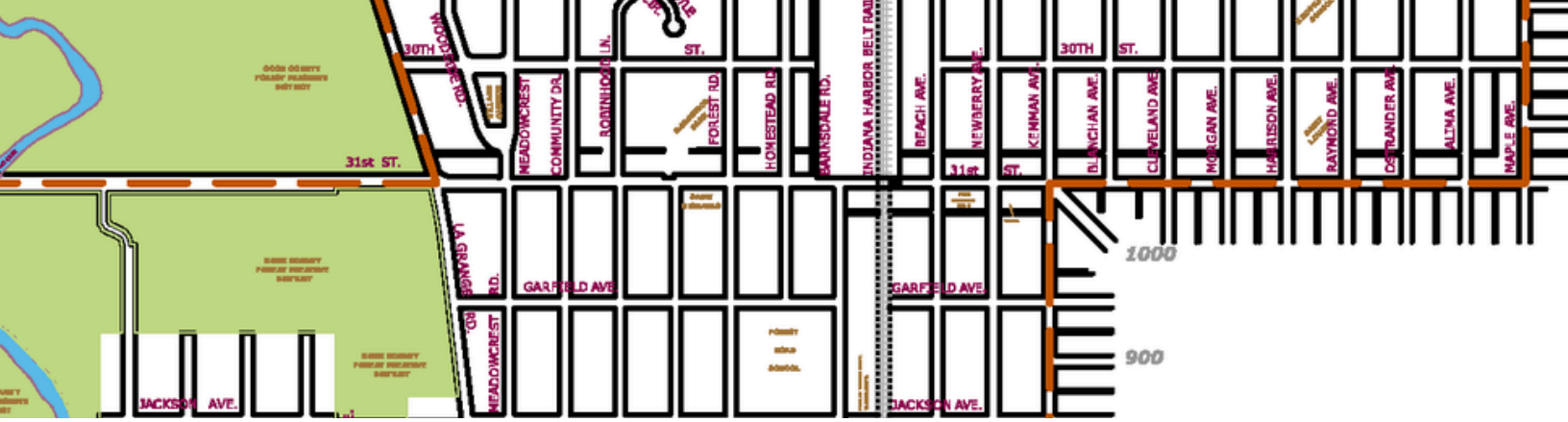
### Ingredients

- $\frac{3}{4}$  cup oil
- 1 cup sugar
- 1 egg
- 1  $\frac{1}{2}$  teaspoon vanilla
- 1  $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1  $\frac{1}{4}$  cups grated apple
- 1  $\frac{1}{2}$  cups chopped pecans

### Instructions

- Preheat oven to 350°
- Beat oil, sugar, egg, and vanilla together.
- Mix together dry ingredients, then mix together both mixtures along with grated apples.
- Stir in pecans and pour batter into a greased loaf or cake pan.
- Bake for about 45 minutes and let cool.

It's been a hit since Adam and Eve!



## Jill Borkowicz

Communications Director  
La Grange Park Chamber of Commerce

## Banana Bread

Makes 12 slices

### Ingredients

- 4 bananas
- 1 large egg
- 1 tablespoon vanilla extract
- 5 tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 ½ cups all-purpose flour
- 2 tablespoons unsalted butter, melted
- ¾ cup of chocolate chips + chopped pecans mixed (optional)

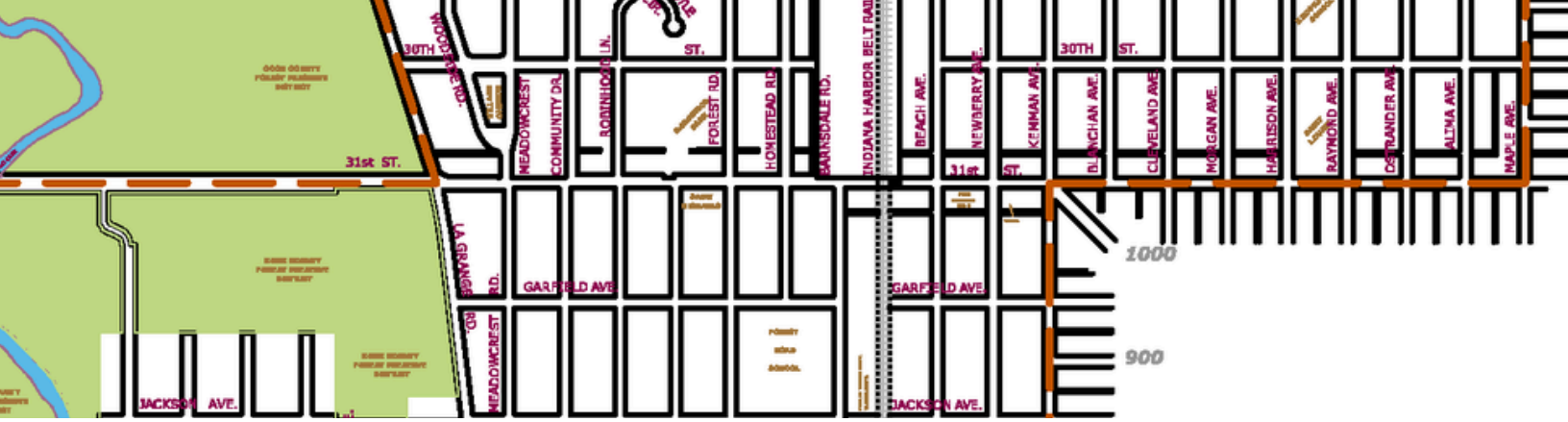
### Instructions

- Preheat oven to 350 degrees
- Grease a standard 9×5" loaf pan.
- Mash bananas in a mixing bowl. Add egg, vanilla, brown sugar, and cinnamon and stir well to combine.
- Stir together flour, baking powder, baking soda and salt in a separate bowl. Add to banana mixture and stir to combine. Stir in melted butter.
- Stir in ¾ cup of your choice of chopped nuts/chocolate chips at the end, before adding the batter to the pan.
- Bake for 35–45 minutes, or until a toothpick inserted into the center comes out clean.
- Cool in the pan for 5–10 minutes before inverting onto a wire cooling rack.

My family & friends seem to really enjoy it which makes me happy! Best served warm with a nice cup of coffee

# RESIDENTS





# Conchi Van Wazer

Resident

## Rancho Canario

Serves 6-8

### Ingredients

- 2 pounds chuck roast
- 1 small onion, chopped
- 4-6 ½" chunks of Spanish chorizo (sopressata/pepperoni are good substitutes)
- 2 cloves garlic, minced
- 1-2 15 ounce cans drained garbanzo beans
- 4 golden potatoes, peeled and chopped
- A slice or two green pepper, to taste
- 1 quart beef bone broth/stock
- 1-2 beef bouillon cubes
- Salt and pepper to taste
- 8 ounces rigatoni or medium shells
- 1 quart water

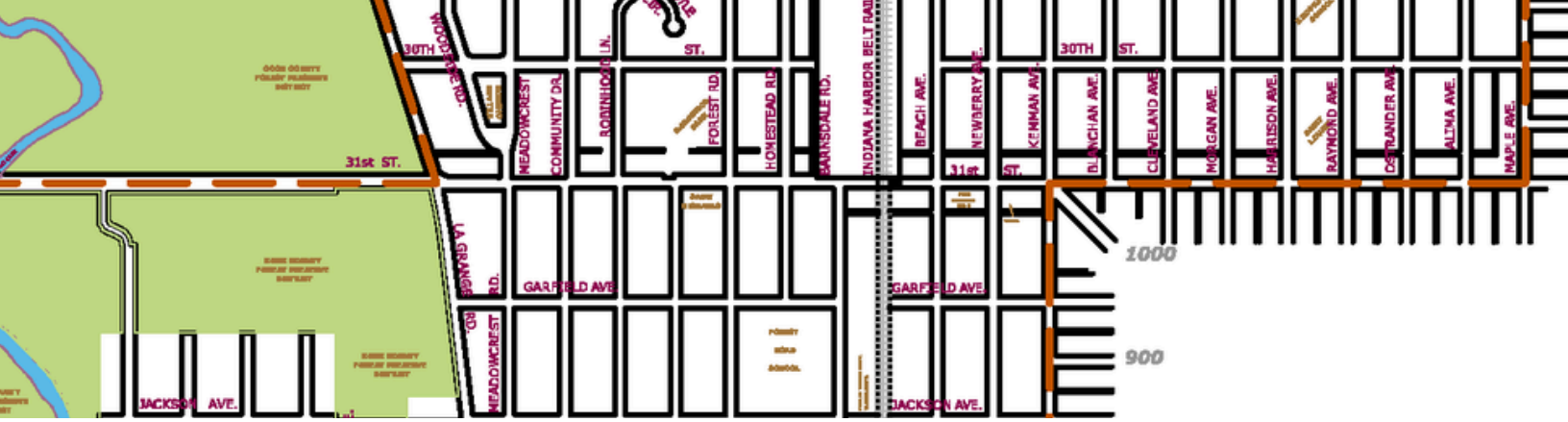
### Instructions

- Trim and cut Chuck roast into 6-8 chunks and brown in Dutch oven.
- Add onions and Spanish chorizo and cook together until onions are translucent.
- Add the garlic and cook for another couple of minutes.
- Add the remaining ingredients, except for pasta and water. Cover and simmer until meat is fork tender, about 2 hours. Keep an eye in case you to add some of the water.
- Add the remaining water, bring to a boil, and drop in the pasta. Cook until pasta is done to your preference. Keep in mind, the longer it sits, the softer the pasta get and the less liquid you will have. You can always add more water and season to taste.
- Serve in bowls. Have a salad/veggie beforehand, and you have a complete meal!

### Notes

- Canary Islanders prefer to cook pretty simple, flavorful (but usually not spicy) dishes, made with fresh ingredients. They eat a lot of fresh fish, but do enjoy having chicken, beef, and pork.
- For this recipe, you could use pre-cut beef stew meat, but it can become a bit watery during the browning process, therefore taking longer. You can always break up the meat into smaller chunks once it's tender. This is a hearty soup that is a crowd pleaser! ¡Aprovecho!

This is a popular hearty soup from my mother's homeland, the Canary Islands, that is simple to make and tasty.



# Judith E. Thomas

Resident

## Baked Chicken Salad

Serves 6

### Ingredients

- 2 cups diced cooked chicken
- 2 cups diced celery or try water chestnuts
- ½ cup sliced almonds
- ½ cup diced green peppers
- ¼ cup diced red peppers
- 2 tablespoons chopped onions
- ½ teaspoon salt
- ½ can cream of mushroom soup
- 1 ½ tablespoons lemon juice
- ½ cup mayonnaise
- ½ pound shredded cheese of your choice

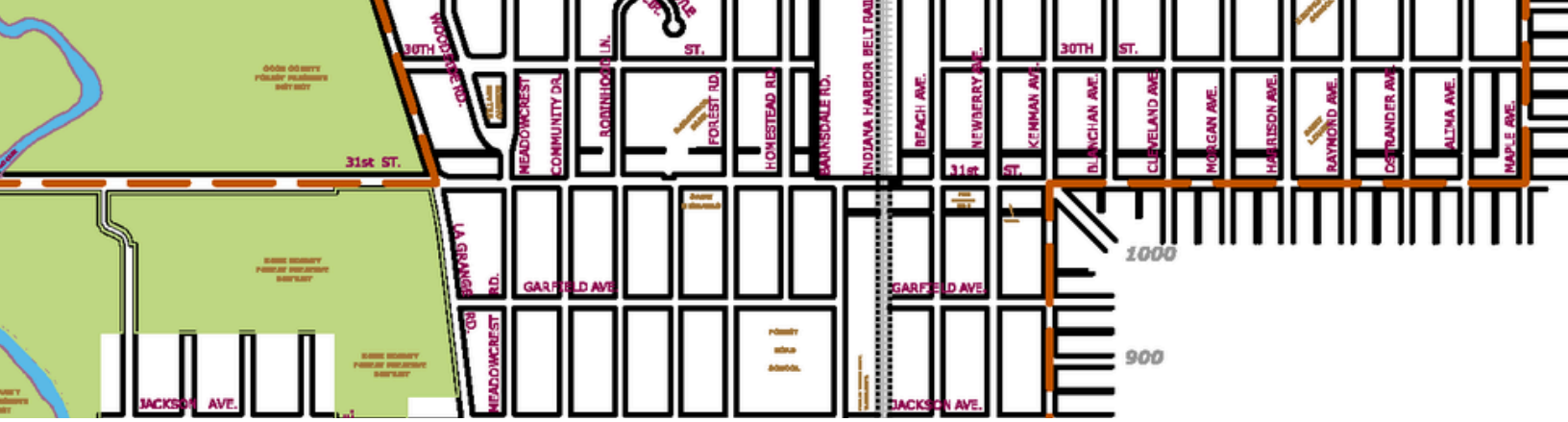
### Instructions

- Preheat oven to 350 degrees.
- Mix all ingredients except cheese. Place in a 9x13" inch dish. Cover with cheese. Bake until light brown, approximately 35–45 minutes.

### Notes

- Can easily be doubled. Feel free to adjust the amount of peppers, celery, and almonds. If you'd like more cheese, just increase!

A special recipe from my mother. The origin is unknown.



# Nancy Hutt

Resident

## Apricot Walnut Bars

Serves 16+

### Ingredients

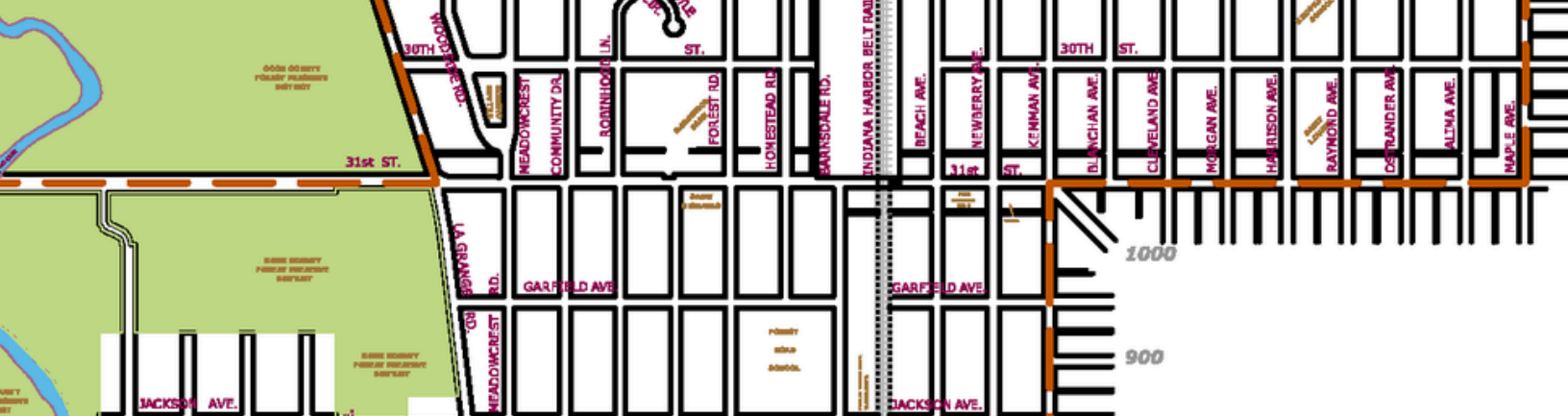
- 2 sticks butter, softened
- 1 cup Sugar
- 2 egg yolks
- 2 cups flour
- 1 cup chopped walnuts
- ½ cup apricot preserves

### Instructions

- Preheat oven to 350 degrees.
- In a large bowl, cream butter and sugar, then beat in yolks.
- Gradually add flour and walnuts.
- Place ½ mixture into greased 8 inch pan.
- Spread preserves on top and crumble the rest of mixture on top, covering preserves.
- Bake for 35-40 minutes or until brown.
- Cool and serve.

### Notes

- You can also make with seedless raspberry jam



# Jana Larson

Resident

## Bruschetta Chicken Bake

Serves 6

### Ingredients

- 1 19 ounce can of diced tomatoes, undrained
- 1 box stuffing mix
- 2 cloves garlic, minced
- 1 ½ pounds boneless, skinless chicken breast, cubed into bite-sized pieces
- 1 cup shredded mozzarella
- 1 teaspoon dried basil leaves

### Instructions

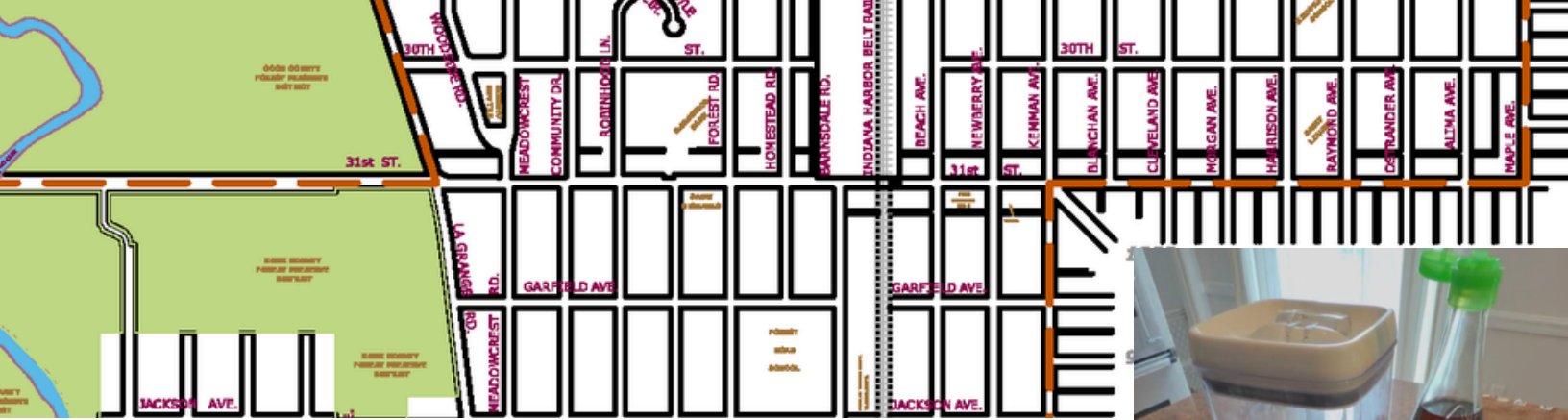
- Preheat oven to 400 degrees.
- In a large bowl, mix tomatoes, stuffing mix and minced garlic until stuffing is just moist. Add a little water, if needed, to help moisten.
- Spray casserole dish or 9x13" pan with cooking spray and add diced chicken.
- Sprinkle chicken with basil and cheese, and then top with the stuffing mixture.
- Bake for 30 minutes or until stuffing has browned and the chicken is cooked through.

### Notes

You should cook how you like to eat! This recipe is an easy one to modify to your liking. Add an extra garlic clove if you like garlic, remove the cheese if you're dairy free, or add fresh basil and a drizzle of balsamic reduction if you want to get fancy about it! This is one dish that tastes good with just the bare bones, so you don't have to overthink it. Add a salad or veggie side and call it a meal. Have fun cooking, and more fun eating!

This easy, semi-homemade comfort dish was the first thing I learned to cook when I started becoming interested in food. I was in high school and I made it for my friends and family and they all loved it! That confidence in cooking lead me practice my own recipes on them. Luckily, they enjoyed my cooking so I went to culinary school and ended up cooking professionally!

These days, I have a family and two young kids and this meal is a go-to because it's still approved by everyone, even the kids!



# Irene Quan

Resident

## Vietnamese Nước Chấm (Nước Mắm Dressing)

Serves many

### Ingredients

- 2 cups warm water
- 1 cup sugar or coconut soda
- 1 teaspoon salt
- 3/4 cup fish sauce
- Juice of 1 lemon
- 2 large garlic cloves, minced
- 4 Bird's Eye chilies (Ớt Hiếm) or Thai chilies, finely sliced, or to taste

### Instructions

- Dissolve sugar and salt in the water.
- Stir in fish sauce and lemon juice.
- Add the garlic and chilies.
- Let the sauce sit for about 10 minutes. before serving so the flavors can blend.
- Store any remaining sauce in a glass container in the refrigerator for up to 3 months.

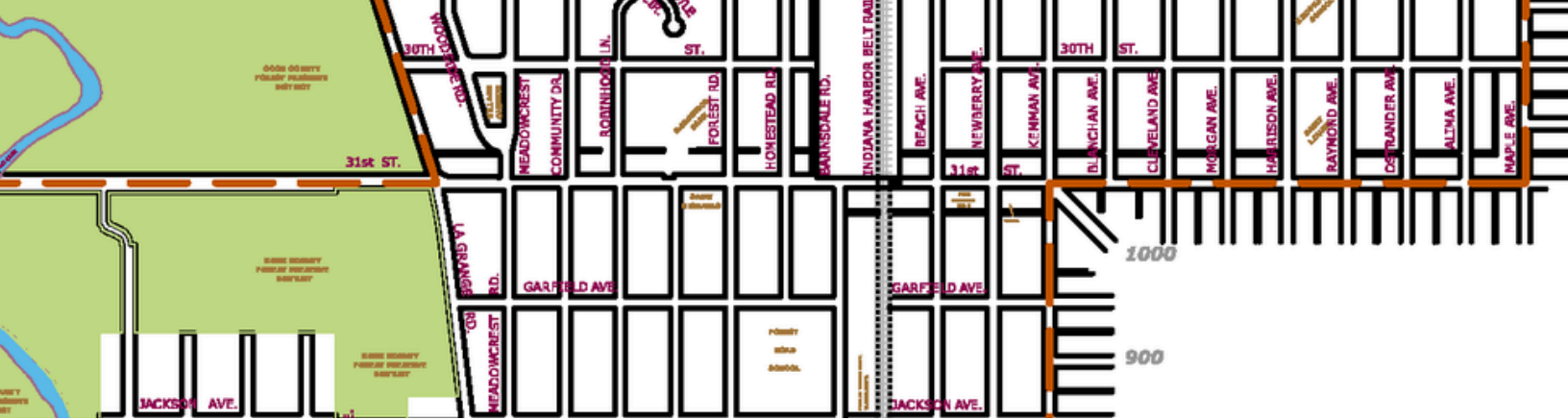
### Notes

The classic Vietnamese nước mắm dressing (nước chấm) is all about balance – salty, tangy, sweet, and spicy. This versatile sauce pairs beautifully with shredded cabbage salad, spring rolls, vermicelli bowls, and grilled meat.

Our family likes to make a large batch because it keeps well in the refrigerator and is always handy to have ready.



All of my mom's adult grandkids who visit her from near and far always ask if there's an extra jar of dressing they can bring home with them.



# Monika V.

Resident

## Lentil Pulav

Serves 4

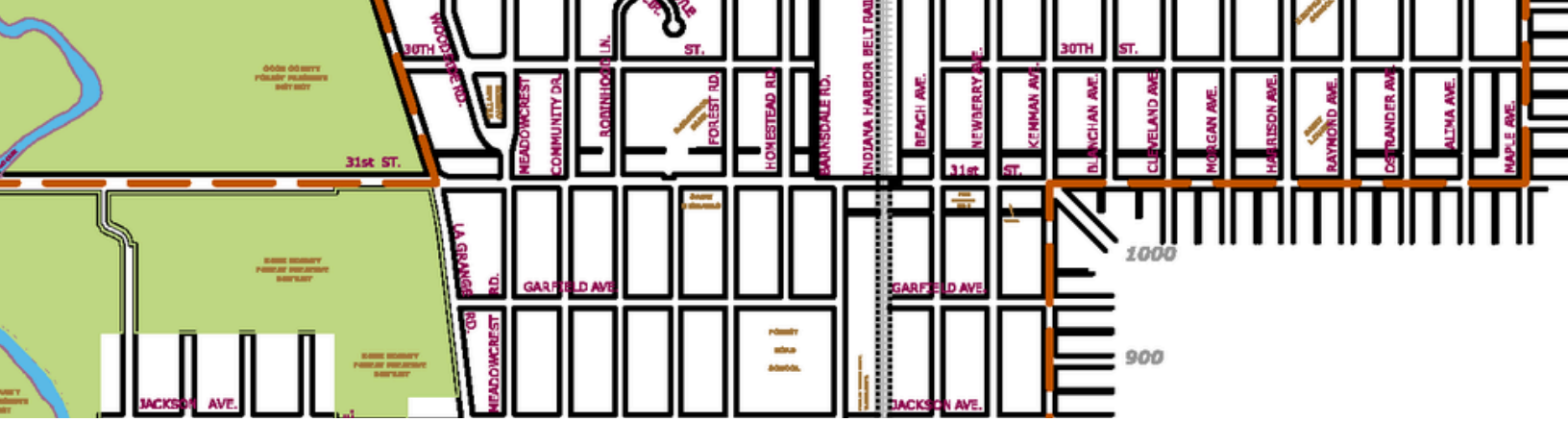
### Ingredients

- 2 tablespoons ghee or oil
- ½ teaspoon cumin seed
- 1 bay leaf
- 1 inch cinnamon stick
- 1 medium onion, sliced
- 1 teaspoon ginger-garlic paste
- 1 medium tomato, chopped
- Salt
- ¼ teaspoon turmeric powder
- ½ teaspoon red chili powder
- 1 cup masoor dal (brown lentils), rinsed and soaked in water for 2 to 4 hours
- 1 cup basmati rice, rinsed and soaked in water for 30 minutes
- 2 cups water
- ¼ teaspoon garam masala
- Lemon juice, to taste
- Cilantro for garnish
- Optional: ½ cup fried onions, 1 cup fried potato cubes, 4 tablespoons fried cashews

### Instructions

- Heat ghee or oil in a heavy-bottomed pot over medium heat.
- Add all the whole spices (cumin, bay leaf, cinnamon) and fry for 30 seconds until fragrant.
- Add the sliced onions and sauté for 5 to 6 minutes until golden brown.
- Stir in the ginger-garlic paste and cooking for another minute until the raw smell disappears. Add the chopped tomatoes, turmeric, red chili powder, and salt to taste. Cook for 3 minutes until the tomatoes soften.
- Drain the brown lentils and add them to the pot. Stir well to coat with the masala and cook for 4 to 5 minutes.
- Gently fold in the drained, soaked basmati rice.
- Pour in water and bring the mixture to a boil.
- Sprinkle the garam masala and lemon juice over the top.
- Turn the heat down to low, cover the pot tightly with a lid, and let it simmer for 15 minutes, until all the water is absorbed and the rice is tender.
- Turn off the heat and let the pot sit, covered, for 5 minutes. Remove the lid, gently fluff the rice with a fork, and garnish with cilantro.
- Optional-Add fried onions, potatoes cubes and cashews over the pulav before serving. ENJOY!

This recipe is my Mom's recipe. She is in India. I've never cooked in India, Since I moved here I've started cooking and I follow my family recipes. Now i am doing our family's Homemade Indian Food Business in La Grange Park. Our business has customers La Grange Park, and from Brookfield to Aurora. I also teach Indian cooking classes for the Community Park District of La Grange Park.



# Becky Preston

Resident

## Ricotta Hummus

Makes about 2 cups

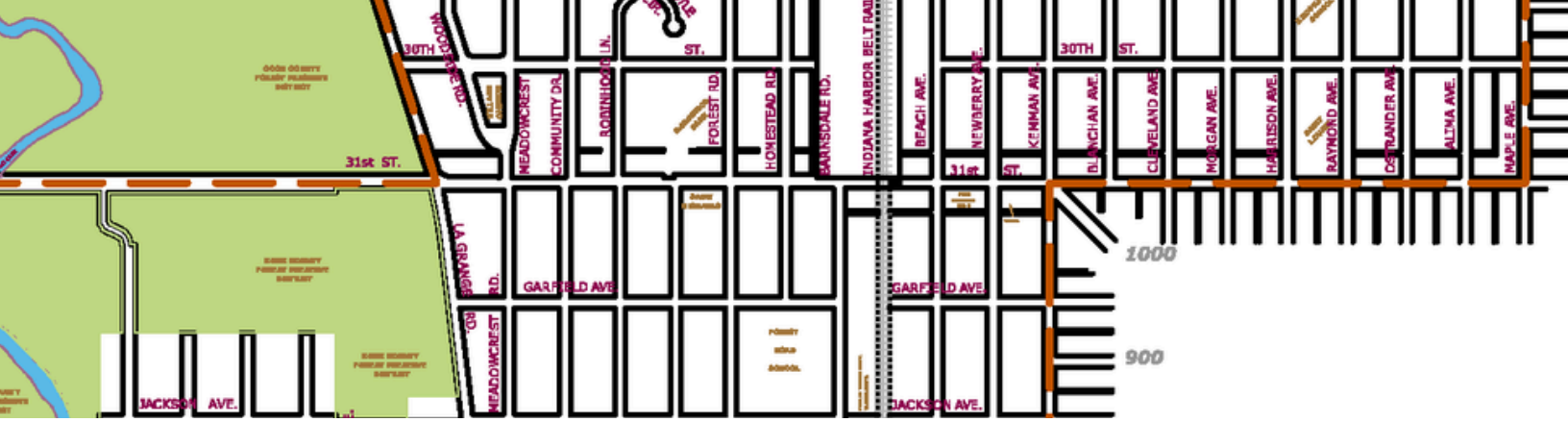
### Ingredients

- 1 ½ cups whole milk ricotta
- 5 tablespoons tahini
- 2 cloves garlic, crushed or grated
- 2 tablespoons lemon juice
- 1 teaspoon minced chives
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste
- Toasted sesame seeds to garnish

### Instructions

- Mix all ingredients except sesame seeds. Chill 1 ½ hours.
- Garnish with sesame seeds and serve with pita or crackers.

Quick to make and easy to serve!



# Becky Preston

Resident

## Pimento Cheese

Makes about 3 cups

### Ingredients

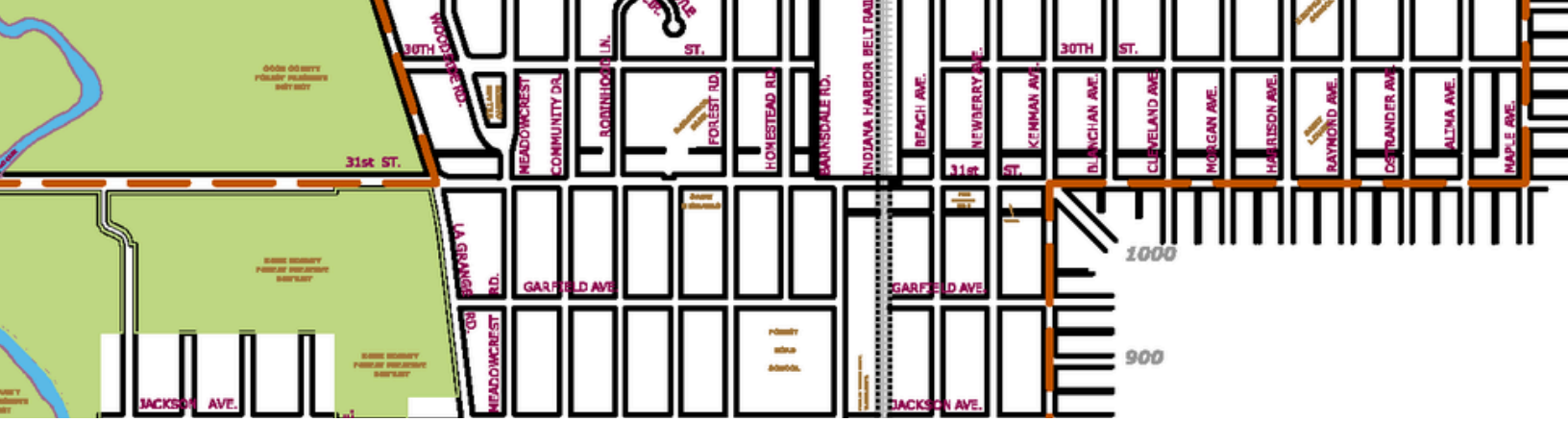
- 2 cups sharp cheddar cheese
- 8 ounces cream cheese, room temperature
- ½ cup mayonnaise
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon black pepper
- Cayenne, to taste
- 4 ounces chopped pimentos, drained and blotted dry

### Instructions

- Grate the cheddar into the food processor, then add the cream cheese in chunks, the mayonnaise, and the spices, and process until smooth. Add the pimentos and pulse briefly to combine.
- Refrigerate 1 hour to allow flavors to blend.

### Notes:

Polish peppers are more economical than the little bitty jars, but freeze the extras. The cheese mixture will keep about two weeks in the refrigerator or can be frozen.



# Becky Preston

Resident

## Succotash Salad

Serves 6-8

### Ingredients

For the salad:

- Kernels cut from three or four ears of corn, or a package of frozen corn, cooked briefly, and cooled
- 1 bag shelled edamame, cooked and cooled
- 1 small onion, chopped, or ½ cup sliced green onions
- 1 sweet red pepper, chopped

For the dressing:

- 3 tablespoons rice vinegar
- 3 tablespoons vegetable oil
- 3 tablespoons barbecue sauce
- Salt and pepper, to taste

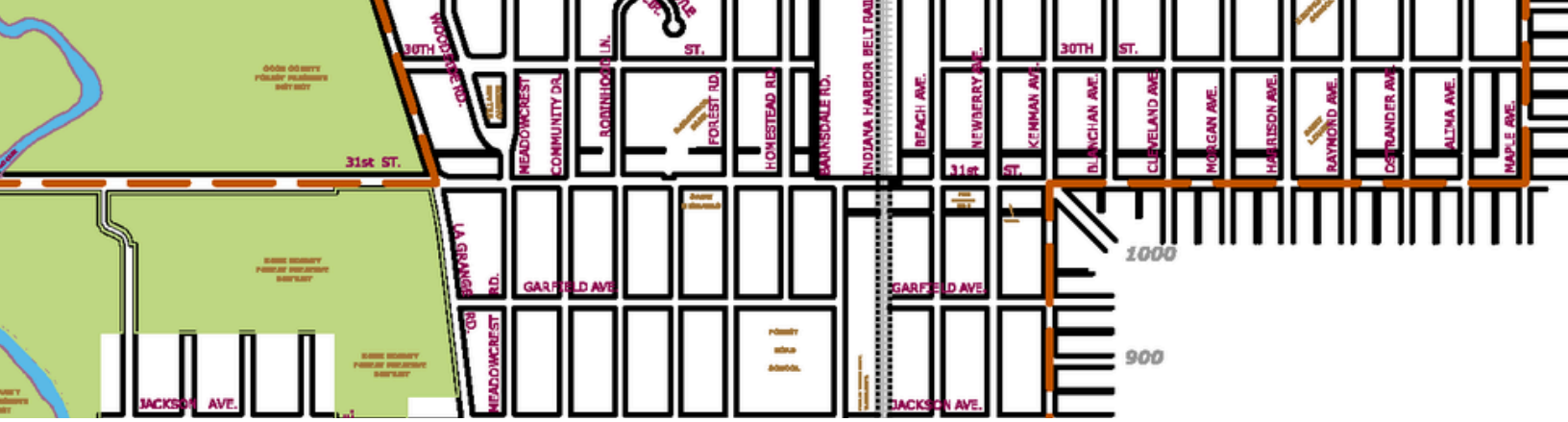
### Instructions

- Mix vegetables, toss with dressing and serve.

### Notes:

If using fresh corn it is great grilled or sautéed briefly in a very hot pan. Trader Joe's frozen roasted corn works well. Adapted from Chef John's recipe on All Recipes.

This can be made immediately before serving but it also keeps well. Great for pot lucks.



# Becky Preston

Resident

## Asian Raisin Rickshaw Slaw

Serves 6-8

### Ingredients

- 2 tablespoons rice vinegar
- 1/3 cup mayonnaise
- Sugar, to taste (optional)
- 1 package broccoli slaw
- 1/2 cup golden raisins (or a mix of dark and golden)
- 1/3 cup slivered almonds, toasted
- Salt and pepper, to taste

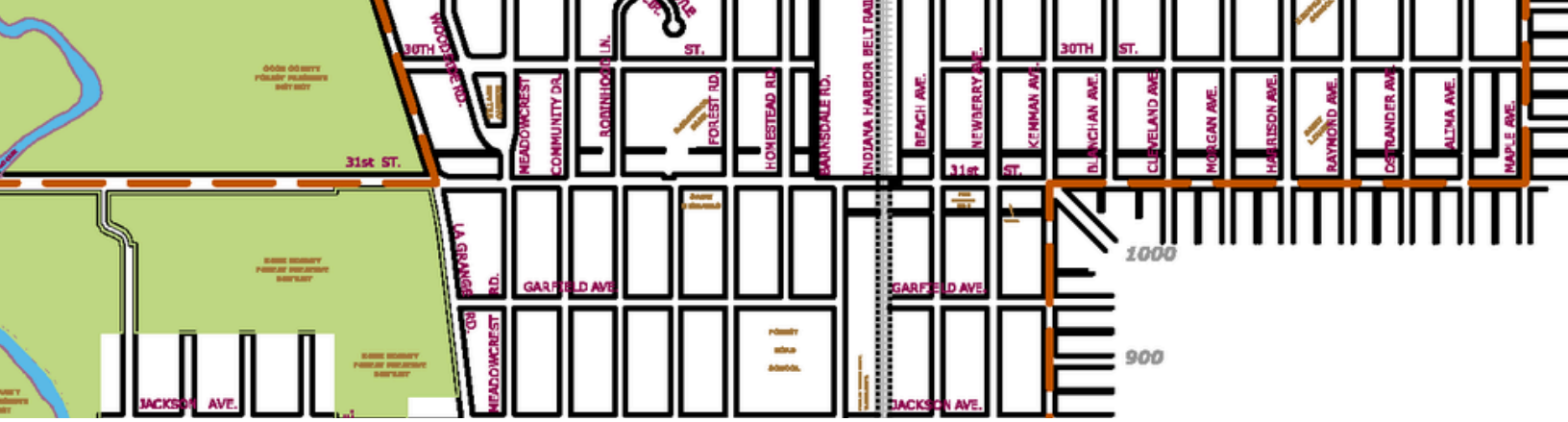
### Instructions

- Mix rice vinegar and mayonnaise in a medium bowl, adding a little sugar if you like.
- Add the broccoli slaw and raisins and mix.
- Garnish with the toasted almonds.

### Notes:

This recipe was originally from Trader Joe's and called for their seasoned rice vinegar which is no longer made.

It's a different take on broccoli salad and can be made on the way to a pot luck.



# Mary McCormack

Resident

## Wassail

Serves 4-5

### Ingredients

- 1 apple (any kind)
- 15 whole whole cloves, or ½ tsp ground cloves
- 1 orange
- 1 cup or more of (whole) fresh or frozen cranberries
- 8 cups apple cider
- 2 cups orange juice
- 1 freshly-squeezed lemon
- 2-4 cinnamon sticks (or ½ tsp or so of ground cinnamon)
- 1/4 teaspoon ground ginger (or ½ inch to 1 inch of fresh ginger)
- 1/4 teaspoon ground nutmeg

### Instructions

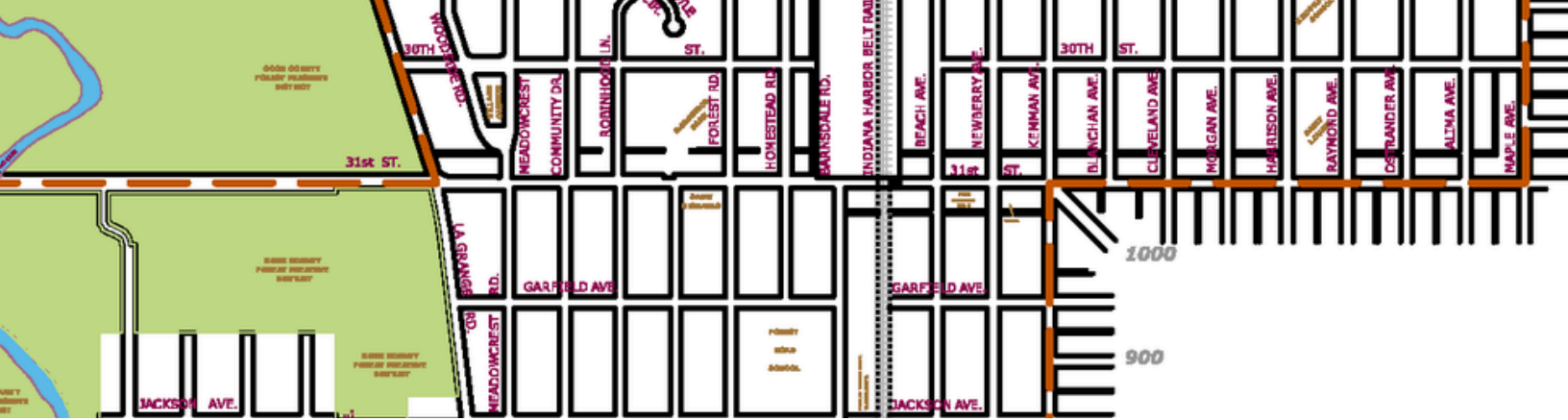
- Poke the whole cloves into the apples on all sides (if using whole cloves).
- Add all of the ingredients, including the apples, to a large pot over medium low heat.
- Bring to a simmer. Simmer for 30-45 minutes.
- Remove the apples and whole cloves. Ladle into mugs and enjoy!

### Storage Instructions:

Keep leftovers in an airtight container in the refrigerator. You can also make this in advance and store in the refrigerator until ready to heat and enjoy.

### Notes:

The fresh ginger is more potent, so if you want less of an intense ginger flavor/kick, go with dried ginger.



# Matt & Eileen Conrad

Residents

## Sausage Potato Soup

Serves 6-7

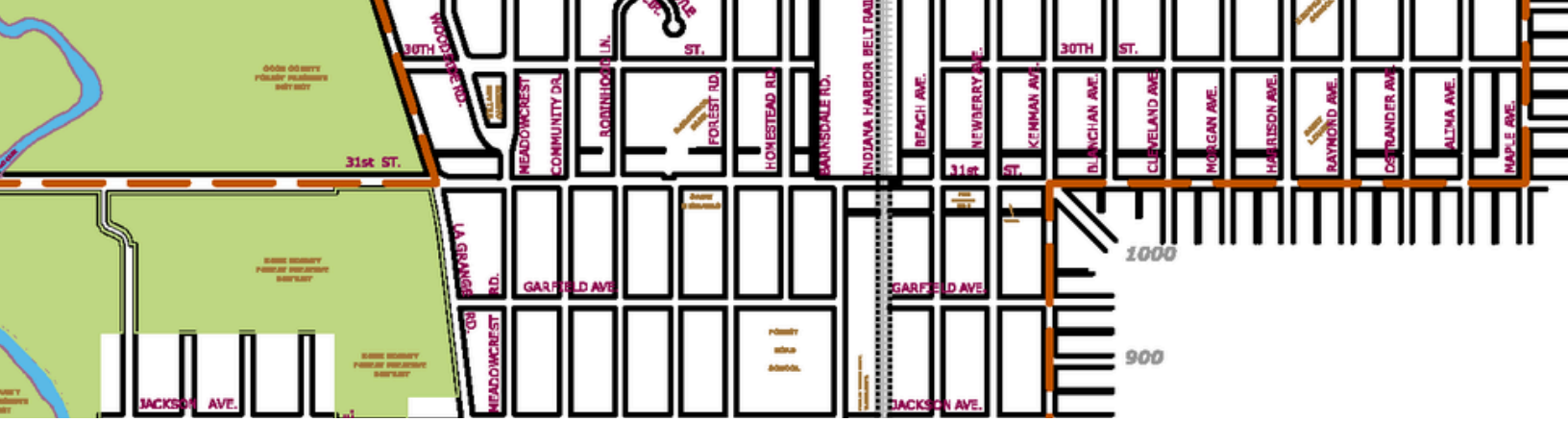
### Ingredients

- 1 pound ground Italian sausage, hot or mild
- 2 tablespoons butter
- 1 yellow onion, diced
- ½ cup diced carrots
- 2 ribs celery, diced
- 3 cloves garlic, minced
- 3 tablespoons flour (sub gluten free if needed)
- 4 cups chicken broth
- 2 cups heavy cream
- 1 teaspoon hot sauce (optional)
- 1 teaspoon soy sauce
- 1 teaspoon dried basil
- ½ teaspoon dried parsley
- ½ teaspoon dried oregano
- ¼ teaspoon pepper
- 1 ¼ pounds red potatoes, about 6 small potatoes, scrubbed and cut into 1 inch cubes
- 2 cups shredded cheddar cheese
- Parsley to taste

### Instructions

- Cook the sausage: Preheat a large pot over medium heat. Add the sausage and cook and crumble to break it apart. Once cooked halfway through, cover partially and continue to heat, stirring occasionally, until cooked through. It'll take around 10-12 minutes total. Set the sausage aside and reserve 1 tablespoon drippings. (Butter can be used if you don't have drippings.)
- Add the drippings to the pot along with 2 tablespoons butter over medium heat. Add the diced onions, celery, and carrots and cook for 5 minutes. Add the garlic and cook for 1 minute.
- Add the flour and cook for 2 minutes. Add the chicken broth in splashes and use a silicone spatula to "clean" the bottom of the pot to add more flavor the soup. Slowly stir in the heavy cream, hot sauce, soy sauce, and seasonings.
- Bring to a boil, then reduce to a simmer. Add the potatoes to the soup. Simmer, uncovered, until the potatoes are fork tender, about 20-25 minutes. Add the sausage back and stir to combine.
- Reduce heat to low and stir in the cheddar cheese.
- Garnish with parsley. Serve!

It's a staple in our house and whenever we make it for guests, everyone loves it!  
It is easily made gluten-free!



## Laura Mungai-Hannon

Resident

### Swedish Meatballs

Makes 70 small meatballs

#### Ingredients

- ¼ cup finely chopped onion
- 1 tablespoon plus ⅓ cup butter
- ¼ cup finely ground, dry breadcrumbs
- ⅓ cup water
- ⅓ cup cream
- ¾ pound ground round steak
- ¼ pound ground lean pork
- 1 teaspoon salt
- ¼ teaspoon pepper

#### Instructions

- Sauté onion in 1 tablespoon butter until golden brown.
- Soak crumbs in mixture of water and cream.
- Combine onion, crumb mixture, meats, and seasonings. Mix until smooth.
- Shape into small balls and fry in 1/3 cup butter.

My Mom and Grandparents emigrated from Sweden to La Grange Park. My grandmother made Swedish meatballs often. My mom still makes them to this day! Swedish meatballs are a very common meal and always made for Christmas Eve.

# BUSINESSES



# Daniel Flores

Manager

Fifth Third Bank

## Spicy Vegan Cauliflower Burger

Serves 4

### Ingredients

- 1 head of cauliflower

For wet batter:

- 1 cup all purpose flour
- ½ cup corn flour
- 1 to 1 ½ cups dairy free milk
- 3 tablespoons hot sauce
- 2 tablespoons apple cider vinegar

For breading:

- 3 cups panko breadcrumbs
- 1 tablespoon powdered sugar, optional
- 1-2 teaspoons cayenne pepper, optional
- 1 teaspoon black pepper
- ½ teaspoon baking powder
- ½ teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon salt

### For vegan spicy mayo:

- ½ cup vegan mayo
- 1 teaspoon hot sauce
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder

### Additional Ingredients:

- 1-2 quarts vegetable oil, for frying
- 4 sandwich buns
- Sandwich toppings of choice (lettuce, tomatoes, pickles, etc)

### Instructions

For the Spicy Mayo:

- Into a bowl, add ½ cup vegan mayo, 1 teaspoon hot sauce, 1 teaspoon smoked paprika, and ½ teaspoon garlic powder. Whisk together well. Then, place in the fridge until ready to use.

For the Cauliflower Burger:

- Bring a large pot of water to a boil. While waiting, cut cauliflower leaves off but leave the stem intact. Carefully slice down and cut into ¾ inch thick steaks.
- When water is ready, add steaks and boil for 4-5 minutes. Remove and place on a towel-lined cooling rack.
- While cooling, in a wide bowl, add flour, corn flour, dairy free milk, hot sauce, and apple cider vinegar. Whisk together. You want a thick, pancake-like batter. If it's too thick, add 1 tablespoon more dairy free milk at a time until the batter is the right consistency.
- In a separate wide bowl, add panko breadcrumbs, black pepper, baking powder, paprika, chili powder, and salt. Whisk together.
- Dip a cauliflower steak in the wet mixture and coat both sides well. Let excess batter run off. Then, dip and cover the cauliflower in breadcrumb mixture.

To fry:

- Heat 1-2 inches of oil in a large skillet (we prefer cast iron) over medium-high heat to about 350 degrees.
- Fry the cauliflower in batches for 4-5 minutes or until golden and crisp on all sides.

To bake or air fry:

- Preheat oven or air-fryer to 425 degrees.
- Place in a single layer and cook for 8-12 minutes, or until crispy on all sides, flipping halfway if baking.
- Remove and drain on a wire rack with paper towels underneath.

It is special because its a dish that will keep you full and it is so delicious. One of the best burgers my wife and I have made. Wife is Vegan and I am Plant Based. You will not regret making this dish.



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