

Sautéed Spinach w/Olive oil and garlic

3 bags of spinach (amt. of bag)

2 Tbs. Chopped garlic

Olive Oil

1 Freshly Sliced Lemon

Preheat large skillet with olive oil. When skillet is hot, add spinach and slightly stir over medium high to high heat. Continue to add spinach until fully coated in oil. Add 2 tbs. of garlic. When spinach is wilted and garlic has been added, stir, turn oven off. Squeeze ½ of lemon over spinach and stir. (Serves _

Lemony Green Beans

4 lbs Green Beans

2 tbs of Garlic

Olive Oil

Lemon Pepper

¼ cup of slivered almonds (optional)

Rinse and Snap off ends of beans. Clean thoroughly. Preheat large skillet over medium high – high heat. Add green beans and 2 tbs. of garlic. (Optional: add 1/4 cup of slivered almonds) Sprinkle with lemon pepper. Sauté until beans are bright green and crunchy. Turn off heat, cover with a glass lid or foil to steam for 5 minutes. Serves 8

Honey-Cinnamon Glazed Carrots

2 lbs of baby carrots

Cut carrots lengthwise. Rinse well and drain thoroughly. Steam carrots with water in microwave or steamer for a few minutes (so that they are still crunchy)

**Steam Carrots:* Place carrots in a glass microwave dish with a small amount of water, place in microwave, cover and cook for a couple minutes.

GLAZE

½ cup of honey

½ stick of butter

¾ cup brown sugar

1 tsp of cinnamon

1/8 tsp of nutmeg

1 tsp of vanilla

Heat in sauce pan in large sauce pan until melted. Do not boil. Add steamed carrots while hot, turn oven off and toss in glaze mixture.

Sweet Potato Soufflé

9 x 13 glass dish

1 stick of butter

Orange flavoring (to taste)

Lemon flavoring or 2 tsp. of fresh lemon juice

1 tsp vanilla extract

1 egg

1 cup of brown sugar ** You made need additional sugar

2 tsp of cinnamon

½ tsp of nutmeg (or to taste)

Rinse and gently scrub sweet potatoes. Coat w/a thin layer of canola oil. Place on a cookie sheet. Bake in 375 degree oven for 1 hour or until you can insert knife into potato and it yields a soft potato. When potatoes are fully cooked, remove from oven and let rest for 1 hour. After potatoes have rested for 1 hour, peel and discard all outer skin. Place sweet potatoes in a large bowl. Add dry and wet ingredients and whip with a mixer until light and fluffy. Pour into greased 9 x 13 glass dish and place in 350 degree oven for 1 hour. Serves 6-8

**You may for an extra special treat add enough mini marshmallows to cover the cooked sweet potatoes. Place back into oven until the top is lightly toasted.

Turkey & Cornbread Casserole

Use Sweet and Savory Cornbread dressing recipe

6-8 boneless skinless turkey breasts

Tenderize turkey breasts w/ meat tenderizer, Rub in olive oil and season both sides w/ salt and pepper. Lay over raw cornbread casserole. Cover casserole dish and bake at 350 degrees for 40-45 minutes.

Sweet and Savory Cornbread dressing

9 x 13 dish

2 recipes of your favorite sweet cornbread or use corn bread mix

2 tsp of minced garlic

1 egg

2 – 32 oz. cartons of organic chicken broth

Olive oil

1 cup raw chopped celery

1 cup raw chopped onion

2/3 cup of chopped green bell pepper

Thyme, sage, poultry seasoning, celery salt

Salt to taste

In an extra large bowl crumble both of your cooked corn bread recipes and set aside. In a large skillet sauté celery and onions until lightly cooked. Add vegetable mixture to cornbread. Fold in seasonings, garlic, bell pepper and egg. Add a touch of olive oil and begin to add chicken broth until mixture begins to bind. Depending on how moist you want it, you may need to add more chicken broth. Remember, some of the broth will evaporate – so make sure you add enough. Mixture should not be soupy, but it should be very wet. Place in a greased 9 x 13 glass dish and cover with foil. Bake in a 350 degree oven for 1 hour. Serves 6-8

Buttermilk Pie

½ cup Butter

2 cups Sugar

3 Tbs Flour

3 Eggs

1 cut Buttermilk

1 Tsp Vanilla

1 Deep Pie Crust

Bake at 400 degrees for 5 minutes and 350 degrees for 45 minutes

Cherry Crisp

1 bag of Frozen Cherries

Cinnamon (to taste)

1 cup Brown Sugar

1 ½ cups White Sugar

1 ½

In a large bowl place cherries, enough flour to coat each cherry– start with ½ cup of mixture at a time – continuing to mix until all cherries are covered with flour. Add 1 cup of brown sugar and 1 ½ cup of sugar. Mix into cherries until coated. Place in 9 X 13 baking dish and top with butter sugar topping below.

Topping:

2 sticks Butter

1 cup Brown Sugar

2 cups Flour

Mix ingredients until it resembles cornmeal. Place butter sugar topping on top of cherries, prior to placing in oven at 350 for 1 hour.

(Serves 12 people)

Texas Cake

2 cups flour

2 cups sugar

1 tsp baking soda

1 cup water

½ cup buttermilk

¼ cup cocoa

2 eggs

1 tsp vanilla

Combine Flour and Sugar into a mixing bowl, put in pot and bring to a boil. Add to sticks of butter and stir until melted. While hot, pour into dry mixture and beat. Add 2 eggs, 1 tsp baking soda, 1 tsp vanilla and mix thoroughly. Pour onto cookie sheet. Bake in oven for 18 minutes at 400 degrees.

Frosting

1 stick of butter

¼ cup cocoa

6 tbs evaporated milk

Powdered sugar

Combine butter, cocoa and evaporated milk on stovetop, mix until it becomes thick. Once mixture is thick, add powdered sugar. Combine and spread on cake while it is hot.

Sweet Rolls

3-3 ½ cups flour

1 package of active dry yeast

2/3 cup milk

8 tbs butter (2 melted)

1/3 cup sugar

1 tsp salt

2 eggs

½ tsp ground cinnamon

½ cup chopped blanched almonds

½ cup mixed candied fruits and peels

½ cup sifted powdered sugar

¼ tsp vanilla

Milk

2 tbs of finely chopped almonds

In large mixer, combine 1 ½ cups of flour and yeast. Heat milk, 2 tbs butter, 1/3 cup sugar and salt till warm. Stirring constantly, add to dry mixture in bowl; add eggs. Beat at low speed for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. By hand stir in enough of the remaining 2 cups of flour to make a moderately soft dough.

Knead dough on lightly floured surface for 8 – 10 minutes or till smooth and elastic. Place in a greased bowl; turn once to grease surface. Cover; let dough rise in warm place 1 – 1 ½ hours or till double. Punch down; turn out on lightly floured surface. Roll dough to a 20x12" rectangle.

Brush with the 2 tbs melted butter

Combine the 2 tbs sugar and the cinnamon; toss with the ½ cup chopped almonds and mixed fruit and peels. Sprinkle over dough. Roll as for jelly roll, beginning at long side; seal edge. Bring ends together to form a ring and place, seam side down, on greased baking sheet. Pinch ends together to seal ring. Flatten slightly. Make slashes at intervals around edge. Cover; let rise in warm place 30-45 minutes or till almost double. Bake in 375 degree oven for 25-30 minutes. Cool Slightly.

Icing

Combine powdered sugar, vanilla and enough milk to achieve spreading consistency; spread over ring. Sprinkle with 2 tsp almonds; decorate with candied cherries and orange peel.

Egg Rolls

1 package Egg Roll Wraps (6" square)

8 cups of Shredded Cabbage

3 bags of Alfalfa Sprouts

1 cup of Shredded Carrots

2 Tsp of Grated Ginger

Canola Oil

Sauté all ingredients in a pan coated with canola oil until vegetables are withered down. Set aside and drain in colander. Take egg roll wrapper and place 3 tablespoons in the center of egg roll. Roll once, fold the left side in then the right side in – continue to roll until closed.

Once all egg rolls have been rolled – Place in a deep pot with 3" of canola oil (or a deep fryer) Fry for 3 – 4 minutes on each side until lightly golden. Remove egg rolls and place on paper towel to dry.

(Makes 15 servings)

White Tea / Green Tea / Breakfast Tea / Peach Tea

Follow directions on box for brewing tea.

Sweeten with your choice of raw or white sugar.

Variations of the sweet tea mix

Mint Tea –

2 to 3 stalks of fresh washed mint, lightly bruised. (You can *bruise* the mint by pressing it between your fingertips and rolling it back and forth to release the oils.)

Place in picture with warm tea and let steep for ½ hour

Peach Tea –

Add 1 cup of Peach Nectar to chilled tea. (If you want to try something new, add 1 cup of peach nectar to white tea for a different flavor)

Citrus Tea –

Add lemon and limes to taste – (you may want to add more sugar)

Flour Tortillas

2 Cups all purpose flour

1 teaspoon of sea salt

1 teaspoon baking powder

1 tablespoon shortening

½ 2 ¾ cup of water

In a mixing bowl stir together flour, salt and baking power. Cut in shortening until mixture resembles cornmeal. Add ½ cup of warm water and mix till dough can be gathered into a ball (if needed, add more water, 1 tablespoon at a time) Let dough rest 15 minutes. Divide dough into 12 portions; shape into balls. On a lightly floured surface, roll each ball into a 7" round. Trim uneven edges to make round tortillas. Cook in ungreased skillet over medium heat about 1 ½ minutes per side or till lightly browned. (Makes 12 servings)

Pomegranate Lemonade

Utensils you will need: 1 pitcher, long mixing spoon

Ingredients:

- Spring Water
- Lemons
- 100% Pomegranate Juice
- Sugar

Blueberry Cobbler

Utensils you will need: mixing spoons, bowl, measuring cups, 8 x 8 glass square baking dish

Ingredients:

- 4 cups of frozen blueberries
- 2 tsp vanilla extract
- 1 stick of butter (cut up)
- 2 tbs flour
- 1 1/2 c brown sugar
- Topping:
- 1 c flour
- 1/2 c brown sugar
- 1/2 c softened butter

Delicately mix the blueberries with flour, brown sugar and vanilla. Pour into a greased 8 x 8 baking dish. Cut the stick of butter into pieces and place on top of the mixture. Prepare the topping by mixing 1 c of flour, 1/2 c of butter and 1/2 c of brown sugar. Mix with a fork until crumbly and place on top of the blueberry mixture. Put in a 350 degree oven and cook for 40 minutes or until bubbly along the edges and golden on top.

Southern Sweet Cream Biscuits

Utensils you will need: rolling pin, bowl, measuring cups, wooden spoon, greased cookie sheet, biscuit cutter or medium sized plastic cup or glass

Ingredients

- 2 c. Self rising flour
- 1 ½ c heavy cream
- 1 tbs. sugar

Mix cream and sugar and place in a bowl. Add flour and mix until all liquid is absorbed. Empty onto a floured counter and lightly knead. Roll out dough to ¼ inch thickness and cut biscuits with the biscuit cutters or with the mouth of a plastic cup or glass. Place biscuits 1 inch apart on the cookie sheet. Bake at 450 for 15-20 minutes. Enjoy!

Roast

1 roast

2 packets of onion soup mix (or mushroom onion)

Seasoning Salt

Minced Garlic

Olive Oil

Rub roast lightly with olive oil. With one heaping tablespoon of minced garlic, rub into roast. Empty one packet of onion mix, rub onto roast then season lightly with seasoning salt. Turn roast over and repeat above steps. Cover with aluminum foil and cook at 350 degrees for 3 ½ hours. (serves 4-5)

Confetti Brown Rice

1 package brown rice

¼ cup chopped red bell pepper

¼ cup chopped yellow bell pepper

¼ cup chopped orange bell pepper

¼ cup chopped green bell pepper

¼ cup red onion

Olive oil

Cook rice according to package directions. Preheat large skillet over medium high – high heat. Heat olive oil and add all vegetables to skillet. Lightly stir-fry until vegetables are heated and remain crunchy. Add lightly sautéed vegetables to cooked rice, stir and serve.

Sautéed Cabbage

1 head of cabbage

Olive oil

1 red onion

2 cups broccoli

¼ cup sliced red bell pepper

¼ cup sliced yellow bell pepper

¼ cup sliced orange bell pepper

¼ cup sliced green bell pepper

1 cup carrots

1 cup snow peas

½ cup red onion

Garlic

Lemon pepper seasoning

Preheat large skillet over medium high – high heat. Heat olive oil, add broccoli, snow peas, all peppers, carrots and garlic. Lightly stir fry until heated but still crunchy. Add lemon pepper seasoning before serving. Turn off heat, cover with a glass lid or foil to steam for 5 minutes. Serves

8

Gravy

Broth from roast

½ cup flour

¼ cup water

Take beef broth from cooked roast, pour into a large sauce pan. In a separate bowl add ½ flour and ¼ water (stir until it becomes the same consistency of cake batter). Begin to heat broth mixture on stove, skim off any fat. Once broth is hot, with a wire whisk, slowly whisk in water and flour mixture over med-high heat. Stir until thickened. Taste for seasonings and add additional seasonings if necessary.

**If you need to make it thicker, make an additional flour and water mixture and continue process until you have the consistency you desire.

Chicken Parmesan w/Penne Pasta

Boneless skinless chicken breast

1 slice of provolone cheese per chicken breast

Italian bread crumbs

Penne pasta

Seasoning salt

Onion Powder

Garlic Powder

Flour

Tomato paste

Tomato sauce

2 Eggs

Water

Milk

Olive Oil

Recipe Prep:

- Preheat oven to 300 degrees
- Cook pasta according to directions on box
- Tenderize all chicken breasts with a meat tenderizer
- Cover cookie sheet with aluminum foil and set aside

Cooking Directions:

In a small bowl, whisk 2 eggs and about ½ c milk until well blended and set aside.

In a medium bowl pour Italian bread crumbs, seasoning salt, onion powder, garlic powder and a small amount of flour – mix seasonings thoroughly.

Take tenderized chicken breast and dip into egg mixture, lightly shake and dip into dry mixture, pressing each side of chicken into mixture – repeat 2 – 3 times each side.

Place chicken breasts into large skillet on medium– high heat with olive oil. Cook until both breasts are golden brown. Transfer onto foiled cookie sheet. Place cookie sheet in 300 degree oven to complete cooking until juices run clear.

Once completely cooked, remove chicken and ladle 1 scoop of pasta sauce and then 1 slice of provolone cheese onto each breast. Place back into oven and cook until cheese is melted. Remove and serve. (Makes as many servings as chicken breasts that you have)

Dr.C's Chicken Pot Pie

1 bag of boneless skinless chicken breast

1 bag of frozen mixed vegetables

2- 32 oz. containers of chicken broth

1 bunch celery (chopped finely)

1-2 tbs butter

Minced garlic

Olive oil

Flour

Seasoning salt

Ground Pepper

Ground Sage

Ground Thyme

Ground Oregano

Recipe Prep:

- Preheat oven to 350 degrees

Directions: Tenderize chicken breasts, cut into small chunk size pieces and set aside. Boil chicken broth and some salt in a large pot or stock pot. When the broth comes to a boil, add all of the raw chicken. Cook chicken in broth until thoroughly cooked. Once completely cooked, remove chicken and place in a bowl and cover with plastic wrap. DO NOT THROW AWAY Broth. Take a small portion of the broth and place in a separate dish; add flour, seasoning salt, pepper and whisk mixture until it has the consistency of a smooth paste. Add mixture to the hot broth and continue to stir until stock is thickened. It should look thicker than gravy. (If the gravy is not thick enough, repeat the process again: add water

or broth, flour and seasonings to a medium bowl, whisk into a smooth paste and pour into broth)

Sauté 1 large bag of frozen vegetables in olive oil until heated thoroughly. Remove excess liquid and discard. Stir sautéed vegetables into gravy. Season with salt, pepper, sage, thyme and oregano (to taste).

In a medium skillet with olive oil on med-high heat, sauté onions, celery and minced garlic until thoroughly cooked. Stir sautéed mixture into gravy.

Last, add chicken to mixture. Now it should be the consistency of stew. Pour into a large pan and set aside.

Homemade biscuit dough

Spicy Asparagus

Asparagus

White asparagus

Olive oil

Honey

Brown Sugar

Garlic

Molasses

Soy Sauce

Cayenne pepper.

Butter to smooth make sauce smooth

Corn Starch to thicken

Steam cleaned asparagus. In a small sauce pan add olive oil,

Add ingredients together and measure to taste.

Homemade Mashed Potatoes

1 bag of Yukon gold potatoes

1 stick of butter

Garlic to taste

Milk to taste

Salt to taste

Parsley to taste

Optional: Cheese to taste

Directions: Peel potatoes and cut into about 8 pieces. Boil potatoes until tender when pierced with a fork. Drain water. Put potatoes into a medium bowl; begin to mix with butter, milk and salt. Serves 8-10

Red Velvet Cake

2 cups sugar

1-3/4 cup flour

3/4 cup Hershey's cocoa

1-1/2 tsp baking powder

1-1/2 tsp baking soda

2 tsp vanilla

2 eggs

1 cup milk

1/2 cup oil

Directions: Heat oven to 350 degrees. Grease and flour two 9-inch round baking pans. Combine ingredients in large bowl. Add egg, milk, oil and vanilla; beat on med. speed for 2 min. Stir in **boiling water** (batter will be thin.) pour into pans.

Bake 30-35 min. or until wooden pick inserted in centers comes out clean. Cool 10 min; remove from pans to wire racks. Cool completely. Frost w/ butter cream icing

Broccoli, Cauliflower w/ Lemon

1 head of broccoli cut into small pieces (include parts of the stem)

1 head of cauliflower cut into small pieces

1 Lemon

Olive oil

Directions: In a large skillet, sauté vegetables in a little olive oil over a medium-high heat. When almost done cooking add 1-2 TBS of butter,

continue sautéing until partly crunchy. Squeeze the juice of 1 lemon over vegetables and remove from heat.

Optional: Sprinkle with sesame seeds

Strawberry Cake

Box of white cake mix

Directions: cook cake according to box.

Butter Frosting

3 cups powdered sugar

1 tsp vanilla

3-4 tsp milk

1/3 cup butter

In a medium bowl, place powdered sugar, 1 tsp vanilla and 3 tsp milk. In a 1 quart size saucepan, heat 1/3 cup butter over medium heat, stirring constantly, just until light brown

Pour browned butter over powdered sugar mixture. Beat on low speed about 1 minute or until smooth. Gradually add just enough of the remaining 1 tablespoon milk to make frosting creamy and spread able.

Lemonade Surprise

Black Tea

Pink Lemonade

Raw Sugar

Directions: Mix to taste

Baked Chicken Wings

Chicken wings (can be frozen or thawed)

Lemon Pepper

Chili powder

Seasoned Salt

Directions: Toss wings with equal parts of each seasoning. Place covered wings on foil lined cooking sheets and bake at 375 for 1 hour if frozen, bake 45 minutes to 1 hour if thawed.

Dr. C's Carrot Cake

2 cups sugar

1 cup oil

4 eggs

1 tsp baking soda

3 cups Flour

2 tsp baking powder

1 ½ tsp cinnamon

2 tsp vanilla

3 cups carrots

½ cup pineapple

½ tsp nutmeg

Optional 1 tsp salt

Directions:

Bake at 325 until done.

Dr. C's Cream Cheese Frosting

¼ - ½ stick of butter

4-8 ounces of cream cheese

Evaporated milk

Powdered sugar

Jerk Turkey

½ cup chopped cilantro

½ cup green onions

2 tsp grated fresh ginger

1 ½ sp ground cinnamon

1 Tbs olive oil

3 jalapenos, seeded and coarsely chopped

1 tsp freshly ground pepper

½ tsp salt

Pinch of red pepper flakes

4-6 cloves of garlic

4-6 tsp firmly packed brown sugar

1 tsp cider vinegar

1 tsp orange juice

3 tsp Worcestershire sauce

4 boneless skinless turkey thighs

6 boneless skinless turkey drumsticks

In a food processor, combine the green onions, ginger, allspice, cinnamon, oil, jalapenos, black pepper, salt, red pepper flakes, and garlic and process until very finely chopped, almost smooth. Stir in the brown sugar, vinegar, orange juice and Worcestershire to form a paste.

Wash the turkey and pat dry. Rub mixture all over the turkey legs and thighs. Set aside for 15 minutes or refrigerate, covered for 2 – 3 hours. Coat the slow cooker with nonstick cooking spray. Put the turkey in the cooker. Cover and cook on high until the turkey is tender, 3-3 ½ hours.

Serves 6-8

Collard Greens with Kale

2 bunches of Greens

2 bunches of Kale

6 tsp Olive oil

8 cloves of garlic chopped

2 cups of chicken broth

1 canned chipotle pepper in adobo sauce or small dried hot pepper (optional)

2 lemons, juiced

2 tsp cider vinegar

Your favorite cornbread, prepared

Rinse the greens well in the sink. Drain and trim off the rough stems. Cut the leaves crosswise into ½ inch wide strips, you will have about 12-14 cups. In a deep saucepan, heat the olive oil over medium heat. Add the garlic and cook, stirring, just 30 seconds to 1 minute. Add the greens in handfuls and toss to coat with the oil. With each addition, cover for a minute until wilted, then add some more. Transfer to the slow cooker once they've all been wilted and add the broth. If using the chipotle pepper, nestle it down in the center of the grains. Cover and cook on low until tender 4-6 hours. Season with salt and pepper and stir in the lemon juice and vinegar. Serve nice and hot with a pat of butter and some cornbread.

Jambalaya with Sausage

2 whole cut up chickens

1 ½ pound sausage or cubed beef

6 Tbs. flour

2 large onions chopped

2 bunches of green onions, chopped

4 Tbs parsley, chopped

4 - 6 cloves of garlic, minced

4 cups of brown rice

6 cups water

1 ½ tsp red pepper

3 tsp salt

Boil chicken and remove meat from the bone. Sauté sausage with no oil if possible. Set meat aside. Take stock pot and brown flour to a dark roux. Add onion, parsley and garlic. Cook until soft, then add water and rice, salt and pepper, and browned meat. When it comes to a boil, lower heat to lowest point and cook for about 1 hour covered tightly. When rice is done, remove lid and let cook for a few minutes until rice drains a little.

Serves 6-8

Bread Pudding

1 cup white sugar

1 box dark brown sugar

1/3 gallon 2% milk

6 eggs

½ quart half and half

1 ½ tsp – 1 Tbs cinnamon

1 ½ tsp – 2 Tbs nutmeg

½ oz. Imitation Rum flavor

¼ cup Pecans or Walnuts

2 loaves of bread

1 stick of butter

Glass baking dish if possible with a glass top

2" high pan – place glass pan inside to steam

Break bread up into small pieces, set aside.

Earthquake Cake

- 1 pkg of German Chocolate cake mix
- 1 cup flaked coconut
- 1 cut chopped walnuts
- 4 cups confectioners' sugar
- 2 Tbs unsweetened cocoa powder
- 6 Tbs cola-flavored carbonated beverage
- 1 cup butter
- 1 8oz. package cream cheese

Prepare cake mix as directed on package. Lightly grease the bottom and sides of one 9 x 13 inch baking pan. Sprinkle coconut and nuts over bottom of pan. Pour cake batter over top. Combine 1/2 cup melted butter or margarine, cream cheese and 2 cups confectioners' sugar. Beat until smooth. Pour (spoon) over cake batter. Bake at 350 degrees F (175 degrees C) for 45 minutes or until a toothpick comes out clean. Let cake cool before frosting. To Make Frosting: Combine cocoa, cola and 1/2 cup margarine in a saucepan. Cook over medium heat until mixture boils, stirring constantly. Remove from heat. Pour mixture over remaining confectioners' sugar. Beat until smooth. Spread icing over cake. (If you like a thicker icing add more confectioners' sugar.)

Amina's Spanish Rice

3 Tbsp Olive Oil

2 Cups rice

½ medium onion diced

2 tbs minced garlic

¼ green pepper diced

1 jalapeño

2 tsp cumin powder

3 ½ cup water

1 pkg sazón

4 tsp Chicken broth

¼ can of whole tomatoes chopped

½ cup tomato sauce

In a skillet put oil in hot pan then rice with onion and garlic. Stir mixture, add cumin and coat with oil. Continue to cook till rice becomes white and onions translucent. Then put water in with package of sazón and chicken broth.

Mexican Hot Chocolate

1 oz. Unsweetened Cocoa

½ cup boiling water

2/3 cup brown sugar

8 cups milk

Dash of salt

½ tsp Vanilla

1/8 tsp ground cinnamon

Melt chocolate then blend in boiling water. Add sugar and dissolve thoroughly. Add salt and milk, bring to a slow boil. Reduce heat and stir in vanilla and cinnamon. Serve in mugs, topped with whipped cream if desired.

Serves 6 - 8