



Crying Onion Personal
Chefs
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**Family Classics
Redux
Recipes**

5 Cheese Grownup Macaroni and Cheese

3 lbs dry macaroni	Half stick butter
3-5 Tbsp plain flour	1.5 Qt Whole milk (6 cups)
Cheddar	Manchego
Provolone/Gruyere	Fontina
Parmesan. The total amount of mixed cheese is about 6-8 oz cheese per pound of pasta.	Optional: goat cheese/blue cheese, chipotles, sauteed garlic and onions, scallions.

- Cook noodles in salted water to al dente. Rinse in cold water, toss with a little oil to prevent sticking.
- Melt butter in a large pot on low heat. While whisking, slowly add flour until the consistency is very thick. Cook 3 more minutes until the smell changes to slightly nutty.
- Add the first quart of milk, very slowly at first while whisking to prevent clumps. Turn heat up to medium and cook 5 minutes while the sauce (bechemel) thickens. Using whole milk vs heavy cream the mixture may begin to separate, we'll fix that later.
- Grate cheeses. Gradually add to the bechemel, stirring with a spatula. Watch the heat on the pot so it doesn't burn on the bottom.
- Once the cheeses are melted in adjust the thickness of the sauce with the extra whole milk if it's too thick or with a small amount of cornstarch in water (1-2 tbsp cornstarch) if it's too thin.
- Season with a pinch of salt and a heavy pinch of pepper.
- Toss with the macaroni noodles and serve.
- OPTIONAL: Place the mixture in a casserole dish, top with seasoned breadcrumbs and a bit more cheese, bake until golden brown at 450 degrees, 5-10 minutes.

Chipotle Chicken Meatloaf

3 lbs ground chicken (or use any combo of ground meat)	1 bunch cilantro
Half bunch parsley	1-2 large sweet onion
4 cloves garlic	½ C plain dry breadcrumbs
¼ - ½ C generic ketchup (or Heinz with a splash of vinegar)	Dry seasonings: cumin, oregano, kosher salt, black pepper
2-3 large eggs	7 oz can chipotle peppers (this recipe uses only 1-

	2 chiles, diced)
7 oz can tomato sauce	½ tbsp Worcestershire sauce
8 oz Mexican blend shredded cheese	

- Dice onions and garlic, saute in your choice of oil until soft and translucent.
- In a large mixing bowl combine ground meat, 2 eggs, breadcrumbs, cilantro, parsley, ketchup, dry seasonings, chipotles, worcestershire. A good meatloaf should be as moist as possible while able to maintain shape.
- Make a small patty and cook in a pan to taste. Adjust seasonings, breadcrumbs, ketchup.
- Place meatloaf mixture into a casserole dish (bakes faster, moister filling) or loaf pan and cook at 375 degrees inside a larger pan half filled with water to prevent cracking on top and burnt edge.
- Make the sauce for topping while the meatloaf bakes. Mix ¼ - ½ C ketchup with ¼ C tomato sauce, chipotle to taste, dash cumin, and a dash of Worcestershire.
- Check at 25 minutes with a meat thermometer. When the internal temperature reaches 155 degrees remove from the pan with water, cover the top with the sauce and finish with the cheese. Bake another 10-15 minutes until the cheese is golden brown and the internal temperature is 165-170 degrees. Remove from the oven and let rest before serving.
- OPTIONAL: This meatloaf makes a great sandwich. The next day brown slices in a very hot saute pan with a bit of oil, like making hamburgers, on the sides without cheese, serve on hamburger buns or sourdough with extra sauce.

Inside Out Apple Cobbler A la Mode Fried Ice Cream

Favorite vanilla ice cream	2 red delicious or granny smith apples
1/2 C Favorite eggless cobbler dough recipe	1 C plain dry breadcrumbs
Cinnamon	Sugar and brown sugar
Nutmeg (optional)	1 egg, ½ C milk

- Fine dice the apples, sprinkle with cinnamon and nutmeg and dehydrate in a very low oven (175-200 degrees) for 1 hour to 90 minutes.
- Scoop ice cream onto a cookie sheet lined with wax or parchment paper and freeze until very firm, about 30 minutes.
- Reserve 1-2 Tbsp dried apple for garnish
- In a food processor combine dried apples, breadcrumbs, 1 tbsp brown sugar, 1 tbsp sugar, 1/8 tsp cinnamon, and 1/8 tsp nutmeg. In small amounts add the cobbler dough and pulse. Watch this mixture as it must remain dry to coat the ice cream.
- Adjust mixture for taste and consistency.
- In 3 separate bowls prepare your breading station:
 - 1st bowl: ¼ of the cobbler dough and breadcrumbs.
 - 2nd bowl: 1 beaten egg and ½ C milk.
 - 3rd bowl: remaining dry mixture
- Bread the ice cream scoops quickly, one at a time, and put back into the freezer for 15

or more minutes, until very hard.

- While the ice cream refreezes heat vegetable oil in a small pot to 350-360 degrees. Use a meat or candy thermometer as oil that's too cold will not fry the ice cream's coating but just melt everything.
- Put a few sheets of paper towel on a plate next to the stove.
- In batches of no more than 2 scoops at a time fry the breaded ice cream scoops, no more than 30 seconds per side. The coating will start to brown. Place on the paper towels for a second to catch the extra oil and serve. Garnish with a sprinkle of the reserved dried apples and powdered sugar and a dash of cinnamon if you wish.