

OVER
100
TESTED RECIPES



At The Stove

with Don Dickey

Preview Sampler

*Textbook for Culinary Essentials
Basic Kitchen Skills*

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HUMMUS

15-oz can	Garbanzo Beans (chickpeas)
3~4 TBS	Tahini
3~4 TBS	Lemon Juice
3~4 TBS	Extra Virgin Olive Oil
2 cloves	Garlic, crushed & peeled
dash	Toasted Sesame Oil (optional)
pinch	Cayenne Pepper, ground (optional)
pinch	Cumin, ground (optional)
	Water (or dry white wine) as required
	Salt & Pepper to taste

- Drain beans and rinse briefly.
- Put beans into food processor work bowl.
- Add other base ingredients above to work bowl.
- Add special ingredients from table below:

Hummus Type	Special Ingredients
Artichoke	½ C Artichoke Hearts (in water, drained) ½ tsp Paprika
Basil	¼ C Prepared Pesto (reduce EVOO in base)
Lemon	Zest of 1 Lemon Juice of 1 Lemon (as base ingredient)
Olive	1~2 tsp minced ginger (optional) ½ C Assorted Olives, chopped 1 tsp balsamic vinegar (optional) OR 4 oz Olive Tapenade
Red Pepper	½ C Red Pepper, chopped ½ tsp Ancho Chili Pepper, ground
Roasted Garlic	10~12 Garlic Cloves, roasted & cooled
Sun-dried Tomato	½ C Sun-dried Tomatoes (reduce EVOO if packed in oil)
Walnut	½ C Toasted Walnuts substitute Walnut Oil for EVOO substitute OJ for lemon juice

- Process to combine ingredients.
- Add water (or wine) to adjust consistency as desired.
- Re-process to creamy smooth and light.
- Taste and adjust seasonings.
- Transfer to air-tight container.
- Chill several hours while flavors blend.
- Serve on crackers, pita chips, toast points, or raw veggies.

PASTA E FAGIOLI

Pasta Fazool

½ #	Dry Cannellini Beans
2 TBS	Olive Oil
1 #	Beef, ground (omit for vegetarian)
1	Sweet Onion, chopped
1 stalk	Celery, chopped
2	Carrots, peeled and chopped
2 cloves	Garlic, minced
15-oz can	Diced Tomatoes
15-oz can	Crushed Tomatoes
2 tsp	Oregano (dried)
1 tsp	Basil (dried)
½ tsp	Thyme (dried)
2 whole	Bay Leaves
4 C	Stock (as required)
1 C	Macaroni (ditalini is typical)
	Salt & Pepper to taste
	Grated Italian Cheese garnish

- Cover beans with water; soak 24 hours; drain & rinse.
- In a large pot, brown beef (if desired) in olive oil.
- Add onion, celery, and carrot; saute to soften.
- Add garlic; saute briefly.
- Add tomatoes, beans, and seasonings.
- Add stock to desired consistency.
- Bring pot to a boil; reduce heat; simmer 45 minutes.
- Add pasta to soup; raise heat; cook until pasta is soft.
- Taste and adjust seasonings as required.
- Portion, garnish and serve.

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Recipe Tips

- Substitute canned beans for dry to avoid the need for an overnight soak. Canned beans will also be much softer. Try pre-seasoned canned tomatoes which include basil, oregano, and garlic. If you do, reduce herbs in recipe accordingly. Substitute V-8 juice for half of stock. Add a dash or two of Tabasco for flavor.
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STEAK AU POIVRE

Peppercorn Steak

2	Strip Steaks or 1 Flatiron Steak
2 TBS	Coarse ground or cracked pepper
2 tsp	Kosher Salt
1 TBS	Extra Virgin Olive Oil
1 TBS	Butter
1	Sweet Onion, chopped
1	Shallot, chopped
1 TBS	Green Peppercorns (rinsed)
1 C	Beef Stock
¼ C	Heavy Cream
¼ C	Brandy or Cognac
¼ C	Butter

- Dry steaks with paper towel.
- Season steaks heavily on both sides with pepper.
- Press pepper into meat.
- Season steaks on both sides with salt.
- Heat pan to medium high.
- Add 1 TBS oil and 1 TBS butter to pan.
- Cook steak on both sides several minutes as desired.
- For thick steaks, finish in hot oven to desired doneness.
- Remove steaks to plates.
- In sauce pan, caramelize chopped onion.
- Add shallots and cook a few minutes.
- Add green peppercorns.
- Deglaze saucepan with 6 oz beef stock.
- Add 2 oz heavy cream.
- Strain sauce to remove solids if desired.
- Deglaze steak pan with brandy (off-stove, carefully).
- Add brandy deglaze to sauce.
- Whisk in 1~2 TBS butter.
- Serve steaks with sauce.

Recipe Tips

- Make the sauce while steaks cook.
- This sauce is also great with tuna.
- Rinse off brine and store green peppercorns in brandy in fridge.

PAELLA

	EVO Oil as required for saute steps
1 #	Chicken, boneless thighs or breasts
¾ #	Chorizo Sausage, thickly sliced
1 medium	Sweet Onion, chopped
2~3 cloves	Garlic, minced
15-oz can	Diced Tomatoes, undrained
2 C	Rice (long grain)
2 C	Chicken Stock
1 C	Water
¼ tsp	Saffron (large pinch)
1 #	Extra-Jumbo Shrimp, peeled & de-veined
1 #	Mussels and/or Clams, shells cleaned
½ C	Peas (thawed frozen)
	Parsley, chopped for garnish
	Lemon wedges for garnish
	Salt & Pepper to taste

- Cut chicken into chunks:
thighs into quarters, breasts into 1-inch slices, breast tenders into thirds
- Season chicken with salt & pepper (or “essence”).
- Saute chicken pieces to brown; remove from pan.
- If chorizo is raw, saute to brown; remove from pan.
- Saute onion to translucent.
- Add garlic; saute 1 minute.
- Add tomatoes and cook several minutes.
- Stir in rice and cook briefly to coat completely.
- Add stock, water, and saffron; bring to boil.
- Reduce heat; simmer approx 10 minutes.
- Taste & adjust seasonings.
- Add chicken pieces; cook 2 minutes.
- Add shrimp and chorizo; cook 2 minutes.
- Add mussels; cook 2 minutes until open; discard any that fail to open.
- Add peas; cook 2 minutes.
- Garnish with chopped parsley; serve with lemon wedges.

Recipe Tips

- Seasoning will depend on stock. If using store-bought you will need to adjust accordingly. Recommend “simple-peel” shrimp which is already de-veined and shells are split, easy to remove.
- Also try pre-cooked frozen mussels as a time-saver.

CRANBERRY-ORANGE SCONES

2 C	All-Purpose Flour	5 TBS	Butter, frozen ($\frac{1}{3}$ C)
3 TBS	Sugar	$\frac{1}{2}$ C	Sweetened Dried Cranberries
$\frac{1}{2}$ tsp	Kosher Salt	2 TBS	Orange Zest (or 1 tsp extract)
$2\frac{1}{2}$ tsp	Baking Powder	1 large	Egg, beaten
$\frac{1}{2}$ C	Cream or Half & Half		

- Preheat oven to 400°F while you proceed with the recipe.
- Prepare sheet pan with parchment.
- Combine flour, sugar, salt, and baking powder in a mixing bowl.
- Grate frozen butter into flour mixture.
- Mix in cranberries and orange.
- In a small bowl, beat egg; whisk in cream to mix.
- Stir cream and egg mixture (as required) into flour mixture to moisten.
- Knead gently on floured surface 5~10 times (less than 1 minute).
- Pat or roll to a form a $\frac{1}{2}$ -inch thick round disk.
- Cut disk into 8 pie shaped wedges.
- Place wedges on prepared pan.
- Optionally, brush tops with cream and sprinkle with sugar.
- Bake 18~20 minutes until golden.

LEMON-BLUEBERRY CREAM SCONES

2 C	All-Purpose Flour	$\frac{1}{2}$ C	Sweetened Dried Blueberries
$\frac{1}{4}$ C	Sugar	1 TBS	Lemon Zest (or 1 tsp extract)
1 tsp	Kosher Salt	$1\frac{1}{4}$ C	Heavy Cream
1 TBS	Baking Powder		

- Preheat oven to 400°F while you proceed with the recipe.
- Prepare sheet pan with parchment.
- Combine flour, sugar, salt, and baking powder in a mixing bowl.
- Mix in blueberries and lemon.
- Stir cream (as required) into flour mixture to moisten.
- Knead gently on floured surface 5~10 times (less than 1 minute).
- Pat or roll to a form a $\frac{1}{2}$ -inch thick round disk.
- Cut disk into 8~12 pie shaped wedges.
- Place wedges on prepared pan.
- Optionally, brush tops with cream and sprinkle with sugar.
- Bake 18~20 minutes until golden.

ABOUT THE AUTHOR

"Many chefs show you the hardest way to prepare a dish.
I teach you the easiest... so you will try it yourself!"
- Don

Don Dickey studied bread making with award-winning baker Michael Jubinsky of Stone Turtle Baking and Cooking School. He has also studied Chinese, French, Italian, Japanese, and Mexican cuisines as well as taken advanced courses in puff pastry and international wines.

Don has been teaching culinary arts in the Greater Hartford area for 35 years. His students currently number over 3,000 and the roster grows every semester.

Don also runs Party to Cook, a company he founded to combine culinary instruction and fun in party format for both adults and children. Career highlights include baking bread for the great Julia Child and her husband and making bread tips shows for WHC-TV.

For more information please visit: www.AtTheStove.com



What Students Are Saying

"Don's enthusiasm is contagious. Class activities were always well thought out. You won't believe how much you will learn!" - Harry, Bloomfield, CT

"This class is just what I've been looking for - practical tips and hands-on lessons for recipes that I can actually cook and everyday food that my family will eat!" - Angela, West Hartford, CT

"Like me, if you have been disappointed with attempting things on your own, then get professional help! Don was most helpful and made my first cooking class memorable. Thank you." - Margaret, Cromwell, CT

"You are a top-notch instructor and your love of the subject is evident." - Barbara, Cromwell, CT

"My husband, Hank, took your class and I have really enjoyed all the meals he has prepared. I don't think I have cooked a meal since the course started. I know he enjoyed the classes. And I thank you for turning my husband into a great cook. We really have fun and enjoy our meals." - Donna, West Hartford, CT

"Don, your enthusiasm for food and cooking is infectious. I couldn't wait to get home and try the recipe on my own. I made a batch last night and they are a big hit. I can't wait to venture out with some more recipes." - Louise, Berlin, CT



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by a Culinary Instructor with
35 Years Experience**

