

# IT'S TIME TO FEAST

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A collection of recipes by  
the team at 25th Hour Communications.



**"A recipe has no soul, you as the cook must bring soul to the recipe."**

— Thomas Keller



# CANDI WHITMAN'S *AHI POKE*

2Lbs Sushi Grade Ahi

1 Large Ripe But Firm Avocados

3 Tbsp Toasted Sesame Seeds

1 Cup Cucumber

2-3 Limes

Shoyu, aka Soy Sauce

Sesame Oil

Salt

If Desired: Kukui Nuts Diced, Chopped Chives and Chopped Chilis

Serve with shrimp chips, tortilla chips, or crisp crackers of your choice or place poke on top of rice to make it a meal.

Dice avocado into 1/2 inch cubes. In a bowl, squeeze 1 and a half limes and desired amount of salt. Set aside.

Wash the fish under cold water and pat dry with paper towels. Cut fish into half inch cubes and add to a large mixing bowl.

Add shoyu and sesame oil to coat the fish. You don't want puddles of either of these. Use shoyu first and use more shoyu than sesame oil. Stir together and if the fish looks like it has a nice sheen without there being much shoyu or oil at the bottom of the bowl, you've done well.

Add salt and stir. Add more salt, then stir. Add a bit more salt.

Add avo mixture to fish, Stir lightly.

Add more shoyu and sesame oil, add sesame seeds and any of the additional items, and stir lightly again until mixed.

Get the chip/cracker of your choice, or pick up a piece and try it. If it needs something more, add it.

Once you got it to how you like it, either put it in the fridge in a place that isn't too cold. Mix again before serving.

Squeeze half lime juice over it before eating.

Want to make it a meal? Put one to two scoops of rice (hot or cold) on a plate, add poke, and can add things like wasabi mayo, thousand island dressing, sriracha, or any creamy topping, if desired.

\* Is your fish still good? If the fish smells fishy, it is still still okay to eat after a wash. If ever in doubt, give the flesh a good massage over cold water to wash it. If there is still a strong smell or if the flesh is an odd color, that's when it could have gone bad. If it is light grey or dark red in parts it is still okay.





# CANDI WHITMAN'S POACHED SALMON

1 Wild Caught Salmon Fillet  
2-4 Tbsp Butter - Softened  
(amount depending on size of the fillet)  
2-3 Lemons - Sliced, Seeds Removed  
1-2 Lemons - Cut Into Wedges  
6 oz. Jar Capers (amount To Your Liking)  
Olive Oil  
Wax Paper  
Aluminum Foil

Get aluminum foil and wax paper that is long and wide enough to cover the salmon. Must be slightly bigger so you can create a fold with it.

Clean salmon and remove any bones.

Spread butter on both sides of salmon.

Put salmon on wax paper skin side down. Top with capers and lemon slices and juice of a half of a lemon. Put lemon slices on the flesh side of salmon to cover all of the meat. Brush olive oil on top of everything.

Fold wax paper around fish, then fold up aluminum foil.

**OVEN:** Preheat oven to 375°F for 2lbs. of salmon, slightly higher for bigger pieces, up to 400°F, but not hotter. Cook for 15 minutes. Remove from oven, unwrap slightly and check the thickest section. Should be flaky and not translucent. If not finished, continue to cook for 5 minute increments until done.

**GRILL Option 1:** Put the salmon on an area with medium heat, close the lid and check in 12-15 minutes, depending on how big the piece is. Check if done and put back for five minute increments.

**GRILL Option 2:** Place in one of the least hot areas for 45 minutes. Check at 30 minutes if done, but it could take up to an hour depending on the heat level. If you have the time and a good spot on the grill for this, it is the best way and it poaches it to perfection.

Serve with lemon wedges and enjoy. If grilling take off the skin, put skin on aluminum used for the fish, add some oil if needed, and grill until slightly crispy. Yum!

\* Consider using a lot of capers and add some of the brine. You can always take the capers off to eat it. It just makes it salty.





# MALISSA ELLSWORTH'S CHEWY CHOCOLATE CHIP COOKIES

½ Cup Sugar  
¾ Cup Brown Sugar, Packed  
1 Tsp Salt  
½ Cup Butter, Melted  
1 Egg  
1 Tsp Vanilla Extract  
1¼ Cups All-Purpose Flour  
½ Tsp Baking Soda  
4 Oz. Milk Or Semi-Sweet Chocolate Chunks  
4 Oz. Dark Chocolate Chunks  
(or your preference)

Preheat oven to 350°F

In a large bowl, whisk together the sugars, salt, and butter until a paste has formed with no lumps.

Whisk in the egg and vanilla, beating until light ribbons fall off the whisk.

Sift in the flour and baking soda, then fold the mixture with a spatula, being careful not to overmix too much. This will cause the gluten in the flour to toughen which will result in cakier cookies.

Fold in the chocolate chunks evenly, then chill the dough for at least 30 minutes. For a more intense toffee-like flavor and deeper color, chill the dough overnight. The longer the dough rests, the more complex its flavor will be.

Scoop the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 4 inches of space between cookies and 2 inches of space from the edges of the pan so that the cookies can spread evenly.

Bake for 12-15 minutes, or until the edges have started to barely brown.

Cool completely, and enjoy!





## MALISSA ELLSWORTH'S *SPINACH DIP BITES*

2 Cups Frozen Spinach Chopped And Thawed  
6 oz. Artichoke Hearts Drained And Chopped  
½ Tsp Garlic Minced  
2 Tbsp Parmesan Cheese Grated  
4 oz. Cream Cheese Softened  
¾ Cup Mozzarella Cheese Shredded And Divided  
½ Tsp Garlic Salt  
Pepper To Taste  
1 Can Seamless Crescent Dough

Preheat oven to 375°

In a bowl, combine spinach, artichoke hearts, garlic and Parmesan cheese. Blend in cream cheese and half of your mozzarella cheese.

Season with Salt and pepper and set aside. Using a rolling pin, lay out dough on a cutting board and lightly stretch to a 8 x 12 rectangle. Cut dough into 2 inch squares, so you have 24 squares total.

Lightly grease a mini muffin tin and place a square in each slot, gently pushing down to create an indent. (you don't need to mold to the cup.)

Scoop one teaspoon of your spinach mixture on top of each crescent square and gently push in, (bites will mold to your tin while baking).

Spread the remaining mozzarella cheese over the tops of each cup.

Bake at 375 for 15 - 17 minutes, until golden brown.

Let cool for 5-10 minutes before moving from tray.  
ENJOY!





MAGGIE MORLEY'S  
*Hanky Pankeys*

1 lb Ground Beef  
1 lb Hot Pork Sausage  
1 Small Onion, Finely Diced  
16 oz. Package Velveeta Cheese  
Cayenne Pepper  
Red Pepper Flakes  
1 Loaf Sliced Rye Cocktail Bread

Brown hamburger, sausage and onion.

Add Velveeta cheese until melted, sprinkle cayenne pepper and pepper flakes to taste.

Let cool completely. Mound onto cocktail rye slices and bake at 350° for 10-12 minutes or until bubbly.

MAGGIE MORLEY'S  
*PUMPKIN CREAM CHEESE DIP*

6 oz. Cream Cheese (Softened)  
¼ Cup Powdered Sugar  
½ Cup Pumpkin Pie Filling  
¼ Cup Heavy Whipping Cream  
Crackers/Cookies/Pretzels To Serve

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Whip cream cheese until soft  
Add powdered sugar - mix well  
Add pumpkin pie filling - mix well  
Add heavy whipping cream - mix well  
Eat immediately or refrigerate up to one day





LAUREN MCDERMOTT'S

# Baked Vegan Mac & Cheese

½ Cup Vegan Butter  
6 Tbsp All Purpose Flour  
3 14oz. Cans Coconut Milk  
1 Cup Vegetable Stock  
3 Tbsp Dijon Mustard  
1 Cup Nutritional Yeast  
3 Tsp Onion Powder  
3 Tsp Garlic Powder  
1½ Tsp Smoked Paprika  
1½ Tsp Salt  
1½ Tsp Ground Black Pepper  
1 18oz Pack Elbow Macaroni  
3 Thick Slices White Bread (Toasted)  
2 Tbsp Vegan Butter (Melted)

Melt vegan butter in a pot. When melted add in the flour and stir vigorously.

Add the coconut milk and vegetable stock. Hand whisk until smooth. Keep whisking until it starts to boil. Keep whisking until it thickens. It will continue to thicken as it cools.

Remove it from the heat and whisk in the Dijon mustard, nutritional yeast, onion powder, garlic powder, smoked paprika, salt and pepper. Set mixture aside

Cook your macaroni according to the package directions. Then rinse and drain.

Add macaroni to the sauce and toss to coat.

Transfer the macaroni and sauce to a 9×13 baking dish and smooth down.

Preheat the oven to 400°F

Toast the white bread and then pulse in blender until you have crumbs blender. Transfer to a mixing bowl, and with the melted butter.

Place the breadcrumbs evenly over the top of the macaroni cheese.

Bake for 20 minutes until the topping is golden brown and crispy.

\* Always use full-fat unsweetened coconut milk. If you want to replace the coconut milk with a different non-dairy milk such as soy milk then you would use 5 cups of soy milk to replace the 3 cans of coconut milk.





LAUREN MCDERMOTT'S

# Balsamic Brussels Sprouts

2 Lbs Brussels Sprouts  
(tough outer leaves removed, base trimmed,  
sprouts cut in half)  
2 Tbsp Extra Virgin Olive Oil  
1 Cup Large Shallots, Peeled & Thickly Sliced  
4 Cloves Garlic, Peeled, Sliced In Half  
2 Tbsp + 2 Tsp Balsamic Vinegar  
Salt  
Pepper  
 $\frac{3}{4}$  Tsp Fresh Thyme Leaves Or  $\frac{1}{4}$  Tsp Dried  
½ Cup Walnuts, Toasted (Optional)

Preheat oven to 425°F

Heat the olive oil in an oven-safe sauté pan on medium high heat. Add shallots, lower the heat to medium low, and cook for 6 to 8 minutes, until softened and lightly browned.

Add Brussels sprouts, garlic and balsamic. Cook for 5 to 6 minutes more, until the sprouts begin to brown.

Drizzle with 2 tablespoons of balsamic vinegar.  
Sprinkle with salt and pepper. Toss to coat.

Place in oven, uncovered. Roast at 425°F for 15 to 20 minutes, until cooked through and caramelized on the edges.

Remove from oven. Sprinkle with remaining 2 teaspoons of balsamic vinegar, the thyme, and toasted walnuts (if using). Stir to combine.

Add more salt and pepper to taste.





# GREGG WOOD'S Sunday Gravy with Meat

## FOR THE GRAVY

6 oz. Tomato Paste  
2 28 oz. Cans Tomato Puree  
1 28 oz. Cans Crushed Tomatoes  
35 oz. Water  
2 Tbsp Granulated Sugar  
1/2 Cup Fresh Basil  
1/4 Cup Chopped Fresh Parsley  
1 Tbsp Minced Garlic  
1/2 Tbsp Oregano  
1/2 Tbsp. Fennel Seed  
2 Bay Leaves  
1 Tbsp Bacon Fat  
1 1/2 Lbs Italian Sausage  
1 1/2 Lbs MomMom's Meatballs  
Salt and Pepper

## FOR THE MEATBALLS

1 1/2 Lbs Meatloaf Mix (pork and beef)  
2 Eggs  
1/3 Cup Pecorino-Romano Grated Cheese  
1/3 Cup Italian Style Bread Crumbs  
1/4 Cup Chopped Fresh Parsley  
1 Tbsp Minced Garlic  
1 Tbsp Black Pepper  
Canola or Vegetable Oil (if frying)

Mix all meatball ingredients in a bowl until well blended. Form into balls slightly larger than a golf ball. Should get 12-14 balls.

Fry in canola oil turning half way, or cook in air fryer until browned.

Add bacon fat to a large pot. Brown sausage in the bottom of pot until browned.

Add all ingredients for the gravy to the pot. Stir until well mixed. Measure your water by using water to swish between the tomato cans loosening the tomato product and add to the pot

Bring to a boil. Once boiling lower heat to a simmer.

Add the meatballs to the simmering pot.

Simmer for 3-4 hours or until the gravy thickens to a consistency of your liking. Mix every so often during simmer time.

\* Recipe is enough gravy for 3 pasta dinners.  
Careful when stirring. You don't want to break up your meatballs with rough stirring.





## GREGG WOOD'S ITALIAN SAUSAGE STUFFING

1 Bag Herb Seasoned Stuffing Brussels  
1 Lb Crumbled Italian Sausage  
1 Cup Chopped Celery  
1 Cup Chopped Onion  
1 Cup Sliced Button Mushrooms  
½ Tbsp Poultry Seasoning  
½ Tbsp Sage  
1 Stick Butter  
2 Eggs  
2 Cups Chicken Broth  
Salt and Pepper

Preheat oven to 325°F

Brown crumbled sausage in a pan. Remove with a slotted spoon. Mix with stuffing and set aside

Melt 2 sticks butter in pan. Add celery to pan and sauté 10 minutes.

Add onion and sauté 5 more minutes.

Add mushrooms and sauté 5 more minutes.

Add chicken broth, sage and poultry seasoning. Sauté until celery is tender.

Mix vegetables with sausage and stuffing. Toss to mix well.

Add salt and pepper to taste.

Pour mixture into a greased oven safe dish.

Bake for 45 minutes.

\* Use turkey giblets and neck to make your own broth in place of chicken broth if you so dare.

\* Can be mixed the night before and refrigerated until ready to bake.





## TRISH LAMANTIA'S **APPLE CRISP**

### FOR THE CRUST

1  $\frac{3}{4}$  Cup Flour  
1 Cup Oatmeal  
1/2 Cup Brown Sugar  
1/2 Tsp Baking Soda  
1/2 Tsp Salt  
2 Sticks of Butter (soften but not melted)

### FOR THE FILLING

6-7 Apples (sliced thin)  
1/4 Cup Sugar  
1/4 Cup Flour  
1 Tsp Cinnamon  
1 Bag of Caramels  
14 oz Sweetened Condensed Milk

Make the crust. Mix the flour, oatmeal, brown sugar, baking soda, and salt together. Then add in the softened butter, mix well.

Place half of the mix into a 9x13 pan and bake at 370°F for 15 minutes.

Make the filling. Mix the apples, sugar, flour, and cinnamon.

Put apple mix in the crust.

Melt the bag of caramels and condensed milk, then pour over the apple filling.

Top with remaining crust.  
Bake 30-45 Minutes until done  
(do not over bake)

## TRISH LAMANTIA'S **SCALLOPED CORN**

1 Can Whole Kernel Corn, Undrained

1 Can Cream-Style Corn

1 Stick Of Butter, Melted

2 Eggs

8 oz Sour Cream

1/4 Cup Sugar

1 (8.5oz.) Jiffy Cornbread Mix

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Mix all ingredients together and put in a greased 9 x 13 inch baking dish.

Bake at 350°F for an hour.





MAKAYLA MORTON'S

# FESTIVE PUMPKIN MUFFINS

WITH CHOCOLATE CHIPS

4 Eggs  
2 Cups Sugar  
1 Can Pumpkin  
1 1/2 Cup Vegetable Oil  
3 Cups Flour  
2 Tsp Baking Soda  
2 Tsp Baking Powder  
1 Tsp Cinnamon  
1 Tsp Salt  
2 Cups Semi-Sweet Chocolate Chips

Preheat oven to 400°F

Beat eggs, sugar, pumpkin and oil until smooth

Combine flour, baking soda, baking powder, cinnamon and salt; add to pumpkin mixture and mix well

Fold in chocolate chips

Put in a non-stick sprayed muffin pan

Bake for 16-20 minutes

MAKAYLA MORTON'S

# HASHBROWN CASSEROLE

32 Oz Frozen Hash browns (thawed)  
1/2 Cup Unsalted Butter (melted)  
10.25 Oz Can Cream Of Chicken Soup  
16 Oz Sour Cream  
1/2 Cup Finely Chopped Yellow Onion (est. 1 Small Onion)  
8 Oz Cheddar Cheese (about 2 Cups Shredded)  
1 Tsp Salt  
1/2 Tsp Black Pepper

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Preheat oven to 375°F. Grease 9x13 inch baking dish

In a large bowl, mix together all of the ingredients until thoroughly combined

Pour into prepared baking dish and back until golden brown and bubbling, 30-45 minutes





## MADISON PIZZATO'S *Mac and Cheese*

1 1/4 Cups Uncooked Elbow Pasta  
3 Tbsp Butter  
3 Tbsp Flour  
2 1/4 Cups Whole Milk  
1/2 Tsp Salt  
1/8 Tsp Coarse Ground Pepper  
2 1/2 Cups Shredded Colby Cheese

Cook pasta for 8 minutes or until tender, strain  
Melt butter on medium heat in a 10" oven safe skillet  
Whisk in flour and continue until bubbly. Add milk, salt and pepper and stir until bubbly  
Turn off heat and add cheese, whisk until smooth and stir in cooked pasta  
Pour into oven safe serving dish and broil until brown on top  
Let sit for 5 minutes until the sauce has thickened

## MADISON PIZZATO'S *Banana Bread*

1 Stick Of Butter Softened  
1 Cup White Sugar  
1 Egg  
1 Tsp Vanilla  
2 Cups All Purpose Flour  
1 Tsp Baking Soda  
2 Cups Mashed/Blended Very Ripe Bananas  
1/2 - 1 Cup Chopped Nuts. (Walnuts Or Pecans)

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In a mixer, blend butter, sugar, egg, and vanilla. Slowly add flour, baking soda and bananas. Blend until combined. Stir in optional nuts. Place in greased bread pan.

Bake at 350°F. About 30-40 min. If it gets too brown on top and still not done, place aluminum loosely on top and continue to bake. Remove from oven, let sit for 10 minutes then invert onto a cooling rack.





JEN ARIES'

# ITALIAN VEGGIE & SAUSAGE SOUP

1 Lb Italian Sausage  
1 Cup Chopped Onion  
2 Cloves Garlic  
5 Cup Campbell's Beef Broth  
1/2 Cup Water  
1/2 Cup Red Wine  
2 Cup Tomatoes Chopped And Peeled  
(Or 14 Oz Canned)  
1 (8 Oz) Can Tomato Paste  
1 Tsp Basil  
1/2 Tsp Oregano  
1 Cup Sliced Carrots  
1/2 Cup Unpeeled Zucchini  
8 Oz Cheese Tortellini  
3 Tsp Fresh Parsley  
1 Medium Chopped Green Pepper

Remove casing from sausage and sauté together with onion and garlic

Add broth, water, wine, tomatoes, paste, basil, oregano and carrots. Simmer for 1 hour

One hour before serving, add zucchini, tortellini, parsley, and green pepper

Sprinkle with Parmesan cheese when serving

JEN ARIES'

# SPECIAL RICE

1 Can Cream Of Mushroom Soup

2 1/2 Cans Water

1 Cup Rice

1 Large Onion Thinly Sliced

Salt And Pepper To Taste

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Spray baking dish with oil of choice, add rice and onion

Mix water, soup, salt and pepper in bowl

Pour over rice and onion, add salt and pepper on top

Cover with foil and bake at 350°F for about an hour or until liquid is absorbed and your kitchen smells so good you want to jump into the oven!





JEN ARIES'

# Gluten FREE SWEDISH Meatballs

2 Lbs Ground Beef  
1/2 Cup Milk  
1/2 Cup Schar's Gluten Free Bread Crumbs  
2 Tbs Minced Onion  
1 Tsp Salt  
1 Egg  
1/2 Cup Bob's Red Mill Gluten Free All Purpose Baking Flour  
Oil

For Gravy:  
4 Tbs Bob's Flour Again  
4 Tbs Butter  
3 Cups Of Beef Stock  
Salt And Pepper To Taste

Combine milk and breadcrumbs in a small bowl

In another large bowl, whisk the egg and add meat, onion, and salt

Add the soaked breadcrumbs to the meat mixture and gently mix with your hands until evenly combined

Shape into small meatballs. Not too tight. You want to lightly roll them between your hands to form a ball that feels like it will hold together, but lightly so they will absorb the sauce

Roll each meatball in GF flour

Serve over GF noodles!

Heat oil in a large, deep skillet over medium-high heat. Add the meatballs and gently brown on all sides, about 5-7 minutes

Once all meatballs are cooked, transfer to bowl. Drain oil

For Gravy... Whisk together flour and butter in same skillet until mixture is thick and smooth. Continue to stir and slowly brow the flour over low heat for 5 minutes

Add 3 cups of stock. Whisk and simmer so that the gravy stays smooth while thickening

Season with salt and pepper to taste

Return meatballs to the skillet along with any juices, cover and simmer in gravy.

\* Cook your meatballs in batches. You don't want to crowd the pan. As your meatballs cook they will start to give off moisture. If there is not enough room in the pan, they will steam instead of browning and getting a nice sear.





## CRYSTAL BERRY'S RHUBARB DREAM DESSERT

### FOR THE CRUST

1 Cup Flour  
5 Tbsp Powdered Sugar  
1 Stick Margarine

### FOR THE FILLING

3 Eggs  
1½ Cup Sugar  
⅓ Cup Flour  
7 Cups Rhubarb  
1 Tsp Baking Powder  
½ Tsp Nutmeg  
Dash of Salt

Combine crust ingredients and press into a greased 9x13 inch pan.

Bake at 350°F for 15 minutes.

Mix all filling ingredients except rhubarb in a bowl

Put rhubarb in the crust and pour filling mixture over it

Bake at 350°F for 35 minutes or until rhubarb is tender





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