



Advance

Magnify

Unleash

20 Years of BHITC Inspiration Through Staff Favorite Recipes



Buffalo Chicken Dip

The perfect accompaniment to an NFL game!

Ingredients:

- 2 cups Chicken, Cooked And Shredded
- 2 blocks Cream Cheese (8 Oz Each)
- ½ cups Frank's Hot Sauce
- 8 ounces, weight Sour Cream
- 1 ounce, weight Powdered Ranch Dressing Mix
- 1 cup (heaping) Cheddar Cheese
- Celery Sticks, For Serving
- Tortilla Chips For Serving

Recipe provided by - www.tastykitchen.com

Cooking Instructions:

- **Step 1** - Cook the chicken using your preferred method, then shred or finely chop it. (I prefer poaching the chicken breast and then using two forks to shred it).
- **Step 2** - Add the cream cheese and hot sauce into a heavy pot on the stove. Turn the heat to medium-high and stir until the cream cheese melts and is combined with the hot sauce. Once smooth and creamy, add the sour cream. Combine thoroughly, and then add in the powdered ranch dressing mix, again stirring until combined. Finally, add the cheddar cheese and shredded chicken.
- **Step 3** - Lower the heat. Warm over medium-low heat until the cheddar cheese is melted and the dip is hot.
- **Step 4** - Serve with tortilla chips, celery sticks, bread cubes, etc.

"This recipe inspires me because if I'm making it, that means my boys are home!"



- Dr. Becky O'Donnell

Oatmeal Breakfast Cookies

Easy morning bite on the go!

Ingredients:

- 1 medium, extra extra ripe banana, mashed
- 1/2 tsp. sea salt
- 1/2 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 1/4 cup coconut oil, warmed
- 1/4 cup maple syrup
- 1/3 cup smooth, natural nut butter (almond, cashew, peanut)
- 2 Tbsp. chia seeds
- 1 1/2 cups quick-cooking oats (or old-fashioned oats you've blitzed in the food processor a few times to get smaller bits)
- 1/2 tsp. baking powder
- 3 Tbsp. flaxmeal
- 1/2 cup raisins (chop if they're jumbo), or mini chocolate chips

Recipe provided by - www.sproutedkitchen.com

Cooking Instructions:

- **Step 1** - In a large mixing bowl, combine the mashed banana with salt, vanilla, cinnamon, coconut oil and stir to combine. Add the maple, nut butter, chia seeds and stir again until smooth. Let the chia seeds absorb for a moment.
- **Step 2** - Stir in the oats, baking powder, flaxmeal, raisins and let the mixture chill in the fridge for at least 30 minutes. Preheat the oven to 350° and line a rimmed baking sheet with parchment.
- **Step 3** - Roll the dough into balls of about 2 Tbsp. worth of dough. Arrange them on the baking sheet with a little space between, give them a gently press down, they don't spread much.
- **Step 4** - Bake on the middle rack for 12-13 minutes. Remove to cool completely - they'll hold together better once cooled.

"This recipe inspires me because if I'm making it, that means my boys are home!"



• Sharon Hughes

Oreo Pudding

Delicious and simple treat!

Ingredients:

- 40 cookies Oreo cookies, Family size pack; Regular, Double Stuf or Gluten-Free
- ¼ – ½ cup butter, unsalted or salted
- Homemade Cool Whip (split in recipe)
- 2-3 cups heavy whipping cream, (if thicker layers desired, add additional ½-1 cups whipping cream)
- 2-4 tablespoons powdered sugar, to taste, I used 2 ½
- 1 teaspoon vanilla extract
- Cream Cheese Layer
- 8 ounces cream cheese, regular or Neufchâtel, softened
- ¼-½ cup powdered sugar, I used ¼ cup
- Chocolate Pudding Layer
- 2 3.9 ounce instant chocolate pudding, I used Godiva 3.7 ounce
- 3¼ cups milk, Cold, any % should work

Recipe provided by - www.thefreshcooky.com

Cooking Instructions:

- **Oreo Cookie Crust**
- Crush the Oreos into medium crumbs, not too fine. You want some chunks. Crush in food processor, pulsing until desired consistency or place in gallon freezer baggie and use rolling pin to crush. Reserve ¼ – ⅓ cup Oreo crumbs for topping.
- Place the balance of crushed Oreos in a medium bowl, stir in cooled melted butter until combined. Press Oreo crumb mixture into the bottom of a 13×9 inch baking dish. Refrigerate while you prepare the rest of the ingredients.
- **Cream Cheese Layer**
- In a medium mixing bowl, beat the cream cheese until smooth, light and fluffy. Add ¼ – ½ cup of powdered sugar and beat until smooth. Fold in half of the homemade cool whip mixture and spread evenly over the Oreo crust. Refrigerate while making the pudding layer.
- **Pudding Layer**
- In a large mixing bowl, with a hand or stand mixer (I like it with the whisk attachment) mix the pudding and cold milk for 2-3 minutes. Let the mixture sit for 5 minutes, then spread pudding over the cream cheese layer.
- **Final Layer**
- Top with the rest of the homemade cool whip and top with reserved crushed Oreos, I like to add a few extra larger chunks of Oreo's as well.
- Refrigerate 4 hours or overnight to set.

Savory Dutch Baby

Great with a rich Colombian coffee

Ingredients:

- 3 large eggs, room temperature
- $\frac{3}{4}$ cup whole milk, room temperature
- 3 tablespoons unsalted butter, melted, slightly cooled, divided
- $\frac{1}{2}$ cup all-purpose flour
- 2 tablespoons cornstarch
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper

Recipe provided by - www.bonappetit.com

Cooking Instructions:

- **Step 1** - Place a medium ovenproof skillet, preferably cast iron, in center of oven and preheat oven to 450°. Let skillet heat at least 25 minutes total (prepare your toppings while you wait).
- **Step 2** - Blend eggs in a blender on high speed until very frothy, about 1 minute. With motor running, gradually stream in milk, then 2 Tbsp. butter; blend another 30 seconds. Add flour, cornstarch, salt, and pepper and blend just to combine. (This batter doubles well if you want to scale up.)
- **Step 3** - Carefully remove skillet from oven and swirl remaining 1 Tbsp. butter in skillet to coat. Immediately pour batter into skillet (butter will brown quickly, so have batter at the ready to prevent burning). Bake pancake until puffed and brown around edges, 20–25 minutes. It will begin to deflate as soon as it comes out. Top as desired.

"[I love this recipe](#) because it serves as the main course for any mealtime. It is a blank slate for any combinations of toppings making it super versatile and good for using up ingredients."



• Chloe Tserger

Banana Bread

Great with a rich Colombian coffee

Ingredients:

- 2 to 3 medium (7" to 7-7/8" long) very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup (76g) butter, unsalted or salted, melted
- 1/2 teaspoon baking soda (not baking powder)
- 1 pinch salt
- 3/4 cup (150g) sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups (205g) all-purpose flour

Recipe provided by - www.simplyrecipes.com

Cooking Instructions:

- **Step 1** - Preheat the oven and prepare the pan:
- Preheat the oven to 350°F (175°C), and butter an 8 x 4-inch loaf pan.
- **Step 2** - Mash the bananas and add the butter:
- In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
- **Step 3** - Mix in the remaining ingredients:
- Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
- **Step 4** - Bake the bread:
- Pour the batter into your prepared loaf pan. Bake for 55 to 65 minutes at 350°F (175°C), or until a toothpick or wooden skewer inserted into the center comes out clean. Then, cool and serve.

"Baking anything with my daughters, especially homemade banana bread, has always been something I really enjoy."



• Penny Bucharo

Plantain Mofongo

A traditional Puerto Rican dish

Ingredients:

- Vegetable oil, for frying
- 3 medium green, unripe plantains
- 1 tablespoon garlic paste
- 6 ounces pork rinds or cracklings, crushed
- Kosher salt, to taste

Recipe provided by - www.thespruceeats.com

Cooking Instructions:

- **Step 1** - Heat about 2 inches of oil over medium-high heat in a large skillet or deep fryer to 350 F.
- **Step 2** - While the oil is heating up, peel the plantains and cut into 1-inch rounds.
- **Step 3** - Fry the plantains until golden and tender, 4 to 6 minutes.
- **Step 4** - Remove cooked plantains from the pan or fryer to a paper-towel-lined plate.
- **Step 5** - Put the garlic paste in a large bowl or mortar and add the fried plantains, in batches, if necessary. Mash thoroughly.
- **Step 6** - Add the pork rinds. Continue to mash and mix until all of the ingredients are combined. Add salt to taste.
- **Step 7** - Shape the mofongo into 4 balls and serve.



- Yomare Gonzalez

Cream Cheese Cookies

The perfect reminder of home during the holidays!

Ingredients:

- 1 cup of shortening
- 3 oz. cream cheese, softened
- 1/2 cup sugar
- 1 tsp vanilla
- 2 cups flour

Cooking Instructions:

- **Step 1** - Cream shortening, cream cheese and sugar. Add in vanilla and flour.
- **Step 2** - Bake at 375 for 8-10 minutes on UNGREASED cookie sheet. Do not brown.

This recipe makes approximately 48 cookies using a cookie press. These are very delicate cookies - let cool slightly before removing from cookie sheet.

**This is my late grandmother's own recipe and she would be thrilled to know other families now can celebrate the holidays with these cookies.*

These cookies, made by my grandmother every holiday season, are the perfect reminder of my family traditions, home and holidays with loved ones."



• Sarah Capri

Stollen Bread

A German Christmas tradition!

Ingredients:

• **For the Dough:**

- 1 cup lukewarm whole milk
- 3 teaspoons active dry yeast
- 1/2 cup granulated sugar
- 4 cups all-purpose flour
- 1 large egg
- 2 large egg yolks
- 3/4 cup unsalted butter (1 1/2 sticks) , at room temperature so it's very soft
- 2 teaspoons quality pure vanilla extract
- zest of one lemon
- 1 teaspoon salt
- 3/4 teaspoon ground cardamom
- 3/4 teaspoon ground mace
- 1/2 teaspoon ground cinnamon
- 8 ounces Homemade Marzipan/Almond Paste, divided in half (you can omit the marzipan if you prefer)
- or store-bought marzipan/almond paste

• **For the Fruits & Nuts:**

- 9 ounces raisins
- 3 ounces candied lemon peel , finely diced
- 3 ounces candied orange peel , finely diced
- Homemade Candied Citrus Peel Recipe
- 3 ounces blanched slivered or sliced almonds , finely chopped
- 1/3 cup quality dark rum

• **For the Glaze & Dusting:**

- 1 stick unsalted butter , melted
- powdered sugar for generous dusting

Recipe provided by - www.thedaringgourmet.com

Making this bread is a process... takes days. Teaches me to slow down and let life unfold. Plus, fresh bread smells amazing.



• Brian Upton

Stollen Bread continued...

A German Christmas tradition!

Cooking Instructions:

- **Step 1** - Place the raisins, candied citrus peel and almonds in a medium bowl and pour the rum over it. Stir to combine. Set aside and let the fruit mixture soak in the rum while the dough rises.
- **Step 2** - Stir the yeast and 2 tablespoons of the sugar into the lukewarm milk and let sit in a warm place for 10-15 minutes until very frothy.
- **Step 3** - Place the flour, remaining sugar, egg, egg yolks, butter, vanilla extract, lemon zest, salt, cardamom, mace and cinnamon in the bowl of a stand mixer fitted with a dough hook. Add the yeast/milk mixture. Use a spoon to stir the mixture until it comes together. Knead the dough on the bread setting for 7-8 minutes. Remove the dough ball, lightly spray the bowl with a little oil, return the dough ball, cover loosely with plastic wrap and place it in a warm place or lightly warmed oven (just barely warm), to rise until nearly doubled in size, at least 1 hour (likely closer to 2 hours depending on the temperature of the environment).
- **Step 4** - Punch down the dough and add the soaked fruit/nut mixture to the dough (it should have absorbed all the rum by now but if there is excess liquid, pour it out before adding the mixture to the dough). Using the dough hook, knead the fruit/nut mixture into the dough until combined. If the dough is too wet to handle, add a little bit of flour until the dough pulls away from the sides of the bowl.
- **Step 5** - Turn the dough out onto a floured work surface and cut it in two equal halves. Press or roll each piece into an oval to about 1 inch thickness. Roll each piece of marzipan into a log the length of the oval. Press the marzipan gently into the middle of the dough. Fold the left side of the dough over to cover the marzipan, then fold right side over on top of the left side so that the edge of it sits just left of the middle of the stollen (see pics). In other words, don't fold the right side all the way over to the left edge of the stollen. Pinch and tuck the top and bottom ends of the stollen to cover the marzipan. Use the bottom edge of your hand to press down along the length of the stollen towards the right of the center to create a divot and characteristic hump (see pics). Place the stollen on a lined baking sheet. Cover the stollen loosely with plastic wrap and let them rest in a warm place or lightly warmed oven for 40-60 minutes until puffy. At that point you can pick off any raisins that are sticking out of the dough (they will burn during baking).
- **Step 6** - Towards the end of the last rise, preheat the oven to 350 degrees F and bake the stollen for 30-40 minutes or until golden. You can use an [instant read thermometer](#) to aim for an internal temperature of 190 degrees F. Let the Stollen sit for 5 minutes, then use a toothpick to poke holes all over the stollen (this will allow the butter to seep in), then generously brush the stollen with the melted butter while the stollen are still warm. Immediately sprinkle with a generous amount of powdered sugar, rubbing it into the creases and down the sides. Let the stollen cool completely. You may want to give it another dusting of powdered sugar once cooled.
- **Step 7** - The stollen can be sliced and eaten now or wrapped tightly (wrap in plastic wrap then foil) and left to "ripen" in a cool place for 2 weeks. The liquid from the dried fruits will further penetrate the dough for more flavor and moisture. Stollen can also be frozen for longer storage.
- Makes 2 large or 3 medium Stollen.