



America's Most Wanted Recipes



Ron Douglas

www.RecipeSecrets.net

The Secret Recipe Site

The Secret Recipes for Your Favorite Dishes



PREFACE

This cookbook is a compilation of 101 of the most beloved restaurant dishes in America based on our research and consumer surveys. These are the "secret recipes" which are generating billions of dollars for the restaurant industry every year. Now you can have them to prepare in your own kitchen!

Everyone enjoys eating out but there's nothing like a home cooked meal made from scratch. Why not have the best of both worlds? Enjoy these dishes made fresh at home and save money in the process.

How much can you save?

The amount you'll save depends on how many times you substitute preparing these recipes at home instead of eating out. Here's an example of the potential savings:

Fettuccini Alfredo from the Olive Garden®

Retail Price: \$10.25
Home Version: \$4.28
You Save: \$5.97

When you consider that the home version recipe serves 6, you are actually saving \$35.82. Over time, saving money this way really adds up.

How did we get these recipes?

No, we didn't sneak into the kitchens of America's favorite restaurants and run off with their secret cookbooks (although it may have been easier that way).

The recipe collection in this cookbook has been researched and compiled with the help of our RecipeSecrets.net community of over 100,000 subscribers. Each recipe has been tested and tweaked to taste just like the original. Due to intellectual property laws, we can only claim to offer "clones" of these famous dishes. However, we're confident that if you follow these instructions, you won't be able to tell the difference.

We encourage you to put the book to good use and make these famous dishes yourself. Once you've tried the recipes, you'll see what makes them so special and why we have so many satisfied customers.

You can also get thousands of additional recipes and interact with our online community through our free Secret Recipe Forum - go to: www.RecipeSecrets.net/forum.

I hope this cookbook brings enjoyment for you, your family and friends for years to come.

Ron Douglas

Author of "America's Most Wanted Recipes"

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This document is a compilation of recipes and cooking tips based on personal interpretation of the foods listed. Through trial and error, each recipe was created to taste the same as, or similar to, its restaurant/brand counterpart, but they are not the actual recipes used by the manufacturer or creator.

The brand or restaurant names for the recipes have only been included as an aid in cataloging the recipes and do not imply authenticity or endorsement by the manufacturer or creator. All restaurant and company names are trademarks of their respective owners. Please see our Trademarks section towards the end of this cookbook for detailed trademark credits.

All information provided through this cookbook is intended to be accurate. However, there may be inaccuracies at times which we will make every attempt to correct when found. Some of the information provided may be intended to assist you in making decisions but does not eliminate the need to discuss your particular circumstances with a qualified professional.

For the actual and authentic version of the food products listed in this compilation, please patronize the individual restaurant or manufacturer.

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CONTENTS

Applebee's®		El Pollo Loco®	
Applebee's Baby Back Ribs	5	Pollo Asada	38
Bacon Scallion Mashed Potatoes	6	Chicken	39
Fiesta Lime Chicken	7		
Low-Fat Blackened Chicken Salad	8	General Tso's Chicken	40
Santa Fe Chicken	10		
Spinach Pizza	11	Hard Rock Café®	
		BBQ Beans	41
Auntie Anne® Pretzels	12	Homemade Chicken Noodle Soup	42
		Potato Soup	43
Benihana®		Shrimp Fajitas	44
Hibachi Steak	13		
Japanese Fried Rice	14	Hooter's® Buffalo Wings	45
Bennigan's Onion Soup	15	Houston's® Spinach and Artichoke Dip	46
Boston Market®		IHOP®	
Creamed Spinach	16	Colorado Omelet	47
Dill Potato Wedges	17	Pancakes	48
Macaroni & Cheese	18		
Meatloaf	19	Joe's Crab Shack®	
Spicy Rice	20	Crab Cakes	49
Stuffing	21	Étouffée	50
		Rice Pilaf	51
Burger King® Whopper	22	Seafood Stuffed Mushrooms	52
		Stuffed Shrimp Enbrochette	53
California Pizza Kitchen® BBQ Chicken Pizza	23		
		Junior's® Famous No.1 Cheesecake	54
Chi Chi's®			
Baked Chicken Chimichangas	24	KFC®	
Pork Tenderloin with Bourbon Sauce	25	Honey BBQ Wings	56
Salsa Verde Chicken Kabobs	26	Original Recipe Fried Chicken	57
Steak and Mushroom Quesadillas	27		
		Macaroni Grill®	
Chili's®		Insalata Florentine	58
Baby Back Ribs	28	Pasta Gamberetie E Pinoli	59
Boneless Buffalo Wings	29	Shrimp Portofino	60
Chicken Enchilada Soup	30		
Fajitas	31	McDonald's® Big Mac	61
Southwest Chicken Chili	32		
Southwestern Egg rolls	33	Olive Garden®	
Southwestern Vegetable Soup	35	Breadsticks	62
		Fettuccine Alfredo	63
Cinnabon® Cinnamon Buns	36	Lasagna	64
		Pasta e Fagioli	65
Dairy Queen® Heath Blizzard	37	Salad Dressing	66
		Sangria	67

CONTENTS CONTINUED

Outback Steakhouse®			Taco Bell®	
Honey Wheat Bushman Bread	68		Burrito Supreme	97
Marinated Steak	69		Enchirito	98
			Mexican Pizza	99
Panda Express® Orange Flavored Chicken	70			
			The Cheesecake Factory®	
PF Chang®			Cajun Jambalaya Pasta	100
Chicken Lettuce Wrap	71		Chicken Fettuccini	101
Chicken with Black Bean Sauce	72		Oreo Cheesecake	102
			Pumpkin Cheesecake	103
Planet Hollywood®				
Captain Crunch Chicken	73		The Soup Nazi®	
The Terminator	74		Crab Bisque	104
			Cream of Sweet Potato Soup	105
Popeyes®			Indian Mulligatawny Soup	106
Cajun Rice	75		Mexican Chicken Chili	107
Dirty Rice	76			
Fried Chicken	77		Waffle House® Waffles	108
Red Lobster ®			Wendy's®	
South Beach Seafood Paella	78		Chili	109
Batter-Fried Shrimp	80		Mandarin Chicken Salad	110
Cheddar Biscuits	81			
Clam Chowder	82			
Lobster Fondue	83			
Lobster w/Crabmeat Stuffing	84		Index	111
Shrimp Diablo	85			
			Trademark Credits	114
Ruby Tuesday®				
Chicken Quesadillas	86			
Sonoran Chicken Pasta	87			
Sara Lee® Original Cream Cheesecake	89			
Shoney's®				
Pot Roast	90			
Tomato Florentine Soup	91			
Sizzler® Fried Shrimp	92			
Starbuck's® Frappuccino	93			
T.G.I. Friday's®				
Baked Potato Skins	94			
Broccoli Cheese Soup	95			
Jack Daniels Dipping Sauce	96			



*Applebee's Baby Back Ribs

Baby back ribs basted in a sweet BBQ sauce. You'll be licking your fingers once you taste this delicious dish. Typically served with baked beans, fries and cole slaw.

- 3 (1 lb) racks pork baby back ribs cut in half
- 1 cup ketchup
- 1/4 cup apple cider vinegar
- 3 tablespoon dark brown sugar
- 3 tablespoon Worcestershire sauce
- 1 teaspoon liquid smoke
- 1/2 teaspoon salt



1. Place ribs in a large pot and fill pot with enough water to cover ribs.
2. Bring water to a boil, reduce heat, cover and simmer for 1 hour, or until ribs are fork tender.
3. While ribs are boiling, combine remaining ingredients in a medium saucepan and bring to a boil.
4. Reduce heat and simmer, uncovered, stirring often, for 30 minutes, or until slightly thickened.
5. Place boiled ribs, meat side down, on a broiler pan.
6. Brush with half the sauce mixture and broil 4" to 5" from heat for 6-7 minutes.
7. Turn ribs over, brush with remaining sauce, and broil additional 6-7 minutes, or until edges are slightly charred.

Serves 3

RecipeSecrets.net tip: If you like your ribs falling off the bone, add 1 cup of apple cider vinegar to water before placing ribs to boil.

***Applebee's Bacon Scallion Mashed Potatoes**

- 2 lbs. potatoes - peeled, cut into 1" cubes
- 4 cloves garlic - peeled
- 5 strips bacon - cut into 1/2" pieces
- 1 cup thinly sliced scallions
- 1/2 cup low fat milk - warmed
- 1/2 cup low fat sour cream
- 1 teaspoon salt
- 1/4 teaspoon black pepper



1. In a large pot, cover potatoes and garlic with lightly salted water.
2. Boil until potatoes are fork tender.
3. Fry bacon in skillet until crisp; drain on paper towels.
4. Pour out all but 1 teaspoon bacon grease from pan.
5. Add scallions to grease, sauté until soft, but not brown. Add bacon.
6. Drain potatoes and return to pot.
7. Mash potatoes with milk, sour cream, salt, and pepper. Stir in bacon and scallions.
8. Reheat, if necessary, before serving.

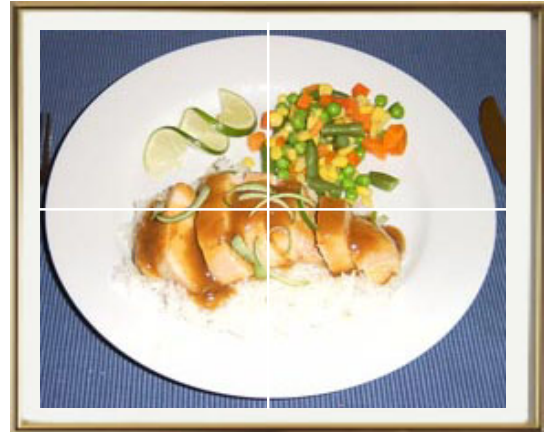
Serves 4



*Applebee's Fiesta Lime Chicken

Grilled boneless breast marinated in lime juice and tequila flavors. Typically served with crisp tortilla strips, Southwest rice and Pico de Gallo.

- 1 cup water
- 1/3 cup teriyaki sauce
- 1/2 cup lime juice
- 3 cloves garlic - minced
- 1 teaspoon tequila
- 1 teaspoon liquid smoke
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 lb. boned, skinned chicken breasts
- 1/4 cup real mayonnaise
- 1/4 cup sour cream
- 2 tablespoons spicy, chunky salsa
- 1 tablespoon milk
- 1 teaspoon Cajun blackening spice
- 1/4 teaspoon dried parsley
- 1/4 teaspoon hot sauce
- 1/8 teaspoon dried dill weed
- 1/8 teaspoon cumin
- 1 cup shredded Colby Jack cheese
- 2 cups corn chips - crumbled



1. Whisk together the first 8 ingredients, coat chicken in mixture, and marinate for at least 2 hours.
2. To prepare the dressing: whisk together the next 9 ingredients, cover, and chill until needed.
3. Grill the marinated chicken breasts for 3-5 minutes per side, or until cooked through. Discard marinade.
4. Brush grilled chicken with reserved dressing, sprinkle with cheese, and broil until cheese has melted.
5. Serve the chicken over a bed of crumbled chips.

Serves 4

RecipeSecrets.net tip: Serve with Spanish rice and salsa.

***Applebee's Low-Fat Blackened Chicken Salad**

2 boneless, skinless chicken breast halves
2 tablespoons butter

Dressing

1/4 cup low fat mayonnaise
1/4 cup Dijon mustard
1 tablespoon yellow mustard
1 tablespoon apple vinegar
1/4 cup honey
1/8 teaspoon paprika

Chicken Marinade

1 cup water
3 tablespoons lime juice
2 tablespoons soy sauce
1/2 tablespoon Worcestershire sauce

Cajun Spice Blend

1/2 tablespoon salt
1 teaspoon brown sugar
1 teaspoon paprika
1 teaspoon onion powder
1 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon cayenne pepper
1/2 teaspoon white pepper

Salad

8 cups chopped red leaf lettuce
1/2 cup shredded red cabbage
1/2 cup shredded carrot
1/2 cup fat free shredded mozzarella cheese
1/2 cup fat free shredded cheddar cheese
1 large tomato, diced
1 hardboiled egg white, diced

1. Mix dressing ingredients in small bowl and refrigerate until ready.
2. Mix marinade ingredients in a medium bowl. Add the chicken breasts to the marinade, cover and refrigerate overnight or at least several hours.
3. Preheat oven broiler or grill.
4. Mix Cajun spice blend ingredients in a bowl. Rub the spice into both sides of the chicken breasts until covered with spice.



5. Melt the butter in pan over medium heat. Sear chicken breasts for 2-3 minutes and flip it over so that both sides are coated with a charred black layer of spice.
6. Place chicken in broiler or on grill for an additional 2-3 minutes or until thoroughly cooked.
7. Mix ingredients for salad in a large bowl. Serve into two individual bowls.
8. Slice chicken into ½ inch wide slices and add to salad.
9. Serve with salad dressing on the side.

Serves 2

*Applebee's Santa Fe Chicken

Experience the flavor of the Southwest with this popular grilled marinated chicken dish. Serve over a bed of rice pilaf with mixed vegetables.

- 8 boned, skinned chicken breast halves
- 8 oz. block Monterey jack cheese - divided
- 1 cup Italian bread crumbs
- 1 1/2 tablespoons grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1/2 cup melted butter or margarine
- 1 tablespoon butter or margarine
- 1 tablespoon All-purpose flour
- 1 cup milk
- 1 small red bell pepper - seeded, diced
- 1 small green bell pepper - seeded, diced

1. Place 1 chicken breast between two sheets of wax paper. Working from the center to the edges, pound with a meat mallet until flat and rectangular shaped. Repeat with remaining breasts.
2. Cut half of the cheese block into 8 slices; grate the remaining cheese and set aside.
3. Wrap each flattened chicken breasts around a slice of cheese; secure with wooden picks or uncooked spaghetti noodles.
4. Combine the bread crumbs, Parmesan cheese, salt, cumin, and pepper.
5. Roll the secured chicken pieces in the melted butter and then in the bread crumb mixture.
6. Place chicken breasts in a 13 x 9 x 2" baking dish, being careful not to crowd them.
7. Drizzle remaining butter over the breasts.
8. Refrigerate for 1 hour or freeze to bake later (if you decide to freeze, increase baking time by about 5-10 minutes).
9. Bake in a 400 degree oven for 25-30 minutes, or until chicken is cooked through.
10. Melt butter in saucepan, stir in flour, whisk in milk, then bring to a simmer.
11. Stir in grated cheese, reduce heat, and simmer until thick, stirring.
12. Place chicken on plates, pour sauce over, and top with diced peppers.

Serves 8

*Applebee's Spinach Pizza

- 1/4 cups rice milk
- 4 tablespoon All-purpose flour
- 1/3 cup nutritional yeast
- 10 oz. pkg. frozen spinach - thawed, squeezed
- 1 medium onion - chopped
- 4 cloves garlic - minced
- 1 tablespoon olive oil
- 5 medium plum tomatoes
- 8 ozs. fresh mushrooms
- 1 teaspoon basil
- 1 teaspoon parsley
- 1 teaspoon cayenne pepper
- 3 pita bread

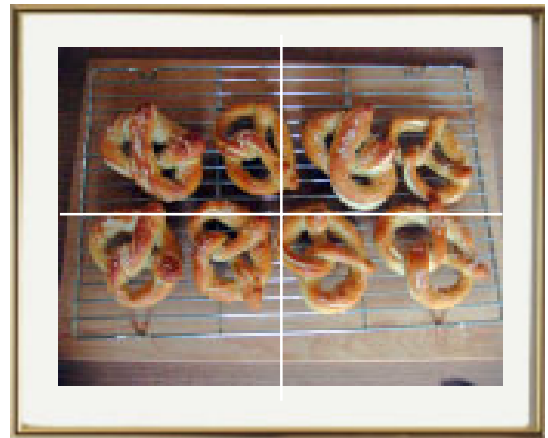


1. Heat milk in saucepan until hot, but not boiling.
2. Stir in flour and continue stirring until sauce begins to thicken.
3. Reduce heat and add nutritional yeast and spinach.
4. Stir constantly until thick and gooey, about 3-4 min.
5. In separate pan, sauté onion and garlic in oil until onion is tender.
6. Stir in tomatoes, mushrooms, and spices. Sauté until hot throughout. Drain out any liquid.
7. Using a very sharp bread knife, split each pita bread in half to make 2 round, flat pieces.
8. Place each piece of bread on a cookie sheet or pizza pan.
9. Spread spinach sauce over each.
10. Top with tomato mixture.
11. Bake in 425 degree oven for 5-7 minutes. Watch closely so that the edges of the pita don't burn.

Serves 3

*Auntie Anne Pretzels

4 cups bread flour
1 ½ cups 115 degree water
1/4 cup warm water
1 1/2 teaspoons active dry yeast
1/2 teaspoons brown sugar
1 tablespoon baking soda
pinch of salt
1 cup melted butter



1. Combine yeast, sugar, salt and 115 degree water into a mixing bowl and let it settle for 5-10 minutes.
2. Stir flour to mixture and knead until smooth.
3. Place dough in a lightly greased bowl, cover with a damp towel, and allow to rise at room temperature for 45 minutes.
4. Split dough into 10 equally sized pieces
5. Roll each piece into a long rope about 1/2 inch thick and shape each rope into a pretzel.
6. In a shallow dish, stir baking soda into warm water; dip pretzels into mixture; lay coated pretzel onto a lightly greased cookie sheet.
7. Bake in a 450 degree until golden brown (about 10 minutes).
8. Brush melted butter onto hot pretzels.

Serves 8-12

RecipeSecrets.net tip: Dip pretzel in butter coating both sides. Add cinnamon and sugar for sweet pretzels or salt for the traditional pretzel taste.



*Benihana Hibachi Steak

Looking for a great tasting low carb dish? This Japanese steak recipe typically has less than 5g of carbs.

- 4 (5 oz.) Sirloin Steaks
- 4 teaspoons soybean Oil
- 8 large mushrooms - sliced thick
- 1 large onion - sliced
- 2 cups bean sprouts
- 4 tablespoons soy sauce
- 4 dashes salt
- 4 dashes black pepper

1. Broil steak until rare.
2. Heat nonstick skillet and add oil to heated skillet.
3. Add onion and cook until slight brown and soft
4. Place steak cubes in skillet with mushrooms and cook to desired preparedness (i.e. rare, medium, well done).
5. Add bean sprouts and soy sauce
6. Add salt and pepper to taste.
7. Add steak sauce (typically a mustard based sauce).

Serves 4-6



***Benihana Japanese Fried Rice**

2 1/2 cups of cooked short grain Japanese white rice

2 eggs - beaten

1 medium carrot - finely grated

1/2 cup fresh green onion - diced small

4 teaspoons soy sauce

1/2 cup peas - unfrozen

cooking oil

salt and pepper

1. Boil rice according to package instructions. Once done, empty into mixing bowl.
2. In a large skillet, heat 2 teaspoons of oil. Scramble eggs into small pieces until cooked. Empty scrambled egg into bowl and stir together.
3. Using the same pan, add additional oil, diced onion, peas, carrot. Let simmer for 5 minutes on low heat.
4. Add several scoops of cooled rice and egg mix to skillet. Keep gradually adding a scoup at a time into the pan and mix.
6. While mixing, slowly add a little soy sauce at a time until fried rice is a golden brown color.
7. Add salt and pepper to taste.

Serves 4



*Bennigan's Onion Soup

- 1 large onion, quartered and sliced
- 1/4 cup butter
- 2 tablespoons canola oil
- 3 tablespoons flour
- 4 cups chicken broth
- 4 cups beef broth
- 8 slices from a crusty baguette
- shredded Mozzarella cheese or Swiss cheese
- grated Parmesan cheese

1. In a Dutch oven, slowly sauté onions in butter and oil until onions are transparent and turning yellow, but not browned. When tender, turn heat to lowest setting and add flour, stirring until well blended.
2. Add chicken and beef broths; heat through. Divide among 8 oven safe bowls.
3. Place a slice of bread on each bowl of soup. Sprinkle equal amounts of the cheeses over bread slices.
4. Place all bowls on oven rack 4 inches from heat and broil until cheese melts. Serve hot.

Serves 8

RecipeSecrets.net tip: If you're not serving 8, don't worry. Soup can be kept in the freezer for several months and still remain fresh for reheating.

*Boston Market Creamed Spinach

- 5 tablespoons butter or margarine - divided
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1 cup half and half cream
- 4 ounces cream cheese
- 2 tablespoons minced onion
- 1 tablespoon minced garlic
- 2 (10 oz.) boxes frozen chopped spinach - thawed
- 1/4 cup water
- 1/4 cup grated Parmesan cheese

1. In a saucepan over medium-low heat, melt 3 tablespoons butter. Stir flour and salt into pan until creamed together.
2. Slowly stir in cream, then stir in cream cheese; increase heat to medium.
3. Constantly whisk until mixture becomes thick and smooth; remove from heat; set aside.
4. In a saucepan over medium-high heat, sauté onions and garlic in remaining butter until transparent.
5. Add spinach and water to pan; reduce heat to low; cover. Cook, stirring occasionally, for 8 minutes.
6. Stir prepared sauce and Parmesan into pan; stir until completely blended.

Serves 6



*Boston Market Dill Potato Wedges

2 medium red potatoes - unpeeled
Cooking oil spray
Garlic salt
Dry dill weed



1. Preheat oven to 400 degrees.
2. Cut potatoes into lengthwise wedges and bake in oven for 45 minutes or until tender.
3. Spray the cut sides of the potatoes in cooking oil spray.
4. Dust in garlic salt and dry dill weed and pan fry until lightly brown.

Serves 2

RecipSecrets.net tip: Be sure to use red potatoes because they keep their consistency and do not get mushy after baking.

*Boston Market Macaroni & Cheese

- 1/4 cup butter or margarine
- 1 tablespoon minced onion
- 1/4 cup all-purpose flour
- 2 cups milk
- 4 oz. processed American cheese cubed
- 1 teaspoon salt
- 1 dash black pepper
- 1/4 teaspoon dry mustard
- 1/4 lb. elbow macaroni cooked al dente (slightly chewy to the bite)

1. Sauté onions in butter until transparent.
2. Stir in flour and cook 2 minutes.
3. Slowly stir in the milk.
4. Stir in the cheese, salt, pepper, and mustard.
5. Continue to cook over medium heat, stirring constantly, until thickened.
6. Stir in prepared macaroni.
7. Lightly butter a casserole dish and pour pasta mixture to dish.
8. Bake in a 400 degree oven for 20 minutes.

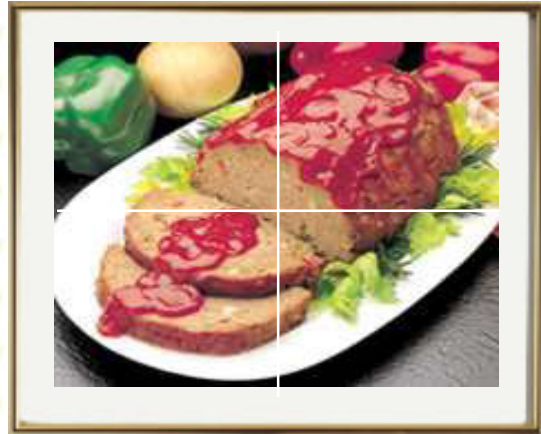
Serves 4

RecipeSecrets.net tip: Al dente refers to the desired texture of cooked pasta in Italian cooking. When the pasta is cooked al dente, there should be a slight resistance in the center when the pasta is chewed. For a sharper taste to this recipe, use 2 cups of shredded sharp cheddar cheese instead of American cheese.



*Boston Market Meatloaf

- 1 cup tomato sauce
- 1 1/2 tablespoon barbecue sauce
- 1 tablespoon granulated sugar
- 1 1/2 lbs. lean ground beef
- 1/3 cup all-purpose flour
- 3/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- Dash garlic powder
- 1 Egg



1. Stir together tomato sauce, barbecue sauce, and sugar; set aside 1/4 cup of mixture.
2. With your hands, mix in remaining ingredients.
3. Form the mixture into a loaf and place in a greased loaf pan.
4. Bake, covered, in 400 degree oven for 30 minutes.
5. Uncover and drain fat from the pan, then slice meatloaf while in the pan.
6. Drizzle the reserved tomato mixture evenly over the meatloaf.
7. Bake, uncovered, for an additional 30 minutes, or until cooked through.

Serves 5

RecipeSecrets.net tip: Freshly grated Parmesan cheese is an easy meatloaf flavor booster. Try adding 1/4 - 1/3 cup to your recipe.

***Boston Market Spicy Rice**

- 1/4 cup raw rice-shaped pasta
- 3/4 cup minute rice
- 1 tablespoon pimiento; chop fine
- 1/2 teaspoon dry minced celery leaf
- 1 teaspoon dry minced parsley
- 1/4 teaspoon dry mustard
- 14 oz can chicken broth
- 1/4 cup olive oil
- 1/2 teaspoon salt

1. In a 2-qt saucepan combine all ingredients. Stir often and bring to a boil.
2. Cover and remove from heat. Let stand 15 minutes. Fluff rice with a fork every 5 minutes.
3. Add salt and pepper to taste.

Serves 6



*Boston Market Stuffing

- 1 (14 oz.) can clear chicken broth
- 1 (10 oz.) can sliced carrots - undrained
- 1 (4 oz.) can sliced mushrooms - undrained
- 2 ribs celery cut in 5 pieces each
- 1 tablespoon rubbed sage
- 1/2 teaspoon poultry seasoning
- 1 tablespoon chicken bouillon powder
- 3 tablespoons bottled liquid margarine or melted butter
- 3 English Muffins cut into 1/2 inch cubes
- 1 (8 oz.) bag (6 cups) unseasoned croutons
- 1 tablespoon dry minced parsley
- 2 tablespoons dry minced onion

1. Open the can of carrots and slice them (while still in the can) with a pairing knife.
2. Empty sliced carrots into a Dutch oven. Add mushrooms; set aside.
3. Pour chicken broth into a blender. Add celery pieces, sage, poultry seasoning, bouillon powder and margarine. Blend for a few seconds or until celery is finely minced.
4. Add English muffin cubes, croutons, parsley and onion to Dutch oven.
5. Pour in blender mixture and stir with rubber bowl scraper until completely moist.
6. Cover and bake at 350° about 45 minutes or until steaming hot.

Serves 8

*Burger King Whopper

Here's the homemade version of the Whopper, without the pre-packed ingredients used at the restaurant. Of course you can also "have it your way" as the commercial says.

- 1 sesame seed hamburger bun
- 1/4 lb ground beef
- 2 dill pickle slices (flat and round)
- 4 sliced onion rings
- 2 tomato slices
- Chopped lettuce
- Mayonnaise
- Ketchup
- Dash of seasoning salt
- Dash of Accent flavor enhancer



1. Heat barbeque grill (medium flame).
2. Gently massage seasoning salt and Accent into ground beef.
3. Flatten hamburger meat into a flat and wide patty.
4. Cook hamburger patty on grill to desired preparedness.
5. Lightly toast both halves of the bun on grill.
6. Spread mayonnaise and ketchup on both sides of bun. Stack (in order) the bottom bun, burger, pickles, onions, tomatoes, lettuce, and top bun.

Makes 1 Whopper



*California Pizza Kitchen BBQ Chicken Pizza

The original BBQ chicken pizza introduced in the first California Pizza Kitchen restaurant in 1985. A delicious and unique dish which includes smoked Gouda cheese.

- Cornmeal, semolina, or flour for handling
- ½ cup Bullseye Original barbecue sauce
- 2 tablespoons shredded smoked Gouda cheese
- 1 cup shredded mozzarella cheese
- Commercial pizza dough or dough mix
- ½ small red onion, sliced into ½ inch pieces
- 2 tablespoons chopped fresh cilantro
- 1 boneless, skinless chicken breast half
- 1 tablespoon olive oil

1. Cook chicken in large frying pan over medium heat for 5-6 minutes. Be careful not to overcook. Set aside in refrigerator.
2. Once chicken is chilled, coat with barbeque sauce and set aside.
3. Follow instructions on the commercial pizza dough or dough mix to prepare enough dough for a 10-inch crust. Form pizza dough into a ball and roll out over a floured surface until 10 inches wide, round and flat.
4. Put pizza crust onto a baking sheet and spread remaining barbeque sauce evenly over crust.
5. Sprinkle 1/2 cup of mozzarella and the gouda cheese over sauce.
6. Add barbeque chicken, red onion, and cover with remaining 1/2 cup of mozzarella. Add cilantro on top of the mozzarella.
7. Bake for 10 minutes or until crust is crisp and golden.

Serves 6-8

*Chi Chi's Baked Chicken Chimichangas

Since 1976, Chi Chi's restaurants have been known for their fun atmosphere and great Mexican style food. Today you can get many of their great products in your local supermarket.

- 1 pound boneless, skinless chicken, cooked and shredded
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/3 cup chili powder
- 1 CHI-CHI'S® Salsa (16-ounce) jar
- 4 tablespoons water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- Salt
- 6 (10-inch) flour tortillas, warmed
- 1 cup CHI-CHI'S® Refried Beans
- Olive oil
- Sour cream
- Guacamole



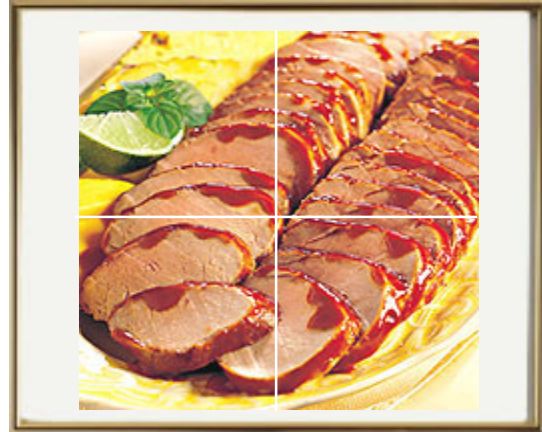
1. In large saucepan, sauté onion and garlic in oil until tender. Stir in chili powder, salsa, water, cumin and cinnamon. Pour mixture into blender container or food processor bowl fitted with metal blade. Process until smooth. Pour back into saucepan; stir in chicken. Add salt to taste.
2. Heat oven to 425°F. Grease rimmed 15x10x1-inch baking pan. Working with 1 tortilla at a time (keep remaining tortillas wrapped), spoon a heaping tablespoon of beans down center of each tortilla. Top with about 1/2 cup chicken mixture. Fold up the bottom, top and sides of tortilla; secure with wooden picks, if necessary.
3. Place chimichangas in greased baking pan, seam-side-down. Brush all sides with oil.
4. Bake 15 minutes or until golden brown and crisp, turning every 5 minutes. Serve with salsa, sour cream and guacamole.

Serves 6



*Chi Chi's Pork Tenderloin with Bourbon Sauce

- 10 oz can Chi Chi's diced tomatoes and green chillies, drained
- 1/3 cup Bourbon
- 1/3 cup Soy sauce
- 1/3 cup Worcestershire sauce
- 1/2 cup Chopped onion
- 2 tablespoons Honey
- 2 tablespoons Dijon mustard
- 1/4 teaspoon Pepper
- 2 pounds Pork tenderloin



1. Combine all marinade ingredients in recloseable plastic food bag. Mix well. Add the pork tenderloin. Seal bag and turn several times to coat the meat. Place in refrigerator for 8 hours or overnight, turning occasionally.
2. Preheat broiler. Remove meat from marinade; reserve marinade.
3. Place meat on broiler pan, broil 7 to 8 inches from heat source for approximately 7 to 9 minutes on each side.
4. In small saucepan, bring remainder of marinade to a boil; boil one minute. Serve with the meat.

Serves 4

*Chi Chi's Salsa Verde Chicken Kabobs

If you're looking for a great tasting break from the norm, this dish is for you. I tried it with Plantains instead of bananas and it came out great.

- 16 ounces Chi-Chi Salsa Verde (available at grocery stores)
- 1/4 cup olive oil
- 2 tablespoons lime juice
- 3 cloves garlic
- 1 boneless skinless chicken breasts cut into 1 1/2 inch strips
- 2 cups finely shredded cabbage
- 1 1/2 cup finely julienned jicama
- 1 cup shredded carrot
- 1/3 cup coarsely chopped fresh cilantro
- 1 dash salt to taste
- 1 dash pepper to taste
- 2 large ripe bananas

1. In blender container or food processor combine salsa verde, oil, lime and garlic. Process until smooth.
2. Remove 2/3 cup of this mix and set aside. Refrigerate.
3. Place chicken in recloseable plastic food storage bag; pour the remaining salsa mixture over the chicken. Seal bag and turn over several times to coat pieces thoroughly. Refrigerate, turning bag occasionally for at least four hours or over night.
4. In large bowl, combine vegetables and cilantro. Stir in the reserved 2/3 cup salsa verde mixture. Add salt and pepper to taste - set aside.
5. Thread chicken pieces onto 8 long bamboo skewers (be sure to presoak the skewers in water 30 mins. before using) Cook over medium hot coals, grill kabobs five minutes on each side or until no longer pink in the center.
6. Slice bananas lengthwise, grill two minutes on each side.
7. Serve chicken and bananas on top of cabbage mixture.

Serves 2



*Chi Chi's Steak and Mushroom Quesadillas

- 4 ounces flap or skirt steak marinated in soy sauce, pineapple juice, garlic, salt and black pepper
- 1 ounce sliced red peppers
- 1 ounce sliced green peppers
- 1 ounce sliced yellow onions
- 2 ounces sliced mushrooms
- 1 ounce garlic butter
- 1 (12") Jalapeno Cheddar or Flour Tortilla
- 3 ounces Monterey Jack and Cheddar Cheese Blend
- 3 ounces Fresh Pico de Gallo (see recipe below)
- 1 ounce Shredded Iceberg Lettuce
- 1 ounce Guacamole
- 1 ounce Sour Cream
- 2 ounces Chi-Chi's Brand Chile con Queso or other dipping sauce



Pico De Gallo:

- 1 pound Diced Roma Tomatoes
- 3 ounces Diced Yellow Onions
- 1/2 ounce Chopped Fresh Cilantro
- Salt, pepper, granulated garlic and fresh limejuice to taste.

1. Marinate the steak for at least 2 hours prior to grilling. Grill steak to preferred doneness. Remove the steak from the grill and slice thinly.
2. Sauté the red peppers, green peppers, yellow onions and mushrooms in the garlic butter until the vegetables are semi-soft and have a light golden color to them.
3. Lay the tortilla on a medium heat grill or large sauté pan. Top the tortilla with the cheese, Pico de Gallo, sautéed vegetables and the grilled steak.
4. Allow to heat until the cheese has melted. Once the cheese has melted, fold the tortilla in half. Remove the tortilla from the heat and cut into four wedges.
5. Place the cut tortilla on a large serving plate and finish off with shredded lettuce, sour cream, guacamole and Chile con Queso for dipping.

Serves 4

*Chili's Baby Back Ribs

I want my "baby-back baby-back baby-back ribs." This is the dish that Chili's is famous for. Full rack of ribs "double-basted" w/BBQ sauce. Typically served w/cinnamon apples & homestyle fries.

6 pounds baby back pork ribs

2 cups water

Sauce

1 cup white vinegar

1/2 cup tomato paste

1 tablespoon yellow mustard

1/4 cup dark brown sugar

1 teaspoon liquid hickory flavoring

3 tablespoons Worcestershire sauce

1 1/4 teaspoons salt

1/2 teaspoon onion powder

1/4 teaspoon garlic powder

1/4 teaspoon paprika



1. Preheat oven to 350 degrees F.
2. Cut the rib slabs in half, leaving 6 to 8 ribs per section. In a large roasting pan, arrange the ribs evenly, then add the water. Cover pan tightly with a lid or foil to prevent steam from escaping. Bake for 3 hours.
3. About 2 hours into the baking time, make the sauce. In a large saucepan, combine all the sauce ingredients. Simmer over low heat for 1 hour, stirring occasionally.
4. Prepare the coals in a barbecue. Remove the ribs from the roasting pan. Discard the water.
5. Cover the ribs with sauce, saving about 1-1/2 cups of the sauce for later use at the table. Grill the ribs on the barbecue for about 5 minutes per side, or until slightly charred.
6. Serve with the remaining sauce and lots of moist towelettes or paper towels.

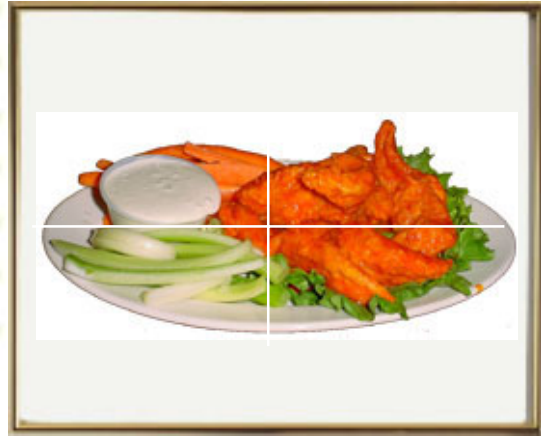
Serves 6-8

RecipeSecrets.net tip: Be careful not to burn yourself when removing ribs from roasting pan.



*Chili's Boneless Buffalo Wings

- 1 cup flour
- 2 tablespoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1/4 teaspoon paprika
- 1 egg
- 1 cup milk
- 1/2 cup buffalo wing hot sauce
- 2 chicken breasts, sliced into multiple 2 inch squares



1. Mix flour, salt, pepper and paprika in a bowl.
2. In another bowl mix egg and milk.
3. Heat deep fryer or wok with oil.
4. Dip chicken pieces in egg mixture then cover with flour mixture. Repeat again and then add to hot oil to fry.
5. When the chicken is done, drain grease on paper towels.
6. Arrange the pieces in a container and drizzle with hot sauce mixture. Gently shake to cover chicken pieces in sauce.
7. Serve immediately with celery stalks and blue-cheese dip.

Serves 2-4

*Chili's Chicken Enchilada Soup

- 1/2 cup vegetable oil
- 1/4 cup chicken base
- 3 cups diced yellow onions
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 teaspoons granulated garlic
- 1/2 teaspoon cayenne pepper
- 2 cups masa harina
- 4 qts. water, divided
- 2 cups crushed tomatoes
- 1/2 lb. Velveeta cheese, cubed
- 3 lbs. boneless, chicken breasts, cooked and shredded
- Garnish - cheddar cheese, tortilla chips, and Pico de Gallo



1. In large pot, place oil, chicken base, onion and spices. Sauté until onions are soft and clear, about 5 minutes.
2. In another container, combine masa harina with 1 quart water. Stir until all lumps dissolve. Add to sautéed onions and bring to boil. Cook an additional 2-3 minutes, stirring constantly.
3. Add remaining water to pot. Add tomatoes and return to a boil, stirring occasionally. Add cheese and stir until it melts. Add chicken; heat and serve.
4. Garnish with shredded cheddar cheese, crumbled tortilla chips, and Pico de Gallo.

Serves 16-20



*Chili's Fajitas

Juicy, marinated chicken or steak grilled to perfection! Served sizzling with onions and bell peppers.

- 1/4 cup lime juice
- 2 tablespoons olive oil
- 4 cloves garlic - crushed
- 2 teaspoons soy sauce
- 1 teaspoon salt
- 1/2 teaspoon liquid smoke
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 lb. boned, skinned chicken breasts or sirloin steak
- 2 tablespoons water
- 1 teaspoon soy sauce
- 1/2 teaspoon lime juice
- 1 dash salt
- 1 dash black pepper
- 1 tablespoon olive oil
- 1 large Spanish onion - sliced thin
- 1/2 medium green bell pepper - seeded, sliced thin
- 1/2 medium red bell pepper - seeded, sliced thin

1. Combine 1/4 cup lime juice, 2 Tbls. oil, garlic, 2 tsp. soy sauce, 1 tsp. salt, liquid smoke, cayenne pepper, 1/4 tsp. black pepper, and either the sirloin or the chicken in a sealable plastic container, cover and refrigerate for at least 2 hours, or overnight.
2. Combine water, 1 tsp. soy sauce, 1/2 tsp. lime juice, salt, and 1 dash black pepper; set aside.
3. Grill meat over a medium high flame 4 to 5 minutes on each side.
4. Cut meat into thin strips; set aside and keep warm.
5. Cook onion and bell peppers in oil until brown; remove from heat.
6. Pour reserved liquid mixture over onions and bell peppers.
7. Combine meat, onions, and bell peppers.

Serves 4

RecipeSecrets.net tip: Good as a snack or with Mexican rice.

*Chili's Southwest Chicken Chili

- 1/4 cup vegetable oil
- 1/2 cup diced onions
- 1 1/3 cup diced green bell pepper
- 2 tablespoons diced seeded jalapeño pepper
- 3 tablespoons fresh minced garlic
- 4 1/2 cups water
- 8 teaspoons chicken base
- 2 teaspoons lime juice
- 2 tablespoons sugar
- 3 tablespoons cornstarch
- 3 tablespoons ground cumin
- 2 1/2 tablespoons ground chili powder
- 4 teaspoons ground paprika
- 4 teaspoons dried basil
- 2 teaspoons freshly-minced cilantro
- 1 1/2 teaspoon ground red pepper
- 1/2 teaspoon ground oregano
- 1/2 cup crushed canned tomatillos
- 1 can diced green chiles - (4 oz) - drained
- 2 cans navy or small white beans - (15 oz ea) - drained
- 1 can dark red kidney beans - (15 oz) - drained
- 3 pounds diced cooked chicken breast
- Garnish - shredded cheese, sour cream, tortilla chips



1. In 5-quart or larger pot, heat oil over medium heat. Add onions and sauté along with bell pepper, jalapeño and garlic. Cook until vegetables are tender.
2. In another container, combine water, chicken base, lime juice, sugar, cornstarch and seasonings. Add to vegetable mixture.
3. Add tomatillos and diced green chiles to pot; bring to boil. Add beans and chicken; simmer 10 minutes.
4. Serve topped with shredded cheese and sour cream if desired, with tortilla chips on the side.

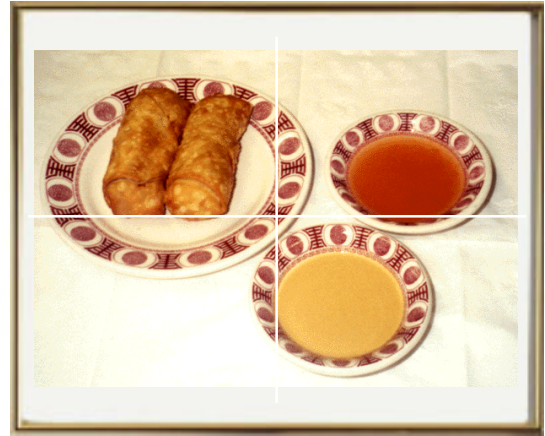
Serves 4



*Chili's Southwestern Egg Rolls

Crispy flour tortillas wrapped around smoked chicken, black beans, corn, and jalapeño Jack cheese w/red peppers and spinach. Served with a creamy avocado-ranch dipping sauce.

- 2 tablespoons vegetable oil
- 1 skinless, boneless chicken breast half
- 2 tablespoons minced green onion
- 2 tablespoons minced red bell pepper
- 1/3 cup frozen corn kernels
- 1/4 cup black beans, rinsed and drained
- 2 tablespoons diced jalapeno peppers
- 1/2 tablespoon minced fresh parsley
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/3 teaspoon salt
- 1 pinch ground cayenne pepper
- 2 tablespoons frozen chopped spinach, thawed and drained
- 3/4 cup shredded Monterey Jack cheese
- 5 (6 inch) flour tortillas
- 1 quart oil for deep frying



1. Rub 1 tablespoon vegetable oil over chicken breast. In a medium saucepan over medium heat, cook chicken approximately 5 minutes per side, until meat is no longer pink and juices run clear. Remove from heat and set aside.
2. Heat remaining 1 tablespoon vegetable oil in a medium saucepan over medium heat. Stir in green onion and red pepper. Cook and stir 5 minutes, until tender.
3. Dice chicken and mix into the pan with onion and red pepper. Mix in corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt and cayenne pepper. Cook and stir 5 minutes, until well blended and tender. Remove from heat and stir in Monterey Jack cheese so that it melts.
4. Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately 1 minute.

5. Spoon even amounts of the mixture into each tortilla. Fold ends of tortillas, then roll tightly around mixture. Secure with toothpicks. Arrange in a medium dish, cover with plastic, and place in the freezer. Freeze at least 4 hours.

6. In a large, deep skillet, heat oil for deep frying to 375 degrees F (190 degrees C). Deep fry frozen, stuffed tortillas 10 minutes each, or until dark golden brown. Drain on paper towels before serving.

7. Slice each egg roll diagonally lengthwise and arrange on a plate around a small bowl of the dipping sauce. Garnish the dipping sauce with the chopped tomato and onion.

Serves 5-6



*Chili's Southwestern Vegetable Soup

- 6 cups chicken broth
- 1 (14.5-oz.) can diced tomatoes, with juice
- 1 cup water
- 1 cup canned dark red kidney beans, with liquid
- 1 cup frozen yellow cut corn
- 1 cup frozen cut green beans
- 1 small diced green pepper
- 1/2 cup diced Spanish onion
- 1/2 cup tomato sauce
- 6 corn tortillas, minced
- 1 1/2 teaspoons chili powder
- dash garlic powder

Garnish

- 1 cup grated cheddar
- 1 cup crumbled corn tortilla chips

1. Mix soup ingredients in pot over high heat.
2. Bring soup to a boil, reduce heat and let simmer for 45 minutes.
3. Serve in a soup bowl and garnish with cheese and then add the crumbled tortilla chips on top of the cheese.

Serves 5

*Cinnabon Cinnamon Buns

Warm dough, filled with cinnamon, topped with freshly made sweet glaze frosting. A delicious and irresistible treat.

1 cup 110 degree water	8 cups all-purpose flour
(2) .25 oz. pkts.- active dry yeast	3 tablespoons ground cinnamon
2 1/2 cups + 1 teaspoon granulated sugar - divided	1 1/2 cups chopped walnuts or pecans
1 cup warm milk	4 cups powdered sugar
2 1/3 cup melted margarine - divided	2 teaspoons vanilla extract
2 teaspoons salt	1 teaspoon maple extract
2 eggs - slightly beaten	6 tablespoons hot water

1. Dissolve yeast and 1 teaspoon sugar in warm water; set aside.
2. In a large bowl, mix 2/3 cup sugar, milk, 2/3 cup margarine, salt, and eggs; stir and add to yeast mixture.
3. Add half the flour and beat until smooth.
4. Stir in enough of the remaining flour until dough is slightly stiff.
5. Turn out onto a well-floured board and knead for 8 minutes.
6. Place dough in a greased bowl, cover, and let rise in a warm place until doubled in size, 1 - 1 1/2 hours.
7. Punch down dough and let rest for 5 minutes.
8. Roll dough out on floured surface into a 15" X 20" rectangle.
9. Brush 1/2 cup melted margarine over dough.
10. Mix together 1 1/2 cups sugar and cinnamon; sprinkle over dough.
11. Sprinkle with nuts, if desired.
12. Roll up dough and pinch edge together to seal.
13. Cut the roll into 12-15 slices.
14. Coat bottom of a 13" X 9" X 2" baking pan with 1/2 cup melted margarine, then sprinkle with 1/3 cup sugar.
15. Place cinnamon roll slices close together in pan - cover pan and allow to rise in a warm place for 45 minutes.
16. Bake in a 350 degree oven for 25-30 minutes, or until golden brown.
17. Stir together 2/3 cup melted margarine, powdered sugar, and extracts.
18. Stir in hot water, 1 tablespoon at a time, until glaze reaches desired spreading consistency.
19. Spread prepared icing over slightly cooled rolls.



Serves 12-15

RecipeSecrets.net tip: If you don't have granulated sugar, substitute with 1 cup packed brown sugar or 2 cups sifted powdered sugar which equals 1 cup of granulated sugar.



*Dairy Queen Heath Blizzard

- 2 Heath candy bars - frozen
- 1/2 cup milk
- 4 cups vanilla ice cream
- 2 teaspoon fudge topping



1. Bash candy into small pieces before removing it from wrapper.
2. Add all ingredients to a blender and blend until it's mixed nice and creamy.
3. To increase thickness, place in the freezer for 20 to 30 minutes.

Makes 2-3 servings

RecipeSecrets.net tip: You can also make this delicious dessert with: Butterfinger candy bars, Oreo cookies, and Reeses Peanut Butter Cups. For a reduced fat treat use vanilla frozen yogurt and low fat milk.

*El Pollo Loco Chicken

El Pollo Loco, pronounced "L-Po-yo Lo-co" is Spanish for "The Crazy Chicken." This restaurant started out in 1975 as a roadside chicken stand in Mexico. It's success spread rapidly throughout Mexico and into the US. Billed as "a wholesome, delicious alternative to traditional fast food faire."

- 1 whole frying chicken - quartered
- 2 cups water
- 1 teaspoon lime juice
- 2 tablespoons pineapple juice
- 1 garlic clove
- 4 teaspoons salt
- 2 teaspoons pepper
- 1 pinch of ground saffron

1. Combine water, garlic, salt, pepper, and saffron in a blender and blend on high speed for 15-20 seconds. Add lime juice and pineapple juice to the mix and blend for an additional 5 seconds.
2. Place mixture in a bowl. Add in chicken and let it marinate for one hour.
3. Preheat grill to a low flame.
4. Cook chicken on the grill over a low flame for about 45 minutes or until the skin is golden and crispy. Turn the chicken frequently as it cooks and try not to let the flames blacken the chicken before the center is cooked.

Serves 4-6





*El Pollo Loco (Pollo Asada)

- 1 whole chicken
- 1 cup white wine vinegar
- 1 cup olive oil
- 1/2 cup white wine
- Dash of Oregano
- Dash of Thyme
- Dash of Salt
- 10 milliliters garlic - minced
- 1 1/2 teaspoons hot sauce

1. Mix all ingredients in a bowl.
2. Add chicken to the bowl, cover.
3. Marinate several hours in refrigerator - overnight works best.
4. Grill chickens slowly until done.
5. Serve with Mexican rice and beans or in a soft tortilla.

Serves 4

*General Tso's Chicken

- 1 lb chicken thighs, boned and cubed
- 3 eggs - beaten
- 1/2 cup and 2 teaspoons cornstarch
- 5 dried pepper pods
- 1-1/2 tablespoons rice vinegar
- 2 tablespoons rice wine
- 3 tablespoons sugar
- 3 tablespoons soy sauce

1. In a large bowl, thoroughly blend the 1/2 cup of cornstarch and the eggs; add the chicken and toss to coat. If the mixture bonds too well, add some vegetable oil to separate the pieces.
2. In a small bowl, prepare the sauce mixture by combining the 2 tablespoons cornstarch with the wine, vinegar, sugar and soy sauce.
3. Heat 1-2 inches of peanut oil in a wok to medium-high heat (350-400). Fry the chicken in small batches, just long enough to cook the chicken through. Remove the chicken to absorbent paper and allow to stand.
4. Leave a tablespoon or two of the oil in the wok. Add the pepper pods to the oil and stir-fry briefly, awakening the aroma but not burning them. Return the chicken to the wok and stir-fry until the pieces are crispy brown.
5. The General's Secret Sauce: Add the sauce-mixture to the wok, tossing over the heat until the sauce caramelizes into a glaze (1-2 minutes).
6. Serve with steamed broccoli and rice.

Serves 4

RecipeSecrets.net tip: The traditional sauce for General Tso's is a heavy, spicy glaze, different from the lighter broth-based sauces found on most other Chinese dishes. Some prefer a lighter sauce, which can be achieved by tripling the cornstarch in the sauce and adding a half-cup chicken broth, water, or fruit. Cook the sauce only until it thickens, instead of waiting for a glaze.



*Hard Rock Cafe BBQ Beans

Hard Rock Café was started in 1971 in London as a "specialty theme" restaurant catering to Rock & Roll lovers worldwide. They have become the world's leading collector and exhibitor of Rock & Roll memorabilia which can be seen on display in their restaurants. All this and great food as well.

- 2 (15-oz) cans pinto beans (with liquid)
- 2 tablespoons water
- 2 teaspoons cornstarch
- 1/2 cup ketchup
- 1/3 cup white vinegar
- 1/4 cup brown sugar
- 2 tablespoons diced onion
- 1 teaspoon prepared mustard
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 1/2 cup cooked bacon

1. Preheat oven to 350 degrees.
2. Pour entire contents of the can of pinto beans into a casserole dish.
3. Dissolve the cornstarch in a small bowl with the 2 tablespoons of water. Add this solution to the beans and stir.
4. Add the remaining ingredients to the dish, stir well and cover.
5. Bake for 90 minutes or until the sauce thickens. Stir every 30 minutes. After removing the beans from the oven, let the beans cool for 5 to 10 minutes before serving.

Serves 6

*Hard Rock Cafe Homemade Chicken Noodle Soup

This traditional chicken noodle soup is a classic American dish. Cut the chicken pieces to your desired thickness to make it more or less "chunky." Serve with soup crackers.

- 1 pound chicken breast fillets
- 1 pound chicken thigh fillets
- vegetable oil
- 2 tablespoons butter
- 1 cup chopped onion
- 1/2 cup diced celery
- 4 cups chicken stock
- 2 cups water
- 1 cup sliced carrot
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon minced fresh parsley
- 2 cups egg noodles
- minced fresh parsley for garnish
- 2 cups of soup crackers

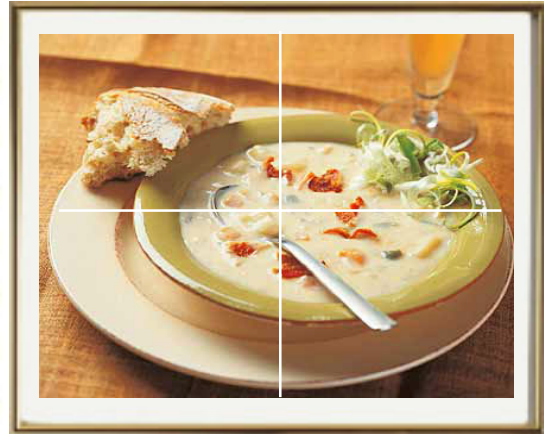


1. Preheat oven to 350 degrees.
2. Grease a baking sheet with vegetable oil. Add chicken and bake for 30 minutes. Remove from oven - set aside.
3. In a large saucepan, melt the butter over medium heat. Add the onion and celery and lightly sauté for 4 minutes.
4. Dice chicken into small pieces and add it to the pot along with the remaining ingredients, except the noodles.
5. Bring the soup to a boil, reduce the heat and simmer for 30 minutes.
6. Add the noodles and simmer for an additional 15 minutes, or until the noodles are tender. Serve with a pinch of minced fresh parsley sprinkled on top and with soup crackers.

Serves 6

*Hard Rock Cafe Potato Soup

- 8 slices bacon
- 1 cup diced yellow onions
- 2/3 cup flour
- 6 cups hot chicken stock
- 4 cups diced baked potato - peeled
- 2 cups heavy cream
- 1/4 cup chopped parsley
- 1 1/2 teaspoon granulated garlic
- 1 1/2 teaspoon dried basil
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon red pepper sauce
- 1 1/2 teaspoon coarse black pepper
- 1 cup grated cheddar cheese
- 1/4 cup diced green onions
- Garnish - grated cheese, chopped parsley, and bacon bits



1. Fry bacon until crisp. Chop bacon and reserve drippings. Cook onions in remaining drippings over medium-high heat until transparent, about 3 minutes.
2. Add in flour. Stir frequently to prevent lumps. Cook for 3 - 5 minutes or until mix becomes golden.
3. Gradually add in chicken stock and let cook until liquid thickens.
4. Reduce heat to simmer and add potatoes, cream, chopped bacon, parsley, garlic, basil, salt, pepper sauce and black pepper. Let simmer for 8-10 minutes.
5. Add in grated cheese and green onions and simmer until cheese melts smoothly. Garnish each serving as desired with bacon bits, grated cheese and chopped parsley.

Serves 8

*Hard Rock Cafe Shrimp Fajitas

- 1 pound medium shrimp, shelled
- 1 cup chopped cilantro
- 2 cloves minced garlic
- 1/3 cup lime juice
- 4 (9-inch) flour tortillas
- 1 tablespoon olive oil
- 2 large bell peppers, thinly sliced
- 1 large onion, thinly sliced
- 1/2 cup sour cream

1. Stir together shrimp, cilantro, garlic, and lime juice. Let stand at room temperature for 20 minutes.
2. Meanwhile, wrap tortillas in foil and place in a 350 degree F oven until hot (about 15 minutes).
3. Heat oil in a wide nonstick frying pan over medium-high heat. Add peppers and onion. Cook, stirring occasionally, until limp (about 10 minutes). Remove vegetables and keep warm.
4. Add shrimp mixture to pan, increase heat to high, and cook, stirring often, until shrimp are opaque in center; cut to test (about 3 minutes). Return vegetables to pan, stirring to mix with shrimp.
5. Spoon shrimp mixture into tortillas, top with sour cream, and roll up.

Serves 4



*Hooter's Buffalo Wings

- Vegetable oil (for frying)
- 4 tablespoons butter
- 1/4 cup Crystal Louisiana Hot Sauce
- Dash of ground pepper
- Dash of garlic powder
- 1/2 cup all-purpose flour
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 10 chicken wings - cut into thirds (wing tips discarded)
- Bleu cheese dressing
- Celery sticks



1. Pour 2 inches of oil into deep fryer and heat to 375 degrees F.
2. In small saucepan, melt butter over low heat. Add hot sauce, black pepper and garlic powder and stir until well mixed.
3. In a gallon size zip-lock bag, mix flour, paprika, cayenne pepper and salt .
4. Rinse chicken wings under cold water and drain excess water. Drop wings into bag a few at a time, shaking to coat after each addition. When all wings have been coated, remove from bag and place on wax paper-lined plate or tray. Refrigerate at least 1 hour to help set coating.
5. Preheat oven to 400 degrees F.
6. Carefully lower a few wings at a time into oil. Fry 15-20 minutes or till light brown. Drain wings on paper towel and repeat with remaining wings.
7. Place cooked wings in large oven-proof bowl or baking pan; pour sauce over wings and stir to coat thoroughly. Place in oven 5 minutes or so to make sure all wings are served hot.
8. Serve wings with celery sticks and bleu cheese dressing on the side.

Serves 2-3 as an appetizer

RecipeSecrets.net tip: If you don't have bleu cheese you can use Ranch dressing. To create "Atomic Wings" - feel free to add more cayenne pepper and Louisiana hot sauce if you can handle it.

*Houston's Spinach and Artichoke Dip

I've never liked spinach but after trying this recipe at a Houston's restaurant in midtown New York City, I was hooked. I made this dish for my wife's birthday party and many of the guests said it was the best spinach dip they've ever tasted!

- (2) 10 oz. boxes frozen spinach - thawed
- 1/4 cup real butter
- 1 tablespoon minced fresh garlic
- 2 tablespoon minced onion
- 1/4 cup all-purpose flour
- 1 pint heavy cream
- 1/4 cup chicken stock
- 2 teaspoon fresh lemon juice
- 1/2 teaspoon hot sauce
- 1/2 teaspoon salt
- 2/3 cup grated fresh Pecorino Romano cheese
- 1/4 cup sour cream
- 1/2 cup shredded white cheddar
- 12 oz. jar artichoke hearts - drained, coarsely chopped

1. Strain spinach and squeeze through a cheesecloth to remove as much liquid as possible; mince; set aside.
2. In heavy saucepan over medium heat, sauté garlic and onions in butter until golden, about 3 to 5 minutes.
3. Stir in flour and cook for 1 minute.
4. Slowly whisk in cream and stock and continue cooking until boiling.
5. Once boiling, stir in lemon juice, hot sauce, salt, and Romano cheese; stir until cheese has melted.
6. Remove from heat and allow to cool for 5 minutes.
7. Stir in sour cream, then fold in dry spinach and artichoke hearts.
8. Sprinkle cheddar evenly over top.
9. Microwave to melt cheese and serve.

Serves 12

RecipeSecrets.net tip: Pecorino Romano cheese has a robust, full flavor and has a very distinctive taste, which gives this dish it's unique flavor. This Italian gourmet cheese is 100% made from sheep's milk.



*IHOP Colorado Omelet

- 1/4 cup diced sweet onions
- 1/4 cup diced bell pepper
- 1/4 cup diced tomatoes
- 1/4 cup diced cooked lean ham
- 3/4 cup finely shredded cheddar cheese (reserve 1/4 cup for garnish)
- 1/4 cup diced lean fried bacon
- 1/3 cup sliced small breakfast sausage links (browned)
- 1/3 cup shredded roast beef or dice roasted beef from the deli
- 3 - 4 eggs beaten
- 1/8 cup water
- 1/4 teaspoon salt
- 1 tablespoon butter

1. In a sauce pan on medium low heat melt butter and add onions and bell peppers.
2. Stir until onions and pepper are soft but not browned.
3. Add diced ham and stir until the ham is limp and heated through.
4. Immediately remove from heat and set a side.
5. In a mixing bowl add eggs, water and salt beat and stir well. Set aside.
6. Heat a 12" non stick frying pan on medium low heat, add a little oil (1 teaspoon) or spray with a non stick vegetable spray.
7. Place egg mixture in pan and sprinkle with onions, bell pepper, ham, tomato if you wish, sausage, bacon, and 1/2 of the roast beef, and 1/2 cup of the shredded cheese.
8. Place a lid on until omelet starts to set.
9. Immediately remove lid and fold omelet from the sides to the middle or fold in half. Sprinkle with the rest of cheese and roast beef.

Serves 2

RecipeSecrets.net tip: For a healthier dish, you can substitute eggs with egg whites or your favorite egg substitute and use turkey meat.

*IHOP Pancakes

- 1 1/4 cups all-purpose flour, stirred or sifted before measuring
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- pinch of salt
- 1 egg - slightly beaten
- 1 1/4 cups buttermilk
- 2 tablespoons melted butter
- 1/4 cup granulated sugar



1. Sift together flour, baking powder, baking soda, and salt.
2. In a separate bowl, combine egg and buttermilk. Add to flour mixture, stirring only until smooth.
3. Blend in melted butter and sugar.
4. Cook on a pre-heated, greased griddle, using about 1/4 cup of batter for each pancake. Drop batter on griddle in 5 inch wide segments.
5. Cook until brown on one side and around edge; turn and brown the other side.

Serves 4

RecipeSecrets.net tip: You can add fruit topping such as apples, strawberry or peaches to finish off this breakfast treat. You can also add chopped fruit such as blueberries or apples to the batter.

For whole wheat pancakes: substitute all purpose flour for whole wheat flour.

*Joe's Crab Shack Crab Cakes

A must have recipe for seafood lovers. Serve as an appetizer with tarter sauce or Dijonaise sauce for dipping.

- 1 egg yolk
- 1/3 cup mayonnaise
- 2 1/2 teaspoons Worcestershire sauce
- 1 teaspoon lemon juice
- 1 teaspoon dry mustard
- 1 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon Old Bay seasoning
- 1/4 teaspoon salt
- 1 1/4 cups fresh breadcrumbs
- 3 tablespoon chopped fresh parsley
- 1 lb crab meat
- flour - to coat



1. Beat together first 9 ingredients.
2. Fold in breadcrumbs and parsley.
3. Fold in crab meat.
4. Form into 4-6 patties.
5. Lightly coat patties in flour on both sides.
6. Deep-fry crab cakes in 350 degree oil until browned

Serves 4-6

*Joe's Crab Shack Étouffée

- 1 teaspoon chopped garlic
- 3/4 cup diced onion
- 1/4 cup diced celery
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon ground mustard seed
- 1/2 teaspoon Worcestershire sauce
- 12 oz. can condensed cream of mushroom soup
- 1/2 cup condensed cream of celery soup
- 1 cup water
- 1/2 lb crawfish meat or 1/2 Lb cubed chicken or 1/2 lb raw, peeled shrimp
- 3 tablespoon sliced green onions
- 1 tablespoon chopped fresh parsley
- 3 cups Rice Pilaf

1. Sauté garlic, onion, celery, and green pepper in butter until soft.
2. Stir in spices, soups, water, and meat of your choice.
3. Bring to simmer and continue cooking until meat is cooked through.
4. Stir in green onion and parsley.
5. Scoop 1/2 cup rice pilaf into center of 6 bowls or soup plates.
6. Pour Étouffée over rice.

Serves 6

RecipeSecrets.net tip: The literal translation of the French word "Étouffée" (pronounced AY-too-FAY) means "smothered" - as in smothered in lots of rich sauce.



***Joe's Crab Shack Rice Pilaf**

- 1 2/3 cups water
- 1 tablespoon butter
- 1 bay leaf
- 1/4 teaspoon white pepper
- 1 1/3 cups rice
- 1 teaspoon butter
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup chopped red bell pepper
- 1/2 teaspoon minced garlic

1. Bring first 4 ingredients to a boil in a saucepan.
2. Add rice, cover and cook until rice is tender and water is absorbed, about 20 minutes.
3. Sauté celery, onion, peppers, and garlic in butter until tender.
4. Stir sautéed vegetables into rice.

Serves 6

***Joe's Crab Shack Seafood Stuffed Mushrooms**

- 16 large mushroom caps
- 1 ¼ cup Seafood Stuffing like Joe's Crab Shack's (recipe below)
- 1 cup Alfredo sauce
- 1/4 cup grated Parmesan cheese
- Garlic toast for dipping

1. Place mushroom caps (stem side up) in an ovenproof baking dish.
2. Spoon 1 tablespoon hot stuffing into each cap.
3. Pour Alfredo sauce over stuffed mushrooms.
4. Sprinkle Parmesan cheese over top.
5. Broil for 8-10 minutes, or until top is browned.
6. Serve with garlic toast for dipping.

Seafood Stuffing like Joe's Crab Shack

- | | |
|-----------------------------------|-------------------------------|
| 1/4 cup margarine | 1 oz. shrimp base |
| 1/2 bunch celery - trimmed, diced | 1/4 teaspoon cayenne pepper |
| 3 lrg. onions - diced | 1/4 teaspoon white pepper |
| 1 1/2 tablespoons minced garlic | 2 cups unseasoned croutons |
| 1/2 lb. Pollock fillets | 1/4 cup seasoned bread crumbs |
| 1/2 lb. salad shrimp - chopped | 1/2 lb. crab claw meat |

- Sauté celery, onion, and garlic in margarine for until translucent.
- Add Pollock and cook for 5-7 minutes.
- Add shrimp and cook for 2 minutes.
- Drain most (but not all) of liquid from pan.
- Stir in shrimp base and peppers.
- Fold in croutons and breadcrumbs.
- Fold in crab meat.

Serves 8



* Joe's Crab Shack Stuffed Shrimp Enbrochette

20 jumbo raw shrimp - peeled, de-veined

½ cup Seafood Stuffing like Joe's Crab Shack (see previous recipe)

10 jalapeno slices - halved

2 slices Monterey jack cheese - cut into 20 equal-size pieces

1 lb. raw thin sliced bacon

1. Slice shrimp down the middle of the opposite side you de-veined.
2. Lay shrimp cut side up and press 1 teaspoon prepared stuffing into each shrimp cut.
3. Place a piece of cheese over the stuffing on each shrimp.
4. Wrap each stuffed shrimp in a strip of bacon.
5. Thread 5 shrimp on a bamboo skewer; repeat with remaining shrimp.
6. Deep fry shrimp in 400 degree oil until bacon is browned or grill shrimp over a high flame, turning once, until bacon is browned or broil shrimp, turning once, until bacon is browned.

Serves 4

RecipeSecrets.net tip: If you like scallops, you can substitute the shrimp with scallops minus the seafood stuffing. The bacon gives this recipe such a wonderful flavor.

*Junior's Famous No.1 Cheesecake

Commonly known as New York's best cheesecake. It's really that good. Experience this historic dessert from Brooklyn, NY. Junior's cheesecakes can also be ordered online and delivered to your door anywhere in the US - www.JuniorsCheesecake.com.

Thin Sponge Cake Layer for Cheesecake:

- 1/2 cup cake flour, sifted
- 1 teaspoon baking powder
- Pinch of salt
- 3 extra-large eggs, separated
- 1/3 cup plus 2 tablespoons granulated sugar
- 1 teaspoon pure vanilla extract
- 3 drops pure lemon extract
- 3 tablespoons unsalted butter, melted
- 1/4 teaspoon cream of tartar

1. Preheat the oven to 350°F (180°C) and generously butter a 9-inch spring-form pan. Sift the cake flour, baking powder and salt together in a medium-sized bowl and set aside.
2. Beat the egg yolks together in a large bowl with an electric mixer on high speed for 3 minutes. Then, with the mixer still running, gradually add the 1/3 cup of the sugar and continue beating until thick light-yellow ribbons form in the bowl, about 5 minutes more. Beat in the vanilla and lemon extracts.
3. Sift the flour mixture over the batter and stir it in by hand until no more white flecks appear. Then blend in the butter.
4. In a clean bowl, using clean dry beaters, beat the egg whites and cream of tartar together on high speed until frothy. Gradually add the remaining 2 tablespoons sugar and continue beating until stiff peaks form (the whites should stand up in stiff peaks but not be dry). Stir about 1/3 cup of the whites into the batter, then gently fold in the remaining whites - don't worry if a few white specks remain.
5. Gently spoon the batter into the pan. Bake the cake just until the center of the cake springs back when lightly touched, only about 10 minutes (watch carefully). Let the cake cool in the pan on a wire rack while you continue making the cheesecake filling. Do not remove the cake from the pan.

For Cream Cheese Filling:

- 4 (8-ounce) packages regular cream cheese, at room temperature
- 1 2/3 cups granulated sugar



- 1/4 cup cornstarch
- 1 tablespoon vanilla extract
- 2 extra-large large eggs
- 3/4 cup heavy whipping cream

1. Preheat the oven to 350°F (180°C) and generously butter a 9-inch spring-form pan. Make the batter for the sponge cake as the recipe directs. Evenly spread the batter on the bottom of the pan and bake just until set and golden, about 10 minutes. Place the cake on a wire rack to cool (don't remove it from the pan).
2. While the cake cools, make the cream cheese filling: Place one 8-ounce package of the cream cheese, 1/3 cup of the sugar, and the cornstarch in a large bowl. Beat with an electric mixer on low speed until creamy, about 3 minutes. Then beat in the remaining 3 packages of cream cheese.
3. Increase the mixer speed to high and beat in the remaining 1 1/3 cups of the sugar, and then beat in the vanilla. Blend in the eggs, one at a time, beating the batter well after adding each one. Blend in the heavy cream. At this point mix the filling only until completely blended (just like they do at Junior's). Be careful not to over mix the batter.
4. Gently spoon the cheese filling on top of the baked sponge cake layer. Place the spring-form pan in a large shallow pan containing hot water that comes about 1-inch up the sides of the pan. Bake the cheesecake until the center barely jiggles when you shake the pan, about 1 hour.
5. Cool the cake on a wire rack for 1 hour. Then cover the cake with plastic wrap and refrigerate until it's completely cold, at least 4 hours or overnight. Remove the sides of the spring-form pan. Slide the cake off the bottom of the pan onto a serving plate. Or if you wish, simply leave the cake on the removable bottom of the pan and place it on a serving plate. If any cake is left over, cover it with plastic wrap and store in the refrigerator.

Serves 12 to 16

***KFC Honey BBQ Wings**

2 cups Bullseye BBQ Sauce

3/4 cup honey

1 cup all-purpose flour

1 teaspoon salt

1/2 teaspoon black pepper

20 chicken drummets

1. Combine flour, salt, and black pepper in a dish and coat chicken in flour mixture
2. Heat BBQ sauce and honey in a saucepan. Once warm, reduce heat to simmer.
3. Add oil to deep fryer and heat to 375 degrees. Fry chicken 6-8 pieces at a time for 15 minutes or until cooked thoroughly.
4. Drain chicken and smother with BBQ sauce mixture.
5. Repeat with remaining chicken.

Serves 5



*KFC Original Recipe Fried Chicken

What's the secret behind Colonel Sanders' famous 11 herbs and spices? To this day his secret recipe has never been revealed leaving curious minds to speculate. I've tried many different combinations, but there was one that came out tasting exactly like the original...

- 6 cups Crisco cooking oil
- 1 egg - beaten
- 2 cups milk
- 2 cups all-purpose flour
- 2 teaspoons black pepper
- 1 1/2 teaspoons Accent Flavor Enhancer
- 2 frying chickens with skin - cut each into 6 pieces
- 3 1/2 tablespoons salt

1. Pour the oil into a pressure fryer and heat on medium to about 400 degrees.
2. Combine the egg and milk in a bowl.
3. In a different bowl, combine the remaining four dry ingredients.
4. Dip each piece of chicken into the egg & milk mix until fully moistened.
5. Roll the moistened chicken in the flour mixture until completely smothered.
6. Drop in 4 pieces of chicken into the oil and lock the lid in place. Be careful not to burn yourself with the hot oil.
7. Cook for 10 minutes or until thoroughly cooked.
8. Once cooked, release the pressure according to manufacturer's instructions and remove the chicken to paper towels or metal rack to drain.
9. Repeat with the remaining chicken.

Makes 12 pieces.

RecipeSecrets.net tip: Make sure the oil is at 400 degrees before frying chicken. To avoid making a mess, use utensils when dipping chicken. Quickly lock the lid on the pressure fryer once all pieces of chicken have been added.

*Macaroni Grill Insalata Florentine

Fully loaded salad with spinach, orzo pasta, grilled chicken, sun dried tomatoes, capers, pine nuts, black olives, garlic lemon vinaigrette and Parmesan.

- 3 ounces julienne-shredded fresh spinach
- 3 ounces grilled chicken, sliced and chilled
- 1 ounce ripe Roma tomatoes, diced
- 1/2 ounce pine nuts, lightly toasted
- 1/2 ounce sun-dried tomatoes, julienne cut
- 1/2 ounce capers
- 1/2 ounce sliced black olives
- 1/2 ounce julienne-cut radicchio
- 5 ounces orzo pasta, cooked and chilled
- 3 ounces roasted, garlic lemon vinaigrette
- 1/4 ounce shaved Grana Padana Parmesan
- Fresh cracked pepper, for garnish



1. In the order listed, place all ingredients, except Parmesan cheese, in a chilled mixing bowl.
2. Toss and serve in a bowl. Garnish with shaved Parmesan cheese and fresh cracked pepper.

Serves 4



***Macaroni Grill Pasta Gamberetie E Pinoli**

Shrimp, mushrooms, pine nuts, spinach & lemon butter with pasta. Retail price - \$12.99 per plate. Our version of this recipe serves 2.

- 2 tablespoons unsalted butter
- 4 tablespoons chilled unsalted butter
- 2 teaspoons garlic, minced
- 12 medium shrimp, peeled and de-veined
- 1/4 cup dry white wine
- 1/2 cup heavy cream
- 1/3 cup fresh-squeezed lemon juice
- Salt and white pepper, to taste
- 2 tablespoons plain dry bread crumbs
- 5 1/2 cups fresh spinach, washed
- 1 (6-ounce) box angel-hair pasta
- 1 tablespoon toasted pine nuts

1. In a large non-reactive skillet, melt 2 tablespoons butter over medium-high heat. Add the garlic and sauté for about 30 seconds.
2. Add the shrimp and sauté about 30 seconds or until the shrimp is just half cooked.
3. Add the wine and, using a wooden spoon, stir to loosen any brown bits on the bottom of the pan. Let cook 2 minutes, stirring, to finish cooking the shrimp and reduce the liquid. Remove the shrimp to a warm plate and cover with foil.
4. Add the heavy cream to the pan and let cook 3 minutes to reduce. Stir in the lemon juice. Remove the pan from the heat and add the remaining chilled butter, 1 tablespoon at a time, stirring in the next piece after the one before it has just melted.
5. Season with the salt and pepper and stir in the bread crumbs. Return the pan to the heat, add the spinach and cook, stirring, 1-1/2 minutes or just until the spinach has wilted.
6. Add the shrimp and stir to coat and heat through.
7. To serve, divide the angel-hair pasta between two warmed serving dishes or bowls. Arrange the shrimp on top, spoon the remaining contents of the pan equally over the tops and sprinkle with the pine nuts.

To toast the pine nuts:

1. Spread nuts in a single layer on a baking pan and bake in a preheated 350°F oven 6-8 minutes or until slightly browned. Shake the pan once or twice to toast the nuts evenly.

Serves 2

*Macaroni Grill Shrimp Portofino

- 16 medium mushrooms
- 2 teaspoons chopped garlic
- 1/2 cup butter, melted
- 16 large shrimp, cleaned
- 1/2 teaspoon pepper
- 3 cloves fresh garlic, crushed, peeled, minced
- 1/4 cup fresh lemon juice
- 1 jar marinated artichoke hearts
- 4 slices lemon
- 2 tablespoons parsley

1. Sauté mushrooms and garlic in butter until almost tender.
2. Add shrimp and sauté until shrimp is cooked, about 3 minutes (be careful not to overcook).
3. Add the rest of the ingredients except lemon and parsley and heat through.
4. Serve over pasta or rice. Garnish with lemon slices and parsley.

Serves 4



*McDonald's Big Mac

"Two all beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun."

- 1 sesame seed hamburger bun
- Half of an additional hamburger bun
- 2 100% ground beef patties
- Dash of salt
- 1 teaspoon finely diced onion
- ½ cup chopped lettuce
- 2 slices American cheese
- 2 to 3 dill pickle slices

Secret Sauce:

- 1/4 cup Kraft Miracle Whip
- 1/4 cup mayonnaise
- 2 tablespoons, heaping, Wishbone deluxe French salad dressing.
- 1/2 tablespoon Heinz sweet relish
- 2 teaspoons, heaping, Vlasic dill pickle relish
- 1 teaspoon sugar
- 1 teaspoon dried, minced onion
- 1 teaspoon white vinegar
- 1 teaspoon ketchup
- 1/8 teaspoon salt

1. Mix secret sauce ingredients well in a small container. Microwave for 25 seconds and stir again. Cover, and refrigerate for 1 hour before using.
2. Cut the top off of the additional hamburger bun leaving behind a flat bun to be used as the middle section for the Big Mac.
3. Cook hamburger patties in pan on medium high until done. Add salt to taste.
4. Spread the sauce on both sides of the middle bun. Stack the burger as follows: bottom bun, burger, additional ingredients, middle bun, burger, additional ingredients, top bun.

Makes 1 hamburger

*Olive Garden Breadsticks

1 loaf frozen unbaked bread

Pam or cooking oil

Garlic powder

Dry oregano leaf

1. Allowing bread to thaw at room temperature in a greased large mixing bowl.
2. When bread is soft enough to knead, break off pieces and shape into cigar-sized pieces.
3. Place these 3" apart on Pam-sprayed cookie sheets. Let rise in a warm place till doubled - about 1-1/4 hours.
4. Holding can of Pam about 8" from bread sticks, lightly spray top of each and dust with garlic powder.
5. Bake at 375 F - about 20 - 25 minutes or until golden brown.
6. Cool in pan on rack a few minutes before serving.

Serves 4-6

RecipeSecrets.net tip: Tastes great with an Alfredo or Marinara dipping sauce.



*Olive Garden Fettuccine Alfredo

- 1 1/2 cups white milk
- 1 1/2 cups heavy cream
- 1/2 cup imported Parmesan cheese - grated
- 1/2 cup imported Romano cheese - grated
- 6 egg yolks, fresh jumbo eggs
- salt and black pepper
- 1/2 teaspoon parsley
- 1 teaspoon garlic powder
- 6 ounces dried fettuccine

1. Heat the milk and cream in a heavy bottom saucepan until it comes to a simmer.
2. Slowly whip in the cheeses and then remove from heat.
3. In a separate bowl, place the egg yolks and slowly whip in a portion of the hot milk and cream mixture.
4. Slowly add the egg yolk mixture back into the remaining cream mixture.
5. Season to taste with the salt and fresh cracked black pepper.
6. Cook fettuccine according to package directions.
7. Add cooked fettuccine to saucepan. Sprinkle in garlic powder and stir until the sauce thickens to the desired consistency.
8. Sprinkle with parsley flakes. Serve immediately.

Serves 6

RecipeSecrets.net tip: For a healthier alternative, substitute with fat free cheeses, low fat milk, and whole wheat pasta.

*Olive Garden Lasagna

1/4 cup butter or margarine	1/2 cup grated Romano cheese
1/4 cup all-purpose flour	1/2 teaspoon salt
2 cups milk	1 teaspoon black pepper
1/4 cup oil-packed sun-dried tomatoes - minced	12 lasagna noodles
1 tablespoon minced garlic	4 cups shredded mozzarella cheese
3 1/2 cups ricotta cheese	1 cup fontina cheese
3 eggs	Marinara/spaghetti sauce - to top
1 cup grated Parmesan cheese	

1. Melt butter over medium heat in 1 quart saucepan.
2. Add flour and stir until well-blended; cook until frothy.
3. Add milk, stirring constantly with wire whisk as mixture comes to a simmer.
4. Cook and stir until thickened (3-4 minutes).
5. Drain and mince tomatoes and place in 3 quart mixing bowl.
6. Add garlic, ricotta, eggs, Parmesan, Romano, salt, and pepper to bowl.
7. Add 1 1/2 cups of cooled cream sauce and mix until well blended.
8. Place 3 lasagna noodles in a 9" X 13" X 2" lightly oiled baking dish, overlapping slightly.
9. Spread 1 1/2 cups cheese filling over noodles; sprinkle with one cup mozzarella and 1/4 cup fontina cheese.
10. Repeat pasta and cheese layering three more times; top with remaining three lasagna noodles.
11. Spread 1/2 cup of reserved cream sauce over top and cover lightly with aluminum foil.
12. Bake in a 350 degree oven for 1 hour.
13. Remove from oven and keep warm at least 30 minutes before serving.
14. Serve topped with hot marinara and Parmesan cheese.

Serves 5

RecipeSecrets.net tip: Fontina cheese, made from cow's milk, is a firm, creamy, delicate Italian cheese with a slightly nutty taste. You may have to go to an Italian market to get fine Fontina Cheese.



*Olive Garden Pasta e Fagioli

- 3 teaspoons oil
- 2 pounds ground beef
- 12 ounces onion - chopped
- 14 ounces carrots - sliced thinly
- 14 ounces celery - diced
- 48 ounces canned tomatoes - diced
- 2 cups cooked red kidney beans
- 2 cups cooked white kidney beans
- 80 ounces beef stock
- 3 teaspoons oregano
- 2 teaspoons pepper
- 5 teaspoons parsley - chopped
- 1 1/2 teaspoon tabasco sauce
- 48 ounces spaghetti sauce
- 8 ounces dry pasta shell macaroni

1. Sauté beef in oil in large 10-qt. pot until beef starts to brown. Add onions, carrots, celery and tomatoes and simmer for about 10 minutes.
2. Drain and rinse beans and add to the pot. Also add beef stock, oregano, pepper, Tabasco, spaghetti sauce, and noodles.
3. Add chopped parsley. Simmer until celery and carrots are tender (about 45 minutes). Makes 9 qts. of soup

Serves 10

*Olive Garden Salad Dressing

- 1/2 cup distilled white vinegar
- 1 teaspoon lemon juice
- 2 tablespoons beaten egg
- 1/3 cup water
- 1/3 cup vegetable oil
- 1/4 cup corn syrup
- 3 tablespoons grated Romano cheese
- 2 tablespoons dry, unflavored pectin (optional)
- 1 1/4 teaspoons salt
- 1/2 teaspoon minced garlic
- 1/4 teaspoon dried parsley
- 1 pinch dried oregano
- 1 pinch red pepper flakes

1. Mix all the ingredients in a blender on low for about 30 seconds.
2. Chill in refrigerator for 90 minutes.
3. Serve over your favorite salad.

Makes 1 1/2 cups



*Olive Garden Sangria

Sangria is a refreshing party drink that was created in Spain. Every restaurant has its own twist to this fruit filled drink. We selected this one for its unique taste. Sangria's appeal is all about taking your favorite red wine, your favorite fruits, and experimenting with them.

1.5 liters of your favorite dry Red Wine

10 oz Grenadine

16 oz cranberry juice cocktail

12 oz sweet vermouth

10 oz sugar water (5 oz sugar diluted)

Strawberries

Oranges

Crushed ice

1. Mix all ingredients except for ice in a nice size pitcher. Pour sangria in glass and then add ice.
2. Serve each glass with fruit

Makes 1 gallon.

RecipeSecrets.net tip: You could also use orange juice and brandy instead of grenadine and sweet vermouth. Sangria is best served chilled, and goes well with just about anything!

***Outback Steakhouse Honey Wheat Bushman Bread**

- 1 1/2 cups water - warmed
- 2 tablespoons butter - softened
- 1/2 cup honey
- 2 cups bread flour
- 2 cups wheat flour
- 1 tablespoon cocoa
- 1 tablespoon sugar
- 2 teaspoons instant coffee
- 1 teaspoon salt
- 2 1/4 teaspoons yeast
- 1 teaspoon caramel color (optional)
- 3 tablespoons cornmeal - for dusting

1. Place all of the ingredients in the bread machine and process on dough setting. The dough will be a little on the wet side and sticky, but if it seems too wet add more flour. When dough is done let it rise for 1 hour.
2. Remove from pan, punch down and divide into 8 portions. Form portions into tubular shaped loaves about 6-8 inches long and 2 inches wide.
3. Sprinkle the entire surface of the loaves with cornmeal and place them on 2 cookie sheets. Cover and let rise for 1 hour.
4. Bake at 350° for 20-25 minutes. Serve warm with whipped butter.

Makes 1 Loaf



*Outback Steakhouse Marinated Steak

- 4 beef steaks
- 1 cup beer
- 1 tablespoon packed brown sugar
- 1 teaspoon seasoned salt
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon garlic powder

1. Place your favorite cut of steak in a shallow pan, pour beer over, and marinate for 1 hour in refrigerator.
2. Remove steak from beer.
3. Combine dry ingredients and rub over steaks.
4. Allow to marinate for 30 minutes in refrigerator.
5. Preheat a grill to medium high heat.
6. Grill steaks over a medium-high flame until desired doneness.

Serves 4

Recipe Secrets.net tip: For best results, let steak marinate in dry ingredients overnight.

*Panda Express Orange Flavored Chicken

Tender, juicy chicken pieces lightly battered and fried, sautéed in a sweet and mildly spicy chili sauce with scallions.

- 1 lb. chicken breast meat
- 1 egg white
- 1 teaspoon salt
- 1 teaspoon sugar
- 4 cups vegetable oil to be use for frying
- 1 cup cornstarch

Orange Sauce:

- 1 cup water
- 1/2 cup ketchup
- 1/2 cup sugar
- 1/8 cup vinegar
- 1 Tablesopon soy sauce
- 4 teaspoons cornstarch
- 2 teaspoons sesame oil
- 2 tablespoons vegetable oil
- 1 tablespoon grated orange peel
- 2 tablespoons chopped scallion

1. Cut chicken breast into 1/2-inch cubes, set aside.
2. To make marinade - combine egg white, salt and sugar in a bowl and stir vigorously until ingredients are thoroughly mixed. Add chicken cubes to marinade and stir to coat well.
3. To make orange sauce - combine water, ketchup, sugar, vinegar, soy sauce, 4 teaspoons cornstarch and sesame oil; stir and set aside. Place a pot over high heat. When pot is hot, add the 2 tablespoons vegetable oil and heat. Add orange peel and scallion and stir for about 20 seconds, taking care not to burn the orange peel.
4. Pour combined sauce ingredients into the pot and cook, stirring frequently, until sauce has thickened, about 12-15 minutes.
5. Preheat 4 cups oil to 350-375°F. Meanwhile, put marinated chicken in the plastic baggie containing the cornstarch. Shake chicken well for about 20 seconds or until chicken is covered with cornstarch. Shake off all excess cornstarch and fry chicken in hot oil until golden brown, approximately 2 1/2 minutes. Remove chicken from oil with a slotted spoon, drain well and set aside. Add fried chicken to pot with heated orange sauce, stir for about 30 seconds, then serve immediately. Serve with steamed rice.

Serves 4



***PF Chang Chicken Lettuce Wrap**

Quickly cooked spiced chicken served with cool lettuce cups. Makes a great appetizer.

- | | |
|--|--------------------------------|
| 8 dried shiitake mushrooms | Cooking Sauce |
| 1 teaspoon cornstarch | 1 teaspoon Hoisin sauce |
| 2 teaspoons dry sherry | 1 teaspoon soy sauce |
| 2 teaspoons water | 1 teaspoon dry sherry |
| Salt and pepper | 2 teaspoons oyster sauce |
| 1 1/2 pound boneless, skinless chicken | 2 teaspoons water |
| 5 teaspoons oil | 1 teaspoon sesame oil |
| 1 teaspoon fresh minced ginger | 1 teaspoon sugar |
| 2 cloves garlic, minced | 2 teaspoons cornstarch |
| 2 green onions, minced | Iceberg or Bibb lettuce leaves |
| 2 small dried chiles (optional) | |
| 8 ounces bamboo shoots, minced | |
| 8 ounces water chestnuts, minced | |
| 1 package cellophane Chinese rice noodles, prepared according to package | |

1. Cover mushrooms with boiling water, let stand 30 minutes then drain.
2. Cut and discard woody stems. Mince mushrooms. Set aside.
3. Mix all ingredients for cooking sauce in bowl, and set aside.
4. In medium bowl, combine cornstarch, sherry water, soy sauce, salt, pepper and chicken. Stir to coat chicken thoroughly.
5. Stir in 1 teaspoon oil and let sit 15 minutes to marinate.
6. Heat wok or large skillet over medium high heat.
7. Add 3 tablespoons oil, then add chicken and stir fry for about 3-4 minutes. Set aside.
8. Add 2 tablespoons oil to pan.
9. Add ginger, garlic, chiles (if desired), and onion; stir fry about a minute or so.
10. Add mushrooms, bamboo shoots and water chestnuts; stir fry an additional 2 minutes. Return chicken to pan.
11. Add mixed cooking sauce to pan. Cook until thickened and hot.
12. Break cooked cellophane noodles into small pieces, and cover bottom of serving dish with them. Then pour chicken mixture on top of noodles. Spoon into lettuce leaf and Roll.

***PF Chang Chicken with Black Bean Sauce**

Slices of chicken, stir-fried in black bean sauce.

- 4 whole chicken breasts
- 1 teaspoon fresh minced ginger
- 2 teaspoons fermented black beans
- 3 teaspoons minced scallions (white part only)
- 4 ounces Peking Stir Fry sauce (see recipe below)
- 12 ounces unseasoned chicken stock
- 1/2 teaspoon minced garlic
- 1/2 teaspoon sugar
- Dash of white pepper

Peking Stir Fry Sauce:

- 1/2 cup water
- 2 teaspoons Shaohsing wine or sherry
- 2 teaspoons mushroom soy sauce
- 2 teaspoons oyster sauce
- 1 teaspoon sugar
- 1 teaspoon cornstarch

1. Cut whole chicken breasts in half so you have 8 breast filets. Cut all breast filets on a bias. Marinate with one egg, 2 tablespoons canola oil and 1 tablespoon cornstarch.
2. Heat wok until hot. Add oil, then chicken and cook until opaque all over.
3. Strain and remove excess oil from wok.
4. Add ginger, scallion and stir fry. Add chicken and garlic. Then add Peking stir fry sauce and add chicken stock. Add sugar, then a dash of white pepper.
5. Thicken with a thin paste of cornstarch and water to your liking.
6. Peking Stir Fry Sauce Mix ingredients together until cornstarch is incorporated. Stir well before using.

Serves 4



*Planet Hollywood Captain Crunch Chicken

Another great theme restaurant focusing on movie and Hollywood memorabilia. This unique dish actually uses cereal breaded against the chicken to make it tasty and crunchy.

- 2 cups Captain Crunch Cereal, crushed
- 1 1/2 cups Corn Flakes, crushed
- 1 egg
- 1 cup milk
- 1 cup all purpose flour
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon Black pepper
- 2 pounds chicken breast - boneless, skinless, cut into chicken tenders (long slices)
- Vegetable oil for frying

1. Beat the egg with milk and set aside.
2. Stir together the flour, onion and garlic powders and black pepper. Set this aside.
3. Dip chicken pieces into the seasoned flour. Move around to coat well, then shake off the excess flour. Dip into the egg wash, coating well, then dip into the cereal mixture, coating well.
4. Heat oil in a large heavy skillet to 325 degrees.
5. Drop coated chicken tenders carefully into the hot oil and cook until golden brown and fully cooked, 3 to 5 minutes depending on size.
6. Drain and serve with Creole mustard sauce.

Serves 2

***Planet Hollywood The Terminator**

A popular alcoholic drink at this restaurant chain. It's very strong but goes down smooth. Please drink responsibly.

½ oz vodka

½ oz white rum

½ oz gin

½ oz Grand Marnier

½ oz Kahlua

2 oz sweet & sour mix

1 oz cranberry juice

1 splash beer

Combine crushed ice with all ingredients, except beer, in a tumbler. Shake. Pour a splash of beer on top and serve with a straw.

Makes 1 serving



*Popeyes Cajun Rice

- 1 lb. lean ground beef
- ½ cup finely dice bell pepper
- 1/3 cup diced green onions
- ½ teaspoon garlic powder
- ½ teaspoon celery flakes
- 1 teaspoon Creole seasoning
- 1/4 teaspoon red pepper
- 4 cups long grain rice cooked and drained
- 1/4 - 1/3 cup water
- 1/4 teaspoon black pepper

1. In frying pan stir in ground beef, bell pepper and cook on medium high heat until beef loses its pink color and bell pepper is soft.
2. Remove excess grease.
3. Turn temperature down to medium or medium low.
4. Add remaining ingredients, stir and cook together until ground beef is completely cooked and liquid is gone about 25 - 35 min.

Serves 4-6

RecipeSecrets.net tip: For a serious Cajun experience, add more Creole seasoning and red pepper .

To get the best results, use good quality rice for this recipe. Just follow the directions on your selected rice brand to prepare.

*Popeyes Dirty Rice

- 1 lb spicy bulk breakfast sausage
- 1 can clear chicken broth - (14 ounces)
- 1/2 cup long-grain rice
- 1 teaspoon dry minced onion

1. Brown sausage in skillet until pink color disappears, crumbling with fork.
2. Stir in broth, rice and minced onion.
3. Simmer gently, covered, 18 to 20 minutes or until rice is tender and most of broth is absorbed.

Serves 4



*Popeyes Fried Chicken

- 3 cups self-rising flour
- 1 cup cornstarch
- 3 tablespoons seasoned salt
- 2 tablespoons paprika
- 1 teaspoon baking soda
- 1 package Italian salad dressing mix - powder
- 1 package onion soup mix - (1 1/2 ounces)
- 1 package spaghetti sauce mix - (1/2 ounce)
- 3 tablespoons sugar
- 3 cups corn flakes - crush slightly
- 2 eggs - well beaten
- 1/4 cup cold water
- 4 pounds chicken - cut up

1. Combine first 9 ingredients in large bowl. Put the cornflakes into another bowl. Put eggs and water in a 3rd bowl.
2. Put enough corn oil into a heavy roomy skillet to fill it 1" deep. Heat skillet.
3. Grease a 9x12x2 baking pan. Set aside.
4. Preheat oven to 350.
5. Dip chicken pieces 1 piece at a time as follows: 1) Into dry coating mix. 2) Into egg and water mix. 3) Into corn flakes. 4) Briskly but briefly back into dry mix. 5) Drop into hot oil, skin-side-down and brown 3 to 4 minutes on medium high. Turn and brown other side of each piece.
6. Place chicken in prepared pan in single layer, skin-side-up. Seal in foil, on 3 sides only, leaving 1 side loose for steam to escape.
7. Bake at 350 degrees for 35-40 minutes removing foil then to test tenderness of chicken. Allow to bake uncovered 5 minutes longer to crisp the coating.

Serves 4

*Red Lobster South Beach Seafood Paella

6 tablespoon olive oil
1 cup minced onions
1 small sweet red bell pepper, seeded, cut into 1/2" pieces
1 small sweet green bell pepper, seeded, cut into 1/2" pieces
1 cup canned chopped tomatoes, drained
1 tablespoon minced garlic
1 tablespoon minced fresh thyme
1 lb. sea scallops
Sea salt and freshly ground black pepper
6 oz. andouille sausage, cut into 1/2" thick pieces
1/2 cup dry white wine
3 cups long-grain rice
1 teaspoon saffron threads
3 cups chicken stock, hot
3 cups clam juice, hot
12 large or jumbo shrimp, cleaned and peeled, leaving tails intact
1 lb. fresh fish (grouper, scrod, haddock, halibut or swordfish), skinless, cut into 1" chunks
16 fresh mussels
1/2 lb. sugar snap peas
1 medium red pepper, cut into long 1/2" wide strips
Chopped fresh parsley to garnish

1. In a heavy 12" skillet, heat 3 tbsp. olive oil until hot. Add the onions and pepper, and cook, stirring for 5 minutes until they're soft and transparent.
2. Add tomatoes, garlic and thyme. Cook, stirring for 5 more minutes, until most of the liquid in the pan evaporates and the mixture is thick.
3. Put the sofrito aside for later.

Seafood and Sausage:

1. Season the fish, shrimp and scallops with salt and pepper.
2. In a skillet, heat 3 tbsp. of olive oil over moderately high heat until hot.



3. Add the fish, shrimp and scallops, as well as the mussels, and sauté for 3-5 minutes.
4. Add the sausage and cook until light brown.
5. Transfer to a plate and deglaze pan with 1/2 cup of dry white wine.

Paella:

1. About 30 minutes before you plan to serve the paella, preheat an oven to 400 degrees F.
2. In a 14" paella pan or shallow casserole dish at least 14" in diameter, combine the sofrito, rice and saffron.
3. Pour in 3 cups of chicken stock and 2 cups of clam juice (save 1 cup for the end). Stirring constantly, bring to a boil over high heat.
4. Remove the pan from the heat immediately and season with salt and pepper.
5. Arrange the seafood on the top of the rice.
6. Set the pan on the lowest shelf in the oven and bake uncovered for 20 minutes. Do not stir the paella once it goes in the oven.
7. Sprinkle the sugar snap peas and the red pepper strips over the whole paella, and bake for 5-10 minutes more, or until all of the liquid has been absorbed by the rice and the grains are tender, but not too soft. If the rice needs to be softer, add the remaining cup of clam juice.
8. Remove from stove and let stand for five minutes before serving. Garnish with parsley.

Serves 4-6

***Red Lobster Batter-Fried Shrimp**

- 1 1/2 pounds shrimp, peeled & de-veined
- 1/2 cup oil
- 1 egg, beaten
- 1 cup all-purpose flour
- 1/2 cup milk
- 3/4 teaspoon seasoned salt
- 1/4 teaspoon salt
- Oil for deep frying



1. Preheat oil to 350 degrees. Combine 1/2 cup oil and egg; beat well.
2. Add remaining ingredients except oil for frying and stir until well blended.
3. Dip shrimp into batter to coat. Drop shrimp into hot oil and fry for 30-60 seconds or until golden brown. Remove with slotted spoon; drain on paper towel.

Serves 6



*Red Lobster Cheddar Biscuits

2 cups Bisquick® baking mix
2/3 cup milk
1/2 cup shredded mild cheddar cheese
1/4 cup melted butter
1/4 teaspoon garlic powder
parsley flakes

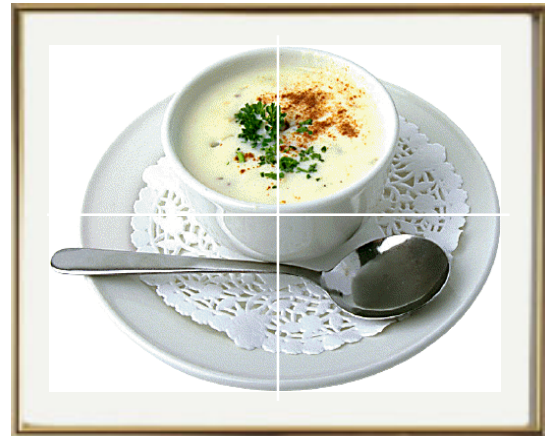


1. Mix Bisquick, cheddar and milk into soft dough. Beat with a wooden spoon for about 30 seconds.
2. Spoon on to greased cookie sheet. Smooth down tops to avoid hard points from forming.
3. Bake for 8 to 10 min at 450 degrees.
4. While baking, melt butter in pan and stir in garlic powder.
5. Once biscuits are cooked, brush butter on tops, sprinkle with parsley and serve hot.

Serves 10

*Red Lobster Clam Chowder

- 1 quart clam juice
- 1 cup nonfat dry milk powder
- 1 3/4 cups chicken broth
- 2/3 cup all-purpose flour
- 2 stalks celery chopped fine
- 1 tablespoon minced dry onion
- 10 oz. can clams drained
- 1 pinch parsley flakes
- 2 medium baked potatoes – peeled and crumbled
- Salt and pepper to taste



1. In blender, puree clam juice, broth, milk powder, and flour.
2. Pour into 2 1/2 quart saucepan and simmer, stirring constantly, over medium-high heat until thick and smooth.
3. Reduce heat to low; stir in celery, onion, clams, parsley, and potatoes.
4. Simmer for 45-60 minutes, then season with salt and pepper.

Serves 6



*Red Lobster Lobster Fondue

- 1 lb. processed cheese food - cubed
- 1/2 cup milk
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1 lobster tail - boiled
- 1/2 cup chopped red bell pepper
- 2 Tbsp. fresh minced parsley

1. Combine all ingredients except red pepper and parsley in a saucepan.
2. Heat on medium-low heat, stirring constantly, until cheese has melted.
3. When ready to serve, garnish with red bell pepper and parsley.

Serves 8

*Red Lobster Roasted Maine Lobster with Crabmeat Stuffing

Stuffing

- 1 pound blue crab meat
- 1 teaspoon shallot, minced
- 1 teaspoon parsley
- 1 tablespoon mayonnaise
- 1 tablespoon bread crumbs
- 1 whole egg
- 1 teaspoon lemon juice
- 1/8 teaspoon Worcestershire

Lobster

- 2 whole 1 1/4 pound Maine lobsters
- 1 stick butter, cut into pieces
- 1 teaspoon paprika
- 2 tablespoons lemon juice

RecipeSecrets.net tip: Although considered a delicacy by some lobster lovers, food safety experts suggest you pass on the green tomalley, stomach sac, and liver of the lobster.

Preparation - Stuffing

1. Blend all ingredients except crab.
2. Fold in crab meat, refrigerate

Preparation - Lobsters

1. Split lobsters lengthwise with a large knife, remove stomach sac.
2. Place equal portions of crab stuffing in each head.
3. Crack claws with the blunt side of knife.
4. Pour lemon juice on tail meat, then sprinkle with paprika and dot with
5. Pieces of butter.
6. Bake in a 400°F oven for 15 minutes.
7. Serve with melted butter and lemon wedges.

Serves 2



*Red Lobster Shrimp Diablo

3 lbs. large, uncooked, unpeeled shrimp

Milk for soaking

1 cup unsalted butter

1 jar Kraft BBQ Sauce

1/2 cup catsup

1/4 cup hot sauce

1 tablespoon ground black pepper

1. Wash shrimp in cool water and remove heads if needed.
2. Soak shrimp in milk overnight.
3. Mix sauces and pepper in a sauce pan and stir until boiling.
4. Remove from heat and refrigerate for at least four hours.
5. Drain milk from shrimp, place them in a baking pan, and cover evenly with the sauce. Let stand 1 hour.
6. Bake uncovered in a 450 degree oven for 15 minutes (less time for smaller shrimp).

Serves 6

RecipeSecrets.net tip: This spicy meal goes great with your favorite pasta dish. If you enjoy very spicy foods increase the amount of hot sauce to your desired taste for an extra kick.

*Ruby Tuesday Chicken Quesadillas

This restaurant was formed in 1972, when Sandy Beall and four of his fraternity buddies from the University of Tennessee opened the first restaurant adjacent to the college campus in Knoxville. Today Ruby Tuesday is one of three large public companies that dominate the bar-and-grill category of casual dining.

- 5 ounces boned, skinned chicken breast halves
- Italian salad dressing - to coat
- 1 12" flour tortilla
- margarine - melted, for coating
- 1 cup shredded Monterey jack/cheddar cheese
- 1 tablespoon diced tomato
- 1 tablespoon diced jalapeno pepper
- Cajun seasoning - to taste
- 1/2 cup shredded lettuce
- 1/4 cup diced tomato
- sour cream - low fat okay
- salsa - for dipping



1. Place chicken breast in a bowl with enough Italian dressing to coat; allow to marinate 30 minutes in refrigerator.
2. Grill marinated chicken until done in a lightly oiled pan. Cut into 3/4" pieces and set aside.
3. Brush one side of tortilla with margarine and place in frying pan over medium heat.
4. On one half of tortilla, add (in order) cheese, 1 tablespoon tomatoes, peppers, and Cajun seasoning. Spread evenly and then top with diced chicken. Fold empty tortilla side to close and flip over in pan so that cheese is on top of chicken. Cook until cheese melts.
5. Remove from pan to serving plate and cut into six equal wedges. Serve with the lettuce, 1/4 cup tomatoes, sour cream and salsa on the side of the same plate.

Serves 4

RecipeSecrets.net tip: Another great topping for this recipe is guacamole.



*Ruby Tuesday Sonoran Chicken Pasta

- 6 oz. boneless, skinless chicken breast, grilled and sliced into 1/4 inch slices
- 10 oz. penne pasta, cooked
- 3/4 cup Sonoran cheese sauce
- 1/3 cup spicy black beans(optional)
- 1/4 cup diced tomatoes for garnish
- 1 teaspoon green onion, sliced (optional)

1. Place pasta into mixing bowl. Add cheese sauce and toss to coat evenly. Pour into heated bowl. Place chicken on top of pasta then ladle black beans on top. Sprinkle with diced tomatoes and chopped green onions.

Sonoran Cheese Sauce:

- 6 tablespoons butter or margarine
- 1/2 cup onion, finely chopped
- 1 small clove garlic, minced
- 1/3 cup all purpose flour
- 1 cup hot water
- 1 tablespoon chicken stock paste
- 1 cup half-and-half
- 1/2 teaspoon sugar
- 1/4 teaspoon hot sauce or more to taste
- 1 teaspoon lemon juice
- 1/4 teaspoon cayenne pepper
- 3/4 cup shredded parmesan cheese
- 3/4 cup velveeta cheese
- 3/4 cup prepared salsa
- 1/2 cup sour cream
- salt and pepper to taste.

1. Melt butter or margarine in a saucepan and add onion and garlic.
2. Saute until onion is transparent.
3. Stir in flour to make roux and cook for 5 minutes stirring often.

4. Mix the hot water, chicken stock and half and half.
5. Add mixture slowly to roux, stirring constantly.
6. Allow to cook 5 minutes (sauce should have the consistency of honey). Add salt, sugar, hot sauce, lemon juice, cayenne, and parmesan cheese to sauce. Stir to blend. Do not allow to boil. Add velveeta to sauce and stir until melted. Add salsa and sour cream to sauce and blend.

Makes 5 cups



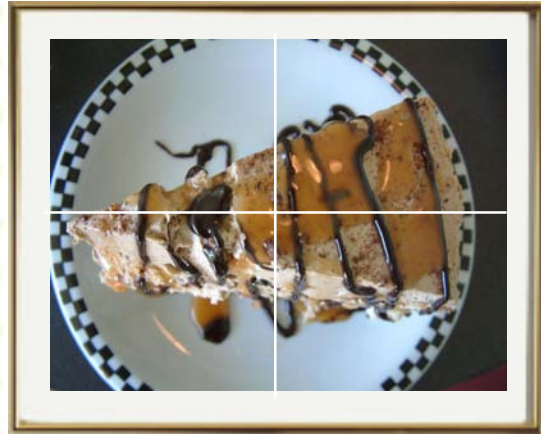


*Sara Lee Original Cream Cheesecake

1-9 inch graham cracker crust

FILLING:

- 16 oz cream cheese
- 1 cup sour cream
- 2 tablespoons cornstarch
- 1 cup granulated sugar
- 2 tablespoons butter
- 1 teaspoon vanilla extract



TOPPING:

- $\frac{3}{4}$ cup sour cream
- $\frac{1}{4}$ cup powdered sugar

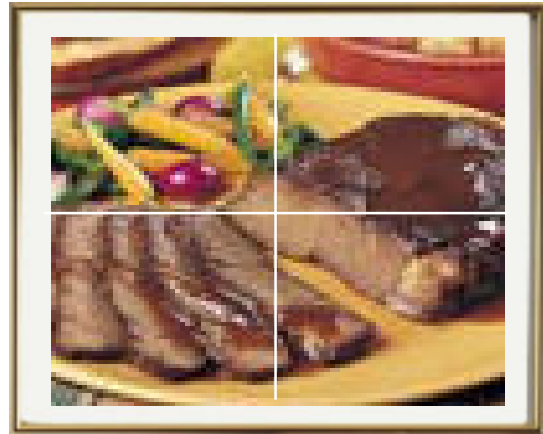
1. For the filling: mix the cream cheese, sour cream, cornstarch, and sugar in the bowl of a mixer. Mix until sugar has dissolved. Add the butter and vanilla, blend until smooth.
2. Pour the filling over the crust. Bake for 30 to 35 minutes, or until a knife inserted 1 inch from the edge comes out clean. Cool for 1 hour.
3. For the topping: mix the sour cream and powdered sugar. Spread the mixture over the top of the cool cheesecake. Chill or freeze until ready to eat.

Makes one 9-inch Pie

RecipeSecrets.net tip: We recommend this dish be made 24 hours prior to serving.

***Shoney's Pot Roast**

- 2 tablespoons butter or margarine
- 3 lbs. rump roast - trimmed of fat
- 2 stalks celery - chopped
- 1 large onion - chopped
- 3 cloves garlic - minced
- 1/2 teaspoon parsley flakes
- 1/2 tablespoon dried thyme
- 2 cups beef broth
- 20 whole peppercorns
- 1 whole bay leaf
- 1/2 tablespoon salt
- 2 carrots - sliced
- 2 potatoes - peeled, cubed
- 1/2 teaspoon salt
- 1/3 cup all-purpose flour



1. Brown roast in butter in Dutch oven, then remove meat from Dutch oven.
2. Sauté in celery, onion, garlic, parsley, and thyme in Dutch oven for 5 minutes, then return meat to Dutch oven.
3. Add the beef broth, peppercorns, bay leaf, and salt to Dutch oven and bake in a 325 degree oven, covered, for 4 hours, basting every 1/2 hour.
4. Remove roast from Dutch oven.
5. Strain stock into bowl; discard vegetables.
6. Using 2 forks, shred roast into bite-size pieces.
7. Pour reserved stock over beef in Dutch oven.
8. Add carrots, potatoes, and salt to Dutch oven and bake in a 325 degree oven for 45 minutes.
9. Drain stock from Dutch oven and add enough beef broth to stock to make 3 cups.
10. Whisk stock and flour together in saucepan and simmer until thick.
11. Pour gravy over meat and vegetables.

Serves 8



*Shoney's Tomato Florentine Soup

- 2 cans clear chicken broth - 14 oz each
- 1 can sliced stewed tomatoes - (14 oz)
- 12 ounces V-8 juice
- 10 ounces cream of tomato soup
- 1 tablespoon sugar
- 10 ounces frozen chopped spinach
- Dash Nutmeg
- Salt and pepper

1. Combine broth, tomatoes, juice and soup in a saucepan with a wire whisk over medium heat.
2. Add remaining ingredients, without even thawing spinach.
3. Allow to heat gently 30 minutes on medium-low until spinach is tender. Keep hot without letting it boil.

Serves 6

*Sizzler Fried Shrimp

- 1 cup sifted all-purpose flour
- 1 egg beaten
- 1/2 cup milk
- 1 cup dry bread crumbs
- 1 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon parsley flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 24 raw jumbo shrimp – peeled and deveined

1. Place flour in bowl; set aside.
2. Combine egg and milk in bowl; set aside.
3. Combine remaining dry ingredients in bowl; set aside.
4. Dip shrimp in flour, then in egg mixture, then in bread crumb mixture.
5. Deep-fry shrimp in 350 degree oil for 3-4 minutes.
6. Drain on brown paper bags.

Serves 4



*Starbuck's Frappuccino

- 1/2 cup Fresh espresso
- 1/2 cup 2% Milk
- 1/4 cup Granulated sugar
- 1 tablespoon Pectin



1. Combine all of the ingredients in a pitcher or covered container. Stir or shake until sugar is dissolved.
- 2 . Fill a glass with ice and either serve mixture over ice, or pour glass contents into blender and frappe for 30-45 seconds.

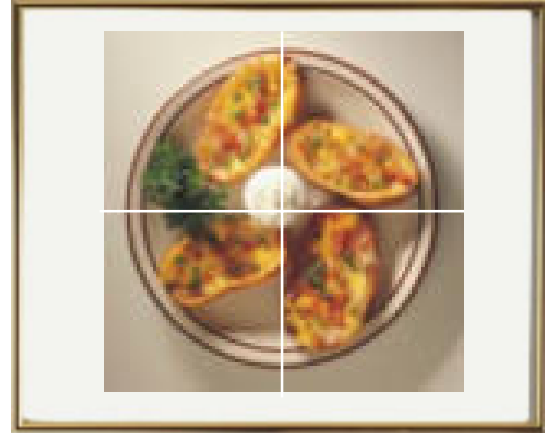
Serves 1

RecipeSecrets.net tip: For a mocha version, add 3 tablespoons of Hershey's chocolate syrup to the above recipe. Top each glass with whipped cream if desired.

*T.G.I. Friday's Baked Potato Skins

T.G.I. Friday's, one of the first American casual dining chains, is a dining experience that has become the favorite pastime of millions since 1965. The first T.G.I. Friday's was located at First Avenue and 63rd Street in New York City. Their focus is on providing a comfortable, relaxing environment where guests can enjoy quality food and have a good time.

- 10 baked potato skin halves (empty of potato)
- 1 tablespoon melted butter
- Seasoned salt
- 1 tablespoon snipped fresh chives
- 1/2 cup fried bacon, diced and crispy fried (about 5 strips)
- 3/4 cup shredded Cheddar cheese



1. Heat oven to 375 degrees F.
2. Brush potato shells with melted butter and sprinkle seasoned salt to taste.
3. Bake for 15 to 20 minutes until crisp but not dry and hard. Remove and sprinkle with cheese, bacon and chives. Place back in oven until cheese is melted.
4. Serve with sour cream.

Serves 4



*T.G.I. Friday's Broccoli Cheese Soup

- 1 qt. water
- 2 cup diced potatoes
- 2 chicken bouillon cubes
- 1 cup diced onion
- 20 oz. frozen broccoli, chopped or 1 bunch fresh broccoli
- 2 cans cream of chicken soup
- 1 lb. Velveeta or American cheese

1. Mix water, potatoes, bouillon, onion and broccoli together. Cook on medium heat until done, about 20-30 minutes.
2. Add soup and cheese. Reduce heat and let simmer for 15 minutes

Serves 2

***T.G.I. Friday's Jack Daniels Dipping Sauce**

- 1/3 cup Diced Red Onions
- 1/2 teaspoon Finely Diced Garlic
- 1/2 cup Water
- 1/2 cup Brown Sugar
- 1/3 cup Teriyaki Sauce
- 1/4 cup Soy Sauce
- 1/3 cup White Grape Juice
- 1/2 cup Jack Daniels Black Label Bourbon
- 1/2 teaspoon Tabasco Sauce

1. Place ingredients in sauce pan in order listed.
2. Mix and stir after each ingredient.
3. Place on medium heat and stir until mixture reaches boiling stage.
4. Reduce temperature to low until mixture is slowly simmering.
5. Cook sauce for 35 - 45 minutes.

Serve and enjoy.



***Taco Bell Burrito Supreme**

- | | |
|---------------------------------|--------------------------------|
| 1 pound lean ground beef | 1 16-ounce can refried beans |
| 1/4 cup all-purpose flour | 8 10-inch flour tortillas |
| 1 tablespoon chili powder | 1/2 cup enchilada sauce |
| 1 teaspoon salt | 3/4 cup sour cream |
| 1/2 teaspoon dried minced onion | 2 cups shredded lettuce |
| 1/2 teaspoon paprika | 2 cups shredded cheddar cheese |
| 1/4 teaspoon onion powder | 1 medium tomato, diced |
| dash garlic powder | 1/2 cup diced yellow onion |
| 1/2 cup water | |

1. In a medium bowl, combine the first 8 ingredients. Thoroughly massage the ingredients into the ground beef using your hands.
2. Add the seasoned beef, along with the water, to a skillet over medium heat. Mix well with a wooden spoon or spatula breaking up the meat as it cooks. Heat for 5 to 6 minutes, or until browned.
3. Microwave the refried beans in a microwave safe container on high for 90 seconds.
4. Place the flour tortillas on a plate and cover with plastic wrap. Heat the tortillas for 30 to 45 seconds in the microwave on high.
5. Build each burrito by first spreading about 1/4 cup of refried beans on the center of a heated flour tortilla. Spread one-eighth of the meat mixture over the beans, then pour about a tablespoon of the enchilada sauce over the meat.
6. Stir the sour cream, then spread about 1 1/2 tablespoons onto the burrito. Arrange your desired amount of lettuce, cheese, tomato, and onion onto the tortilla.
7. Fold the end of the tortilla closest to you over the filling ingredients. Fold either the left or right end over next. Then fold the top edge over the filling leaving one end of the burrito open and unfolded. Repeat with the remaining ingredients and serve immediately.

Makes 8 Burritos

*Taco Bell Enchirito

- 1 pound ground beef
- 1/4 teaspoon seasoning salt
- 1 teaspoon chili powder
- 1/2 tablespoon dried minced onion
- 1 can Taco Bell® refried beans
- 1/4 cup diced onion
- 1 can enchilada sauce
- 2 1/2 cups shredded Cheddar cheese
- 1 (2 ounce) can sliced black olives
- 1 package (10-12 inch) flour tortillas

1. Slowly brown the ground beef in a skillet using a wooden spoon or spatula to separate the beef into tiny pieces. Add the seasoning salt, chili powder and minced onion.
2. Using a potato masher, beat the refried beans until smooth. Heat beans as stated in the product instructions.
3. Spoon 3 tablespoons of beef into the center of each tortilla. Sprinkle on 1/2 teaspoon diced fresh onion. Add 1/3 cup refried beans.
4. Fold sides of each tortilla over the beans. Place the tortilla onto a plate. Spoon 3 tablespoons enchilada sauce over top of the tortilla.
5. Sprinkle 1/4 cup shredded cheese on the folded tortilla.
6. Microwave on high for 45 seconds or until cheese is melted. Top with 3 olive slices.

Serves 6



*Taco Bell Mexican Pizza

- 1/2 lb. ground beef
- 3 tablespoons Taco Bell® Taco Seasoning
- 2 tablespoons water
- 8 small flour tortillas
- 1 cup Taco Bell® refried beans - warmed
- 2/3 cup La Victoria enchilada sauce
- 1 cup shredded cheddar/Monterey Jack cheese blend
- 1/4 cup chopped tomatoes
- 1/4 cup chopped green onions

1. Using your hands, mix together beef, taco seasoning, and water.
2. Brown the beef mixture in a skillet over medium-high heat for 5-6 minutes, using a wooden spoon or spatula to break up the meat as it cooks; set aside.
3. Preheat oven to 375 degrees.
4. In 375 degree oil, fry tortillas for 30-45 seconds per side or until golden brown. When frying each tortilla, be sure to pop any bubbles that form so that tortilla lays flat in oil. Drain tortillas on brown paper bags or paper towels.
5. When meat and tortillas are done, stack each pizza by first spreading about 1/3 cup refried beans on face of one tortilla. Next spread 1/4 to 1/3 cup of meat, then another tortilla. Coat your pizzas with two tablespoons of salsa on each, then split up the tomatoes and stack them on top. Next divide up the cheese, onions and olives, stacking in that order.
6. Place pizzas in oven until cheese has melted. Serve and enjoy.

Serves 4

*The Cheesecake Factory Cajun Jambalaya Pasta

This restaurant was started by Evelyn Overton in 1949 as a small scale bakery operated out of her family's basement in Detroit. Today they are a major chain and have much more on their menu than just cheesecake. However their cheesecake is still one of the best I've ever tasted.

4 ounces butter

2 teaspoons Cajun spice mix

1 pound boneless, skinless chicken breasts, cut into small pieces

1 pound fresh linguini pasta

1/2 cup clam juice

2 ounces green bell peppers, cut into thin strips

2 ounces red bell peppers, cut into thin strips

2 ounces yellow bell peppers, cut into thin strips

4 ounces red onions, cut into thin strips

1/2 pound fresh medium shrimp, peeled, de-veined, tails removed

1/2 cup diced tomatoes

1. Place the butter into a sauté pan on medium heat. Allow the butter to melt slightly. Add the seasoning into the pan and stir together with the melted butter. Add the chicken into the pan and continue to cook until the chicken is about half done.
2. While the chicken is cooking, carefully place the pasta into boiling water and cook until al dente (slightly chewy to the bite).
3. Pour the clam juice into the pan. Add the peppers and onions. Cook for another minute, making sure the vegetables are heated through and the chicken is almost done.
4. Add the shrimp into the pan. Toss the ingredients together and continue to cook until the shrimp are almost done.
5. Add the tomatoes into then pan. Continue to cook mixture until both the shrimp and chicken are thoroughly cooked through.
6. Place desired serving of pasta on a plate or in a bowl and add the jambalaya mixture.

Serves 4



*The Cheesecake Factory Chicken Fettuccini

- 1/2 lb fettuccini pasta
- 2 tablespoons olive oil
- 1 tablespoon garlic, chopped
- 6 medium mushrooms, sliced thin
- 1/4 red onions, julienned
- 1/4 cup white wine
- 1/4 cup chicken broth
- 1/2 grilled chicken breasts, julienned
- 1 vine-ripened tomato, peeled, seeded and diced
- 6 basil leaves, chopped
- salt and pepper
- 2 tablespoons butter
- parmesan cheese (to garnish)
- green onions (to garnish)



1. Boil water, then add pasta. As pasta cooks, heat olive oil in a 12 inch sauté pan.
2. Add garlic to pan and saute for about 30 seconds.
3. Add red onions and mushrooms and saute for 2 minutes.
4. Add white wine and reduce by half, then add chicken broth and reduce by half.
5. Add tomatoes, basil and grilled chicken.
6. Saute 1 minute, then add butter to sauce.
7. Mix with cooked pasta.
8. Top with Parmesan Cheese and garnish with a few green onions and serve.

Serves 2-4

*The Cheesecake Factory Oreo Cheesecake

- 1 (20 ounces) package Oreo cookies
- 1/3 cup unsalted butter, melted
- 3 (8 ounces) packages cream cheese (at room temp.)
- 3/4 cup sugar
- 4 eggs, at room temperature lightly beaten
- 1 cup sour cream (at room temp.)
- 1 teaspoon vanilla extract
- whipped cream - to garnish (optional)
- additional Oreo cookies, halved - to garnish (optional)



1. Finely crush 26-30 cookies and set aside.
2. Coarsely chop remaining cookies and set aside.
3. Mix together finely crushed cookie crumbs and melted butter.
4. Press cookie/butter mixture on the bottom and two inches up the sides of a 9-inch springform pan and set aside.
5. Beat cream cheese and sugar in bowl with electric mixer at medium speed until creamy.
6. Blend in lightly beaten eggs, one at a time, stirring by hand, to mix well after each addition.
7. Stir in sour cream and vanilla, until well blended.
8. Fold chopped cookies into the cheesecake batter.
9. Pour mixture into prepared crust.
10. Bake at 350°F for 55 to 60 minutes or until set.
11. Cool on wire rack at room temperature for about 15 minutes.
12. Run a thin blade knife around the inside of the pan between the pan and crust, being careful not to cut into the cake.
13. When cooled to room temp, refrigerate for at least 4 hours.
14. Remove side from pan; garnish with whipped cream, and a cookie half.

Serves 12-16

RecipeSecrets.net tip: Tastes best when refrigerated overnight.

*The Cheesecake Factory Pumpkin Cheesecake

Crust

- 2 cups graham cracker crumbs
- 1 tablespoon of sugar
- 1 teaspoon cinnamon
- 5 tablespoons melted butter

1. Mix until crumbly, not pasty. Pat into 9" springform pan forming the crust along the bottom and up the sides. Set aside.

Filling

- 1 pound cream cheese, room temperature
- 1 cup sour cream
- 1-1/4 cups sugar
- 1 teaspoon vanilla
- 3 tablespoons brown sugar
- 1 (15 oz) can pumpkin puree
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon cinnamon
- 4 eggs, lightly beaten

1. Preheat oven to 350.
2. In a mixer - beat cream cheese, sour cream, sugar and vanilla until smooth. Add pumpkin and spices and blend. Add eggs and blend again until mixed. Pour into pan over the crust.
3. Bake 40-45 minutes.
4. Turn oven off and leave the cheesecake in the oven for an additional 30 minutes.
5. Remove from oven. Refrigerate several hours until cheesecake cools and firms.
6. Garnish with whipped cream and nuts (optional).

Serves 10-12



*The Soup Nazi Crab Bisque

Remember the rules. Stay in line, quickly place your order and no small talk, or else "No soup for you!" The Soup Nazi was a character made famous on the popular sitcom "Seinfeld." The soup is said to be so good that customers are willing to follow the Soup Nazi's strict rules. The company - Soup Kitchen International located in New York City - received a lot of publicity from the show and is now offering franchising opportunities nationwide.

- | | |
|---------------------------------------|--|
| 4 pounds snow crab clusters (legs) | 1/2 teaspoon coarse ground pepper |
| 4 quarts water | 2 bay leaves |
| 1 small onion, chopped | 1/3 cup tomato sauce |
| 1 1/2 stalks celery, chopped | 1/4 cup heavy whipping cream (to thicken soup) |
| 2 cloves garlic, quartered | 1/4 cup unsalted butter |
| 2 potatoes, peeled and chopped | 1/4 teaspoon thyme |
| 1/4 cup fresh chopped Italian parsley | 1/8 teaspoon basil |
| 2 teaspoons mustard seed | 1/8 teaspoon marjoram (an herb) |
| 1 tablespoon chopped pimento | 2 tablespoons Old Bay Spice |
| 1 16-ounce can refried beans | |

1. Remove all the crab meat from the shells and set it aside.
2. Put half of the shells into a large pot with 4 quarts of water over high heat. Add onion 1 stalk of chopped celery, and garlic, then bring mixture to a boil. Continue to boil for 1 hour, stirring occasionally, then strain stock. Discard the shells, onion, celery and garlic, keeping only the stock.
3. Measure 3 quarts of the stock into a large sauce pan or cooking pot. Add water if there's not enough stock to measure 3 quarts.
4. Add potatoes, bring mixture to a boil, then add 1/2 of the crab and the remaining ingredients to the pot and bring it back to boiling. Reduce heat and simmer for 4 hours, uncovered until it reduces by about half and starts to thicken. Add the remaining crab and simmer for another hour until the soup is very thick.
5. Refrigerate overnight and reheat for best results.

Serves 4-6



*The Soup Nazi Cream of Sweet Potato Soup

- 4 (1 lb) sweet potatoes
- 4 cups chicken broth
- 4 cups water
- 1/3 cup butter
- 1/2 cup tomato sauce
- 3 tablespoons half and half
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons thyme
- 1 cup cashews (split in half)

1. Preheat oven to 375 degrees. Bake the sweet potatoes for 45 minutes or until they are soft. Cool the potatoes before handling.
2. Peel away the skin, then put the sweet potatoes into a large bowl. Mash the sweet potatoes for 15-20 seconds (they don't have to be completely smooth).
3. Spoon the mashed sweet potato into a large saucepan over medium high heat, add the remaining ingredients and stir to combine.
4. Once the soup begins to boil, reduce the heat and simmer for 60 minutes - until soup has thickened a bit. Serve and enjoy.

Serves 6-8

*The Soup Nazi Indian Mulligatawny Soup

- | | |
|------------------------------------|---------------------------------|
| 16 cups water | 1/2 cup roasted cashews |
| 6 cups chicken stock | 1/2 cup chopped Italian parsley |
| 2 potatoes, peeled & sliced | 1/4 cup lemon juice |
| 2 carrots, peeled & sliced | 3 tablespoons sugar |
| 2 stalks celery, with tops | 1/2 teaspoon curry powder |
| 1/2 eggplant, peeled & diced | 1/2 teaspoon pepper |
| 1 medium onion, chopped | 1/4 teaspoon thyme |
| 1 cup frozen corn | 1 bay leaf |
| 2/3 cup roasted red peppers, diced | 1 dash marjoram |
| 1/2 cup tomato sauce | 1 dash nutmeg |
| 1/2 cup shelled pistachios | |

1. Use a hand held mixer to puree all of the ingredients. It's ok if there are small chunks left.
2. Combine all mixture in a large pot over high heat.
3. Bring to a boil, then reduce heat and simmer, uncovered, for 5-6 hours or until soup has reduced by more than half and is thick. Stir several times throughout (and more frequently as it becomes thicker).
4. Refrigerate overnight and reheat for best results.

Serve 4-6



***The Soup Nazi Mexican Chicken Chili**

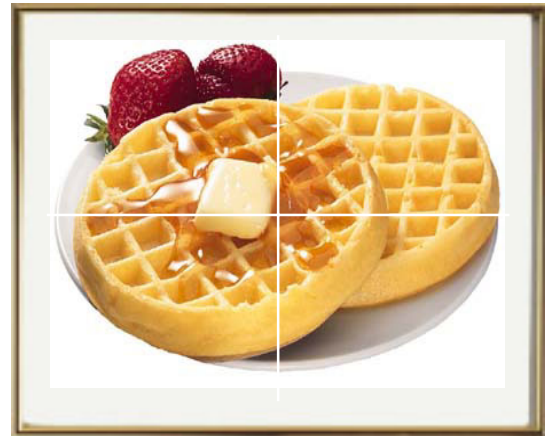
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| 4 chicken breast fillets | 1/4 cup diced canned pimento |
| 1 potato, peeled & chopped | 1 jalapeno, diced |
| 1 small onion, diced | 1/4 cup chopped Italian parsley |
| 1 tablespoon olive oil | 2 teaspoons chili powder |
| 10 cups water | 2 teaspoons basil |
| 2 cups chicken stock | 2 teaspoons oregano |
| 1/2 cup tomato sauce | 1 clove garlic, minced |
| 1 cup frozen yellow corn | 2 teaspoons cumin |
| 1/2 carrot, sliced | 1/4 teaspoon salt |
| 1 celery stalk, diced | dash cayenne pepper |
| 1 cup canned diced tomatoes | Sour cream (optional) |
| 1 15-ounce can red kidney beans, plus liquid | Pinch chopped Italian parsley (optional) |

1. Pour olive oil into a large pot and sauté chicken in the olive oil over medium-high heat. Cook the chicken on both side until done - about 8 minutes per side. Let chicken cool until it can be handled. Do not rinse the pot.
2. Break chicken up into small pieces by hand and while placing the pieces back into the pot.
3. Add the remaining ingredients to the pot and turn heat to high. Bring mixture to a boil, then reduce heat and simmer for 4-5 hours (the longer the better). Stir often. Chili will thicken and get browner when done.
4. Serve with a chopped Italian parsley and sour cream mixture on the side.

Serve 4-6

*Waffle House Waffles

- 1 1/2 cups all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup granulated sugar
- 1/4 cup butter-flavored shortening
- 1 egg or equivalent of egg substitute
- 3/4 cup half and half cream
- 1/2 cup buttermilk
- 1/2 teaspoon vanilla extract



1. Combine flour, salt, and baking soda; set aside.
2. Cream together sugar, shortening, and egg with an electric mixer.
3. Gradually mix in half and half, buttermilk, and vanilla.
4. Add the dry flour mixture to the wet mixture while beating and mix until smooth.
5. Cover and refrigerate overnight.
6. Pour 1/2 cup of batter into a preheated, greased waffle iron and cook for 3-4 minutes, or until lightly browned. Repeat with remaining batter.

Serves 6



*Wendy's Chili

2 tablespoons. vegetable oil
1 1/2 - 2 lbs. ground chuck
10 oz. can French onion soup
21 oz. can red kidney beans - undrained
8 oz. can tomato sauce
6 oz. can tomato paste
1 tablespoon chili powder
2 teaspoons ground cumin
1/2 teaspoons black pepper
3 drops Tabasco® Sauce

1. In a large pot over medium-high heat, brown the beef in the oil, breaking up as it cooks; set aside.
2. Puree soup in a blender; pour over beef.
3. Stir remaining ingredients into pot.
4. Simmer over low heat, stirring occasionally, for at least 30 minutes.

Serves 4-6

RecipeSecrets.net tip: If desired, serve with grated cheese, chopped green onion and sour cream on top. For the health conscious chili lovers you can substitute ground beef with ground turkey meat.

*Wendy's Mandarin Chicken Salad

Sesame Dressing:

1/2 cup corn syrup	1/4 teaspoon ground mustard
3 tablespoons white distilled vinegar	1/4 teaspoon ground ginger
2 tablespoons pineapple juice	pinch salt
4 teaspoons granulated sugar	1/8 teaspoon paprika
1 tablespoon light brown sugar	dash garlic powder
1 tablespoon rice wine vinegar	dash pepper
1 tablespoon soy sauce	1/2 cup vegetable oil
1 teaspoon sesame oil	1/2 teaspoon sesame seeds

Mandarin Chicken Salad

- 4 chicken breast fillets
- 1 (10 ounce) package ready-to-serve salad or 4 cups torn iceberg lettuce
- 4 cups red leaf lettuce, chopped
- 1 1/3 cup canned mandarin orange wedges
- 1 cup rice noodles
- 1 cup roasted sliced almonds

1. Blend the first 14 sesame dressing ingredients (excluding vegetable oil and sesame seeds) in a blender on high. Gradually add in vegetable oil and sesame seeds and blend for a few seconds. Set dressing aside in refrigerator to chill.
2. Rub each chicken breast fillet with oil, then lightly season each piece with salt and pepper. Grill chicken over medium heat until done. Chill chicken breasts in refrigerator until cold.
3. Once chicken is cold, the next step is to build each salad. Place the iceberg lettuce in a salad bowl and add the red leaf lettuce on top.
4. Dice each chicken breast into small pieces and sprinkle the pieces over each salad.
5. Arrange about 1/3 cup of mandarin orange wedges on each salad. Next, sprinkle about 1/4 cup of rice noodles and 1/4 cup of almonds on top of each salad. Add sesame dressing and serve.

Serves 4



RECIPES BY CATEGORY

Appetizers	Chili's® Boneless Buffalo Wings	Page 29
	Chili's® Southwestern Egg rolls	Page 33
	Hooter's® Buffalo Wings	Page 45
	Houston's® Spinach and Artichoke Dip	Page 46
	Joe's Crab Shack® Crab Cakes	Page 49
	KFC® Honey BBQ Wings	Page 56
	Outback Steakhouse® Honey Wheat Bushman Bread	Page 68
	PF Chang® Chicken Lettuce Wrap	Page 71
	Red Lobster® Cheddar Biscuits	Page 81
	Ruby Tuesday® Chicken Quesadillas	Page 86
T.G.I. Friday® Baked Potato Skins	Page 94	
Breakfast	IHOP® Colorado Omelet	Page 47
	IHOP® Pancakes	Page 48
	Waffle House® Waffles	Page 108
Desserts	Cinnabon® Cinnamon Buns	Page 36
	Dairy Queen® Heath Blizzard	Page 37
	Junior's® Famous No.1 Cheesecake	Page 54
	Sara Lee® Original Cream Cheesecake	Page 89
	The Cheesecake Factory® Oreo Cheesecake	Page 102
	The Cheesecake Factory® Pumpkin Cheesecake	Page 103
Entrées	Applebee's® Baby Back Ribs	Page 5
	Applebee's® Fiesta Lime Chicken	Page 7
	Applebee's® Santa Fe Chicken	Page 10
	Applebee's® Spinach Pizza	Page 11
	Benihana® Hibachi Steak	Page 13
	Boston Market® Meatloaf	Page 19
	Burger King® Whopper	Page 22
	California Pizza Kitchen® BBQ Pizza	Page 23
	Chi Chi's® Baked Chicken Chimichangas	Page 24
	Chi Chi's® Pork Tenderloin with Bourbon Sauce	Page 25
	Chi Chi's® Salsa Verde Chicken Kabobs	Page 26
	Chi Chi's® Steak and Mushroom Quesadillas	Page 27
	Chili's® Baby Back Ribs	Page 28
	Chili's® Fajitas	Page 31

Entrées	Chili's® Southwest Chicken Chili	Page 32
	El Pollo Loco® (Pollo Asada)	Page 39
	El Pollo Loco® Chicken	Page 38
	General Tso's Chicken	Page 49
	Hard Rock Cafe® Shrimp Fajitas	Page 44
	Joe's Crab Shack® Étouffée	Page 50
	Joe's Crab Shack® Stuffed Shrimp Enbrochette	Page 53
	KFC® Original Recipe Fried Chicken	Page 57
	Macaroni Grill® Insalata Florentine	Page 58
	Macaroni Grill® Pasta Gamberetie E Pinoli	Page 59
	Macaroni Grill® Shrimp Portofino	Page 60
	McDonald's® Big Mac	Page 61
	Olive Garden® Fettuccine Alfredo	Page 63
	Olive Garden® Lasagna	Page 64
	Olive Garden® Pasta e Fagioli	Page 65
	Outback Steakhouse® Marinated Steak	Page 69
	Panda Express® Orange Flavored Chicken	Page 70
	PF Chang® Chicken with Black Bean Sauce	Page 72
	Planet Hollywood® Captain Crunch Chicken	Page 73
	Popeye's® Fried Chicken	Page 77
	Red Lobster® Lobster Fondue	Page 83
	Red Lobster® South Beach Seafood Paella	Page 78
	Red Lobster® Batter-Fried Shrimp	Page 80
	Red Lobster® Lobster W/ Crabmeat Stuffing	Page 84
	Red Lobster® Shrimp Diablo	Page 85
	Ruby Tuesday® Sonoran Chicken Pasta	Page 87
	Shoney's® Pot Roast	Page 90
	Sizzler® Fried Shrimp	Page 92
	Taco Bell® Burrito Supreme	Page 97
	Taco Bell® Enchirito	Page 98
	Taco Bell® Mexican Pizza	Page 99
	The Cheesecake Factory® Cajun Jambalaya Pasta	Page 100
	The Cheesecake Factory® Chicken Fettuccini	Page 101
Salads	Applebee's® Low-Fat Blackened Chicken Salad	Page 8
	Olive Garden® Salad Dressing	Page 66
	Wendy's® Mandarin Chicken Salad	Page 110



Side Dishes	Applebee's® Bacon Scallion Mashed Potatoes	Page 6
	Benihana® Japanese Fried Rice	Page 14
	Boston Market® Creamed Spinach	Page 16
	Boston Market® Dill Potato Wedges	Page 17
	Boston Market® Macaroni & Cheese	Page 18
	Boston Market® Spicy Rice	Page 20
	Boston Market® Stuffing	Page 21
	Hard Rock Cafe® BBQ Beans	Page 41
	Joe's Crab Shack® Rice Pilaf	Page 51
	Joe's Crab Shack® Seafood Stuffed Mushrooms	Page 52
	Olive Garden® Breadsticks	Page 62
	Popeyes® Cajun Rice	Page 75
	Popeye's® Dirty Rice	Page 76
Wendy's® Chili	Page 109	
Soups	Shoney's® Tomato Florentine Soup	Page 91
	T.G.I. Friday® Broccoli Cheese Soup	Page 95
	The Soup Nazi® Crab Bisque	Page 104
	The Soup Nazi® Cream of Sweet Potato Soup	Page 105
	The Soup Nazi® Indian Mulligatawny Soup	Page 106
	The Soup Nazi® Mexican Chicken Chili	Page 107
	Bennigan's® Onion Soup	Page 15
	Chili's® Chicken Enchilada Soup	Page 30
	Chili's® Southwestern Vegetable Soup	Page 35
	Hard Rock Cafe® Homemade Chicken Noodle Soup	Page 42
	Hard Rock Café® Potato Soup	Page 43
Red Lobster® Clam Chowder	Page 82	
Miscellaneous	Auntie Anne® Pretzels	Page 12
	Olive Garden® Sangria	Page 67
	Planet Hollywood® The Terminator	Page 75
	Starbuck's® Frappuccino	Page 93
	T.G.I. Friday® Jack Daniels Dipping Sauce	Page 96

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