

— *Simply Delicious* —

SUNDAY DINNERS

Fresh **52** *Recipes*

HOMESTYLE

DINA FOGGIO CROWELL

Author of *Delicious Mornings*
and popular food blog
www.buttercream-bakehouse.com

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ABOUT THE AUTHOR

INTRODUCTION



My childhood is full of memories of storytelling and sibling shenanigans around the dinner table. We were a busy bunch, just like most families, but on the weekends, **especially Sundays**, we

managed to sit down together at the dinner table and enjoy a home-cooked meal. My parents both sat at either end of the table while my brothers sat across from me. I usually sat closest to my Mom because I knew she would protect me from my brothers. I was the middle child and only girl so you can imagine the fun they had with me. Whether they were flicking morsels of food at my face, touching my plate with their dirty fingers, or blowing on my food to see what I would do, there was always something happening at the table. Between each bite my Mom demanded they stop and eat their food while my Dad tirelessly chimed in with stories of his boyhood mischief as my brothers and I managed to settle down and quietly relish every bite. And the food—it was delicious.

When I was growing up, my Dad was a hardworking man with little time to himself. No matter how busy he was, he always made time to cook for his family. On Sundays he would make a fabulous dinner from scratch. He would get up early in the morning to boil the chicken needed to make his delicious chicken noodle soup ([page 89](#)).

Hovering over the kitchen sink, he would tirelessly shred the chicken between his fingers, cautiously making effort to keep the chicken a very fine texture. A true labor of love! Then he tossed in vegetables and seasonings and let it simmer all day. While it simmered, Dad tended to whatever needed fixing around the house, or tinkered in the garage on one of the vehicles. But he never lost his focus. He took frequent breaks to baby his boiling pot of liquid gold, adding a touch more of this and a tad more of that until it was an original masterpiece!

Dad has a delicate palate and can re-create recipes that he enjoys. He was absolutely spot on when re-creating my Grandma Foglio's sauce (Foglio Sunday Sauce, [page 33](#)) that she made for him growing up and now I share with you. My Grandma Foglio was a great Italian cook. She made her own pasta and strung it around the kitchen to dry while her sauce, the preeminent of all sauces, bubbled to perfection on the stove. It was a hearty, savory sauce with authentic Italian flavor. Like nothing you could ever order in a restaurant or that came out of a jar.

It was made with love and is simply priceless. To this day, the aroma of homemade meatballs cooking reminds me of my childhood in Burke, Virginia, where I grew up.

My Dad was the dinner guru while my Mom loved to bake desserts and invent delicious side dishes that she is well-known for. During the summer months, my daughter often requested that her Grammy make her favorite, macaroni salad ([page 127](#)) while friends and neighbors fall to their knees for her **Perfect Potato Salad** ([page 126](#)).

The recipes in this cookbook have been in our family for decades. I remember the excitement of scooping spoonfuls of Mom's side dishes on my plate. The one that I loved most, and still do, is Mom's Sweet Sausage Baked Beans ([page 118](#)). It has that sweet/heat combination from the brown sugar, molasses, and red pepper flakes that I love so much. You will notice the sweet/heat combination repeatedly in this book and Mom's Sweet Sausage Baked Beans is what shaped my palate to crave this complex flavor explosion.

This recipe is still requested by friends and family who remember it being so enticing and delicious years ago. "Bring your mom's baked beans!" is something I hear quite often, and now I am sharing this fabulous side dish with you.

My mom was also a hard worker. With both my parents working two jobs each, we became latchkey kids in a hurry. When we would come home from school, Mom would occasionally leave homemade cookies or brownies waiting for us, something I will always remember. My parents took the time to fill our tummies with love as I do now for my own kiddos.

I picked up on my parents' love for food at a young age. As a child I loved to experiment in the kitchen and discovered my first love: baking desserts. When I was an adult and started my own family, everything was centered around food. I planned for every meal each day of the week. I created every party and holiday menu with new recipes and old favorites too. When I baked and decorated my son's first birthday cake,

I knew I had a knack for making food that looked as great as it tasted. As my love for baking and creating grew, I wanted to inspire others to try something new and simple to create, so I decided to share my passion and my recipes with the world. In 2010, I started my own baking blog called Buttercream Bakehouse (www.buttercreambakehouse.com) to do just that.

As my blog grew in popularity, I secured my first book deal. In 2014 a dream came true: my first cookbook, *Delicious Mornings*, was released. It has been a whirlwind since I became a published author and now here I am, releasing my second book. With my new dinner cookbook I can continue to share fabulous recipes that are easy to prepare and taste out of this world.

This book is special to me because each recipe is made with love, which is something I learned from my parents. I aim to prepare quality homestyle meals for my family and yours that can be enjoyed together sitting at the table when possible. There is nothing more memorable and meaningful than sitting with your family and reconnecting over a delicious homestyle dinner and the flavors you created for them. In our home that means our cell phones are put away, the dogs are by our side begging for scraps, and the kids are chattering about their days... Or sometimes throwing morsels of food at each other and creating their own havoc and childhood memories.

In this book, you will discover original family favorites along with modern recipes such as Jalapeño Popper Mac and Cheese ([page 45](#)) or Cheeseburger Casserole ([page 49](#)), scrumptious side dishes that are fresh and exciting, and delectable desserts that are real crowd pleasers. All with simple, easy-to-find ingredients and some time-saving tips that will help you create a homestyle meal for your family that you can be proud of. “Seconds please!” is music to my ears and I know my job is done.

Buon appetito! It's time to eat!

COOKING GLOSSARY

Here are some basic cooking terms used throughout this cookbook. Knowing these terms will help you understand the cooking directions in this cookbook, which will help you prepare your meal with ease. Happy cooking!

FOOD PREPARATION METHODS

Bake	Cooking food using dry heat without direct exposure to a flame, typically in an oven
Blanch	A cooking process where the food is plunged into boiling water, removed after a brief timed interval, and then plunged into ice water to halt the cooking process
Chop	Cut with a knife or food processor into smaller pieces
Crush	Smash into smaller pieces, generally using hands, a mortar and pestle, or a rolling pin (crushing dried herbs releases their flavor and aroma)
Dice	Cut in small cubes of the same size and shape
Pitted	Removed the seed from fruit
Preheat	Heat an oven or a utensil to a specific temperature before using it
Roast	Cook a large piece of meat or poultry uncovered with dry heat in an oven
Sauté	Cooking and stirring food in a small amount of fat over fairly high heat in an open, shallow pan
Simmer	Cook food in a liquid that is kept just below the boiling point; a liquid is simmering when a few bubbles form slowly and burst just before reaching the surface

Tenderize	Pounding or piercing meat to break down collagens in the meat to make it more palatable and tender
Whisk	Beat ingredients (such as heavy or whipping cream, eggs, salad dressings, or sauces) with a fork or whisk to mix or incorporate air

COOKING TOOLS

Blender	A stationary electric mixing machine with a rotating blade used for liquefying, chopping, or pureeing food
Casserole dish	A large, deep dish used both in the oven and as a serving vessel. Can be oval, square, or rectangular, and either glass, ceramic, or stone
Cookie sheet	A flat metal tray for baking in the oven. Can be rectangular or circle
Dutch oven	A large, heavy cooking pot with a lid for cooking meats, stews, and soups
Garlic press	A kitchen utensil used to crush garlic cloves by forcing it through a grid of small holes
Meat tenderizer	A mallet used to pierce and pound meat to make it tender and easy to eat
Saucepan	A cooking vessel used on the stove for heating food. Typically aluminum, stainless steel, or Teflon
Skillet	A flat-bottomed pan used for frying, searing, and browning foods
Slow cooker	A large electric pot used for slow cooking food, especially stews and meat
Wire whisk	A cooking utensil to blend ingredients smooth or to incorporate air into a mixture

Note: Salt and Fresh Cracked Black Pepper, to Taste

In this cookbook you will often notice that recipes call for “salt and fresh cracked black pepper, to taste.” What does this mean? In a nutshell, this means to season the dish according to your palate. Salt, when used properly, brings out the natural flavor in food. How do you know what is correct if there is no measurement in the recipe? That’s basically up to you and your palate in preparing your recipe. To me, a teaspoon of salt is nothing, but to some it could be overkill. Just remember, you are not trying to “taste” the salt or make a dish salty to taste. You want the salt to enhance the natural flavor of the dish. Same goes for fresh cracked black pepper. Simply add a pinch of salt at a time; then taste and adjust the flavor to suit your palate. I invite you to be creative with *all* of your seasonings and to make the dish your own. Also, try and use fresh cracked black pepper when possible. Your taste buds will thank you. Happy cooking!

CHICKEN, PORK CHOPS, AND LAMB



Come and get it!

Simple and delicious homestyle entrées that will please even your pickiest eaters. Whether it's sautéed, baked, slow cooked, or roasted, these recipes are easy to prepare and packed with flavor.

STICKY SOY CHICKEN *with* **ASIAN CARROT SLAW**

SERVES 6-8



This dish is finger lickin' good and keeps you wanting more. When baked, the honey caramelizes into sticky, sweet goodness that blends seamlessly with the garlic and soy sauce. Goes great with white rice and Asian Carrot Slaw (page 112).

12–15 chicken drumsticks and thighs
salt and fresh cracked black pepper, to taste
2 Tbsp. sesame oil
2 Tbsp. ketchup
½ cup soy sauce
½ cup pure honey
2 cloves garlic, minced
½ cup green scallions, thinly sliced

Preheat oven to 400 degrees. Wash and dry 12–15 chicken drumsticks and thighs. Place in a 9 × 13-inch glass baking dish. Season lightly with salt and fresh cracked black pepper to taste. Remember that soy sauce is super salty, so go easy here.

For the marinade, using a wire whisk, combine the remaining ingredients in a small bowl, except for the green scallions. If you don't have a garlic press to mince the garlic, chop the garlic into small, fine pieces. Pour marinade over chicken. Turn chicken with your hands or tongs. Arrange skin-side down in the baking dish. Bake for 30 minutes. Remove pan, turn chicken over, and sprinkle with green onions. Bake for another 30–45 minutes until meat is a golden brown and is falling off the bone.

MAKE AHEAD: *This dish can be prepared the night before. Simply assemble the uncooked chicken in the glass baking dish with marinade. Cover and refrigerate until the next day. Bake within 24 hours.*

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