



AwakeningSoul

SANCTUARY • SUSTENANCE • INSPIRATION

The AwakeningSoul Hospitality Cookbook

recipes enjoyed over the years by Ann's family, friends, and the AwakeningSoul community

Alan Ballew's Famous Pimento Cheese

For AwakeningSoul 2019, Alan started with 7 pounds of cheddar. Normal times call for a smaller batch.

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| 1 lb | Cheddar, hand grated |
| 8 oz | Pimentos or roasted peppers, chopped, reserve the liquid |
| 2 med | Jalapeños, chopped |
| 2-4 | Large serving spoons of good mayonnaise, Hellman's or Duke's depending on your household preference |

Place the grated cheddar in a large bowl. Add the pimentos and jalapeños. Toss with two forks to mix. Add $\frac{1}{2}$ of the reserved pimento/pepper liquid (no more than $\frac{1}{4}$ cup) and stir in. Start adding mayonnaise and stir in. Keep adding mayo until it is no longer dry, but it is not yet goopy. Refrigerate for several hours so that the flavors meld.

Notes:

- The cheddar can be a mixture of extra sharp and sharp or sharp and medium, white and yellow. Alan generally uses extra sharp and sharp (Kraft, Cracker Barrel, or Cabot)
- Manage the heat by how much of the jalapeño seeds you include. Spicy – use all the seeds, medium – seeds from only one jalapeño, mild – no seeds.

Ann's Mom's Curry Dip

1 cup Mayo

1 tsp Tarragon vinegar (or white wine vinegar)

1 tsp Horseradish

½ tsp Curry Powder (I double or triple depending on the curry)

Serve with cold veggies – especially good with cauliflower

Also, really good on smoked fish and roasted vegetables

Non-Dairy Curry Chutney Cheese Spread

I have been making this for years with regular cream cheese. Last Christmas, I decided that I wanted a “cheesy” appetizer that I could eat so I made it with a non-dairy cream cheese - it was a winner. This year I am serving it to a friend who can't eat almonds – so I will leave them out or try cashews instead.

- 2 pkg Tofutti imitation cream Cheese or Violife (coconut based) or similar (8 oz each)
- ½ cup Mango Chutney (Major Gray's style)
- 2 tsp Curry Powder
- ½ tsp Dry Mustard
- ½ cup Almonds, finely chopped, a little reserved for garnish

Mix well. Shape into ball or serve in a bowl. Sprinkle with reserved nuts. Serve with crackers.

Cucumber Dip

5	Small cucumbers, unpeeled
1/2 cup	Rice vinegar
1 tsp	Kosher salt
1 tsp	Garlic salt, divided
2 (8-oz.) pkg	Cream cheese, softened
1/2	Cup mayonnaise
2 tsp	Chopped fresh chives
Garnish	Fresh chives
	Pita chips

Grate cucumbers into a medium bowl. Toss with rice vinegar, salt, and 1/2 tsp. garlic salt. Cover and chill 8 hours. Drain cucumber mixture well, pressing between paper towels.

Beat cream cheese, mayonnaise, and remaining 1/2 tsp. garlic salt at medium speed with an electric mixer 1 to 2 minutes or until smooth. Stir in cucumber mixture and chives. Cover and chill at least 1 hour. Garnish, if desired, and serve with pita chips.

Onion Bake

Perfect for an individual or small group retreat because it can be made in any quantity.

Equal Parts:

- Chopped sweet onion
- Mild swiss, Monterey Jack, Mozzarella, or other fairly mild cheese (I often use a pre-grated mixture of either Italian or Mexican cheeses)
- Mayonnaise

Mix together. Spread in low baking dish – 1 ½ inches high or so. Diameter of pan depends on the quantity you make.

Sprinkle top with salt and pepper and parmesan cheese if you have it on hand. Bake at 350 for 30 minutes – don't overcook or the oil will separate from the mayo – it will still taste great but doesn't look as pretty.

Serve with toasted pita bread or crackers or tortilla chips.

Ann's Mom's Shrimp Pate

This was a standard appetizer as I was growing up. Mom made it with canned baby shrimp, so the ingredients were always in the house. As tastes have changed and the availability of fresh shrimp has improved, I have changed the recipe. This can be made in any quantity and is a great way to use leftover boiled shrimp.

Basic idea – halve or double the recipe depending on how many you are serving or how much leftover shrimp you have.

- ½ lb Shrimp, boiled, cooled, peeled and deveined (better if you season the water), you can use boiled shrimp from the seafood counter at your local grocery
- 1 Tbsp Shallot, finely chopped, can use scallions or yellow onion
- Hellman's Mayo, or other good quality mayo – do not use Miracle whip
- Salt and pepper
- Essence of Emeril or other Cajun seasoning to taste (optional)

Pulse a dozen or so shrimp at a time in a food processor. You want a shredded consistency – not shrimp paste (you can mash them with a fork instead). Place the shrimp in a mixing bowl and add the onion and enough mayo to bind it together. Season with salt and pepper and other seasoning as desired. Chill for at least 1 hour so that the flavors come together.

Serve with any cracker – my favorites are Triscuits

Tangy Biscuits

Another old standby from my Mom...with just a little zip added.

They are a great nibble. Watch out they can be addictive.

- 1 tube Refrigerator biscuits
- 1/3 cup Butter (not margarine)
- 3 Tbsp Blue cheese
- 1/2 tsp Nutmeg
- 1/4 tsp Cayenne (or a tad more)

Melt butter, blue cheese, nutmeg, and cayenne together. Let mixture cool a little to thicken.

Cut each biscuit into 4 pieces, place in small baking dish, almost touching,

Pour cheese mixture over biscuits.

Bake 15 minutes at 400 degrees.

If you use a tube of Grands make a batch and a half of the cheese mixture.

Green Goddess Dip

This is an often-requested recipe. I never tell folks that anchovies are a key ingredient until they have tasted it

4 cloves	Garlic, minced
½ tsp	Salt
½ tsp	Dry mustard
1 tsp	Worcestershire sauce
1 can	Anchovies
3 tbsp	Tarragon vinegar (or white wine vinegar)
3 Tbsp	Green onions, minced
1/3 cup	Parsley
1 cup	Mayo, Hellman's or Duke's
½ cup	Sour cream
1/8 tsp	Black pepper

Blend all in a food processor.

Serve as veggie dip or with romaine and mushrooms and red onion for a savory salad.

AwakeningSoul Staff House Granola

Modified version of the NYTimes recipe for Seeded Pecan Granola

This isn't exactly a hospitality recipe but is good for snacking any time. This is just one of the treats that is required to keep the staff happy and energized through the weekend.

1 1/2 cups	Raw pecans, broken into rough halves and quarters
1/2 cup + 2 Tbsp	Maple syrup
3 2/3 cups	Old-fashioned rolled oats
3/4 cup	Raw pepitas (pumpkin seeds)
3/4 cup	Raw sunflower seeds
1/4 cup	Sugar
1 tsp	Flaky sea salt (or whatever sea salt you have)
1/4 tsp	Ground cinnamon
1/8 tsp	Grated nutmeg
1/8 tsp	Ground ginger
1/2 cup	Unrefined coconut oil, melted (or use sunflower oil, or a combination)

Heat oven to 375 degrees. Line rimmed baking sheet with parchment paper.

In a small mixing bowl, toss pecans with 1/4 cup maple syrup. Set aside.

In a separate medium-size bowl, combine oats, pepitas, sunflower seeds, sugar, salt, cinnamon, nutmeg, ginger, and oil with the remaining maple syrup. Spread oat mixture on the prepared baking sheet. Bake for 7 to 10 minutes or until the edges are just starting to turn golden. Remove pan from oven and use a fork to gently rake the edges in toward the center and the center out toward the edges. Return to oven and bake for 7 to 10 more minutes or until edges are golden, then repeat raking process.

Sprinkle the maple-coated pecans over the top of the granola and bake for a final 7 to 10 minutes, or until the granola is evenly golden. Remove pan from oven, rake once more, and let cool completely. Store airtight at room temperature for up to 2 weeks.