

# Home Remedies

**Jump to the ailment or condition you are looking for:**

**Acne, Blackheads, and Pimples**

**Anemia**

**Animal bites**

**Arthritis**

**Asthma**

**Bad breath**

**Bladder infection**

**Bladder stones**

**Bruises**

**Cold & Flu**

**Constipation (in adults)**

**Constipation (in small children)**

**Coughs & Asthma**

**Damaged, dry hair**

**Dandruff**

**Dark circles around eyes**

**Depression**

**Diarrhea**

**Dry skin**

**Earache**

**Eczema**

**Energizer**

**Eye problems**

**Facial cleanser**

**Fatigue**

**Gum in Hair**

**Hair lightener**

**Hang-over**

**Hay fever**

**Headache**

**Hiccups**  
**Hickey**  
**Insect bites**  
**Morning sickness**  
**Mosquito bites**  
**Mucus in cough**  
**Muscle cramps**  
**Nausea**  
**Obesity**  
**Oily skin**  
**Overweight**  
**Pain reliever**  
**Smelly feet**  
**Smoking habit**  
**Sore throat**  
**Splinters**  
**Stomach ache**  
**Stomach acidity**  
**Sunburn**  
**Toothache & Mouth pain**  
**Varicose veins**  
**Vomiting & Nausea**  
**Warts**  
**Weak nails**  
**Wrinkles & Skin freshener**  
**Yellow teeth**

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more useful information!**

**ACNE, BLACKHEADS, AND PIMPLES:** Application of fresh mint juice over face every night cures pimples and prevents dryness of the skin OR Mix equal amounts of lemon juice and rose water. Apply on face and keep for 1/2 hour. 15-20 days of this application helps cure pimples and also removes blemishes and scars OR A couple of garlic cloves, crushed and rubbed on the face 1-2 times a day OR Apply fresh lemon juice on the affected area overnight. Wash off with warm water next morning. For acne that hasn't seemed to respond to anything: Use 2-3 tsp. dried basil leaves to 1 cup boiling water. Steep 10-20 minutes. Cool, and apply with cotton ball.

**ANEMIA:** Avoid drinking tea and coffee immediately after meals as the tannin present in these interferes in the absorption of iron from the food. Take freshly prepared apple juice an hour before meals or just before retiring for the night. For proper absorption of the juice, remember the stomach should be relatively empty when you have the juice and also do not take anything for about half an hour after the juice. Have a ripe banana with 1 Tbls. honey, 1-2 times a day. Foods rich in iron: honey, almonds, bananas, apricots, raisins, lettuce or salad leaves, onion, spinach, grapes, tomatoes, carrots, gooseberry, beet roots, apples, pomegranate. Have plenty of them if you are anemic.

**ANIMAL BITES:** Mix equal quantities of castor oil and lime juice. Massage the affected area with this mixture. Also drink 1 cup warm water mixed with lime juice and honey.

**ARTHRITIS:** A daily serving of fresh fish or fish oil capsules helps to give relief of arthritis and other aches and pains.

**ASTHMA:** Mix 1 tsp. honey with 1/2 tsp. cinnamon and take it at night before going to bed.

**BAD BREATH:** Boil some cinnamon in a cup of water. Store it in a clean bottle in your bathroom. Use it as a mouthwash frequently. Parsley leaves are rich in chlorophyll, nature's own deodorizer. Chew some leaves regularly and your breath will remain fresh. Alternatively, you can chew some cardamom seeds to sweeten your breath.

**BLADDER INFECTION:** Take a bag of fresh or frozen cranberries and boil them in water (they will fall apart). Cool and drink. Don't add sugar! This remedy is also useful for people with kidney problems.

**BLADDER STONES:** Boil 2 figs in 1 cup of water. Drink daily for a month.

**BRUISES:** Slice a raw onion and place over the bruise. Do not apply this to broken skin.

**COLD AND FLU:** A delicious recipe for a cold or flu! Cut up 6 cloves of garlic and saute in oil, being careful not to let them burn. Add a quart of stock (such as beef), and let it come to a boil for just a few moments. Then lower the heat. Separate two eggs and add the whites to the hot liquid,

stirring rapidly. Mix the yolks with two Tbls. vinegar and then pour them in. Add salt and pepper if you want and some croutons, if handy.

**CONSTIPATION (IN ADULTS):** Take a hot glass of water with 1 tsp. honey and juice of 1/2 a lemon first thing in the morning. Drink 1 litre of water first thing in the morning. Consume approximately 250-300 grams of fresh grapes every day. Simply eat a few liquorice sticks. One of its many properties is that it is a natural laxative.

**CONSTIPATION (IN SMALL CHILDREN):** Soak 6-8 raisins in hot water (depending on the age). When cool, crush well and strain. When given routinely even to little infants, it helps to regulate bowel movement (however care should be taken - so as not to give too much otherwise the child will get loose motions. Bulk forming vegetables like carrots, radish, spinach, or cabbage should be consumed. Instead of juice always opt for eating the fruit.

**COUGHS AND ASTHMA:** Make a garlic tincture by placing three to four peeled buds in brandy. Steep this in a dark closet for 14 days. Use several drops at a time, several times a day for coughs or asthma. Garlic is an exceptional cleanser for the body and has antimicrobial action similar to other antibiotics.

**DAMAGED, DRY HAIR:** A nourishing conditioner for dry or damaged hair which can be used for all hair types: Separate the white of an egg from the yolk, whip it to a peak. Add 1 Tbls. water to the yolk and blend until the mixture is creamy. Then mix the white and yolk together. Wet your hair with warm water, remove the excess moisture, and apply the mixture to your scalp with your fingertips. Massage gently until the froth is worked into your scalp, then rinse the hair with cool water. Keep applying the mixture until it is used up and then rinsed until all of the egg is washed away.

**DANDRUFF:** The vinegar is poured into the hair, massaged into the scalp, and left to dry for a few minutes. Then the hair is washed. The process is repeated daily until the dandruff disappears, usually within a few days.

**DARK CIRCLES AROUND EYES:** Take 1 tsp. tomato juice, 1/2 tsp. lemon juice, a pinch of turmeric powder and a tsp. of flour. Make a paste and apply. Leave for 10 minutes and wash off.

**DEPRESSION:** 3/4 cup of cooked spinach a day is enough to give dramatic relief from depression if you are deficient in B vitamins.

**DIARRHEA:** Eat boiled sweet potatoes seasoned with salt and pepper before bedtime to cure chronic diarrhea.

**DRY SKIN:** Combine 1 cup oatmeal, 1 cup warm water, 1 Tbls. vanilla extract, and 1/2 cup baking soda in a blender or food processor until you have a smooth paste. Pour this paste under the

**running water while drawing the bath. Very soothing to dry, itchy skin.**

**EARACHE:** Steep 1-2 tsp. chamomile flowers in boiling water for 10-15 minutes. Strain out the water, and apply the hot flowers in a cloth for alleviation of the earache.

**ECZEMA:** Rub a nutmeg against a smooth stone slab with a little water and make a paste. Apply on affected parts. (Note: It is believed by some rural, old fashioned practitioners that instead of water, one's own early morning saliva can be used for better results.)

**ENERGIZER:** Energizing Mead recipe: Simmer 1 cup honey and 3 cup water together slowly. Allow 1 cup of the water to evaporate. Strain off the top surface, and put the remaining liquid into a stoneware crock or dark bottle. Put a towel over it so it can breathe, yet be free of dirt. Place in a cool place. You can add cinnamon, clove, or the juice of 2 lemons, if you like.

**EYE PROBLEMS:** For Hydromel, an eye lotion, simmer 1 cup water and 1 tsp. honey for 5 minutes. Dip a cloth in the liquid and apply to the closed eye.

**FACIAL CLEANSER:** Mix 2 Tbls. cornstarch, 2 Tbls. glycerin, and 1/2 cup water until smooth. Heat in a small pan placed in a water bath inside another pan. Heat until thick and clear; it will have the consistency of pudding. Do not boil. Cool completely, Use in place of soap to cleanse your skin. (If mixture is too thick, you may thin it by adding a little water, 1 Tbls. at a time, until you reach the desired consistency.)

**FATIGUE:** Take a glass of grapefruit and lemon juice in equal parts to dispel fatigue and general tiredness after a day's work.

**GUM IN HAIR:** Soak the gum-coated hair in Coke® and it should wipe out easily.

**HAIR LIGHTENER:** To lighten hair, use 1/4 cup chopped fresh rhubarb to 2 cups boiling water. Cool, strain, and apply as a rinse.

**HANG-OVER:** Eat honey on crackers. The fructose in the honey will help to flush out the alcohol in your system.

**HAY FEVER:** Steep 1 tsp. fenugreek seed in 1 cup water, covered, for 10 minutes. Drink 1 cup a day to help hay fever symptoms.

**HEADACHE:** Eat 10-12 almonds, the equivalent of two aspirins, for a migraine headache. Almonds are far less likely to upset the stomach.

**HICCUPS:** Drink 1/2 glass water, slowly. Keep a tsp. of sugar in your mouth and suck slowly. Suck 2-3 small pieces of fresh ginger. This helps in hiccups which keep occurring again and again. OR

**Take a large mouthful of water with out swallowing, plug both ears, and slowly begin to swallow the water. Unplug your ears and you're hiccup free! (Submitted by Mrs T. Falkmann)**

**HICKEY:** Coat area liberally with lotion. Rub with the back of a cold spoon vigorously for as long as you can stand to, changing out spoon for new cold one every 10 minutes. Recommended time for this treatment is 45-60 minutes.

**INSECT BITES:** Mix water with cornstarch into a paste and apply. This is effective in drawing out the poisons of most insect bites and is also an effective remedy for diaper rash.

**MORNING SICKNESS:** Mix 1 tsp. each fresh juice of mint and lime, and 1 Tbls. honey. Take 3 times a day.

**MOSQUITO BITES:** Apply lime juice diluted with water on bites with cotton ball.

**MUCUS IN COUGH:** Pour 1 cup boiling water over 1/2 tsp. each of ginger, ground cloves, and cinnamon. Filter. Sweeten with 1 tsp. honey and drink.

**MUSCLE CRAMPS:** Apply clove oil on the affected body parts.

**NAUSEA:** Boil 1/2 cup of rice in 1 cup of water for about 10-20 minutes. After it is boiled, drain the water into a cup and sip at the rice water until symptoms are gone.

**OBESITY:** Mix lime juice with honey and water; drink a glass of this every morning OR Mix 3 tsp. lime juice, 1/4 tsp. black pepper, 1 tsp. honey, and 1 cup water; drink a glass a day for 3 months OR Mix 1 tsp. lime juice with 1 cup water and drink each morning OR Eat a tomato before breakfast.

**OILY SKIN:** For oily skin, mix 1/2 cup cooked oatmeal, 1 egg white, 1 Tbls. lemon juice, and 1/2 cup mashed apple into a smooth paste. Apply to face and leave on 15 minutes. Rinse.

**OVERWEIGHT:** Effective at getting rid of fat, drink up to 3 cups of green tea daily. Regular tea can also be used with a lesser effect.

**PAIN RELIEVER:** Mix 3 Tbls. of honey in boiled water and drink. Honey has natural pain-relieving powers.

**SMELLY FEET:** Soak feet in strong tea for 20 minutes every day until the smell disappears. To prepare your footbath, brew two tea bags in 2 1/2 cups of water for 15 minutes and pour the tea into a basin containing two litres of cool water.

**SMOKING HABIT:** Lick a little salt with the tip of your tongue whenever you feel the urge to smoke. This is said to break the habit within 1 month.

**SORE THROAT:** Mix 1 tsp. lime juice and 1 Tbls. honey. Swallow tiny amounts slowly 2-3 times a day.

**SPLINTERS:** Lay scotch tape over the splinter and pull off. Or, soak the area in vegetable oil for a few minutes before removing with tweezers.

**STOMACH ACHE:** A simple cure for a stomachache is to dissolve 4 grams of ground cinnamon in 1 cup of warm water, cover it for 15 minutes, and drink it like tea. This remedy can also ease diarrhea and flatulence.

**STOMACH ACIDITY:** Drink coconut water 3-4 times a day. Have a plateful of watermelon and/or cucumber every hour.

**SUNBURN:** Mix 2 tsp. tomato juice and 4 Tbls. buttermilk. Apply. Wash after 1/2 hour.

**TOOTHACHE & MOUTH PAIN:** To ease toothache or other mouth pain, make a tea by boiling 5 grams of fresh peppermint in 1 cup water and adding a little salt. Peppermint is an antiseptic and contains menthol, which relieves pain when applied to skin surfaces.

**VARICOSE VEINS:** For varicose veins, take 2-3 tsp. black strap molasses daily. This also treats all kinds of circulatory ailments.

**VOMITING AND NAUSEA:** Sucking a piece of ice controls vomiting. Eat 1/2 tsp. ground cumin seeds. Cinnamon and sliced ginger work by interrupting nausea signals sent from the stomach to the brain. If you are a herbal tea drinker, simply sprinkle cinnamon on the tea and drink. To make ginger tea, simmer a few slices of ginger in hot tea water.

**WARTS:** Try taping a slice of garlic to the wart. Be sure to first protect the surrounding skin with petroleum jelly.

**WEAK NAILS:** To strengthen and shine nails, combine 2 tsp. salt, 2 tsp. castor oil, and 1 tsp. wheat germ oil and mix thoroughly. Pour into bottle. Shake before using. To use, rub a small amount into your nails. Leave on 3-5 minutes and tissue off. Follow up with more plain castor oil, if desired.

**WRINKLES & SKIN FRESHENER:** Combine 2 Tbls. vodka, 1 Tbls. fennel seeds, and 1 1/2 tsp. honey. Stir well and allow to sit for 3 days. Strain mixture. Use full strength or add 2 Tbls. water to dilute. Use a cotton ball to apply to face as a toner. This was also a tried and true recipe for

**wrinkles. Also for wrinkles, apply coconut oil on the portions of skin and face where wrinkles set in and gently massage every night at bed time.**

**YELLOW TEETH: Mix salt with finely powdered rind of lime. Use this as toothpowder frequently.**



# Cooking Tips

I acquired so many tips and tricks,  
I had to divide them up into the following categories:

**Meat, Poultry & Seafood    Desserts & Baked Goods**

**Fruits & Vegetables**

**Pizza & Pasta**

**Misc. Ingredients**

**Cooking Methods**

# Cooking Tips

## Meat, Seafood & Poultry

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**Bacon:** Rinse bacon under cold water before frying. This reduces the amount the bacon shrinks by almost 50%

**Chicken Breasts:** The best buy at the supermarket is to purchase a large bag (usually 3-4 pounds) of boneless, skinless chicken breasts from the freezer section, rather than buying it a pound at a time from the fresh meats section. This saves me about \$15.00 a month or more.

**Marinading Meats:** Lemon and lime juice and vinegar aren't the only things that work well as marinades. I use kiwi fruit, either sliced, mashed, or juiced. For sliced, lay the meat over the slices and lay slices over the top of the meat as well. Allow 2-4 hours to marinate. For a faster method, mash or juice the kiwi and use in marinade as a substitute for lemon, lime, or vinegar. This method only takes about 1/2 hour for tender meat. I also use unseasoned meat tenderizer powder (found in the spices section of the supermarket) for the times I just don't have time to marinate meat.

**Meatballs:** When making many meatballs a fast and simple way is to shape the meat mixture into a log and cut off slices. The slices roll easily into balls. Another option is to pat the meat into a square and cut it into cubes which again easily roll into meatballs of uniform size.

**Meatloaf:** Meatloaf will cook faster if you make it in small rounded loaves or even in muffin cups. Muffin cups make reheating leftovers a breeze!

**Thawing A Turkey:** The best way to thaw a turkey is in the refrigerator (in its original packaging on a shallow baking sheet). You should allow approx. 24 hours for every 5 lbs. of bird weight. The refrigerated method is safest and will result in the best finished product. For accelerated thawing, thaw the bird in cold water (in its original wrapping). The cold water must be changed every 30 minutes. Allow approx. 30 minutes per pound.

**Breading Meats:** To bread chicken cutlets and other ingredients: Use one hand for wet ingredients and another for dry when breading - that way you won't bread your hands along with dinner. To coat chicken pieces or stew-meat pieces chicken in flour or crumbs: Place the coating mixture in a plastic bag (self-sealing is the most convenient), add the chicken or beef, seal, and shake until the coated. Shake off any excess coating before you cook the chicken or beef.

**Grill With Lean Meats:** Unless specified for a particular recipe, always use the leanest meat possible when grilling. It's healthier, will reduce flare-ups, and help keep your cooking equipment cleaner.

**Room-Temperature Meats:** Allow meat to stand at room temperature 1 hour before cooking: It will cook more quickly, brown more evenly, and stick less when pan-fried. (Do not do this with highly perishable meats like ground beef and organ meats.)

**Pan-Fried Meats:** For even, deep browning of pan-fried meat and poultry: Blot the surface of the item with paper towels to remove excess moisture before cooking.

**Roasting Poultry:** Do not roast poultry in an oven temperature lower than 325 degrees. Poultry should be roasted at 325 degrees or higher to avoid potential food safety problems.

**Roasts:** Roasts should be allowed to "rest" 10-15 minutes after being removed from the oven. This allows the juices to settle before carving.

**Preparing Meats For Cooking:** Leave a thin layer of fat on steaks and roasts during cooking to preserve juiciness. Trim fat after cooking. Pat steaks, cubes and pot roasts dry with paper toweling for better browning. To make cutting into strips for stir-frying easier, partially freeze beef to firm. Salt beef after cooking or browning. Salt draws out moisture and inhibits browning.

**Grilling On Skewers:** When using wooden skewers for kebabs, soak in cold water for 10-30 minutes to prevent them from burning. Thread shrimp onto skewers lengthwise so they won't curl as they grill. They're also less likely to fall into the fire.

**Whole Fish:** Scale a fish easily by rubbing vinegar over its skin. To neatly bake a whole fish, wrap in aluminum foil. When done cooking, open the foil and gently slide a spatula under the fish.

**Add Flavor With Food Waste:** Save the loose skin on onions and garlic to toss into the fire just before grilling meats or vegetables. And throw dry fennel tops on the fire when grilling fish.

**Apples:** Refrigerated apples last up to 10 times longer than those left at room temperature. To prevent apples from speeding up the ripening process of other items in your produce drawer, store them in a plastic bag.

**Asparagus:** For tender asparagus, gently bend a spear until it breaks. The natural breaking point should separate the tender spear from the tough end. Dispose of the end pieces and steam to perfection!

**Cabbage:** Instead of blanching cabbage leaves to wilt them for stuffing, simply leave the whole head in the freezer overnight.

**Celery:** Wrap celery in aluminum foil when putting in the refrigerator, and it will keep for weeks.

**Chopped Onions & Green Peppers:** You can buy frozen chopped onion or green peppers for a quick recipe shortcut, or since they freeze so well, chop a whole bunch at once and freeze them in single servings.

**Chopping Onions & Grating Horseradish:** Hate how your eyes water? Tear off a section of a slice of bread (I prefer to use the heel, as I don't eat it) and place it between your lips, allowing it to protrude from your mouth while cutting.

**Citrus Fruit Juice:** To get the most juice out of fresh lemons, limes and oranges, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing. Another method is to microwave fruit on high for 30 seconds, let stand a couple of minutes before cutting and squeezing them. Rolling it between your counter and hand also does the trick.

**Citrus Zest:** Before you squeeze juice from a lemon, grate off the rind into a freezer bag and freeze. Then when a recipe calls for lemon zest or rind, just pull it from the freezer. Sprinkle a little sugar over citrus zest or fresh ginger before chopping. The sugar not only dissolves and absorbs the juices but also helps spread the flavor.

**Corn:** When boiling corn, cooking for 3 minutes is all that's necessary; any more time will only boil out the flavor. Instead of adding salt to the boiling water, add a pinch of sugar to bring out the natural sweetness of the corn.

**Crisper Drawer:** Line the bottom with a paper towel to absorb liquids that make veggies wilt.

**Frozen Vegetables:** These are an important staple, a quick way to separate them is to pour boiling water over them in a colander and then add them to your casserole or stove-top dish to finish cooking.

**Garlic:** To mince a garlic clove quickly, rub it over the tines of the back side of a fork. Save yourself lots of time by always using jarred minced garlic that can be found in the produce or condiment section of the supermarket. Peel garlic by using the heel of your hand, press the flat side of a chef's knife onto an entire clove of garlic. You can then slip the slightly crushed garlic from its skin. Hands smell after peeling garlic? Rub hands with the rounded side of a stainless steel spoon under running water.

**Hot Peppers:** When working with fresh chiles and peppers, wear disposable gloves. Don't handle the peppers under water (it extracts painful vapors).

**Leafy Greens:** The sooner you consume lettuce, spinach and other greens after they are picked, the crisper they will be. Rinse not-so-fresh greens under cool water to "revive" them. Dry by running the greens through a salad spinner or wrapping them in dry towels. Place in a loosely closed bag and refrigerate 1 hour. Leafy greens are packed with vitamins and minerals. When buying fresh greens, remember that they cook down considerably. One pound of spinach or mustard greens will yield a cup or two of cooked greens. Serve iceberg lettuce wedges instead of torn salad greens to save time making a salad. Also, before refrigerating iceberg lettuce, wash and remove the core so each time you need some for salad it's clean and ready.

**Leeks:** To clean leeks: Cut off dark green top and discard or save for stock. Trim root end, leaving base intact so that leek remains in one piece. Starting 1/2" from base, slit leek through the other end; give it a quarter turn and repeat, so the leek is quartered and the root end is intact. Soak the leek in cold water or rinse it under running water, gently spreading the leaves to remove any grit and dirt.

**Mushrooms:** Mushrooms soak up water like a sponge, then release it later while cooking (which can change the consistency of recipes). Try "dry cleaning" your favorite fungi. You can find a "mushroom brush" with soft bristles at most kitchen stores. Lightly moisten the brush (or a rag) with water, and gently wipe the mushrooms clean.

**Onion Leftovers:** If you need only 1/2 an onion, save the root half. It will last longer.

**Onion & Garlic Odors:** To deodorize a plastic storage container in which onions or garlic were stored, wash thoroughly, then stuff a crumpled piece of newspaper in the container, and snap on the lid. In a few days the smell will disappear.

**Parsley:** Fresh parsley can be dried or frozen for later use. For either method, wash and dry parsley then chop. To freeze, simply place in a plastic zipper bag and freeze. To dry, spread chopped parsley evenly on a baking sheet and place in a 200 degree oven with the door slightly ajar. Check occasionally and remove from oven with completely dry. Store dried parsley in an airtight container. When selecting parsley, remember that the curly-leaf variety has a milder taste and the flat-leaf has a bold taste.

**Peeling Fruits and Vegetables:** Vegetable peelers are good for more than just carrots and potatoes. Use them to peel avocados, kiwi fruit, and many more produce items. Try it out next time you need to peel something difficult. To peel tomatoes, peaches, and pears, scald them in boiling water before peeling will allow you to peel their skins right off.

**Peppers:** When buying fresh peppers, choose those that are a little wrinkled but still unblemished. Wrinkling indicates mellowness.

**Potatoes:** To keep them from budding, place an apple in the bag with potatoes.

**Ripening Fruits and Vegetables:** Many fruits and vegetables found in supermarkets today look ripe, but are hard as a rock. Soften them up by placing them in a brown paper bag and hiding the bag away in a dark cabinet for a day or two. This is great for items such as avocados, kiwi fruit, peaches, nectarines, and more. Once ripe, refrigerate the produce to preserve vitamins.

**Saving Herbs For Winter:** Is your basil thriving? To preserve summer herbs for winter soups and stews, make herb cubes in the freezer. Chop up your herbs and place them in ice cube trays, then cover with water and freeze. To preserve the color and flavor, use boiling water to fill the tray (this blanches the herbs). Some herbs, like cilantro, keep better when frozen in oil. Mince the herb in a food processor, then introduce olive oil until you produce a fine puree. Pour into ice cube trays or bags and freeze. When introducing the frozen herbs to recipes, remember that they



**contain water or oil. If this will throw off the recipe's consistency, thaw and drain the cubes first.**

**Tomatoes: Never refrigerate a tomato that is not fully ripe. Most tomatoes sold in stores are still ripening, and would benefit from a few days on the counter. Cold temperatures alter the fruit's flavor and stop the ripening process. Once ripe, a tomato can be refrigerated for several days. To ripen a tomato fast, put it with an apple in a perforated bag. To peel and seed tomatoes, cut out the core and score an "X" on the bottom. Immerse in boiling water for 10 seconds. Remove the tomato and plunge into cold water. Remove the skin, cut in half and squeeze out seeds.**

# Robbie's Kitchen

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### Cooking Tips

[Meat, Poultry & Seafood](#)

[Fruits & Vegetables](#)

[Desserts & Baked Goods](#)

[Pizza & Pasta](#)

[Misc. Ingredients](#)

[Cooking Methods](#)

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

### Ingredient Substitutions

### Measurement Equivalents

### Measurement Conversions

### Temperature Conversions

### Candy/Meat Temperatures

### Learn Fancy Napkin Folds

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# Cooking Tips

## Desserts & Baked Goods

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**Banana Bread:** For a moister and tastier banana nut bread, pour half of the batter in the baking pan, spread 1/8" - 1/4" of pineapple tidbits (drained) over the batter, then cover with remaining batter. This is especially effective for those of us who buy the boxed mix. The addition of the pineapples should only vary baking time by a few minutes, if at all. (Submitted By: Mike King)

**Breads:** To cool a loaf of yeast bread, remove loaves from pans immediately and place on wire racks. To have a softer crust, brush the loaf with shortening and cover with a towel for a few minutes. For quick biscuits to round out a meal, use a drop biscuit recipe and they are done in a flash. Also try slicing leftover rolls and breads, spread softened butter and then freeze them wrapped in foil. Pull them out and reheat them easily in the foil wrapping.

**Cakes:** When using a glass baking dish for cakes, lower oven temperature by 25 degrees. To keep a cake longer, place half an apple in the cake container when storing. To cut a cake without messing up the decorative icing, cut it with dental floss. When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead, and there won't be any white mess on the outside of the cake. Don't have a cake or tart cover? Try inverting the bottom of a salad spinner or springform pan. To dress up cakes and pies, place a doily on top, then sprinkle powdered sugar

**and remove. Quick and impressive!**

**Candy:** Try to make your candy on dry days. The candy does not set as well on humid or rainy days.

**Cookies:** When making cookies, always use unsalted butter, never margarine. The unsalted butter gives the cookies a lighter texture. To keep cookies soft, place a slice of bread in the storage container. To prevent cookies from spreading when baking, refrigerate the dough and the baking sheet for a couple of minutes before baking. Using a cookie scoop (or a small ice cream scoop) to spoon out cookie dough gives them a uniform look and size. It also keeps your fingers clean.

**Crustless Quiche:** Butter a pie plate with 2-1/2 tablespoons butter, then cover with toasted bread crumbs, pressing them firmly into the butter. Chill well in the freezer, fill with your favorite quiche filling recipe, and bake as directed.

**Frosting Tips:** Add a pinch of baking soda to your frosting and the frosting will stay moist and prevent cracking.

**Fudge:** Using a wooden spoon when making fudge is best.

**Gelatin Molds:** To easily unmold gelatin salads or desserts, lightly brush mold with oil before pouring in the mixture.

**Ice Cream Cones:** Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.

**Low Fat Pie Crust:** For a practically fat-free crust, substitute frozen phyllo pastry for traditional pie crust. Thaw as directed, lift two leaves from the stack and center in a 9- or 10-inch pie pan sprayed with nonstick cooking spray. Lay two more leaves in pan at right angles to first, then two more on the bias to fill gaps, then two more so pan is fully lined. With damp paper toweling, gently press phyllo into pan. Take care removing towel so you don't tear the phyllo. Fill and bake pie as directed.

**Make Quick Breads Faster:** If you make quick breads often,

**mix up batches of the dry ingredients for your favorite recipes and store them in individual plastic bags, clearly labeled, in your refrigerator. The mix will be ready anytime you are. OR Go one step further by preparing the dry and wet ingredients: Put all the "dries" in one large screw-top jar, all the "wets" in a second jar, then shake each well. Store in the refrigerator until ready to proceed. Shake each jar well again, place the dry ingredients in a large bowl, make a well in the center, pour in the wet and stir just until combined - the batter should be lumpy. Proceed as recipe directs. This works for cookies, muffins, waffles, pancakes, and other simple batters.**

**Melting Chocolate: Place chocolate pieces in a bowl. Microwave on high for 1 min. Stir. Return to microwave if necessary. Heat and stir in 30 sec. intervals until chocolate reaches smooth, melted consistency.**

**Meringue: To stop the meringue from shrinking away from the sides of the pies, be sure that when you put the meringue on top, you make sure it touches the pastry all around the edge. This way, it will bake onto the pastry and will not shrink!**

**Pancakes: Add a pinch of sugar when making waffles and pancakes to help them brown more quickly when cooking. Use a turkey baster to squeeze your pancake batter onto the hot griddle and you'll get perfectly shaped pancakes every time.**

**Parchment Paper: Parchment paper is excellent for baking cakes and cookies, cooking en papillote, making candy or covering foods for the microwave. Professional bakers have been using it for years. The best way to line a cake pan is to place pan on a sheet of parchment paper. Use a pencil to trace around bottom of pan and cut. Fit parchment liner in greased pan. Fill with batter and bake. After baking; cool cake on wire rack 15 minutes. Invert cake and remove parchment paper. For cookies, prepare cookie sheet with parchment paper, making sure to cover only the areas being used. When first batch of cookies is done, slide parchment with baked cookies off cookie sheet. Slide second sheet of parchment with unbaked cookies onto**

**cookie sheet and bake.**

**Pastry Dough:** Always chill pastry dough before rolling and cutting, and always chill it again afterwards, before baking, to further relax the gluten.

**Pies:** For flakier crust, substitute 1 teaspoon vinegar for 1 teaspoon of the cold water called for in the recipe. When cutting cream pies, first dip knife in hot water so that none of the filling will stick to it. Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.

**Pressing Down Sticky Bars:** Coat hands with oil or water before pressing down sticky desserts, such as Rice Crispy Treats, to prevent sticking.

**Quick Garnish:** Toast coconut or chopped nuts in a shallow baking pan in the oven in 5 or 10 minutes at 350 degrees. Once cool they can even be frozen in plastic bags for future use.

**Whipped Cream:** Cream will whip faster and better if you'll first chill the bowl, cream, and beaters first. To stabilize whipped cream, add 2 tablespoons of nonfat dry milk to every cup of whipping cream before you whip it. Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise. A few drops of lemon juice added to whipping cream helps it to whip faster and better. Whipping cream will not separate if you add 1/4 tsp. unflavored gelatin per cup of whipped cream.

**Yeast:** Did you know that your yeast will last longer than specified on those little packages from the grocery store if kept in the refrigerator and even longer in the freezer, up to a year? If you do a lot of baking, it is wise to purchase larger amounts and freeze. Place in a plastic container and mark the date of purchase.

# Robbie's Kitchen

## Robbie's Recipes

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[Submit Your Recipe](#)

## Household Tips & Tricks

### Cooking Tips

[Meat, Poultry & Seafood](#)

[Fruits & Vegetables](#)

[Desserts & Baked Goods](#)

[Pizza & Pasta](#)

[Misc. Ingredients](#)

[Cooking Methods](#)

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

## My Photo Album

## Contact Me

## Search This Site

# Cooking Tips

## Pizza & Pasta

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**Boiling Over:** Butter the rim of a pan in which you cook rice or pasta so it won't boil over.

**Cooking Lasagna Noodles:** Use lots of water so the pasta has plenty of room to expand. To prevent tearing, cook at a moderate yet constant boil. Use a wood or plastic spoon, or heat-resistant rubber spatula to stir occasionally while cooking. Stir gently. Always boil pasta less time (the short end of the cook time) if it will continue to cook in a baked dish or in a recipe on the stove top. This also reduces the chance of tearing. Drain pasta carefully! Slowly pour water from pan so that pasta slides gently into a colander. Rinse pasta thoroughly in cold water and drain well. Place in a covered container right away to prevent pasta from sticking together.

**Cooking Perfect Pasta:** To prevent pasta from sticking together use plenty of water, cook at a constant boil, and stir occasionally. There is no need to add oil to pasta while it's cooking. Once pasta has been added to boiling water, start timing when the water returns to a boil. There is no need to rinse cooked pasta. If you do, the sauce won't cling. Rinse pasta only if it will be used for a salad or will be set aside or stored for later use.

**Cutting Pizza:** No pastry wheel? You'll find that kitchen shears cut through pizza - stringy cheese and all - more

**quickly and cleanly than a knife. Besides, they won't scratch or mar your pizza pan.**

**Freezing Pizza Dough: Make pizza dough in double batches and freeze half. You can even roll out the extra dough, fit it into a pizza pan, and freeze it flat for a head start on a fast meal.**

**Making Better Pizza Sauce: Intensity of tomato sauce may be adjusted by amount of garlic and crushed peppercorn used. "Bite" of sauce may be increased by adding Balsamic vinegar. Create oil sauces using extra virgin olive oil, herbs/spices, and fresh garlic.**

**Making Better Pizza Crusts: Use high-gluten flour such as Pillsbury® Bread Flour and Gold Medal® Better for Bread. Use 1 oz. dough portion or less per 1" pizza diameter (for example, 7 oz. dough = 8" pizza). Store individual raw dough portions dusted with flour in Ziploc® bags in refrigerator up to a week or in freezer up to a month. Bake on pizza stone or pizza screen for crisper crust.**

# Robbie's Kitchen

## Robbie's Recipes

[Buy The Cookbook with Tips!](#)

[Request Message Board](#)

[Submit Your Recipe](#)

## Household Tips & Tricks

### Cooking Tips

[Meat, Poultry & Seafood](#)

[Fruits & Vegetables](#)

[Desserts & Baked Goods](#)

[Pizza & Pasta](#)

[Misc. Ingredients](#)

[Cooking Methods](#)

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

### Ingredient Substitutions

### Measurement Equivalents

### Measurement Conversions

### Temperature Conversions

### Candy/Meat Temperatures

### Learn Fancy Napkin Folds

## My Photo Album

## Contact Me

## Search This Site

# Cooking Tips

## Misc. Ingredients

**Alcohol Substitutes:** Substitute chicken stock for wine in entrees. Substitute 1/4 to 1/2 tsp. almond extract for each 1/4 cup of Amaretto or almond liqueur requested.

Substitute frozen orange juice concentrate and a little orange zest for orange liqueurs. Substitute quadruple-strength coffee for coffee liqueurs.

**Brown Sugar:** To keep brown sugar moist, store in an airtight container with a whole orange, lemon, or lime. To soften brown sugar, place in a microwave-proof dish, add a slice of soft white bread or an apple wedge, cover tight and microwave at 100 percent power for 30 seconds. Discard the bread or apple and stir. If you're out of brown sugar, try substituting an equal amount of granulated sugar plus 1/4 cup molasses (light or dark) for every cup of white sugar.

**Butter:** To soften butter, let it stand at room temperature for 10 to 15 minutes. No time for that? Place it between sheets of wax paper and pound with a rolling pin.

**Cheese:** To easily shred cheese, let sit in freezer for 30 minutes. The firmer cheese is less likely to make a melted mess on your grater.

**Cottage Cheese:** Keep cottage cheese fresh longer by storing carton in the refrigerator upside down.



**Curry Powder:** When you use commercial curry powder, combine two or more brands - each has a different mix of spices.

**Dry Beans:** Soak beans before cooking to soften them, which reduces cooking time, and to allow some of the gas-generating substances to dissolve into the water, making them easier to digest.

**Eggs:** The simplest way to tell if an egg is fresh is to observe its shell. If it's rough and chalky, it's fresh. If it's smooth and shiny, it's old. You can also place an egg in cold salted water. If it sinks, it's fresh. If it floats, it's old. To tell if an egg is hard-boiled or raw, spin it. A hard-boiled egg will spin. A raw egg will wobble. It is easier to separate eggs when they are cold.

**Measuring Corn Syrup, Molasses, and Honey:** Dip measuring cup or spoon either in hot water or brush with oil before pouring in the syrup. This way, you get all that's in the cup to come out.

**Milk:** Rinse the pan with cold water before scalding milk to prevent sticking.

**Nuts:** To chop or grind nuts fine in a food processor without turning them into nut butter, add 2 or more tablespoons sugar from the recipe. Toasting nuts intensifies their flavor. Fire up a skillet (high temperature) and spread pecans, walnuts, almonds, pine nuts, etc. over its surface. Stir constantly. When the nuts start to turn brown, remove from the heat and reserve for use in salads, pasta, baked goods and more. Keep a constant eye on them during the process - nuts can turn from brown to black in seconds. Nuts can also be toasted in the oven (or a toaster oven). Spread on a cookie sheet, then bake at 400 degrees for 5 to 10 minutes. Be sure to stir the nuts occasionally while roasting. Broken pieces will toast faster than whole nuts.

**Rice:** Does your rice dry out when you reheat it? Next time, add 2 tablespoons of liquid for each cup of cooked rice.

**Cover and heat for a few minutes on the stove or in the oven. In the microwave, cook on high about 1 minute per cup. Fluff it with a fork and enjoy! Perk up white rice by adding chicken broth with a pinch of crumbled dried thyme, marjoram, rosemary, or basil in the cooking water.**

**Salt: Sea salt is the only salt used in my kitchen. The taste is more potent and the rigid shapes of the grains don't roll off your food as easily. Now that it has become more popular and more widely available, sea salt can be purchased iodized, which I recommend getting. When salting a dish, less is always best. As we know, you can always add more, but never take away. Less salt allows for your guests to season to their own taste, not yours.**

**Soy Sauce: Use light (slightly sweeter) soy sauce for marinades; use dark (slightly heavier) soy sauce for cooking and sauces.**

**Sugar: A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.**

**Tortillas: Tough and chewy tortillas? Try spraying tortillas with water (or running them quickly under the faucet), then sauteeing them briefly in a lightly greased skillet over medium high heat.**

**Vanilla: Make your own vanilla by placing 2 split and chopped vanilla beans in 1 liter of vodka or bourbon. Shaking the bottle once a day, let sit for 2-3 months, or until desired color. This also makes great holiday gifts when poured into glass bottles.**

**Wine: Don't throw out all that leftover wine. Freeze into ice cubes for future use in casseroles and sauces.**

# Robbie's Kitchen

## Robbie's Recipes

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[Submit Your Recipe](#)

## Household Tips & Tricks

### Cooking Tips

[Meat, Poultry & Seafood](#)

[Fruits & Vegetables](#)

[Desserts & Baked Goods](#)

[Pizza & Pasta](#)

[Misc. Ingredients](#)

[Cooking Methods](#)

### Cleaning Tips

[Laundry Tips](#)

[Home Remedies](#)

[Pet Home Remedies](#)

[Message Board](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversions](#)

[Temperature Conversions](#)

[Candy/Meat Temperatures](#)

[Learn Fancy Napkin Folds](#)

[My Photo Album](#)

[Contact Me](#)

[Search This Site](#)

# Cooking Tips

## Cooking Methods

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**Casseroles:** Most casseroles can be made up to 24 hours in advance and refrigerated. Be sure and add 15 or 20 minutes to the cooking time to compensate.

**Chilling Foods:** To chill foods quickly put them in your freezer for 20 to 30 minutes rather than longer in the refrigerator.

**Food Stains in Plastic Storage Containers:** Use a baking soda paste (baking soda and water) and rub into the stain. You can then rinse with vinegar (optional) and wash normally. Another method is to place container outside on a nice sunny day and the sun actually bleaches the stain out. To avoid stains in the first place, spray container with cooking spray before putting things in it that stain i.e. spaghetti sauce.

**Fried Food Odors:** Next time you fry foods, try placing a small cup of bleach nearby. The bleach absorbs much of the "fried" odor (that would otherwise linger for days!) Be sure to clearly mark the cup and keep it out of the reach of children.

**Greasy Gravy:** A small amount of baking soda added to gravy will eliminate excess grease.

**Keep Your Cutting Board From Slipping:** Place a thin layer

of damp paper towels underneath to anchor the board to the work surface.

**Lining Pans Means No Scrubbing:** Line baking pans with aluminum foil before you cook to avoid scrubbing pans afterwards. To line pans easily, turn pan upside down and press a sheet of heavy duty aluminum foil around it. Remove foil. Flip the pan over and drop foil inside. Crimp edges of foil to rim of pan.

**Oil Temperature:** To find out if oil is the proper temperature for frying foods: For deep-fat frying, drop a cube of white bread into the hot oil. If it browns evenly in 60 seconds the oil is 350-365 degrees, in 40 seconds, 365-382 degree, 20 seconds, 382-390 degrees. For shallow frying, the oil is hot enough if it is shimmering and rippling along the bottom of the pan. The most reliable way to gauge the temperature is to use a deep-fat thermometer.

**Prevent Spattering While Sauteing:** To prevent spattering and burns while sauteing, tilt the pan away from you to pool the oil every time you add more food, then lay the pan flat again. You can also add a few sprinkles of salt to the pan to prevent spattering.

**Soups:** Place a lettuce leaf in a pot of greasy soup or pan of greasy gravy - it'll absorb the grease - then, remove the leaf from the pot and discard. Place a raw potato in a pot of salty soup - it'll absorb some of the salt - then, remove the potato from the pot and discard.

**Thickening Soups & Sauces:** To thicken soups or sauces, try one of the following methods. Reduce the soup or sauce by cooking it longer. This will result in a thicker mixture with stronger flavor. OR Add arrowroot, a tasteless powder available on the spice aisle. Arrowroot will thicken your dish, but does not perform well at high temperatures. OR Add a mixture of cornstarch and water. While this thickens well, it can produce a chalky taste. OR Add roux. Cook equal parts of butter and flour until the mixture reaches a golden brown color. Add the mixture to your soup or sauce for added richness and thickness.

**Wok Cooking: Don't stir ingredients as you add them to a wok. You'll cool the wok and make the food greasy.**

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

Laundry Tips

Home Remedies

Pet Home Remedies

Message Board

### Ingredient Substitutions

Measurement Equivalents

Measurement Conversions

Temperature Conversions

Candy/Meat Temperatures

Learn Fancy Napkin Folds

## Robbie's Recipes

### Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

# Cleaning Tips

Looking for something in particular? Search my web site.

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**Ant Repellant:** To keep ants out of the house, find where the ants are entering the house and sprinkle a "barrier" of cinnamon or any type of ground pepper to block their way. The spices are too hot for the ants to cross. (Submitted By: Tony & Sherry Lorsung)

**Bathroom Odors:** Place a shallow dish of baking soda behind the toilet to absorb bathroom odors.

**Candle Wax:** To remove wax from carpeting you should first scrape away any excess. Then, using a warm iron and a clean cloth or even a paper bag simply place the iron on top of the cloth over the wax and as you iron it will adhere to the cloth instead of the carpet. Continue moving the cloth around as you pick up the wax so you are always using a clean section of cloth. If a little grease stain remains sprinkle on baking soda and let sit overnight before vacuuming which will remove the grease residue and deodorize at the same time! If colored wax leaves a stain, blot with spot remover or carpet cleaner, following label directions.

**Chimney:** To keep your chimney clean, throw a handful of salt on the fire. (Submitted by Pat Scattergood)

**Chrome:** To remove rust from chrome, wipe it with aluminum foil dipped in Coke. To polish chrome, use a crumbled up piece of aluminum foil and rub!

**Cloudy Drinking Glasses:** Soak them for an hour or longer in

slightly warm (not boiled) white vinegar. Then use a nylon-net or plastic scrubbie to remove film. Still there? The damage must be etching (tiny scratches that occur in the dishwasher) and is permanent, sorry to say. To avoid this altogether, hand-wash your best glasses.

**Coffee Grinder:** Grind up a cup or so of rice in a coffee grinder to clean the grinder and sharpen its blades.

**Copper:** To polish copper, rub an ample amount of catsup on the copper and let it stand for 5 minutes. Rinse off the catsup with hot water and dry to find an incredible shine. (Submitted by Sam Meyer)

**Crayon on Walls or Washable Wallpaper:** Spray with multipurpose lubricating oil. Then gently wipe, using a paper towel or clean white cloth. If mark is stubborn, sprinkle a little baking soda on a damp sponge and gently rub in a circular motion. If lubricants residue remains, dampen a sponge with a solution of one or two drops of mild dish-washing liquid to one cup water. Squeeze out sponge and gently rub in a circular motion. Rinse sponge; lightly moisten with water to go over area; dry with a clean cloth. Another method is to use a blow dryer. It heats the wax and wipes away instantly. If the color remains behind, like red usually does, wet a cloth with bleach and wipe.

**Deodorize dishes, pans, cutting boards or utensils with those same pungent odors,** simply add 1/4 cup of lemon juice to your dishwasher.

**Fireplace Soot Odor:** To diminish and remove this odor, after you clean out the ashes, place a shallow pan of baking soda for a few hours or overnight in the fireplace.

**Fish or Other Spoiled Food Odor:** Place a bowl of white vinegar on the counter for a few hours. The odor will disappear for good.

**Freshen a Garbage Disposal:** Sprinkle baking soda in it along with a few drops dish-washing liquid. Scrub with a brush (a new toilet brush works great), getting under the rubber gasket and all around the inside. Then turn on water and the disposal and flush thoroughly. For a fresh citrus scent, throw in a few cut-up lemons or limes and run them through, too, using lots of water.

**Freshen Laundry Basket:** Place a fabric softener sheet in the bottom of your laundry basket (remember to change it weekly.) You can also simply sprinkle some baking soda in the bottom of your basket and that will help absorb the odors as well.

**Freshen Linen Closet:** In the linen closet place cotton balls that have been sprayed with your favorite scent. Once they are dry place them in corners and on the shelves.

**Ink Stains:** The best way I have found to get out ink stains is to put rubbing alcohol on the stain - it disappears! This must be done before washing. (Submitted by Darvin Mossing) For ink on the wall, wipe with bleach and it will disappear.

**Kitty Litter:** To keep cat litter fresh smelling, mix baby powder in with the litter.

**Microwave Odors:** Keep a cup of baking soda in the microwave between uses to keep potatoes from smelling like bacon or other unusual combinations! To clean baked-on food quickly, simply fill a measuring cup full of water and turn the microwave on for about 1-2 minute, until you see the water boiling. The moisture makes all the old food easily wipe off! (Submitted by Kelly)

**Mothball Substitute:** Take your leftover soap slivers and put them in a vented plastic bag. You place the bag with seasonal clothes before packing them away. Not only will the scent prevent them from moth harm but also they'll smell great when you pull them out.

**Paint on Carpet:** Spray with Windex® and wipe clean. (Submitted by Richard Power)

**Permanent Marker on Carpet:** Dab a washcloth soaked in rubbing alcohol onto the marker stain. Do not rub it - just blot it - rotating the cloth to a clean spot every time.

**Pet Urine on Carpet:** First, blot up what you can with paper towels. Mix one teaspoon mild dish-washing detergent in one cup warm water, dip a clean towel in the liquid and, working from outside in, dab at stain. Do not overwet. Rinse with fresh water and blot dry. Next, add on-third cup white vinegar with two-thirds



**cup water and dab on stain. Rinse with water; blot until dry. Once area is totally dry (after at least 24 hours), sprinkle entire carpet with baking soda or rug deodorizer. Vacuum after a few hours.**

**Photos Stuck Together:** With a hair dryer on low, slowly melt them apart.

**Roach Problem:** Combine equal parts boric acid (a powder sold in hardware stores and drugstores) and sugar, mix well. Sprinkle in crevices and, if building or remodeling, between walls before putting up plaster board. Put the powder in jar lids; place lids behind the fridge and under sinks. **Caution:** Keep mixture away from children and pets. If ingested in large quantities, or even in small amounts over several days, boric acid can be harmful.

**Shower Doors:** I have clear glass shower doors. I have tried everything from CLR, Comet, to Clorox - you name it, I've tried it. Today I decided to try something different. I found a bottle of Resolve spot remover for carpet and fabric. I figured "Why not? I have tried everything else." All I did was spray the Resolve on the shower and with no effort ran a dish sponge over it and rinsed and every bit of the soap scum came off. (Submitted by Angela Cook)

**Smelly Cooking Hands:** Simply rub your hands over a stainless steel utensil under running water. This works especially well for the odor of garlic, onions or fish.

**Smelly Sneakers:** Simply fill knee-high stockings with unused litter, tie the ends and tuck them in overnight for a quick refresh. Add baby powder, too! Another refresher for smelly sneakers is to simply take a few teaspoons of baking soda and put in the center of a cotton cloth. Tie the cloth and rubber band the edges securely creating a baking soda sachet, which you put in the shoes overnight as well. These sachets can be used over and over in any kind of shoe.

**Sour Sponge:** Soak the sponge in lemon juice and rinse it out. This will remove the odor for good but keep in mind that it is important to either dispose of, microwave, or run your sponge through your dishwasher regularly to keep bacteria from growing.

**Stains in Plastic Storage Containers:** Use a baking soda paste

**(baking soda and water) and rub into the stain. You can then rinse with vinegar (optional) and wash normally. Another method is to place container outside on a nice sunny day and the sun actually bleaches the stain out. To avoid stains in the first place, spray container with cooking spray before putting things in it that stain i.e. spaghetti sauce.**

**Stickers, Decals, and Glue: To remove them from furniture, glass, plastic, etc. saturate with vegetable oil and rub off.**

**Tarnished Silverware: Line a cake pan with aluminum foil. Fill with water and add 1 Tbls. of baking soda per 2 cups of water. Heat to 150 degrees. Lay silverware in pan, touching aluminum foil. Watch the stains disappear!**

**Trash Bag Idea: Save money on trash bags by reusing plastic grocery bags. Use them in all your trash cans. To keep them from slipping down, affix a plastic, self-adhesive hook to both sides of the inside of the trash can. Hang the shopping bag from the hooks. (Submitted by Meg Gagie.)**

**White Heat Marks and Water Rings on Wood Furniture: If the wood has a good finish (don't try on bare wood), mix equal parts of baking soda and regular white, non-gel toothpaste. Lightly dampen corner of a clean, soft white cloth with water and dip into the paste. With circular motion gently buff the marks for a few minutes. Wipe area clean, and buff to a shine. Follow with furniture polish. (If rings remain after buffing five minutes or so, they may have penetrated the wood; you might have to refinish the piece). If that doesn't work, dip a cloth in vegetable oil, then in cigarette ashes, then rub it over the mark. Another method is to rub real mayonnaise onto the stain, allow to sit overnight, then wipe with a dry towel. (Submitted by Dennis Blasingame)**

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

# Laundry Tips

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**Bleeding of Colors:** Your red shirt got mixed in with other clothes and ruined them? First off, **DON'T DRY THEM!** Wash again with regular detergent and color-safe bleach. If that didn't work, Rit®, the makers of clothes dye, makes a color remover that works wonders and doesn't cost much. To prevent bleeding in the first place, I use a scoop of Oxi Clean® with every load.

**Blood on Clothes:** Pour peroxide on blood and rinse with cold water. If some blood remains, repeat. (Submitted by Michele Dutcher)

**Burn / Scorch Marks:** If the fabric is washable, brush it gently with a soft brush or dry sponge to remove loose carbon particles. Then, wash the fabric with regular detergent and color-safe bleach. This will permanently weaken the fabric even more than the scorch has, but the scorch may no longer be noticeable.

**Burnt Stuff on Iron:** Rub iron with aluminum foil to remove burnt on starch, etc.

**Deodorant Stains on the Underarms of Washable Shirts:** Sponge on white vinegar (or soak stain in it); wait 30 minutes. Launder shirts in the hottest water safe for the fabric. Using an enzyme detergent or a detergent with bleach alternative check care labels to be sure this is okay).

I sometimes put liquid laundry detergent right on the area, leave it for five to ten minutes, then wash. To prevent: Let deodorant dry before dressing. And don't let stains sit! Apply prewash spray or liquid detergent ASAP, then launder. Every third or fourth washing, use the hottest water safe for the shirts.

**Down Comforters / Jackets:** These can, indeed, be washed rather than dry cleaned. Any stains, such as the grime on the cuffs of a jacket, should be spot-cleaned with a pre-treater, then rinsed with water. Wash the item in the gentle cycle with mild detergent. The key is to ensure the down is rinsed extremely well. Then, place in the dryer rather than line drying. This allows the feathers to plump up again. Place large knotted towels or tennis balls in the dryer with it to help fluff the down. The only caution is, if the item has weak seams or fragile fabric it could "explode" and leave you with only down. If there are stains remaining, place it (on a blanket) outdoors in full sunshine for a day or two. This often helps. If not, at least your comforter will have that outdoor fresh smell. (Submitted by Koilaf and michelle6802)

**Fabric Softener:** I have been using an old dish towel as a fabric softener sheet. I pour a couple of capfuls of Downey on it and throw it in the dryer. It has taken over a year to go thru a bottle of (small) Downey fabric softener. I add more Downey about every 15 loads or just when I notice a little static. It helps to use a towel that is distinct from the other laundry. I use a pink towel, which is a one of a kind in our house. (Submitted by a site visitor)

**Fading:** Turn dark clothes inside out and wash in the coolest water possible; dry on lowest heat. For all-black clothes, throw in a box of black Rit® dye every 8-10 washes or so to keep black clothes black.

**Gasoline On Clothing:** Gasoline is an oil based product, therefore, use another oil based product to pull out the odor (which is left because all the gas oil has not been removed yet). You can use any kind of oil that normally washes out of clothing, like baby oil. Put some of the oil into the washer along with the shorts, let it swish around for a while, then put in the detergent and all should come out

okay.

**General Stain Removal for Clothing:** Read the label! If it says dry-clean only, dry-clean it. If it's washable, try cleaning fluid, spot remover, or petroleum-based pre-wash spray. Place garment stain side down on paper towels and dab cleaner on stain using a terry-cloth towel or scrub brush. Check paper towels underneath and move frequently so there's always a clean area under the stain to absorb soil. Let area dry and check it. If stain remains, treat with prewash spray and launder. Before drying, check again. Still visible? Repeat steps.

**Gum On Clothing:** Use egg whites to remove gum on clothing. Brush egg white onto gum with a toothbrush. Let sit for 15 minutes and then launder on the items normally.

**Ink Stains:** The best way I have found to get out ink stains is to put rubbing alcohol on the stain - it disappears! This must be done before washing. (Submitted by Darvin Mossing)

**Laundry Basket Freshener:** Place a fabric softener sheet in the bottom of your laundry basket (remember to change it weekly.) You can also simply sprinkle some baking soda in the bottom of your basket and that will help absorb the odors as well.

**Linen Closet:** In the linen closet, place cotton balls that have been sprayed with your favorite scent. Once they are dry, place them in corners and on the shelves.

**Lint:** Keep lint off dark clothes by not washing them with towels, washcloths, dishrags, etc. This is where a majority of the lint comes from and it's just easier to eliminate them. (Submitted by michelle6802)

**Lipstick:** Use petroleum jelly for removing lipstick stains. Another possibility is to rub in a little vegetable shortening and then launder as normal.

**Mildew Stains:** Shake or brush the item to remove loose growth. Presoak in cold water. Wash in hot water with

**heavy duty detergent. For whites, add 1/2 cup bleach. If colored, use color-safe bleach. If staining remains on white items, repeat washing before drying. Dry thoroughly; heat and sun tend to kill mildew.**

**Mothball Alternative:** A better idea than using mothballs is to take your leftover soap slivers and put them in a vented plastic bag. You place the bag with seasonal clothes before packing them away. Not only will the scent prevent them from moth harm but also they'll smell great when you pull them out. I especially like this for sweaters, which can be difficult to remove the odor of mothballs from. Using soap you simply have a clean smell rather than the smell of an attic.

**Perspiration Stains/Odor:** Soak the stained shirt in equal parts ammonia and water and add a few Tbls. of liquid dish soap overnight. Then, wash the shirts as usual.

**Rust and Mineral Stains:** Add 1 cup of bottled lemon juice in the wash to remove discoloration from cotton laundry.

**Soiled Shirt Collars:** Take a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

**Spaghetti Stains:** Wet the fabric and then sprinkle with powdered dish detergent. Scrub gently with a toothbrush. Rinse the item and launder normally.

**Travel Saver:** Whenever you travel carry along a stain pretreatment stick. Taking the time to use it on stains before they set ensures that they will wash out when you get home.

**White-Out / Liquid Paper and Permanent Marker Stains:** Dab some sunscreen over the stain and rub off with a paper towel. Repeat until stain is gone.

**Yellowed / Greyed Whites:** Rit®, the makers of clothes dye, makes a white-wash that works well for bleachable and non-bleachable clothing that has yellowed or greyed. You can also hang yellowed

**clothes out to dry whenever possible to reduce the yellow.**

# Pet Health

Pet Home Remedies

Pet Treat Recipes

Vaccinations

Parasites

Poisonous Plants

Chocolate & Dogs

# Robbie's Kitchen

Houshold Tips & Tricks

Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

Cleaning Tips

Laundry Tips

Home Remedies

Pet Home Remedies

Message Board

Ingredient Substitutions

Measurement Equivalents

Measurement Conversions

Temperature Conversions

Candy/Meat Temperatures

Learn Fancy Napkin Folds

# Robbie's Recipes

Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

# Pet Home Remedies

Many problems, illnesses, and conditions can be treated at home. However, some things require a veterinarian's assessment and treatment, sometimes immediately. Check to see that the condition you want to treat isn't an emergency before administering home care.

## Emergency Situations Requiring Immediate Veterinary Care

Difficulty breathing: noisy respiration, blue tongue, gasping for breath

Bleeding that does not stop from any part of the body. Apply pressure with a clean cloth and go!

Bloated or distended abdomen or swollen or painful abdomen with or without vomiting

Inability to urinate or move bowels but continues to try or has bloody stool or urine or painful defecation or urination

Heatstroke: heavy panting, extreme weakness, body temperature about 104 degrees

Inability to deliver puppies or kittens, labor contractions for longer than one hour or more than 15 minutes of labor with the fetus or membrane showing.

Loss of balance or consciousness or seizure, including: tremors, coma, staggering, convulsions, sudden blindness, tilting of the head, biting at imaginary objects, sudden changes in disposition such as unusual withdrawal or out-of-character aggressiveness

Pain, severe or continuous

Major trauma, injury, or shock from falls, vehicle accidents, wounds, cuts, broken bones. Signs to look for: weakness, collapse, shallow breathing, rapid heartbeat, bewildered appearance, dilated pupils

Ingested poison. Bring the container of the product or a list of ingredients if you have it

Penetrating wounds anywhere on the body, but especially in the chest or abdomen

Vomiting or diarrhea with blood or violent episodes

Lameness and cannot bear any weight on the leg



# Over-The-Counter Medications You Can Give To Your Pet

Medicine	Notes	Dosage	How Often
<b>Buffered Aspirin</b>	<b>For dogs only. Pain relief, anti-inflammatory.</b>	<b>1 tablet per 60 Lbs.</b>	<b>2 times per day</b>
<b>Baby Aspirin</b>	<b>For dogs only. Pain relief, anti-inflammatory.</b>	<b>1 tablet per 15 Lbs.</b>	<b>2 times per day</b>
<b>Benedryl®</b>	<b>Treat allergies, itching, reaction to insect stings, etc.</b>	<b>1 mg. per 1 Lb.</b>	<b>2 times per day</b>
<b>Dramamine®</b>	<b>Not for animals with glaucoma or bladder problems. Reduce car sickness.</b>	<b>3-25 Lb. pet - 12.5 mg. 26-50 Lb. pet - 25 mg. 51 Lb. + pet - 50 mg.</b>	<b>Give at least 1 hour prior to travel, no more than once a day</b>
<b>Pepto-Bismol®</b>	<b>For dogs only. Relieve vomiting or stomach gas, diarrhea.</b>	<b>1 tsp. per 20 Lbs.</b>	<b>Every 6 hours</b>
<b>Hydrogen Peroxide 3%</b>	<b>To induce vomiting after accidental ingestion of a poison.</b>	<b>1 Tbls. per 10 Lbs.</b>	<b>Up to 3 times, 10 minute intervals, until vomiting occurs</b>
<b>Mineral Oil</b>	<b>Eliminate constipation.</b>	<b>Dogs: up to 4 Tbls. Cats: up to 2 Tbls.</b>	<b>Daily, as needed</b>
<b>Acetaminophen, Tylenol®, Ibuprofen, Motrin®, Nuprin®, Alieve®</b>	<b>Never give to animals.</b>		

**Anemia:** Feeding your pet foods high in iron and B vitamins will help this problem. A serving of liver once a day is sufficient: cats - 1 ounce, small dogs - 2 ounces, medium dogs - 3 ounces, and large dogs - 4 ounces.

**Animals In Heat:** Your pet's amorous actions and not-so-lovely serenades are really demands for attention, so give them more than usual. The strong smell Vicks® ointment may help keep roaming males away: rub a little in the fur of the tail on females and above the nose on males. Keep the windows closed; a cat can smell romance a mile away, while a dog's range is about three miles.

**Arthritis:** For overweight pets, losing weight will help lighten the load on those achy joints. A 20

minute walk several times a day can reduce the progression of arthritis. If it's cold outside, let them sleep inside. Make sure they are provided with soft bedding to reduce discomfort. Moist heat applied for 20 minutes twice a day can be a great comfort.

**Asthma:** Keep pets with asthma trim - overweight animals have a harder time breathing. Dry air irritates the airway, so using a humidifier helps. If you, the owner, smokes, stop! Keep them indoors during pollen season. For cats, use a dust-free kitty litter.

**Bad Breath:** A foul odor coming from your pet's mouth is a sign of plaque. Prevent this by brushing your pets teeth, feeding them a cooked oxtail or raw carrots, don't feed them canned food or table scraps, and get them a rope to play with. Your vet can also thoroughly clean your pet's teeth. [Click here for a recipe for Better Breath Pet Biscuits!](#)

**Broken Bones:** Immobilize your pet while holding him still and place him on a board, car floor mat, or a folded blanket. Do not attempt to bandage or splint broken limbs as you can cause more damage. Take your pet to the vet immediately.

**Car Sickness:** Most animals travel best on an empty stomach, so pick up their food 6-8 hours before travel. However, some pets prefer to have a small amount of food in their stomachs. See what works best for your animal. Other ways to reduce sickness includes letting them sit in the front seat, allowing them to look out the windows, and cracking the windows to allow fresh air to flow inside the vehicle.

**Cat in a Tree:** Cats will more than likely come down on their own. Leave them alone to make their way down. Give them an entire day to do so. Tempt them with their favorite strong-smelling food. If the cat is injured, wearing a leash that could choke them, or hasn't come down in a day, you need to climb up and get them, whether up the tree itself, or with a ladder. Grab them by the skin on the back of the neck and make your first attempt at reaching them a good one - they may flee further up the tree. The Human Society may be able to assist you if you are not able to reach the cat yourself.

**Choking:** Open your pet's mouth to see if you can visualize the object and remove it. If you are unsuccessful, take your pet to the vet immediately. If your pet is not breathing and you can't find what's obstructing the air passage, try the Heimlich maneuver: Hold your pet against you and clasp your hand around his upper abdomen OR place your pet on their side, on the floor and put one of your hands on top of the other so that the bottom hand is just below the rib cage. Push or lift upward to dislodge the object.

**Diarrhea:** Ensure your pet is drinking enough fluids. In addition to their water bowl, a bowl of Gatorade® will further help. Stop feeding for 24 hours from the onset of the diarrhea. When your pet is ready to eat again, try 2 parts cooked white rice mixed with 1 part boiled hamburger or skinless white meat chicken, feeding small amounts every 4 hours for 2 days. Slowly introduce their regular food back into the diet.

**Fever:** Normal temperatures of cats and dogs ranges from 100.5 and 102.5 degrees. Sooth away the heat with a cool compress on their belly or a 10 minute cool bath. Ensure they are drinking enough water. Consult your vet, as fever can mean serious illness.

**Flatulence:** Exercise helps move gas out of the system, so take them for a walk. Stop feeding table scraps and dairy foods and ensure they aren't getting into the trash. Check the soy content of your pet's food; high soy content causes gas. Many yogurts contain digestion-friendly bacteria that can help decrease flatulence. Give 1/4 tsp. plain yogurt to cats and small dogs, 1 tsp. to dogs 15-20 pounds, and 1 Tbls. to large dogs. Raise their food dish to eliminate air digested while eating.

**Getting Out Mats:** Wet fur is more difficult to unmat, so keep them dry. Starting at the ends of the hairs and working inward, divide the mat in half with your fingers. Then divide the halves into quarters, the quarters into eighths and so on until all the clumps are gone. A light sprinkling of cornstarch makes stubborn mats easier to pull apart. For a particularly tough mat, clip the mat in half with scissors.

**Hairballs:** First try a hairball lubricant. Sometimes, high-fiber diets accelerate the passage of hairballs. Keep fleas under control to reduce licking. Brush your cat often, then follow with wiping the coat with a moist towel to pick up any loose hairs.

**Hot Spots:** Dissolve 2 adult aspirins in 1 Tbls. rubbing alcohol. Steep 1 tea bag in 1 cup warm water; discard tea bag. Stir together aspirin mixture and tea; allow to cool. Shave hair around hot spot. Blot prepared mixture over spot with a cotton ball. Follow with over-the-counter cortisone spray or creme. Repeat as necessary.

**Insect Bites and Stings:** Remove stingers, if present. Dab a mixture of baking soda and water on the spot to help reduce discomfort. Milk of Magnesia and meat tenderizer works in the same way, as well.

**Itchy Skin from Allergies:** Give your pet a 10 minute cool bath to relieve itching. For further soothing, you may also add colloidal oatmeal (Aveeno®) to the bathwater. For dogs with itchy feet, fill the tub with enough cool water to cover their feet, dissolve a couple cups of Epsom salts in the water, and soak the dog's feet for 5-10 minutes. Be careful not to let them drink the water.

**Poisoning:** Call your vet immediately and have on hand the substance your pet ingested. If your pet has gotten into pills, antifreeze, or other toxic substances (but not caustic substances) getting him to vomit will help eliminate some of the danger ([click here to learn how](#)). If your pet has ingested something alkaline, such as cleaner or kerosene, don't induce vomiting. Give him about 3 tsp. vinegar or lemon juice diluted in an equal amount of water. If your pet has ingested something acid, maybe from chewing on a battery, give Milk of Magnesia, 1 tsp. per 5 Lbs. of pet.

**Puppy Diarrhea/Dogs with Soft Stool:** Plain canned pumpkin works well for puppies with diarrhea and adult dogs with soft stool. A few spoonfuls in their food will often stop it right away. The pumpkins adds fiber to the diet, therefore firming up the stools. It often works more completely and more quickly than Kaopectate® if your pet isn't ill from something else.

**Reduce Anal Sac Problems:** Stop feeding your pet table scraps. The fatty foods soften the stool, making the fluid more likely to build up.

**Removing Burrs:** Remove burrs in your pet's coat as soon as possible. Allowing their fur to get wet makes it worse, so keep them dry. Most burrs can be removed with your fingers or tweezers. For the more difficult ones, soak the area in vegetable oil to help slide them out.

**Seizures:** Dogs don't swallow their tongues, so don't put your hand in their mouth. Move furniture out of the way and try to keep the area as dark as possible. Gentle talking and stroking may help to shorten the length of the seizure. If the seizure lasts more than 10 minutes, take your pet to the vet immediately. If this is the first time your pet is having a seizure, take him to the vet for assessment.

**Severe Bleeding:** Place gauze over the wound and apply direct pressure using your hands for 5 minutes, recheck, and continue applying pressure until bleeding stops or you've reached the vet. Do not use a tourniquet, as they are dangerous. Cold packs over oozing wounds can help reduce swelling and bleeding. Take your pet to the vet immediately.

**Skunk Spray:** If your pet's eyes are watering, use an eye wash to flush out any irritating spray. Next, wash your pet outside, if possible, using a pet shampoo. Follow with soaking him in tomato juice for 20 minutes. Finish up with a shampooing of a mixture of 1 quart 3% Hydrogen Peroxide, 1/4 cup baking soda, and 1 Tbls. liquid dish soap.

**Stop Bleeding from a Nail Trim:** When you've cut a nail too short, stop the bleeding by pressing the nail in styptic powder or flour, then tap the powder in.

**Urinary Infections:** The common human remedy of cranberry, orange, and other citrus juices also work for pets in boosting the acidity of the urine and decreasing the amount of bacteria.

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

## Robbie's Recipes

### Copycat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

### Pet Treat Recipes

### Bath & Beauty Recipes

### Submit Your Recipe

# Ingredient Substitutions

INGREDIENT	AMOUNT	SUBSTITUTION
Allspice	1 tsp.	1/2 tsp. cinnamon + 1/2 tsp. ground cloves
Apple Pie Spice	1 tsp.	1/2 tsp. cinnamon, 1/4 tsp. nutmeg, 1/8 tsp. cardamon
Arrowroot	1 1/2 tsp.	1 Tbls. flour 1 1/2 tsp. cornstarch
Baking Powder	1 tsp.	1/3 tsp. baking soda + 1/2 tsp. cream of tartar
Bay Leaf	1 whole	1/4 tsp. crushed
Bread	1 slice dry	1/3 cup dry bread crumbs
	1 slice soft	3/4 cup soft bread crumbs
Broth, Beef or Chicken	1 cup	1 bullion cube dissolved in 1 cup boiling water
		1 envelope powdered broth base dissolved in 1 cup boiling water
		1 1/2 tsp. powdered broth base dissolved in boiling water
Butter	1 cup	7/8 cup lard + 1/2 tsp. salt
Buttermilk	1 cup	1 cup plain yogurt
		1 cup milk + 1 Tbls. white vinegar or lemon juice
		1 cup milk + 1 3/4 tsp. cream of tartar
Chives, chopped	2 tsp.	2 tsp. green onion tops, finely chopped
Chocolate Chips	1 oz.	1 oz. sweet cooking chocolate
Chocolate, unsweetened	1 oz. or square	3 Tbls. cocoa + 1 Tbls. fat

<b>Cocoa</b>	<b>1/4 cup</b>	<b>1 oz. square unsweetened chocolate (decrease fat in recipe by 1/2 Tbls.)</b>
<b>Coconut Cream</b>	<b>1 cup</b>	<b>1 cup whipping cream</b>
<b>Coconut Milk</b>	<b>1 cup</b>	<b>1 cup whole milk</b>
<b>Corn</b>	<b>1 doz. ears</b>	<b>2 1/2 cup cooked corn</b>
<b>Cornmeal, self-rising</b>	<b>1 cup</b>	<b>7/8 cup plain, 1 1/2 Tbls. baking powder, and 1/2 tsp. salt</b>
<b>Corn Syrup</b>	<b>1 cup</b>	<b>1 1/4 cup light brown sugar + 1/3 cup water</b>
		<b>7/8 cup honey (baked goods will brown more)</b>
<b>Corn Syrup, Dark</b>	<b>1 cup</b>	<b>3/4 cup light corn syrup + 1/4 cup light molasses</b>
<b>Cornstarch (thickening)</b>	<b>1 Tbls.</b>	<b>2 Tbls. all-purpose flour</b>
		<b>2 Tbls. granular tapioca</b>
<b>Cracker Crumbs</b>	<b>3/4 cup</b>	<b>1 cup dry bread crumbs</b>
<b>Cream, Heavy</b>	<b>1 cup</b>	<b>3/4 cup milk + 1/3 cup butter or margarine (if used for baking)</b>
		<b>1 cup evaporated milk, undiluted</b>
<b>Cream, Light</b>	<b>1 cup</b>	<b>3/4 cup milk + 3 Tbls. butter or margarine (if used for baking)</b>
		<b>1 cup evaporated milk, undiluted</b>
<b>Cream, Whipped</b>		<b>Chill a 13 oz. can of evaporated milk until ice crystals form. Add 1 tsp. lemon juice. Whip until stiff.</b>
<b>Dates</b>	<b>1 lb.</b>	<b>2 1/2 cup pitted</b>
<b>Dill Plant, Fresh or Dried</b>	<b>3 heads</b>	<b>1 Tbls. dill weed</b>
		<b>3 Tbls. + 1 tsp. thawed frozen egg</b>

<b>Egg, whole, uncooked</b>	<b>1 large, 3 Tbls.</b>	<b>2 1/2 Tbls. sifted, dry whole egg powder + 2 1/2 Tbls. lukewarm water</b>
		<b>2 yolks + 1 Tbls. water (for cookies)</b>
		<b>2 yolks (in custards, cream fillings, and similar mixtures)</b>
<b>Eggs, uncooked</b>	<b>1 cup</b>	<b>5 large eggs</b>
		<b>6 medium eggs</b>
<b>Egg White</b>	<b>1 large, 2 Tbls.</b>	<b>2 tsp. thawed frozen egg whites</b>
		<b>2 Tbls. sifted, dry egg white powder + 2 Tbls. warm water</b>
	<b>1 cup</b>	<b>8 large egg whites</b>
<b>Egg Yolk</b>	<b>1 yolk, 1 1/2 Tbls.</b>	<b>3 1/2 Tbls. thawed frozen egg yolk</b>
		<b>2 Tbls. sifted, dried egg yolk</b>
	<b>1 cup</b>	<b>12 large egg yolks</b>
<b>Flour, All-Purpose (for thickening)</b>	<b>1 Tbls.</b>	<b>1 1/2 tsp. cornstarch</b>
		<b>1 Tbls. granular tapioca</b>
		<b>1 Tbls. waxy rice flour</b>
		<b>2 Tbls. browned flour</b>
		<b>1 1/2 Tbls. whole wheat flour</b>
		<b>1 Tbls. quick-cooking tapioca</b>
<b>Flour, All-Purpose</b>	<b>1 cup, sifted</b>	<b>1 cup + 2 Tbls. cake flour</b>
		<b>1 cup rolled oats, crushed</b>
		<b>1/2 cup cornmeal, bran, or rice flour + 1/2 cup all-purpose flour</b>
		<b>1 cup rye or rice flour</b>
		<b>1/4 cup soybean flour + 3/4 cup all-purpose flour</b>

	1 lb.	4 cups sifted 3 1/3 cups unsifted
Flour, Cake	1 cup sifted	1 cup minus 2 tsp. all-purpose flour, sifted
Flour, Self-Rising	1 cup	1 cup minus 2 tsp. all-purpose flour, 1 1/2 tsp. baking powder, and 1/2 tsp. salt
Fruit, Fresh, Cut Up	1 1/2 cups	16 oz. can, drained
Garlic	1 clove	1 tsp. chopped garlic
		1/2 tsp. minced garlic
		1/8 tsp. garlic powder
		1/2 tsp. garlic flakes
		1/4 tsp. granulated garlic
	1/2 tsp. garlic juice	
Garlic Salt	1 tsp.	1/8 tsp. garlic powder + 7/8 tsp. salt
Gelatin, Flavored	3 oz.	1 Tbls. plain gelatin + 2 cup fruit juice
Ginger	1/8 tsp.	1 tsp. candied ginger, rinsed in water to remove sugar, then finely cut
		1 Tbls. raw ginger
Herbs, fresh	1 Tbls. chopped	1/2 tsp. dried crushed herb
Honey	1 cup	1 1/4 cup sugar + 1/4 cup water
Horseradish	1 Tbls.	2 Tbls. bottled fresh
Ketchup	1 cup	1 cup tomato sauce, 1/4 cup brown sugar, and 2 Tbls. vinegar
Lemon Juice	1 tsp.	1/2 tsp. white vinegar
Lemon Peel, dried	1 tsp.	1 to 2 tsp. fresh grated
		1/2 tsp. lemon extract
Lime	1 med.	1 1/2 - 2 Tbls. juice
Maple Sugar (grated and packed)	1/2 cup	1 cup maple syrup
		1 Tbls. granulated sugar



<b>Marshmallows, mini</b>	<b>1 cup</b>	<b>8-10 regular</b>
<b>Mayonnaise (for salad dressings)</b>	<b>1 cup</b>	<b>1/2 cup plain yogurt + 1/2 cup mayonnaise</b>
		<b>1 cup sour cream</b>
		<b>1 cup cottage cheese, pureed</b>
<b>Milk, skim</b>	<b>1 cup</b>	<b>4 - 5 Tbls. non-fat dry milk powder + enough water to make 1 cup</b>
		<b>1/2 cup evaporated milk + 1/2 cup water</b>
<b>Milk, Sweetened, Condensed</b>	<b>1 can</b>	<b>Heat the following until butter melts and sugar is dissolved: 1/3 cup + 2 Tbls. evaporated milk, 1 cup sugar, and 3 Tbls. butter</b>
		<b>Add 1 cup + 2 Tbls. dry milk to 1/2 cup warm water. Add 3/4 cup sugar and 3 Tbls. melted butter. Stir until smooth.</b>
<b>Milk, Whole</b>	<b>1 cup</b>	<b>1 cup reconstituted non-fat dried milk + 2 Tbls. melted butter</b>
		<b>1/2 cup evaporated milk + 1/2 cup water</b>
		<b>4 Tbls whole dry milk + 1 cup water (for use in baking)</b>
<b>Mushrooms, Fresh</b>	<b>1 Lb.</b>	<b>2 - 3 cups whole</b>
		<b>5 cups sliced</b>
		<b>(1) 10 oz. can</b>
<b>Mushrooms, Canned</b>	<b>4 oz.</b>	<b>2 cups sliced fresh</b>
		<b>6 Tbls. whole dried mushrooms</b>
<b>Mustard, Dry</b>	<b>1 tsp.</b>	<b>1 Tbls. prepared mustard</b>
<b>Onion, Fresh</b>	<b>1 small</b>	<b>rehydrate 1 Tbls. instant minced onion</b>

<b>Onion Powder</b>	<b>1 Tbls.</b>	<b>1 medium onion, chopped</b>
		<b>4 Tbls. fresh chopped onion</b>
<b>Onions</b>	<b>1 Lb.</b>	<b>3 large onions</b>
		<b>2 - 2 1/2 cup chopped</b>
<b>Orange Peel, Dried</b>	<b>1 Tbls.</b>	<b>2 - 3 Tbls. grated fresh orange peel</b>
		<b>grated peel of 1 med. orange</b>
	<b>2 tsp.</b>	<b>1 tsp. orange extract</b>
<b>Parsley, Dried</b>	<b>1 tsp.</b>	<b>3 tsp. fresh parsley, chopped</b>
<b>Peppers, green bell</b>	<b>1 Tbls. dried</b>	<b>3 Tbls. fresh green pepper, chopped</b>
<b>Peppers, red bell</b>	<b>1 Tbls. dried</b>	<b>3 Tbls. fresh red pepper, chopped</b>
		<b>2 Tbls. chopped pimento</b>
<b>Peppermint, dried</b>	<b>1 Tbls.</b>	<b>1/4 cup chopped fresh mint</b>
<b>Pimento</b>	<b>2 Tbls.</b>	<b>1 Tbls. dried red bell pepper, rehydrated</b>
		<b>3 Tbls. fresh red bell pepper, chopped</b>
<b>Pumpkin Pie Spice</b>	<b>1 tsp.</b>	<b>1/2 tsp. cinnamon, 1/4 tsp. ginger, 1/8 tsp. allspice, 1/8 tsp. nutmeg</b>
<b>Shortening, Melted</b>	<b>1 cup</b>	<b>1 cup cooking oil</b>
<b>Shortening, Solid</b>	<b>1 cup</b>	<b>1 cup minus 2 Tbls. lard</b>
		<b>1 1/8 cup butter (decrease salt in recipe by 1/2 tsp.)</b>
<b>Sour Cream</b>	<b>1 cup</b>	<b>3/4 cup buttermilk + 1/3 cup butter or margarine</b>
		<b>1 cup plain yogurt</b>
		<b>3/4 cup milk, 3/4 tsp. lemon juice, and 1/3 cup butter or margarine</b>
<b>Spearmint, Dried</b>	<b>1 Tbls.</b>	<b>1/4 cup fresh chopped mint</b>

<b>Sugar, Brown</b>	<b>1 cup packed</b>	<b>1 cup granular sugar</b>
	<b>1 Lb.</b>	<b>2 1/2 cups firmly packed</b>
<b>Sugar, powdered</b>	<b>1 Lb.</b>	<b>2 3/4 cups</b>
<b>Sugar, granulated</b>	<b>1 Lb.</b>	<b>2 1/4 cups</b>
	<b>1 tsp.</b>	<b>1/8 tsp. non-caloretic sweetener solution</b>
	<b>1 cup</b>	<b>1 1/2 cup corn syrup (decrease liquid in recipe by 1/4 cup)</b>
		<b>1 1/3 cup molasses (decrease liquid in recipe by 1/3 cup)</b>
		<b>1 cup powdered sugar</b>
		<b>1 cup brown sugar, firmly packed</b>
<b>3/4 cup honey (decrease liquid in recipe by 1/4 cup; for each cup of honey used, add 1/2 tsp. baking soda)</b>		
<b>Tapioca, granular</b>	<b>1 Tbls.</b>	<b>2 Tbls. pearl tapioca</b>
<b>Tomato Juice</b>	<b>1 cup</b>	<b>1/2 cup tomato sauce + 1/2 cup water</b>
<b>Worcestershire Sauce</b>	<b>1 tsp.</b>	<b>1 tsp. bottled steak sauce</b>
<b>Yogurt, Plain</b>	<b>1 cup</b>	<b>1 cup buttermilk</b>
		<b>1 cup cottage cheese, pureed</b>
		<b>1 cup sour cream</b>

# Robbie's Recipes



**Buy The Cookbook!**  
**Copycat Recipes**  
**Appetizers & Snacks**  
**Pasta Dishes**  
**Desserts & Baked Goods**  
**Meats**  
**Chicken & Turkey**  
**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
**Bath & Beauty Recipes**  
**Submit Your Recipe**  
**Recipe Message Board**

## Robbie's Kitchen

**Household Tips & Tricks**  
**Cooking Tips**  
**Cleaning Tips**  
**Laundry Tips**  
**Home Remedies**  
**Pet Home Remedies**  
**Message Board**

# Copycat Recipes

**Avocado Egg Rolls like The Cheesecake Factory's®** - Chunks of fresh avocado, sun-dried tomato, red onion, and cilantro deep-fried in a crisp Chinese wrapper. Served with a Tamarind-Cashew Dipping Sauce.

**Baby Back Ribs like Applebee's®** - Boiled, brushed with sauce, then broiled, these ribs are tender and full of zesty flavor.

**Bacon Scallion Mashed Potatoes like Applebee's®** - Ready in 30 minutes, this creamy side dish is flavored with bacon, scallions, garlic, and sour cream.

**Baked Chicken Chimichangas like Chi-Chi's®** - Spiced chicken and refried beans in a crisp shell.

**Banana Nut Muffins and Mini Loaves like Otis Spunkmeyer's®** - Moist muffins have a rich banana taste.

**Basic Baking Mix like Bisquick®** - There are endless uses for this all-purpose baking mix.

**Big Apple Pancake like Bickford's®** - Baked pancake topped with a sweet apple mixture.

**Biscuits like McDonald's®** - Quick and easy, makes great breakfast sandwiches and goes perfect with sausage gravy.

**Blondie Brownies like Applebee's®** - Yellow brownies with white chocolate chips, topped with warm maple sauce, and served with ice cream.

**Blue Crab Dip like Joe's Crab Shack's®** - Hot, creamy dip with crab, onions, peppers, and parmesan.

**Bread like The Outback's®** - Hearty round loaves with rye and molasses.

**Bruschetta like Red Lobster's®** - Shrimp, peppers, and onion melted into cheese atop French bread slices.

**Bruschette like Carrabba's®** - Garlic toast mounded with two different toppings: fontina cheese and sauteed mushrooms; mozzarella, tomato and pesto.

**Buffalo Wings like Hooter's®** - Just like the restaurants', hot and crispy.

**Cajun Jambalaya Pasta like The Cheesecake Factory's®** - Shrimp and chicken sauteed with onions, tomato, and peppers in a very spicy Cajun sauce. All on top of fresh linguini.

**Chardonnay Mushrooms like Applebee's®** - In 10 minutes, you can make the delectable steak topper.

**Cheddar Biscuits like Red Lobster's®** - Garlic and cheddar make a flavorful addition to basic biscuits.

**Cheese Fries and Dip like Lone Star's®** - Spice up those boring fries!

**Cheese Chicken Tortilla Soup like Applebee's®** - Spicy soup with chicken, cheese, and vegetables is topped with crispy tortilla strips.

**Cheesecake like Red Lobster's®** - Baked cheesecake with a cookie crust.

**Chicken Bryan like Carrabba's®** - Grilled chicken breast topped with caprino cheese and sun-dried tomato, basil, and lemon butter sauce.

**Chicken Flavor Stuffing like Stove Top®** - Ran out on a holiday and the stores are closed? Or just want to save money? Either way, this recipe is as close as it gets!

**Chicken Francese like Sbarro's®** - Fast and tasty Italian meal.

**Chicken in Soothing Lettuce Wraps like P.F. Chang's®** - After I saw numerous requests for this on message boards, I had to see what the fuss was all about.

**Chicken McNuggets like McDonald's®** - Dip in barbeque, sweet-and-sour, or honey mustard sauce.

**Chicken Quesadillas like Ruby Tuesday's®** - Marinaded chicken, cheese and all the toppings between two flour tortillas.

**Chocolate Dream like Carrabba's®** - A rich fudge brownie brushed with Kahlua, crowned with chocolate mousse, whipped cream, and chocolate shavings. Called Sogno di Cioccolata on the menu.

**Cinnamon Rolls like Cinnabon's®** - Heavenly sweet rolls.

**Clam Chowder like Red Lobster's®** - Creamy New England Clam Chowder is low fat and freezes well for later use.

**Coconut Cream Cheesecake like The Cheesecake Factory's®** - Creamy coconut cheesecake is a wonderful alternative to the usual.

**Coconut Shrimp with Pina Colada Sauce like Red Lobster's®** - Shrimp coated in a coconut batter and coconut flakes, served with a sweet coconut and pineapple sauce.

**Cozze in Bianco like Carrabba's®** - Mussels sauteed in white wine, olive oil, onion, garlic, lemon and basil.

**Crab Cakes like Joe's Crab Shack's®** - Serve by themselves or on a sandwich!

**Crab Rangoon like Cavanaugh Inn's®** - Serve with sweet'n'sour or soy sauce for dippin'.

**Cream of Vegetable Soup like Dixie Stampede's®** - No need for a spoon! Just drink from the bowl!

**Creamed Spinach like Boston Market's®** - For those of you who think you don't like spinach, try this. I think you'll like it.

**Creamy Onion Soup like The Outback's®** - Thick and cheesy - sure to stick to your ribs.

**Deep-Fried Ice Cream like El Torito's®** - Unique way to serve ice cream.

**Dill Potato Wedges like Boston Market's®** - Fast and flavorful!

**Double Chocolate Fudge Coca-Cola® Cake like Cracker Barrel's®** - Rich, delectable cake with Coke® and plenty of chocolate, topped with an icing of more Coke® and chocolate

**Electric Peach Tea like Joe's Crab Shack's®** - Mixed drink with vodka, gin, rum, peach schnapps, sweet and sour mix, and Sprite® served on ice. A peachy variation of a long island iced tea.

**Étouffée like Joe's Crab Shack's®** - Spicy Cajun dish made with your choice of crawfish, chicken, or shrimp, and served over rice pilaf.

**Fajitas like Chili's®** - Make with chicken or beef, this is my favorite recipe.

**Fettuccini with Chicken and Sun-Dried Tomatoes like The Cheesecake Factory's®** - The only thing missing from the recipe's title is the garlic Parmesan cream sauce that brings together this easy meal.

**5 Cheese Lasagna like The Olive Garden's®** - This lasagna has a creamy white sauce that's surprisingly better than the usual.

**French Onion Soup like T.G.I. Friday's®** - Simple yet satisfying.

**Fresh Banana Cream Cheesecake like The Cheesecake Factory's®** - Creamy banana cheesecake atop a vanilla cookie crust.

**Fried Apples like Cracker Barrel's®** - Bacon grease is their secret ingredient.

**Fried Mozzarella like The Olive Garden's®** - Simply delicious dipped in marinara sauce!

**Fried Shrimp like Sizzler's®** - Succulent and crisp, serve with cocktail sauce.

**Frosties like Wendy's®** - Chocolate milkshake identical to the restaurants'.

**Hamburgers like White Castle's®** - Taste just like the real thing!

**Harvest Bay Mahi Mahi like Joe's Crab Shack's®** - Grilled fish with a creamy sauce that makes for a perfect accompaniment.

**Hash Brown Casserole like Cracker Barrel's®** - Cheesy potato dish.

**Herbed Oil For Dipping Bread like Carrabba's®** - Dip your fresh baked bread in this savory oil for a simply tasty treat.

**Honey BBQ Wings like KFC's®** - Breaded and fried wings with a sweet barbeque sauce to coat.

**Honey Mustard Dressing like The Outback's®** - Extremely simple.

**Honey Mustard like Fuddrucker's®** - Submitted by a former employee.

**Hot Mustard Sauce like McDonald's®** - Use for dipping chicken nuggets or as a condiment for anything from sandwiches to veggies.

**Italian Salad Dressing Mix like Good Seasons®** - Make ahead to use at your leisure.

**Lobster Fondue like Red Lobster's®** - Made with lobster tail or crawfish meat, this cheesy bread dip is sure to be a party pleaser.

**Macaroni and Cheese like Boston Market's®** - Glorified mac and cheese, but still simple.

**Mandarin Chicken Salad like Wendy's®** - Grilled chicken, oranges, almonds, and rice noodles topped with a flavorful Asian sesame dressing.

**Margarita Presidente like Chili's®** - Top shelf margarita.

**Marinated Steak like The Outback's®** - Use any cut of meat you'd like.

**Meatballs like Carrabba's®** - A combination of beef, pork, cheese, and fresh herbs make for a flavorful meaty addition to any pasta sauce.

**Mussels Marinara like Red Lobster's®** - Fresh herbs and red wine in addition to mussels make this tomato-based pasta sauce a treat.

**Neiman Marcus® Cookie Recipe** - A long-running e-mail hoax. Just in case you didn't get it in your in box.

**Old Bay® Seasoning** - The all time classic Maryland spice no kitchen is complete without.

**Onion Ring Loaf like Tony Roma's® and Damon's®** - Fried then baked, interesting presentation.

**Orange Julius®** - As close as you can get without their powdered mix.

**Oreo® Cheesecake like The Cheesecake Factory's®** - Rich and creamy cheesecake takes a bit of time to allow the flavors to develop, but be patient, it's worth the wait!

**Peanut Butter Cookies like GrandMa's®** - Big, soft cookies.

**Perfect Margarita like Applebee's®** - Always a favorite.

**Pollo Rosa Maria like Carrabba's®** - Grilled chicken breast stuffed with fontina cheese, prosciutto ham, and topped with mushroom basil butter sauce.



**Pot Roast like Shoney's®** - Alternative to dry roasts. Left-overs make great sandwiches.

**Pumpkin Pie like The Cheesecake Factory's®** - Creamy, spiced pumpkin pie made from scratch will impress your holiday guests.

**Rice Pilaf like Joe's Crab Shack's®** - Seasoned rice with celery, onions, peppers, and garlic; makes an all-purpose side dish.

**Rigatoni Campagnolo like Carrabba's®** - Italian sausage, peppers, and goat cheese in a pomodoro sauce.

**Salad like The Pasta House's®** - Don't know how far reaching this chain is - but it's a Midwest favorite!

**Samoa Cookies like the Girl Scout's®** - Satisfy your cravings with chocolate, coconut, caramel, and shortbread.

**Santa Fe Stuffed Chicken like Applebee's®** - Flattened chicken breasts rolled with cheese, breaded, baked, then topped with a cheesy sauce and peppers.

**Seafood Salad like Golden Corral's®** - Can be served either as a salad, on lettuce, or on split croissants.

**Seafood Stuffing like Joe's Crab Shack's®** - Fish, shrimp, and crab in a succulent stuffing that is the base for many of Joe's favorite recipes (also on this site).

**Seasoned Salt like Lawry's®** - Just in case you run out, or just want to save money.

**Shake'N'Bake like Kraft's®** - Make at home with ingredients you probably have on hand for tasty, tender chicken.

**Shortbread Cookies like the Girl Scout's®** - These rich, but not too sweet, cookies are perfect to serve with tea.

**Shrimp Diablo like Red Lobster's®** - Barbecue flavor, but baked.

**Sicilian Splash like The Olive Garden's®** - White grape juice and orange syrup make a fabulous non-alcoholic drink.

**Soft Pretzels like Auntie Anne's®** - Just like the popular mall food. Make them plain, with salt, with sugar and cinnamon, or with parmesan and garlic.

**Spinach And Artichoke Dip like Houston's®** - Serve this hot dip with tortilla chips.

**Spinach Pizza like Applebee's®** - Any vegetarian will appreciate these pita pizzas with creamy spinach and tomato mushroom sauces.

**Stuffed Mushrooms like Joe's Crab Shack's®** - Mushroom caps filled with seafood stuffing, topped with alfredo sauce, broiled, and served with garlic toast.

**Stuffed Shrimp Enbrochette like Joe's Crab Shack's®**- Stuffed shrimp with a slice of jalapeno and Monterey Jack cheese, wrapped in bacon, then grilled.

**Sweet & Sour Dipping Sauce like McDonald's®** - Use for dipping chicken nuggets, egg rolls, etc.

**Sweet Spanish Corn Cake like Chi-Chi's®** - Hearty corn bread to accompany all your favorite chilies and other Mexican dishes.

**Tartar Sauce like McDonald's®** - Tangy sauce for your fish.

**Tiramisu like The Olive Garden's®** - Italian dessert flavored with rum and coffee.

**Twisted Lemonade like Chili's®** - Thirst-quenching hard lemonade.

# Robbie's Recipes



**Buy The Cookbook!**  
Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Avocado Egg Rolls like The Cheesecake Factory's®

**Serves : 2-4**

**Prep. Time : 0:30**

**1 Tbls. white vinegar**  
**1 tsp. balsamic vinegar**  
**1/2 tsp. tamarind pulp**  
**1/2 cup honey**  
**1 pinch ground saffron**  
**1/2 cup chopped cashews**  
**2/3 cup fresh cilantro**  
**2 cloves garlic**  
**2 green onions**  
**1 Tbls. granulated sugar**  
**1 tsp. ground black pepper**  
**1 tsp. ground cumin**  
**1/4 cup olive oil**  
**1 lrg. avocado - peeled, pitted, diced**  
**2 Tbls. sun-dried tomatoes in oil - chopped**  
**1 Tbls. minced red onion**  
**1/2 tsp. chopped fresh cilantro**  
**1 pinch salt**  
**3 egg roll wrappers**  
**1 egg - beaten**

**-In a microwave-safe bowl, stir together vinegars, tamarind, honey, and saffron; microwave for 1 minute; stir until tamarind is dissolved.**

**-Puree tamarind mixture, cashews, 2/3 cup cilantro, garlic, onions, sugar, pepper, and cumin in a blender.**

**-Pour mixture into a bowl and stir in oil; refrigerate until ready to use.**

**-Gently stir together avocado, tomatoes, onion, 1/2 tsp. cilantro, and salt.**

**-Distribute filling evenly onto center of each egg roll wrapper.**

**-Position a wrapper so that a corner is pointing toward you; fold the bottom corner up, 1/4 of the way over the filling; brush remaining corners and edges of the wrapper with egg; roll up from side to side; fold top corner over all and press to seal; repeat with remaining wrappers.**

**-Deep-fry egg rolls in 375 degree oil for 3-4 minutes, until golden brown.**

**-Drain on brown paper bags.**

**-Slice egg rolls diagonally across middle and serve with prepared dipping sauce.**

# Robbie's Recipes



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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Baby Back Ribs like Applebee's®

Prep. Time : 1:15

Serves : 3

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

-Place ribs in a large pot and fill pot with enough water to cover ribs.

-Bring water to a boil, reduce heat, cover and simmer for 1 hour, or until ribs are fork tender.

-While ribs are boiling, combine remaining ingredients in a medium saucepan and bring to a boil.

-Reduce heat and simmer, uncovered, stirring often, for 30 minutes, or until slightly thickened.

-Place boiled ribs, meat side down, on a broiler pan.

-Brush with half the sauce mixture and broil 4"-5" from heat for 6-7 minutes.

-Turn ribs over, brush with remaining sauce, and broil additional 6-7 minutes, or until edges are slightly charred.

(3) VISITOR COMMENT : "Awesome ribs! This recipe is a keeper!" | "My family has never had better tasting ribs than these. We love this recipe!! I will never make ribs any other way." | "I tried your Applebee's Ribs recipe. It was great! I made it for my family, we're a real bunch of carnivores. I used all the ingredients suggested. I find that if you add a little more

**brown sugar and you let the sauce reduce to become a little thicker, it makes it taste absolutely amazing! It may not be just like Applebee's, but their sweet and delicious. Also, if you let them marinate for a day or two after being boiled and covered with the sauce, they get really tender. I've made this recipe a couple of times and have had time to experiment."**

Packed in sauce. 8 half slabs.

# Robbie's Recipes



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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

## Bacon Scallion Mashed Potatoes like Applebee's®

Prep. Time : 0:30

Serves : 4

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 tsp. salt

1/4 tsp. black pepper

-In a large pot, cover potatoes and garlic with lightly salted water.

-Boil until potatoes are fork tender.

-Fry bacon in skillet until crisp; drain on paper towels.

-Pour out all but 1 tsp. bacon grease from pan.

-Add scallions to grease, saute until soft, but not brown. Add bacon.

-Drain potatoes and return to pot.

-Mash potatoes with milk, sour cream, salt, and pepper. Stir in bacon and scallions.

-Reheat, if necessary, before serving.

(1) VISITOR COMMENT : "I live in Canada and have never been to Applebees so I have nothing to compare these potatoes to....but they were AWESOME!!! My husband thought he had died and gone to heaven! They are so easy to make, they will definitely be served with Sunday night roast beef dinner from now on!!"

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**Buy The Cookbook!**  
Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Baked Chicken Chimichangas like Chi-Chi's®

Included in my new cookbook! [Click Here to get your copy!](#)

**Servings : 8**

**Prep. Time : 0:45**

1/2 cup chopped onion  
1 Tbls. minced garlic  
2 Tbls. olive oil  
1/2 Tbls. chili powder  
2 cups salsa  
1/2 tsp. ground cumin  
1/2 tsp. ground cinnamon  
1 pinch salt  
2 1/2 cups cooked chicken - shredded  
(8) 12" flour tortilla  
1 cup canned refried beans  
olive oil - for brushing

- In large saucepan, sauté onion and garlic in oil until tender.
- Stir in chili powder, salsa, cumin, cinnamon, and salt.
- Stir in shredded chicken and allow to cool.
- Working with one tortilla at a time, spoon a heaping Tablespoon of beans down center of each tortilla.
- Top with a scant 1/2 cup of the chicken mixture.
- Fold up the bottom, top and sides of tortilla.
- Secure with wooden toothpicks if necessary.
- Place chimichangas in greased 13" X 9" X 2" baking pan, seam side down.
- Brush all sides with the oil.
- Bake in a 450 degree oven for 20-25 minutes, or until golden brown and crisp, turning every 5 minutes.



**NOTES : Serve with sour cream and quacamole**

**(5) VISITOR COMMENTS : "The cinnamon is a surprising ingredient, but it really makes the dish!" | "This recipe was wonderful. We are vegetarians so we substituted Morningstar Farms Crumbles for the chicken and it was a big hit! Thanks!" | "They were delicious. I added a little butter melted in the baking dish with the olive oil." | "This recipe is great and low on fat. Try it with shredded beef." | "These were very good! I would use half the cinnamon and increase the cumin. I also sprayed Pam cooking spray on the bottom of the pan and on top of the chimichangas, less fat than olive oil and they browned beautifully!"**



- Buy The Cookbook!
- Copycat Recipes
- Appetizers & Snacks
- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
- Recipe Message Board
- Robbie's Kitchen**
- Houshold Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures
- Robbie's Photo Album**
- Pet Health**
- Search This Site**

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## Banana Nut Muffins & Mini Loaves like Otis Spunkmeyer's®

Serves : 16  
Prep. Time : 0:30

- 1 box banana cake mix - unprepared
- 1 sm. box instant banana pudding - unprepared
- 4 eggs
- 2 med. ripe bananas - mashed
- 1 cup finely chopped walnuts
- 1/2 cup vegetable oil
- 1/2 cup water
- 1 tsp. banana extract
- 3/4 tsp. ground cinnamon

- With an electric mixer, beat all ingredients together until smooth, being careful not to over mix.
- Fill greased large muffin tins or mini loaf pans 3/4 full with batter.
- Bake in 350 degree oven for 20 minutes, or until toothpick inserted in center comes out clean.

(1) VISITOR COMMENT : "I've used your recipe for banana nut muffins like Otis Spunkmeyer's and they were FABULOUS!"

175 no-fail recipes for layer cakes, cheesecakes, sheet cakes, & other desserts for any occasion from scratch flavor out of store bought mix.

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- Appetizers & Snacks
- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
- Recipe Message Board
- Robbie's Kitchen**
- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalentents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

## Basic Baking Mix like Bisquick®

**Prep. Time : 0:10**

- 10 cups all-purpose flour**
- 3/8 cup baking powder**
- 1 tsp. cream of tartar**
- 1 1/4 cup powdered milk**
- 1 1/2 Tbls. salt**
- 1/4 cup granulated sugar**
- 1 Lb. shortening**

- Combine all ingredients; mix well.**
- Store in an air tight container up to 1 month.**

**ROBBIE'S RECIPES USING BISQUICK® : Cheddar Bay  
Biscuits like Red Lobster's®                      Biscuits like  
McDonald's®**

# Robbie's Recipes



**Buy The Cookbook!**

**Copycat Recipes**

**Appetizers & Snacks**

**Pasta Dishes**

**Desserts & Baked Goods**

**Meats**

**Chicken & Turkey**

**Seafood & Fish**

**Salads & Dressings**

**Soup, Chili & Chowder**

**Side Dishes**

**Fruits & Vegetables**

**Pizza Related Recipes**

**Condiments**

**Beverages**

**Breakfast Foods**

**Pet Treat Recipes**

**Bath & Beauty Recipes**

**Submit Your Recipe**

**Recipe Message Board**

## Robbie's Kitchen

**Household Tips & Tricks**

**Fancy Napkin Folds**

**Ingredient Substitutions**

**Measurement Equivalents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

**Candy Temperatures**

## Big Apple Pancake like Bickford's®

**Submitted By : Amy Jordan**

**Serves : 2**

**Prep. Time : 0:30**

**1/2 cup all-purpose flour**

**1/2 cup milk**

**2 eggs**

**2 Tbls. margarine OR butter - melted**

**2 med. apples - peeled, cored, sliced**

**1/2 cup packed light brown sugar**

**1 tsp. ground cinnamon**

**-Combine flour, milk, and eggs.**

**-Pour melted margarine in 9" pie plate.**

**-Pour mixture into pan.**

**-Combine remaining ingredients and pour evenly into pie pan.**

**-Bake in 425 degree oven for 15 minutes.**

**(1) VISITOR COMMENT : "This tasted VERY good, hubby said tasted like apple cobbler. Stuck to aluminum cake pan despite butter. May use Pam or Teflon pan next time. May double batter?"**

# Robbie's Recipes



Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Request Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

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## Pet Health

## Search This Site

## Biscuits like McDonald's®

Serves : 4-6

Prep. Time : 0:30

2 cups Bisquick® baking mix

2/3 cups buttermilk

2 tsp. granulated sugar

1/4 tsp. salt

2 Tbls. margarine - melted, divided

-Combine Bisquick®, buttermilk, sugar, salt, and half the melted margarine in a medium bowl and mix until well blended.

-Turn dough out onto a floured surface and knead for 30 seconds, until dough becomes elastic.

-Roll dough to 3/4" thick and cut out 3" circles with a cookie cutter or glass.

-Arrange circles on an ungreased baking sheet and bake in 450 degree oven for 10-12 minutes, until golden on top and doubled in height.

-Brush biscuits with melted margarine immediately upon removing from oven.

NOTES : Goes great topped with sausage gravy .

(1) VISITOR COMMENT : "Quick and easy - not much of a mess to clean up - will differently make again"

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Blondie Brownies like Applebee's®

**Prep. Time : 0:50**

**Serves : 12**

**1 cup sifted flour**  
**1/2 tsp. baking powder**  
**1/8 tsp. baking soda**  
**1/8 tsp. salt**  
**1/2 cup chopped walnuts**  
**1/3 cup butter OR margarine**  
**1 cup packed brown sugar**  
**1 egg - beaten**  
**1 tbsp. vanilla extract**  
**1/2 cup white chocolate chips**  
**3/8 cup maple syrup**  
**1/4 cup butter**  
**3/8 cup brown sugar**  
**8 oz. cream cheese - softened**  
**1/2 tsp. maple extract OR flavoring**

- Sift together sifted flour, baking powder, baking soda, and salt.**
- Add chopped nuts. Mix well and set aside.**
- Melt butter.**
- Add brown sugar and mix well.**
- Add egg and vanilla and blend well.**
- Add flour mixture, a little at a time, mixing well.**
- Stir in white chocolate chips.**
- Spread into a 9" X 9" X 2" pan.**
- Bake in 350 degree oven for 20-25 minutes, or until toothpick inserted in center comes out clean or with slightly fudgy looking crumbs.**
- Combine syrup and butter, cook over low heat until butter is melted.**
- Stir in brown sugar until dissolved.**
- Remove from heat and beat in cream cheese and maple extract until smooth.**
- Heat again either over low heat or in the microwave at short intervals to reach desired sauce consistency.**

**NOTES : Serve sauce over warm blondies topped with vanilla ice cream.**

**(1) VISITOR COMMENT : "Robbie, The Applebee's blondie brownies are fabulous, and a huge hit with my family. Thank-you."**

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Pet Health

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# Blue Crab Dip like Joe's Crab Shack's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 4  
Prep. Time : 0:25

8 oz. cream cheese - softened  
3 Tbls. heavy whipping cream  
2 Tbls. grated Parmesan cheese - divided  
4 tsp. diced red OR green bell pepper  
2 tsp. white wine  
2 tsp. shrimp base (see Notes)  
2 tsp. diced onion  
2 tsp. diced Roma tomatoes  
2 tsp. diced green onion  
1/2 tsp. crab boil seasoning  
2 dashes ground mustard seed  
2 splashes hot sauce  
6 oz. can crab meat - drained  
1 Tbls. grated Parmesan cheese - for garnish  
tri-colored tortilla chips - as needed

- Fold together all ingredients, except 1 Tbls. Parmesan and tortilla chips.
- Spread evenly into oven-proof baking dish.
- Microwave on medium power for 4 minutes.
- Transfer to oven and broil until top is slightly browned.
- Garnish with Parmesan and serve with tortilla chips for dipping.

NOTES : Shrimp base is a thick, paste-like bouillon that can be found in the supermarket next to the bouillon and granules. If you can't find it, use chicken soup base OR 2 tsp. chicken bouillon granules.

(3) VISITOR COMMENTS : "I tried your Blue Crab Dip it taste just like Joe's Crab Shack's. It was soooo good." | "Well, I tried your recipe for the blue crab dip. At first I thought that it could never be like Joe's Crab Shack, but I gotta hand it to ya, It's pretty damn good!!! Thank you for sharing your recipe with us!!!" | "Made this to take to a party - multiplied the recipe by 3 - never went - had to eat it all between the two of us. What a shame! It was so good! It was all gone in a couple of days. Delicious!"



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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

## Robbie's Photo Album

## Pet Health

## Search This Site

## Bread like The Outback's®

Serves : 10-16

Prep. Time : 3:00

3 packets dry yeast

1 1/2 cup warm water - divided

1 Tbls. sugar

1/2 cup dark molasses

1 Tbls. salt

2 Tbls. vegetable oil

2 cups rye flour

2 1/2 - 3 cups all-purpose flour

-Dissolve yeast in 1/2 cup warm water; stir in sugar; let stand 6 minutes or until bubbly.

-Combine dissolved yeast, 1 cup warm water, molasses, salt, oil, and rye flour in a large bowl; beat until smooth.

-Work in all-purpose flour until dough is smooth, pliable, and elastic, not sticky.

-Knead dough for 4 minutes.

-Place dough in a large bowl, cover with a damp cloth, and let rise in a warm place until doubled in size.

-Punch dough down.

-Divide and shape dough into 2 large round loaves and place on greased and cornmeal-dusted cookie sheet.

-Cover dough with a damp cloth and allow to rise in a warm place until doubled in size.

-Bake loaves in a 375 degree oven for 30 minutes, or until crust makes hollow sound when tapped on.

NOTES : Serve with whipped butter. Bread can be frozen for later use.

**(1) VISITOR COMMENT : "Great recipe for the bread, but where can find the butter?"**

**Buy stock in your favorite food/beverage company! Makes great gifts!**

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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Bath & Beauty Recipes

Submit Your Recipe

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## Robbie's Kitchen

Household Tips & Tricks

Cooking Tips

Cleaning Tips

Laundry Tips

Home Remedies

Message Board

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

## Brushetta like Red Lobster's®

Serves : 10

Prep. Time : 0:20

1 med. red bell pepper - seeded, minced  
1 med. green bell pepper - seeded, minced  
1 sm. red onion - grated  
1/2 Lb. sm. shrimp - canned OR fresh  
1 1/2 cups grated fontina cheese  
1 1/2 cups grated white cheddar cheese  
1/2 loaf French bread - cut in 1/2" slices

- Combine all ingredients, except bread.
- Spread mixture onto bread slices.
- Bake in 350 degree oven for 6 minutes, or until cheese melts.

(0) VISITOR COMMENTS

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Bruschette like Carrabba's®

### Fontina Mushroom Bruschette

Serves : 3-6

Prep. Time : 0:30

6 mushrooms - sliced thin  
1 Tbls. butter  
1/4 cup butter - softened  
4 cloves garlic - minced  
1/2 tsp. garlic powder  
(6) 1/2" slices Italian OR French bread  
6 slices Fontina cheese - trimmed to fit bread slices  
extra virgin olive oil - to top  
julienne fresh basil - to top

- Saute mushrooms in 1 Tbls. butter until soft, drain liquid from pan, and set aside.
- Mix 1/4 cup butter with garlic and garlic powder.
- Spread butter mixture over bread slices.
- Place a slice of fontina on each piece of bread.
- Spoon sauteed mushrooms over each slice of fontina.
- Place bread on a cookie sheet and bake in a 500 degree oven for 4 minutes, or until cheese has melted.
- Remove from oven and drizzle olive oil over tops.
- Sprinkle basil over top.

# **Mozzarella, Tomato & Pesto Bruschette**

**Serves : 3-6**

**Prep. Time : 0:20**

**1/4 cup butter - softened**

**4 cloves garlic - minced**

**1/2 tsp. garlic powder**

**(6) 1/2" slices Italian OR French bread**

**6 slices mozzarella cheese - trimmed to fit bread slices**

**3 Tbls. basil Pesto**

**(6) 1/4" slices Roma tomato**

**julienne fresh basil - to top**

**-Mix butter with garlic and garlic powder.**

**-Spread butter mixture over bread slices.**

**-Place a slice of mozzarella on each piece of bread.**

**-Place a slice of tomato on each slice of mozzarella.**

**-Spread 1/2 Tbls. of Pesto over each slice of tomato.**

**-Place bread on a cookie sheet and bake in a 500 degree oven for 4 minutes, or until cheese has melted.**

**-Sprinkle basil over top.**

**(0) VISITOR COMMENTS**

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**Appetizers & Snacks**  
**Pasta Dishes**  
**Desserts & Baked Goods**  
**Meats**  
**Chicken & Turkey**  
**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
**Bath & Beauty Recipes**  
**Submit Your Recipe**  
**Recipe Message Board**

## Robbie's Kitchen

**Household Tips & Tricks**  
**Cooking Tips**  
**Cleaning Tips**  
**Laundry Tips**  
**Home Remedies**  
**Pet Home Remedies**  
**Message Board**

# Appetizers & Snacks

**6 Layer Mexican Dip** - Fast and easy, this is a great party food.

**Avocado Egg Rolls** like **The Cheesecake Factory's®** - Chunks of fresh avocado, sun-dried tomato, red onion, and cilantro deep-fried in a crisp Chinese wrapper. Served with a Tamarind-Cashew Dipping Sauce.

**Bill's Taco Bake** - Layered, baked taco dip is quick and serves a crowd.

**B.L.T. Dip** - So simple yet so scrumptious!

**Black Bean Salsa** - Colorful and tasty, this can be served as a dip with tortilla chips, on tacos, or as a Southwest twist on burgers.

**Blooming Onion & Dipping Sauce** like **The Outback's®** and **Lonestar's®** - Dip fried onion "petals" in the tangy sauce for a perfect combination.

**Blue Crab Dip** like **Joe's Crab Shack's®** - Hot, creamy dip with crab, onions, peppers, and parmesan.

**Brushetta** like **Red Lobster's®** - Shrimp, peppers, and onion melted into cheese atop French bread slices.

**Bruschette** like **Carrabba's®** - Garlic toast mounded with two different toppings: fontina cheese and sauteed mushrooms; mozzarella, tomato and pesto.

**Buffalo Chicken Strips** - Tangy strips of chicken with a creamy sauce. Low fat!

**Buffalo Wings** like **Hooter's®** - Just like the restaurants', hot and crispy.

**Cheddar Biscuits** like **Red Lobster's®** - Garlic and cheddar make a flavorful addition to basic biscuits.

**Cheese Fries and Dip** like **Lone Star's®** - Spice up those boring fries!

**Chicken in Soothing Lettuce Wraps** like **P.F. Chang's®** - After I saw numerous requests for this on message boards, I had to see what the fuss was all about.

**Fancy Napkin Folds**  
**Ingredient Substitutions**  
**Measurement Equivalents**  
**Measurement Conversion**  
**Temperature Conversion**  
**Meat Temperatures**  
**Candy Temperatures**

**Robbie's Photo Album**

**Pet Health**

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**Chicken Quesadillas like Ruby Tuesday's®** - Marinaded chicken, cheese, and all the toppings between two grilled flour tortillas.

**Chili Con Queso** - Smooth, creamy Mexican cheese dip.

**Cinnamon Honey Wings** - Marinaded, grilled, and slightly sweet.

**Crab Rangoon** - Creamy crab filling in a crispy fried wonton wrapper.

**Crab Rangoon like Cavanaugh Inn's®** - Serve with sweet'n'sour or soy sauce for dippin'.

**Cream Cheese & Ham Ball** - Everyone who has ever tasted this has asked for the recipe, then they bring it to all the parties! I usually double it, or end up wishing I had!

**Deviled Eggs** - Traditional and simple, always a favorite.

**Dill Potato Wedges like Boston Market's®** - Fast and flavorful!

**Dog Food** - Chocolate and peanut butter over Chex® cereal, coated with powdered sugar. This is a great snack for road trips, camping trips, etc. (For human consumption only.)

**Egg Rolls** - Recipe uses packaged cole slaw mix to save time prepping vegetables.

**Elvis's Favorite Peanut Butter Sandwich** - Grilled peanut butter and banana sandwich.

**Focaccia** - Savory flat bread with sea salt and rosemary.

**Fresh Tomato Salsa** - Serve with tortilla chips and Margaritas.

**Fried Mozzarella like The Olive Garden's®** - Simply delicious dipped in marinara sauce!

**Fruited Curry Cheese Spread** - Serve with a variety of crackers.

**Garlic Rolls** - Topped with oregano, Romano, and plenty of butter.

**Granola** - Baked wholesome breakfast or snack.

**Granola Bars** - Chock-full of nuts, raisins, coconut, oats and sweet flavorings to keep you going through the day.

**Guacamole** - Great alone or as a condiment on your favorite Mexican dish.

**Honey BBQ Wings like KFC's®** - Breaded and fried wings with a sweet barbeque sauce to coat.

**Layered Pizza Dip** - Fast and low fat!

**Lobster Fondue like Red Lobster's®** - Made with lobster tail or crawfish meat, this cheesy bread dip is sure to be a party pleaser.

**Lumpia** - Filipino egg rolls stuffed with stir-fried vegetables, shrimp, and spices.

**Mexican Roll-Ups** - Colorful and zesty cold appetizer.

**Onion Ring Loaf like Tony Roma's® and Damon's®** - Fried then baked, interesting presentation.

**Party Chex® Mix** - Salty mixture of cereal, pretzels, and nuts makes enough for a large party - that is - if you want to share it!

**Philly Cheese Ball** - Spread on Ritz Crackers or your favorite crackers.

**Raspberry Salsa** - Sweet alternative to plain salsa.

**Salsa** - All purpose condiment for any Mexican dish.

**Sloyki** - Russian recipe for mushroom, onion, and cheese filled baked dumplings that can be used as an appetizer or the main course of a meal, along with a cup of tomato soup.

**Soft Pretzels like Auntie Anne's®** - Just like the popular mall food. Make them plain, with salt, with sugar and cinnamon, or with parmesan and garlic.

**Sopaillas** - This bread puffs up when you fry it and tastes great with honey butter.

**Spinach And Artichoke Dip like Houston's®** - Serve this hot dip with tortilla chips.

**Spinach Dip** - Elegant yet simple, this will disappear fast at a party!

**Spinach Pizza like Applebee's®** - Any vegetarian will appreciate these pita pizzas with creamy spinach and tomato mushroom sauces.

**Stuffed Mushrooms** - This tasty appetizer can be made in advance, then reheated right before time to serve.



**Stuffed Mushrooms like Joe's Crab Shack's®** - Mushroom caps filled with seafood stuffing, topped with alfredo sauce, broiled, and served with garlic toast.

**Tabasco's® Smokin' Wings** - Spicy grilled wings will have them coming back for more!

**Taco Bags** - This is a great treat for kids' parties. Kids love it and there is little mess for you to clean up.

**Teriyaki Roll-Ups** - Marinated beef wrapped over water chestnuts and either baked or microwaved for an easy and quick appetizer or main course.

**White Beer Cheese Dip** - This smooth, creamy, spicy dip has the distinct taste of beer, making it a perfect dish for a party.

**White Trash** - Sweet Chex® mix.

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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

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## 6 Layer Mexican Dip

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Prep. Time : 0:30

Serves: 6

(2) 9 oz. cans bean dip

2 cups guacamole

1 cup sour cream - low-fat okay

1/2 cup mayonnaise - low-fat okay

1.25 oz. packet taco seasoning

2 green onions - minced fine

4.25 oz. can chopped black olives - drained

2 med. tomatoes - diced

1 cup salsa

3/4 cup shredded cheddar cheese - low-fat okay

-Spread each layer, one on top of the next, on large serving plate or baking sheet.

1st layer: bean dip

2nd layer: guacamole

3rd layer: (combined) sour cream, mayonnaise, taco seasoning

4th layer: (combined) green onions, black olives, tomatoes

5th layer: salsa

6th layer: cheddar cheese

-Refrigerate.

(2) VISITOR COMMENTS : "THis recepie was great. Its better if you let the beans, guacamole, and sourcream stand over night or for a couple of hours in the frig, for better consistency" | "great"

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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

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## Pet Health

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# Bill's Taco Bake

Submitted By : Bill Gerhardt

Serves : 15

Prep time: 0:40

2-3 Lbs. ground beef

1 packet taco seasoning

3/4 cup water

1 jar taco sauce

8-10 oz. salsa

12 oz. sour cream

2 bags shredded "Taco" cheese

tortilla chips - for dipping

-Brown ground beef in skillet; drain.

-Add taco seasoning and water; bring to a boil; reduce heat and simmer, uncovered, 10 minutes, stirring occasionally.

-Spread taco meat in a glass 9" X 13" baking dish.

-Spread taco sauce over meat.

-Combine salsa and sour cream and spread over taco sauce.

-Sprinkle cheese on top.

-Bake in 350 degree oven until cheese is melted.

-Serve with tortilla chips.

(1) VISITOR COMMENT : "I make something very similar to this, but the first layer is a tin of refried beans spread on the bottom of the dish, then the meat, etc. It's wonderful!"

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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## B.L.T. Dip

Submitted By : Kelly Hires

Serves : 16

Prep. Time : 0:22

1 Lb. bacon - browned, drained  
1 cup mayonnaise OR Miracle Whip®  
1 cup sour cream  
1 tomato - seeded, diced  
shredded lettuce  
1 loaf white bread

- In a medium bowl, combine mayonnaise and sour cream.
- Crumble bacon into the sour cream mixture.
- Mix in tomatoes and sprinkle with shredded lettuce just before serving.
- Toast bread and cut into triangular quarters.
- Present dip with a knife to spread over the toast.

(1) VISITOR COMMENT : "This dip is absolutely incredible and it keeps for a few days. We always make it ahead of time to give the mayo and sour cream time to 'set'. This is an easy make ahead appetizer for parties."

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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

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# Black Bean Salsa

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Prep. Time : 12:10

Serves : 20

15 oz. can black-eyed peas - drained  
15 oz. can black beans - drained, rinsed  
15 oz. can whole kernel corn - drained  
14.5 oz. can diced tomatoes - drained  
4 oz. can diced jalapeno peppers - drained  
1 med. onion - chopped  
1 sm. green bell pepper - seeded, chopped  
1 cup Italian salad dressing - low-fat okay  
1 Tbls. minced cilantro  
1/2 tsp. cumin  
1/2 tsp. garlic salt

-Fold together all ingredients until coated with dressing.

-Refrigerate overnight before serving.

Notes : Serve as a dip with tortilla chips, on tacos, or as a Southwest twist on burgers.

## (0) VISITOR COMMENTS

Sizzlin' salsa bowl with green glaze trim and chile decorated lid.

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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

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# Blooming Onion & Dipping Sauce

like the Outback's® and Lonestar's®

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Serves : 4

Prep. Time : 0:45

1/2 cup mayonnaise - low-fat okay

2 Tbls. prepared horseradish

2 tsp. ketchup

1/4 tsp. paprika

1/4 tsp. salt

1/8 tsp. dried oregano

1 dash black pepper

1 dash cayenne pepper

1 cup all-purpose flour

1 1/2 tsp. salt

1 1/2 tsp. cayenne pepper

1/2 tsp. black pepper

1/8 tsp. dried thyme

1 egg - beaten

1 cup milk - low-fat okay

1 lrg. Vidalia onion - flowered

-Stir together first 8 ingredients; refrigerate until needed.

-Stir together flour, 1 1/2 tsp. salt, 1 1/2 tsp. cayenne pepper, 1/2 tsp. black pepper, and thyme; set aside.

-Beat together egg and milk; set aside.

-Thoroughly cover flowered onion in flour mixture, shaking off excess.

-Coat onion in egg wash.

-Thoroughly cover onion in flour mixture, shaking off excess.

-Refrigerate onion for at least 15 minutes to prevent breading from coming off when frying.

-Deep-fry in 350 degree oil for 10 minutes; drain on a brown paper bag.

-Serve onion with prepared sauce for dipping.

NOTES : This is also a copycat recipe for Lone Star's "Tumbleweeds".

(2) VISITOR COMMENTS : "It's important to flip the onion over so that the center inside of the onion is cooked. I tried this and both the coating and the sauce are better than the prepared mixes you get with the onion slicers on the market. My family loved it." | "Outstanding, the sauce is simple amazing and simple, thanks from my whole family !!!"

The party favorite! We All Love' em! And now you can make those mouth-watering gourmet onion blossoms right at home, quick and easy with fantastic results in minutes! Includes: Onion Blossom Maker, Onion Corer, Complete easy to follow Instructions, Dip recipes, Batter and Breading Tips

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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

# Buffalo Chicken Strips & Bleu Cheese Dipping Sauce

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Serves : 2

Prep. Time : 0:25

2/3 cup non-fat plain yogurt  
3 Tbls. reduced-fat mayonnaise  
2 oz. blue cheese crumbles  
3 Tbls. minced scallions  
1/4 tsp. coarsely ground black pepper  
1/2 lb. boneless chicken breasts - cut in 1/4" strips  
1/4 tsp. salt  
1 tsp. vegetable oil  
2 tsp. butter OR margarine  
1 Tbls. hot sauce

-In a small bowl, whisk together yogurt, mayonnaise, and blue cheese.

-Stir in the scallions and pepper.

-Cover and refrigerate until needed.

-Heat the oil in a large, preferably non-stick skillet over medium high heat.

-Sprinkle salt on the chicken.

-In a skillet, brown chicken strips in oil, stirring frequently, 3-4 minutes, or until lightly browned and cooked through.

-Remove from heat and butter and hot sauce to the pan, swirling the pan until the butter barely melts and the sauce coats the chicken.

-Serve the chicken along with the blue cheese dip.

**NOTES :** Provide toothpicks for spearing the chicken and dipping it in the sauce. Low Fat!

(2) VISITOR COMMENTS : "Very good but not enough flavor add some more spices for it to be very good! thanks cooked it for my school and they loved it!!" | "Very good, my family does not care for blue cheese but it was what made the recipe. Be prepared to make more it's that good!"

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Fruits & Vegetables  
Pizza Related Recipes  
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Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Buffalo Wings like Hooter's®

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Serves : 4

Prep. Time : 1:50

1 cup all-purpose flour  
1 tsp. salt  
1/2 tsp. cayenne pepper  
1/2 tsp. paprika  
20 chicken wings AND/OR drummlets  
1/2 cup butter OR margarine  
1/2 cup hot sauce  
1/4 tsp. black pepper  
1/4 tsp. garlic powder

- Combine flour, salt, cayenne pepper, and paprika in bowl.
- Coat chicken pieces in flour mixture. Reserve leftover mixture.
- Refrigerate coated chicken for at least 1 hour.
- Coat chicken in leftover flour mixture.
- In a saucepan, heat butter, hot sauce, pepper, and garlic powder just until butter melts, then keep warm.
- Deep-fry chicken, 8-10 pieces at a time, in 375 degree oil for 13 minutes.
- Drain chicken on brown paper bags.
- Immediately place chicken in sealable plastic bowl, pour half the hot sauce mixture over chicken (first 10 pieces); cover and toss to coat.
- Repeat with second batch of chicken.

NOTES : Use ranch or blue cheese dressing as a dip for these fabulous wings.

(15) VISITOR COMMENTS : "Hooters uses Frank's RED



**HOT" | "I've used this recipe and it is the closest to hooters as you're going to get. I have started using an egg wash on my wings before putting them in the flour. no wait time to fry them that way and it leaves a nice coating on the wings." | "Hooters Wings worked pretty good but still did not have the thick breading that the original has. Tried another batch with more flour and dredging the wings several more times but it really did make much of a difference." | "This is definitely a terrific Hooter's imitation. I've been making this for some time now and I might add a few things. I've made wings with the "Official" ingredients that Hooter's sells in the grocery store with their specific instructions. The secret to the thick batter is letting them sit in the flour for a long time. The moisture from the wings begins to make the flour sticky instead of dry and floury. When they are sticky then coat them again with the dry flour. That's when they are ready for the fryer. Also Frank's sauce is the one. The "Official" sauce is either hot or mild depending on the ratio of margarine to Frank's. I use the Tupperware technique too but I might caution that the heated wings and sauce tend to pop the seal off if you don't burp it initially and after every couple of shakes. Makes a mess if this happens, so take heed." | "SUPERBOWL FANTASTIC! I used FRANK'S Original RED-HOT sauce... | "I made these wings last weekend and passed it on to a coworker These are the best wings ever! Very Crispy, everyone loved Thanks for the recipe" | "These were great! It would be nice to have (mild, hot, 3 mile island and bentleys)" | . I took my time with it, added a few "other" ingredients , crushed red peppers, chili powder) and used Cholula for hot fantastic! Best wings recipe out there! " | "I send you my compliments on I have tried many of recipes and this is the one I am staying with my thank you" | "I used a mixture of 1/4 cup tabasco and 1/4 cup louisiana found." | "I made the like Hooters buffalo wings sauce but I put it on chicken strips instead of wings and it was great. I followed the recipe, but I just used Texas Pete as the hot sauce and it tastes just like the strips that you get from Hooters. Yummy! I've eaten them 3 times in the past 5 days. The key is to make the sauce in a big bowl separate and then after you deep fry your strips put them right into the sauce after patting on a paper towel while they are still hot. They are great when you reheat them too.....Anyway, thanks for the recipe." | "I had some drumettes in the freezer that I needed to use. I tried your recipe and we thought it was REALLY good. My husband was skeptical about them as he says he hasn't had any good wings in**

a long time. Great recipe." | "My boyfriend and I were looking for a good wings recipe and this turned out to be it. I like making them at home because you can decide how crispy you want them and how hot. I used the FRANKS BUFFALO WINGS hot sauce and also added in a SMALL amount of DAVIS INSANITY sauce. (If you use this comment please add that Daves is to be used with CAUTION) I also let them sit and then dipped them in the flour again like someone suggested. They turned out very very well. Also its nice to make a little extra sauce for dipping. We are going to use it on strips next time. Thank you!" | "I tried your recipe for the "Hooters" buffalo wings.....I've never been to "Hooters" but your recipe for wings is amazing! I also double dipped the wings in the flour mixture and used a combination of Franks regular red hot sauce and the "new" Franks xtra hot sauce. My Husband and son (the two spice lovers in the family) loved them and I will definety be making them again - not to mention passing the recipe on to friends and family!!!" | "Thank you for the recipe. The wings were fantastic. Your a doll." | "I tried the recipe and think they are really close to Hooter's. They don't taste quite the same and that may be due to using Lousiana Hot Sauce and not Frank's. I'm going to try Frank's next. I also thought they tasted too buttery. I used real butter and next time I'm going to try margarine and one with a lower fat content. Otherwise these are really close to Hooter's. (By the way, I made this recipe with shrimp instead of chicken wings.)"

Includes 1 lb. of wing breading and 12 oz. of medium wing sauce.

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Fruits & Vegetables

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Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

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Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

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# Cheddar Biscuits like Red Lobster's®

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Serves : 8

Prep. Time : 0:15

2 cups Bisquick® baking mix

2/3 cup milk - low fat okay

1/2 cup shredded cheddar cheese - low fat okay

1/4 cup butter OR margarine - melted

1/4 tsp. garlic powder

-Combine Bisquick®, milk, and cheddar and beat with a wooden spoon for about 30 seconds.

-Spoon on to greased cookie sheet. Smooth tops down with spoon.

-Bake in 450 degree oven for 8-10 minutes.

-Combine butter and garlic powder and pour over hot biscuits.

NOTES : Red Lobster uses white cheddar, but this tastes just as good.

(23) VISITOR COMMENTS : "Great recipe and especially easy to make!" | "These is a great recipe! I did substitute garlic salt for the garlic powder." | "We make these all the time. They are identical to Red Lobster's. Verry yummy" | "tried the recipe and found them to be easy and great. i loved it." | "I am a Red Lobster employee and the closest you can get to our actual recipe is Sam's biscuit mix mixed with cheddar cheese for the topping get a powdered scampi butter mix and use liquid (squeezeable) butter (leave out the wine if called for)" | "Thank you! Have tried to duplicate using taste, but could not quite

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master. " | "Out of this world!!!!!! Thank You for the recipes, trying so many off your website and they all have been wonderful. Again Thanks!!!!" | "These biscuits are so awesome. They basically melt in your mouth" | "The biscuits are not even close to red lobster's. I was very disappointed? What's up with the comments that raved about how identical your recipe was to that of Red Lobster?? Sorry but you'll have to try harder. In the meantime I have a box of bisquick I dont' know what to do with since I don't want to eat a lot of bread. Let me see if you post these comments on your site. Good Luck!!!" | "I love this recipe. I used to go to RL just for the Biscuits, now I make them at home. I don't use garlic powder because I keep forgetting to buy some, so if you skip it, the recipe is still fabulous! Thank you Robbie!" | "I love all the recipes and tips on your site. You really have a knack for this. I used the Red Lobster Cheddar Biscuit recipe and they turned out great! My family can't believe they actually taste just like Red Lobster." | "It was great! Nearly identical to the Red Lobster Biscuits. I finally understand why they are soo good, they are drenched in butter! (five stars)" | "Whoever thought these didn't taste like Red Lobster's must have made it wrong, these are spectacular." | "Very light - Very Good! My husband and my daughter thought these biscuits were just like Red Lobsters. I doubled the recipe to make plenty - they go in a hurry." | "I have made these at home for years. One thing I do different is to add half of the melted butter & garlic powder mixture to the dough before baking. After they are baked, I brush the remaining butter/garlic mixture over the tops." | "Great recipe, very easy to make. We thought they tasted better than Red Lobster's. And to the person that thought they weren't even close to Red Lobster, some people shouldn't be allowed in the kitchen much less try and cook or follow a recipe." | "Great! Even better when you use real garlic instead of powder or salt! Makes a big difference." | "This is a wonderful recipe and alot cheaper then going to RL just for there biscuits. So easy to make I get my grandkids to help, makes for family fun. For all those who sent negative reviews...If yours don't come out just like RL's stop cooking altogether because you must not have the knack for it. I added 1tsp dry parsley to mine for presatation purposes and my company thought i went to RL and bought them. I had to prove they were clones and not the real thing." | "These cheddar biscuits were great and easy to make. Will make them again. Thanks" | "I visited a potential client one evening and her roommate was

baking. He served these totally awesome cheddar biscuits, but I was only served one. I could have eaten the whole batch! I found out he got them from your website so I logged on and have found many more recipes I am anxious to try. I made the biscuits and they are incredible." | "Recipe for biscuits was GREAT. Everybit as good as Red Lobster and so easy and quick to make. I have always loved those from Red Lobster and I am so glad we can now stay at home and have them whenever." | "Thank you, thank you, thank you!! I was so excited when I found this recipe last night--it's the only thing at Red Lobster's that I REALLY love. I was bummed out though when I read the negative comment and I was hoping that it wasn't true... So tonight, I tried the recipe, using white cheddar and whole milk, and it turned out exactly like I remember Red Lobster's biscuits!!! My husband even ate them and he doesn't care for biscuits at all, especially not with cheese! Spectacular and thank you for the recipe. I'm looking forward to making them often!! (I can't figure out what that person did to have such a bad taste in his mouth?? Maybe he didn't butter his biscuits??)" | "I loved your recipe for the cheddar bay biscuits but Red Lobster but something else in them. So trying several thins I used Tones Italian seasoning in with the batter it made them perfect."

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Side Dishes  
Fruits & Vegetables  
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Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Cheese Fries and Dip like Lone Star's®

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Serves : 8

Prep. Time : 0:35

8 oz. bottle ranch dressing - low-fat okay

(1/2) 1.25 oz. pkt. taco seasoning

32 oz. pkg. frozen spicy fries - prepared as directed

4 strips cooked bacon - crumbled

1/2 cup shredded cheddar cheese

- Combine ranch dressing and taco seasoning; set aside.
- Sprinkle cheese and bacon over fries on baking sheet.
- Return to hot oven until cheese is melted.
- Serve fries with prepared sauce for dipping.

(3) VISITOR COMMENTS : "hey i love this recipe.... it is fun, fast, easy, and taste great!" | "Tried the recipe. It's Great! Two additional suggestions. 1) Pour a little of the bacon grease on the fries when baking them. 2) Sprinkle some of the Taco Seasoning on the Fries as well." | "EXCELLENT! Only I use Monterey Jack cheese and the cheddar cheese...the dip made it just like Lone Star's! Thank you."

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Salads & Dressings

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Side Dishes

Fruits & Vegetables

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Beverages

Breakfast Foods

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Cooking Tips

Cleaning Tips

Laundry Tips

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Ingredient Substitutions

Measurement Equivalentents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

## Chicken in Soothing Lettuce Wraps like P.F. Chang's®

Serves : 4-6

Prep. Time : 0:45

8 dried shiitake mushrooms  
1 Tbsp. Hoisin sauce  
1 Tbsp. soy sauce  
1 Tbsp. dry sherry  
2 Tbsp. oyster sauce  
2 Tbsp. water  
1 tsp. sesame oil  
1 tsp. sugar  
3 tsp. cornstarch - divided  
2 tsp. dry sherry  
2 tsp. water  
salt and pepper - to taste  
1 1/2 Lbs. boned, skinned chicken breasts  
1/3 cup vegetable oil - divided  
1 tsp. fresh minced ginger  
2 cloves garlic - minced  
2 green onions - minced  
2 sm. dried chilies - optional  
8 oz. can bamboo shoots - drained, minced  
8 oz. can water chestnuts - drained, minced  
1 head iceberg OR Bibb lettuce - leaves separated  
1 package Chinese cellophane noodles - prepared



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- Cover mushrooms with boiling water and let stand for 30 minutes; drain.
- Trim off and discard woody stems of mushrooms, then mince mushroom. Set aside.
- Combine Hoisin sauce, soy sauce, dry sherry, oyster sauce, water, sesame oil, sugar, and 2 tsp. cornstarch set aside.
- In medium bowl, combine 1 tsp. cornstarch, sherry, water, salt, and pepper. Lay chicken into mixture and spoon over to coat. Stir in 1 tsp. vegetable oil and let sit 15 minutes to marinate.
- Heat wok or large skillet over medium-high heat.
- Stir-fry chicken in 3 Tbls. vegetable oil for 3-4 minutes. Remove from wok/pan; set aside.
- Heat 2 Tbsp. vegetable oil in wok/pan. Add ginger, garlic, onion, and chilies; stir-fry for 1 minute. Add mushrooms, bamboo shoots, and water chestnuts; stir-fry 2 minutes. Return chicken to wok/pan. Pour in reserved mixture. Simmer until thickened and heated through.
- Spoon mixture into lettuce leaves and roll up.
- Break cooked cellophane noodles into small pieces; cover bottom of serving dish with them.
- Place wraps on top of noodles.
- Spoon sauce over wraps (see recipe below).

## Sauce

- 1/2 cup water
- 1/4 cup sugar
- 2 Tbls. soy sauce
- 2 Tbls. rice vinegar
- 2 Tbls. ketchup
- 1 Tbls. lemon juice
- 1 Tbls. Chinese hot mustard
- 1-3 tsp. garlic chili paste
- 1/8 tsp. sesame oil

- Dissolve the sugar in the water in a small bowl.
- Add soy sauce, rice vinegar, ketchup, lemon juice, mustard, garlic chili paste, and sesame oil; mix well.
- Refrigerate until ready to serve the lettuce wraps.

**(6) VISITOR COMMENTS :** "Well, the only thing I didn't recall about these is the noodles. I don't recall there being noodles, so I bypassed the noodle thing. Didn't have sherry, didn't want to go buy any just for a 3T, so I used brandy instead. And they state chicken breast, but they don't tell you that you need to cut them up into smaller pieces to eat it and successfully roll them up in the lettuce. But overall, they were tasty. Just a lot of ingredients and need to state something about the size pieces of the chicken..." | "I have found using a food processor or salsa chopper to cut up the raw chicken breast is quick and easy. You can cop it as fine as you prefer in minutes." | "I had a Ladies Tea on the 1st of June 2002 and the Soothing Chicken Lettuce Wraps were to be my main course, if my trial run proved to be successful. What a delight! These were so good, and the ladies loved them! I plan to prepare them again when I have a group over for a meeting or a luncheon." | "The cornstarch was weird. The lettuce wraps I know at PF Changs isn't a thickened mixture. The ginger was a bit overpowering. When I make it again, I may omit or reduce the amount of cornstarch as well as the ginger. Overall it was good." | "This recipe was good but not the same as P F Chang's. It lacks the deep flavor, as well as dark color, of chang's appetizer. We added the dipping sauce that they mix up for you at the table to try to jazz up the flavor but it still was not the same. Keep working on this one; it has lots of potential." | "Thanks for the recipe, it was great. Here are my comments: substituted shrimp for chicken (1lb), 3 Tbsp garlic chili paste and NO ketchup, No oyster sauce (didn't have any), substituted Brandy for Sherry. It turned out perfect."

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# Pasta Dishes

**Angel Hair, Garlic Shrimp, and Broccoli** - This makes the best cream sauce and it's relatively low in fat. This quick meal is a sure way to impress guests without the hassle.

**Antipasto Pasta Salad** - Two meats and cheeses make this salad a meal.

**Apple Noodle Casserole** - Great accompaniment for ham. Just throw everything in a pan and bake!

**Applesauce Noodle Kugel** - A baked pudding of noodles, eggs, applesauce, and raisins traditionally eaten by Jews on the Sabbath.

**Bag O BBQ Ramen** - An old friend of mine learned how to make this in prison. Great for college students, bachelors, and anyone on a tight budget.

**Baked Macaroni, Cheese & Spinach** - Rich and cheesy side dish. Low Fat!

**Beef Noodle Soup** - Cheap and filling. Can be made in a crockpot or in the oven.

**Black Bean Lasagna** - No meat, low fat!

**Broccoli Pasta Casserole/Salad** - Can be served hot as a main dish OR cold as a pasta salad.

**Cajun Jambalaya Pasta like The Cheesecake Factory's®** - Shrimp and chicken sauteed with onions, tomato, and peppers in a very spicy Cajun sauce. All on top of fresh linguini.

**Cajun Style Pasta** - Garlic shrimp and chicken in a creamy Cajun sauce with vegetables. Low fat!

**Cheese Stuffed Shells** - Easy and low fat (if you use skim milk products). Can be frozen and re-heated.

**Chicken Breasts With Sun-Dried Tomatoes and Fettuccini** - Very low in fat and calories, this chicken in sauce with pasta will become a favorite fast meal.

**Chicken Pasta Salad** - Marinated grilled chicken with flavorful pasta tossed with a variety of vegetables and ranch dressing.

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**Chicken Stuffed Shells** - Simple, cheap, and easy meal.

**Couscous Salad** - Chilled salad with an array of ingredients.

**Crab Alfredo** - Creamy Alfredo sauce over pasta topped with crab meat.

**Creamy Tomato Pasta** - Cream cheese and wine make this a unique pasta dish.

**Fettuccini Alfredo like The Olive Garden's®** - Very easy and very creamy!

**Fettuccini with Chicken and Sun-Dried Tomatoes like The Cheesecake Factory's®** - The only thing missing from the recipe's title is the garlic Parmesan cream sauce that brings together this easy meal.

**5 Cheese Lasagna like The Olive Garden's®** - This lasagna has a creamy white sauce that's surprisingly better than the usual.

**Fresh Roasted Tomato Sauce** - Fresh tomatoes, roasted, then prepared into a simple sauce to top your favorite pasta.

**Garlic Chicken With Bow-Tie Pasta** - Low in fat and very fast.

**Gemelli With Baby Shrimp & Sweet Peas** - Pasta, shrimp, and peas in a delectable cream sauce. Fast!

**Grilled Leek and Sweet Pepper Pasta** - Colorful presentation; perfect for the vegetarian who likes to grill.

**Haluska** - This authentic Hungarian recipe of cabbage and noodles is a common side dish at family gatherings.

**Homemade Macaroni & Cheese** - Classic, easy side dish for any meal. Kids love it!

**Italian Meatballs** - Quick and easy recipe for a meaty addition to your spaghetti sauce.

**Italian Minestrone Soup** - The ingredient list may seem long, but once you're savoring this soup on a cold day, it'll seem well worth it!

**Lori's Pasta Salad** - Great side dish with grilled steak. Every time I make this for a party I'm always asked for the recipe. My family loves it as well!

**Macaroni and Cheese like Boston Market's®** - Glorified mac and cheese, but still simple.

**Macaroni Salad** - Classic accompaniment to take to a barbeque.

**Meatballs (Köttbullar)** - Just a good 'ole meatball recipe submitted by a Swedish site visitor.

**Meatballs like Carrabba's®** - A combination of beef, pork, cheese, and fresh herbs make for a flavorful meaty addition to any pasta sauce.

**Mussels Marinara like Red Lobster's®** - Fresh herbs and red wine in addition to mussels make this tomato-based pasta sauce a treat.

**Pasta Salad** - I get compliments on this every time I serve it.

**Penne alla Vodka** - Pasta in a creamy tomato sauce. Fast and easy!

**Pierogi Casserole** - The old ethnic favorite turned into a modern, tasty, one-dish win.

**Pigrohe** - This is an old Czechoslovakian recipe. It has recently become available in supermarkets, but this recipe beats them all.

**Quick Chinese Noodle Stir-Fry** - Basic Oriental stir-fry with plenty of vegetables, meat, and noodles boasts a colorful presentation and a taste that you can't resist.

**Rigatoni Campagnolo like Carrabba's®** - Italian sausage, peppers, and goat cheese in a pomodoro sauce.

**Sesame Ginger Noodles** - An assortment of fresh vegetables tossed with an original Oriental dressing and pasta.

**Sloyki** - Russian recipe for mushroom, onion, and cheese filled baked dumplings that can be used as an appetizer or the main course of a meal, along with a cup of tomato soup.

**Spaghetti Pie** - This is a great way to use up left-over spaghetti sauce and/or noodles.

**Spaghetti Sauce** - Basic recipe. Can be made with/without beef. Low fat!

**Spinach Lasagna** - Can be made with or without the spinach for a flavorful dish.

**Stuffed Chicken Fillo with Fettucini Carbonara** - Ham and cheese stuffed chicken breasts, rolled in buttery layers of Fillo dough, baked, and served over fettucini and topped with a creamy mushroom sauce.

**Summertime Seashell Salad** - Cool pasta salad with a slightly sweet tomato-based dressing over fresh vegetables.

**Traci's Ranchy Noodles** - This simple and tasty pasta salad will get rave reviews at a barbeque.

**Tuna Noodle Combo** - Creamy tuna casserole with crunchy topping.

**Tuna, Noodle & Cheese Casserole** - Easy, cheesy, tasty!

**Turkey Macaroni Salad** - Light when low-fat ingredients are used.

**Veal Pasta Ratatouille** - Pasta, veal, 9 vegetables, capers, and pinion nuts in a tomato based sauce constitute a filling, balanced meal.

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
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Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
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## Angel Hair Pasta with Garlic Shrimp & Broccoli

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Recipe Created By : Robbie

Serves : 4

Prep. Time : 0:30

1 1/2 Tbls. butter OR margarine  
1 1/2 Tbls. all-purpose flour  
1 1/2 cups milk - low-fat okay  
1/2 cup heavy whipping cream  
1 1/2 Tbls. Pesto sauce  
1 1/2 Tbls. chopped fresh parsley  
3 cloves garlic - minced  
2 Tbls. grated Parmesan cheese - low-fat okay  
1 tsp. salt  
1/2 tsp. white pepper  
1 dash Worcestershire sauce  
1-5 dashes hot sauce  
1 lb. raw jumbo shrimp - peeled, deveined  
3 cloves garlic - minced  
1 tsp. salt  
2 cups broccoli florets - cooked  
1 1/2 cups cooked angel hair pasta



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- Melt 1 1/2 Tbls. butter in saucepan.
- Stir in flour and cook for 2 minutes.
- Slowly stir in milk and cream and simmer, stirring constantly, until thickened.
- Add Pesto sauce, parsley, garlic, Parmesan, salt, pepper, Worcestershire sauce, and hot sauce to saucepan, reduce heat, and keep sauce warm.
- Melt remaining butter in skillet.
- Add shrimp and garlic, sprinkle with salt, and sauté for 5 minutes or until shrimp are pink.
- Toss shrimp, broccoli, and pasta together and pour sauce over top.

**NOTES :** This makes the best cream sauce I've ever had and it's relatively low in fat (compared to other cream sauces). This quick meal is a sure way to impress company without the hassle.

**(9) VISITOR COMMENTS :** "it is very easy and fast to make." | "As my fiance did the dishes he exclaimed, 'Baby, that was AWESOME, that recipe is a keeper!'" | "This makes a lot. I recommend scaling to 4 Serves and then decreasing the pasta even more to 6 oz. The chopped fresh parsley was not just for color, it adds an important touch to the flavor, so don't leave it out. I will make it again." | "Wonderful! I'll try to add a little white wine next time." | "I used this sauce to make an unbelievable seafood pasta! It totally rocked! Add some crabmeat, some scallops and some shrimp, layer with mozza and noodles..mmm mmm ...DELISH!!!" | "I added crabmeat to the sauce and served it with garlic bread. I definitely recommend this dish!" | "It was MAJOR yum. The kind of yum where you eat to the 'I am so stuffed stage'! Thanks !" | "excellent. everyone wanted recipe. delicious, had empty platter." | "Your right! Great sauce! I'll try and mix it with some other dishes too!"

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Side Dishes  
Fruits & Vegetables  
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Condiments  
Beverages  
Breakfast Foods  
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Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Antipasto Pasta Salad

Serves : 15-20

Prep. Time : 0:30

1 Lb. shell, bow-tie, OR elbow macaroni  
1/4 Lbs. Genoa salami slices - chopped  
1/4 Lbs. pepperoni slices - chopped  
1/2 Lbs. Asiago OR Italian sharp cheese - diced  
6 oz. can chopped black olives - drained  
1 med. red bell pepper - seeded, diced  
1 med. green bell pepper - seeded, diced  
3 med. ripe tomatoes - chopped  
1 packet Italian salad dressing mix  
3/4 cup extra virgin olive oil  
1/4 cup balsamic vinegar  
2 Tbls. dried oregano  
1 Tbls. dried parsley  
1 Tbls. grated Parmesan cheese  
salt and pepper - to taste

-Cook the pasta in a large pot of salted boiling water until al dente. Drain and cool under cold water.

-In a large bowl, combine the pasta, salami, pepperoni, cheese, black olives, red bell pepper, green bell pepper, and tomatoes.

-Sprinkle on the envelope of powdered dressing and mix thoroughly and refrigerate salad.

-Whisk together the olive oil, balsamic vinegar, oregano, parsley, parmesan cheese, salt, and pepper.

-Just before serving, pour dressing over the salad and mix well.

(2) VISITOR COMMENTS : "WOW.WOW. THIS RECIPE IS  
AWSOME AND EASY TO MAKE BETTER THAN THE

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BEST RECIPES." | "This recipe is GREAT!!!!"**

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
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Recipe Message Board  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures  
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## Apple Noodle Casserole

Recipe By : Ruth Masters

Serves : 6-12

Prep. Time : 0:50

1/2 cup margarine - melted  
1 Lb. pkg. egg noodles - prepare as directed  
4 lrg. Macintosh apples - peeled, cored, chopped  
4 eggs - beaten  
1 cup packed brown sugar  
1 cup golden raisins  
1 Tbls. lemon juice  
2 tsp. ground cinnamon  
1 dash nutmeg

-Pour melted margarine into a 9" X 13" X 2" baking dish and coat bottom of dish evenly.

-Combine remaining ingredients and pour into baking dish.

-Bake in a 375 degree oven for 45 minutes.

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Applesauce Noodle Kugel

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**Prep. Time : 1:30**

**Serves : 12**

**1 lb. bag wide egg noodles - cooked al dente**

**6 eggs OR equivalent amount of egg substitute**

**1 cup granulated sugar**

**1 cup butter OR margarine - melted**

**1 cup applesauce**

**1/2 cup sour cream - low-fat okay**

**1/4 cup raisins**

**1 tsp. lemon juice**

**1 tsp. vanilla extract**

**1/4 cup graham cracker crumbs - optional**

**1 tsp. ground cinnamon**

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**-Combine all ingredients, except graham cracker crumbs and cinnamon, until mixed well.**

**-Spread graham cracker crumbs evenly on the bottom of a greased 13" X 9" X 2" baking dish.**

**-Pour the noodle mixture over the crumbs; sprinkle top with cinnamon.**

**-Bake in a 350 degree oven for 45-60 minutes, or until set, covering with aluminum foil if top begins to brown too quickly.**

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Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page](#)

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## Bag O BBQ Ramen

Serves : 2

Prep. Time : 0:10

1 package Beef OR Chicken Flavor Ramen  
1 bag BBQ potato chips  
1 can chicken OR potted beef - drained  
hot sauce - to taste

- Boil Ramen (without seasoning pack) until tender; drain.
- Crunch up bag of chips, then open bag.
- Pour cooked Ramen, seasoning packet, chicken/potted beef, and hot sauce into bag.
- Holding bag closed, shake and mix up contents.
- Tear bag open along seams and eat from the bag.

Notes : An old friend of mine who spent some time in prison learned to make this "dish" there. I since learned from others the proper name is "Break".

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Baked Macaroni, Cheese & Spinach

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Serves : 8

Prep. Time : 0:40

15 oz. tub low-fat ricotta cheese  
1 1/4 cups skim milk  
1/2 cup egg substitute  
2 tsp. brown mustard  
1 1/2 tsp. hot sauce  
1/2 tsp. salt  
1/4 tsp. black pepper  
1 lb. bag elbow macaroni - prepared as directed  
2 cups shredded low-fat cheddar cheese  
2 cups torn spinach  
1/4 cup grated Parmesan cheese - low-fat okay  
1/4 cup dry bread crumbs  
1 tsp. paprika

-Spray a 9" X 13" or 3 quart baking dish with non-stick cooking spray.

-In a food processor or blender, mix ricotta, milk, egg substitute, mustard, hot sauce, salt, and pepper. Process until smooth.

-In a saucepan over low heat, stir together cooked macaroni, cheddar, and spinach until cheese melts and spinach wilts.

-Stir ricotta mixture into macaroni mixture, then scrape into prepared baking dish.

-In a small bowl, combine Parmesan cheese, bread crumbs, and paprika. Sprinkle evenly over macaroni and cheese.

-Bake in a 375 degree oven for 25 minutes.

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**NOTES : Low Fat!**

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Pasta Dishes  
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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures  
**Robbie's Photo Album**  
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## Beef Noodle Soup

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Recipe By : Mary Ann Valuska

Serves : 8

Prep. Time : 2:15

1 1/2 lbs. boneless beef - cubed  
2 Tbls. vegetable oil  
2 tsp. onion salt  
1 tsp. garlic salt  
1/2 cup white vinegar  
1 cup beef broth - low-fat okay  
1 1/2 qts. water  
1 Lb. egg noodles - un-cooked

-In large, oven-proof skillet, brown beef cubes in oil and salts.  
-Add vinegar to pan and simmer for 5 minutes.  
-Add beef broth and water to pan.  
-Cover pan and bake in a 350 degree oven for 1 1/2 hours.  
-Remove from oven, bring to boil on stove top, and add noodles.  
-Boil for 20 minutes.

(3) VISITOR COMMENTS : "Best dish ever!" | "It is a good recipe however, it is much better to cook the noodles first. It will remove the starch from the soup and give the soup better flavor and make it healthier. Keep cooking!!! I am a nurse and nutrition is important to me. I am glad to see so many people cooking healthy meals at home." | "Wow! what a great taste! The vinegar gives it a unique taste.. loved it!! But I left out the onion salt.. and added 1 med. onion.. and a can of mushrooms.. and cut back on the water..and the vinegar... not soupy that way... just a ..wonderful beef and noodle dish!!!"

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Black Bean Lasagna

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Serves : 20

Prep. Time : 1:30

28 oz. jar spaghetti sauce  
1/2 cup water  
(2) 15 oz. cans black beans - rinsed, drained  
1 1/2 cups low-fat ricotta cheese  
1 egg  
12 lasagna noodles - un-cooked  
2 1/2 cups shredded low-fat mozzarella cheese

- Over low heat, simmer spaghetti sauce, water, and black beans.
- Meanwhile, in a small bowl, combine ricotta cheese and egg; set aside.
- Place 1 cup of the bean mixture on the bottom of a 9" X 13" baking dish.
- Place 3 pieces of uncooked lasagna noodles on top of the sauce.
- Spread about 2/3 cup of the ricotta mixture over the noodles.
- Top with 1 cup of the bean mixture.
- Sprinkle about 1/2 cup of the mozzarella on top.
- Repeat two layers of noodles, ricotta, bean mixture, and mozzarella.
- Place on the remaining 3 lasagna noodles and pour the remaining bean mixture over all.
- Top with remaining mozzarella. Cover with aluminum foil and bake in a 375 degree oven for 30 minutes.
- Remove foil and continue to bake another 15 minutes.

NOTES : Low Fat!

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**Soup, Chili & Chowder**  
**Side Dishes**  
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**Beverages**  
**Breakfast Foods**  
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**Household Tips & Tricks**  
**Fancy Napkin Folds**  
**Ingredient Substitutions**  
**Measurement Equivalents**  
**Measurement Conversion**  
**Temperature Conversion**  
**Meat Temperatures**  
**Candy Temperatures**

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## Broccoli Pasta Casserole or Salad

**Submitted By : Lorie Bar**

**Serves : 4-6**

**Prep. Time : 0:20**

**1 box frozen broccoli florets - slightly thawed**

**1 cup chopped ham**

**2/3 cup evaporated milk**

**1/4 cup butter**

**1 - 1 1/2 Tbls. garlic salt**

**2 cups cooked pasta shells**

**1/2 cup grated mozzarella cheese**

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- Bring broccoli, ham, milk, butter, and garlic salt to a boil.**
- Stir in cheese; cook over medium low heat, stirring constantly, for 3 minutes.**
- Fold in prepared pasta.**

**NOTES : Can be served hot as a casserole OR cold as a pasta salad.**

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
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## Cajun Jambalaya Pasta like The Cheesecake Factory's®

**Serves : 2-4**

**Prep. Time : 1:00**

**1 1/2 tsp. salt**  
**1/2 tsp. ground white pepper**  
**1/2 tsp. cayenne pepper**  
**1/2 tsp. paprika**  
**1/4 tsp. garlic powder**  
**2 boned, skinned chicken breast halves - cubed**  
**1/2 Lb. raw jumbo shrimp - peeled, deveined**  
**2 Tbls. olive oil - divided**  
**2 med. tomatoes - chopped**  
**1 sm. green bell pepper - seeded, sliced**  
**1 sm. red bell pepper - seeded, sliced**  
**1 sm. yellow bell pepper - seeded, sliced**  
**1 med. onion - sliced**  
**1 1/2 cups chicken stock - divided**  
**1 Tbls. cornstarch OR arrowroot**  
**2 Tbls. white wine**  
**6 oz. linguini - prepared as directed**  
**6 oz. spinach linguini - prepared as directed**  
**2 tsp. chopped fresh parsley**

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- Combine white pepper, cayenne pepper, salt, paprika, and garlic powder.
- Coat chicken with 1/3 of the prepared Cajun seasoning.
- Coat shrimp with 1/3 of the prepared Cajun seasoning.
- In a large skillet, brown chicken in 1 Tbls. oil for 2 minutes per side.
- Add shrimp to chicken and stir-fry for 2 minutes.
- Set aside chicken and shrimp.
- In the same skillet, saute tomatoes, bell peppers, and onion in 1 Tbls. oil and remaining Cajun seasoning until vegetables are browned.
- Add chicken, shrimp, and 3/4 cup chicken stock to the skillet and simmer until most of the liquid has evaporated.
- Add remaining stock to the skillet and simmer, scraping bottom of pan, until liquid has reduced slightly.
- Dissolve cornstarch OR arrowroot in wine and stir the mixture into skillet.
- Simmer skillet contents, stirring constantly, until thickened.
- Serve over fettuccini and garnish with parsley.

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Meats  
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Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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## Cajun Style Pasta

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Serves : 4

Prep. Time : 0:30

1 tsp. real butter OR olive oil  
2 cloves garlic - minced  
12 med. raw shrimp - peeled, deveined  
1/2 lb. boned, skinned chicken breasts - diced  
2 1/2 Tbls. all-purpose flour  
2 cups milk - low-fat okay  
2 Tbls. sherry  
1/4 cup grated Parmesan cheese - low-fat okay  
1/4 tsp. cayenne pepper  
4 plum tomatoes - seeded, chopped  
1/2 cup frozen peas  
salt and pepper - to taste  
2 cups cooked linguine

-Melt the butter in a large non-stick skillet over medium-high heat.  
-Add the garlic and cook for 1 minute.  
-Add the shrimp and chicken. Pan-fry until the chicken is cooked through, about 3-4 minutes.  
-Whisk the flour, milk, sherry, and Parmesan cheese together. Pour into the skillet and bring to a boil while stirring.  
-Reduce heat to medium and continue to cook for about 5 minutes, until the mixture has thickened, stirring occasionally.  
-Add the cayenne and fold in the tomatoes and peas.  
-Cook until heated through.  
-Season to taste with salt and pepper.  
-Arrange the linguine on individual plates and spoon the sauce over the top.

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**NOTES : Garnish with chopped fresh parsley. Low Fat!**

**(2) VISITOR COMMENTS: "This is absolutely beautiful. We are from Hervey Bay, Queensland, Australia. Love your site." | "We tried your recipe and loved it. It is now a favorite of our family. Thanks!"**

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- [Soup, Chili & Chowder](#)
- [Side Dishes](#)
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- [Beverages](#)
- [Breakfast Foods](#)
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- [Ingredient Substitutions](#)
- [Measurement Equivalents](#)
- [Measurement Conversion](#)
- [Temperature Conversion](#)
- [Meat Temperatures](#)
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# Cheese Stuffed Shells

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**Recipe From : Back of Pasta Box**

**Serves : 8**

**Prep. Time : 0:50**

- 2 eggs - beaten
- (2) 15 oz. tubs ricotta cheese
- 2 cups shredded mozzarella cheese - low-fat okay
- 3/4 cup grated Parmesan cheese - low-fat okay
- 1/2 cup chopped fresh parsley
- 1 tsp. salt
- 1 dash black pepper
- 12 oz. box jumbo shell pasta - prepared as directed
- 28 oz. jar spaghetti sauce
- 1/4 cup grated Parmesan cheese - low-fat okay

- Combine eggs, cheeses, and seasonings in bowl.
- Spoon about 3 Tbls. cheese mixture into each shell.
- Spread 2 Tbls. of the spaghetti sauce in bottom of 13" X 9" baking dish.
- Arrange shells in dish over sauce.
- Pour remaining sauce over stuffed shells.
- Sprinkle cheese over sauce.
- Bake in a 350 degree oven for 30 minutes.

**NOTE:** I bake a batch of these, then freeze in Tupperware®, 3 in each container, and microwave for 5 minutes when I want it.

**(2) VISITOR COMMENTS :** "This is wonderful recipe! The only other thing I served was garlic bread! (It was very filling)" |

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"Fancy macaroni and cheese, so you don't have to feel guilty! ;-)  
)"



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[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
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[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
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## Chicken Breasts with Sun-Dried Tomatoes

Included in my new cookbook! [Click Here](#) to get your copy!

Recipe Created By : Robbie

Serves : 4

Prep. Time : 0:45

1/4 cup chopped oil-packed sun-dried tomatoes  
1/2 cup chicken broth - low-fat okay  
1 cup sliced fresh mushrooms  
3 green onions - sliced thin  
2 Tbls. minced garlic - divided  
2 Tbls. chicken broth - low-fay okay  
1 tsp. oil from sun-dried tomatoes  
4 boned, skinned chicken breast halves  
2 tsp. un-flavored meat tenderizer  
1 tsp. ground black pepper  
1/2 cup milk - low-fat okay  
1/2 tsp. dried basil  
2 tsp. corn starch  
2 cups cooked fettuccini

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- Soak tomatoes in broth for 30 minutes.**
- Cook mushrooms, onions, and 1 Tbls. garlic in 2 Tbls. chicken broth for 3 minutes; set aside.**
- Cook chicken and 1 Tbls. garlic in sun-dried tomato oil over medium heat until brown on both sides, sprinkling with meat tenderizer and pepper.**
- Add tomato mixture.**
- Cover and simmer over low heat for 10 minutes.**
- Remove chicken from skillet; keep warm.**
- Combine milk, cornstarch, and basil; add to tomato mixture; simmer, stirring constantly, for 1 minute.**
- Stir in mushroom mixture.**
- Pour sauce over prepared fettuccini noodles. Top with chicken breasts.**

**NOTES : Low Fat!**

**(2) VISITOR COMMENTS : "Great recipe! Although I wasn't a big fan of the dish being served over fettucine. Perhaps it would be better served over rice." | "My daughter and I both loved this. A great way to prepare chicken."**

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Side Dishes  
Fruits & Vegetables  
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Beverages  
Breakfast Foods  
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Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Pet Health

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# Chicken Pasta Salad

Serves : 8

Prep. Time : 0:45

2 boned, skinned chicken breast halves  
3/4 cup steak sauce  
12 oz. bow-tie pasta - un-cooked  
2 chicken bouillon cubes  
1 med. Vadalina onion - diced  
1 avocado - peeled, diced  
1 cup cherry tomatoes - halved  
1 cup ranch salad dressing - low fat okay

-Marinate chicken breasts in steak sauce for 15-60 minutes.  
-Grill until done and chop into bite-size pieces.  
-In a large pot of boiling water, add the bouillon cubes and cook pasta until al dente. Drain and rinse under cold water.  
-In a large bowl, combine chicken, pasta, onion, avocados, and tomatoes.  
-Add salad dressing, mix and refrigerate until chilled.  
-Stir in additional salad dressing when ready to serve, if desired.

(3) VISITOR COMMENTS : "very satisfiing even though i have never made it myself" | "I have passed this recipe on... and have recieved rave reviews!" | "I agree with the above visitors comments.. I haven't made it yet, either.. but I sent it to my sister and she has praised it to the skies several times.. served to dinner guests and she got rave reviews..I'm gona try it!"

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# Desserts & Baked Goods

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**Breads, Rolls, Biscuits, and Misc. Baked Goods**

## **Cookies, Brownies, Bars, and Small Pastries**

**Applesauce Cookies** - One of my favorite grandma's recipes!

**Baklava** - Layers of buttery phyllo dough, nuts, and cinnamon, baked, then soaked in a sweet honey glaze. Whether Bulgarian, Greek, or Turkish in origin, it's a long-time favorite around the world.

**Blondie Brownies like Applebee's®** - Yellow brownies with white chocolate chips, topped with warm maple sauce, and served with ice cream.

**Butter Horn Nut Rolls** - Tiny nut rolls spiced to perfection.

**Cheerio® Bars** - Cereal on the go with added nutrients and flavor from peanut butter.

**Chocolate Peanut Butter Cereal Bars** - Makes the ultimate Rice Crispies® Treats! Can also be made with All Bran® for a healthier treat.

**Chocolate Scotcheros** - Peanut butter Rice Crispies® treats topped with a chocolate and butterscotch candy.

**Cream Horns** - These may take time, but they make a delectable dessert.

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**Crème De Menthe Squares** - Layers of chocolate graham cracker crust, creamy mint, and smooth chocolate make great gifts wrapped in green cellophane.

**Death by Chocolate** - Brownie base with coffee flavor, chocolate mousse or pudding, toffee candy, and whipped cream. Mmmmmm!

**Double Chocolate Cookies** - Chocolate lover's rejoice! These cocoa cookies are filled with chips for a double dose of chocolate.

**Frosted Cookie-Cutter Sugar Cookies** - Perfect to make shaped, decorated cookies for Christmas, Easter, Halloween, and any season or holiday.

**Ginger Snaps** - Cut into circles, gingerbread men, or your favorite shape.

**Ginger Snaps II** - Spiced, crisp cookie goes well with coffee. Low fat!

**Goopy Butter Cookies** - Very easy, very rich, very addictive.

**Granola Bars** - Chock-full of nuts, raisins, coconut, oats and sweet flavorings to keep you going through the day.

**Gourmet Cookie Mix in a Jar** - Distinct layers of ingredients look fancy and taste even better when your gift's receiver bakes these gourmet cookies.

**Hearty Breakfast Cookies** - This is an easy recipe that can be made ahead of time and my kids really enjoy.

**Hello Dollies** - Very fast and simple. These bars are very rich with chocolate, coconut and nuts over a graham cracker crust and topped with a gooey coating.

**Honey & Spice Cookies** - Sweetened with honey and molasses, these nutty cookies use a variety of spices to give them an original flavor.

**Lemon Nut Kisses** - Lemon flavored drop cookies with walnuts and pecans.

**Neiman Marcus® Cookie Recipe** - A long-running e-mail hoax. Just in case you didn't get it in your inbox.

**Ohmygosh Blondies** - The name originated from the exclamation made by the first people who tried these.

**Orange Dreamsicle Cookies** - Orange flavored cookies with vanilla baking chips mimic the favorite taste of Creamsicle ice cream bars.

**Peanut Butter Cookies like GrandMa's®** - Big, soft cookies.

**Pecan Tassies** - If you like pecan pie, you'll love these miniature tarts.

**Pizzelles** - Requires a special iron. Produces thin cookies that resemble waffles.

**Pommern (German Almond Puff)** - Sweet almond pastry.

**Samoa Cookies like the Girl Scout's®** - Satisfy your cravings with chocolate, coconut, caramel, and shortbread.

**Shortbread Cookies like the Girl Scout's®** - These rich, but not too sweet, cookies are perfect to serve with tea.

**Soft & Chewy Sugar Cookies** - If you're like me, you'll prefer these tender cookies over a crisp one.

**Starlight Oatmeal Cookies** - Bananas add a twist to traditional oatmeal cookies.

**Thumbprint Cookies** - Fill center with jam or Hershey's Kisses®.

**Walnut Chocolate Chip Cookies** - Can be made with or without the walnuts.

## Cakes, Cheesecakes, Pies, and Tortes

**7-Up® Cake** - Heavy cake baked in a tube or bundt pan.

**Andes® Mint Pie** - Creamy, minty, chocolaty filling over a chewy brownie pie crust.

**Banana Split Cake** - Everyone always seems to have room for a second helping of this cool layered dessert.

**Bubbly Apple "Pies"** - Single serving apple "pies" with a secret ingredient to make them bubble.

**Butter Pound Cake** - A rich, finely textured yellow cake that's been a classic for years.

**Cappuccino Torte** - Flavored with coffee, Kahlua, and chocolate.

**Carrot Cake with Cream Cheese Frosting** - Moist, sweet cake.

**Cheesecake like Red Lobster's®** - Baked cheesecake with a cookie crust.

**Chocolate Bourbon Pie** - Famous pie from Kentucky.

**Chocolate Candy Cheesecake** - Relatively low in fat for such a rich dessert.

**Chocolate Cherry Layer Cake** - Very low in fat!

**Chocolate Chip Cookie Dough Cheesecake** - Chocolate cookie crust, rich cheesecake, and delightful cookie dough make this dessert sinfully irresistible.

**Chocolate Dream like Carrabba's®** - A rich fudge brownie brushed with Kahlua, crowned with chocolate mousse, whipped cream, and chocolate shavings. Called Sogno di Cioccolata on the menu.

**Chocolate Sheet Cake** - Traditional birthday cake in my family for years. Very rich and moist.

**Coconut Cream Cheesecake like The Cheesecake Factory's®** - Creamy coconut cheesecake is a wonderful alternative to the usual.

**Date Pudding** - Not really a pudding - more like a pie.

**Dessert Pizza** - Uses your favorite pie filling as topping.

**Double Chocolate Fudge Coca-Cola® Cake like Cracker Barrel's®** - Rich, delectable cake with Coke® and plenty of chocolate, topped with an icing of more Coke® and chocolate

**Dump Cake** - It doesn't get any easier than this! Made with yellow cake mix, pineapple, and cherries.

**Dump Cake II** - Another easy recipe using white cake mix, pineapple, peaches, and raisins. Just dump it in the pan and bake!

**Easy Carrot Cake** - You can skip shredding carrots for this recipe - it uses carrot baby food instead.

**Fresh Banana Cream Cheesecake like The Cheesecake Factory's®** - Creamy banana cheesecake atop a vanilla cookie crust.

**Frozen Peanut Butter Pizza Pie** - Cold dessert made with a peanut butter cookie crust and topped with chocolate and peanut butter.



**Funnel Cakes** - A favorite food at fairs and carnivals, now you can make them at home in the off-season.

**Grady's Chocolate Bar Cake** - Serve this cake mix doctor recipe plain or with ice cream and hot fudge sauce.

**Imperial Cake** - Recipe taken years back from the Imperial® Margarine box. Only 4 ingredients makes for a simple delicious dessert.

**Key Lime Pie** - Simple recipe ready in 15 minutes.

**Lazy Man's Peach Pie** - Extremely simple and fast!

**Mama's Homemade Pie Crust** - All-purpose crust for your homemade pies.

**Mandarin Orange Cake** - Unbelievably delicious, moist orange cake topped with a creamy pineapple spread.

**Mountain Dew® Cake** - The first time I made this bundt cake, it was eaten in less than a day - and it was just my husband and I eating it!

**Nutty Crust Chocolate Cream Pie** - Pecan crust topped with a creamy layer, a chocolate layer, whipped cream, and goodies on top.

**Oreo® Cheesecake like The Cheesecake Factory's®** - Rich and creamy cheesecake takes a bit of time to allow the flavors to develop, but be patient, it's worth the wait!

**Peanut Butter Pound Cake** - Very light, moist, and a wonderful peanut taste. A real treat. The crust is like a soft peanut candy.

**Pecan Pie** - Classic recipe is simple yet scrumptious.

**Piña Colada Cake** - Starting with a baked yellow cake, this easy, cool dessert is topped with a coconut glaze, pineapple, whipped cream, and more coconut.

**Pineapple Sheet Cake** - With so few ingredients, this is a simple, cheap recipe.

**Pumpkin Cake** - Simple bundt cake, using cake mix, completes any holiday meal.

**Pumpkin Pie like The Cheesecake Factory's®** - Creamy, spiced pumpkin pie made from scratch will impress your holiday guests.

**Raspberry Graham Cracker Torte** - The colors make it a perfect dessert for Christmas or Valentine's Day. It's so easy to make, too!

**Reese's® Peanut Butter Pie** - A creamy layer of chocolate and one of peanut butter atop a cookie and peanut butter crust is a rich dessert.

**Soda Cracker Pie** - With nuts, Cool Whip®, strawberries, and saltine crackers this is both a sweet and savory dessert.

**Strawberry Cream Pie** - Nutty crust topped with a sweet creamy layer, fresh strawberries, and topped with strawberry glaze.

## Candy, Pudding, and Misc. Desserts

**Bread Pudding** - Traditional dessert. Great for using up stale bread.

**Bread Pudding II** - This recipe for bread pudding had a unique whiskey topping.

**Caramel Corn** - Makes a great gift when given in a tin.

**Crème Brûlée** - A French custard with a crust of caramelized sugar and a hint of orange. If you do not have a kitchen torch, simply place the custard under the broiler for a few minutes.

**Deep-Fried Ice Cream** like El Torito's® - Unique way to serve ice cream.

**Dirt Pudding** - Layers of sweet vanilla cream and crumbly cookies. Make it cute by serving it in a flower pot and garnishing with gummie worms.

**Dog Food** - Chocolate and peanut butter over Chex® cereal, coated with powdered sugar. This is a great snack for road trips, camping trips, etc. (For human consumption only.)

**Easy Apple Crisp** - My Grandma Averil's favorite, quick and easy!

**Fantasy Fudge** - Make with or without the nuts for the richest fudge ever.

**Fried Apples** like Cracker Barrel's® - Bacon grease is their secret ingredient.

**Fruit Salad with Champagne Sauce** - Elegant accompaniment suitable for any brunch.

**Ginger Spice Fruit Salad** - 5 different fruits, 5 vivid colors, all tossed in a spiced glaze and topped with crystallized ginger.

**Heavenly Hash** - Rice, fruit, and Cool Whip® make a sweet salad.

**Homemade Donuts** - Simple spiced cake-like donuts.

**Microwave Low-Fat Tapioca Pudding** - Easy and healthy.

**Microwave Peanut Brittle** - Make this traditional candy the non-traditional way faster!

**Nut Rolls** - Makes great holiday gifts for friends and family.

**Pavlova** - A delicious dessert consisting of a crisp meringue on the outside with a soft, fluffy center. Toppings include fruit (strawberries being a classic), chocolate, or pecans, to name a few.

**Peanut Brittle** - Store in a tin and give as gifts.

**Peanut Butter Bon-Bons (Buckeyes)** - Everyone's favorite - chocolate on peanut butter.

**Pecan Pralines** - This rich and creamy Southern candy recipe is a great idea for the holidays and gift-giving.

**Pistachio Dessert** - Nutty crust topped with pistachio pudding, nuts, and a creamy concoction. Perfect for St. Patrick's Day!

**Pumpkin Decadence** - When I make this for parties, everyone asks me for the recipe - they can't believe how it's made!

**Rhubarb-Peach Cobbler** - The combination of rhubarb and peaches create a wonderful melody of flavors.

**Rice Pudding** - Creamy, sweet, traditional dessert with raisins (if you want them).

**Sassy Bon Bons** - Delicious candy balls. Easy to make. Gets rave reviews.

**Spiced Apple Rings** - Made with red hot candies, this can be canned and given as gifts.

**Tiramisu like The Olive Garden's®** - Italian dessert flavored with rum and coffee.

**White Trash** - Sweet Chex® mix.

**Yellow Squash Dessert** - This recipe is a family favorite of my four squash hating kids.

## **Breads, Rolls, Biscuits, and Misc. Baked Goods**

**Banana Nut Bread** - Sweet bread to use up those over-ripe bananas.

**Banana Nut Bread II** - Another great recipe, this one uses cream cheese.

**Banana Nut Bread in a Jar** - Sweet bread baked into Mason jars slides out easily when ready to serve. Each jar serves 4.

**Banana Nut Muffins and Mini Loaves like Otis Spunkmeyer's®** - Moist muffins have a rich banana taste.

**Basic Baking Mix like Bisquick®** - There are endless uses for this all-purpose baking mix.

**Biscuits like McDonald's®** - Quick and easy, makes great breakfast sandwiches and goes perfect with sausage gravy.

**Bread like The Outback's®** - Hearty round loaves with rye and molasses.

**Cheddar Biscuits like Red Lobster's®** - Garlic and cheddar make a flavorful addition to basic biscuits.

**Cinnamon Rolls like Cinnabon's®** - Heavenly sweet rolls.

**Corn Muffins** - Sweet cornbread with corn niblets for added texture and flavor.

**English Tea Scones** - Perfect for breakfast, brunch, or afternoon tea. Freezes well.

**Focaccia** - Savory flat bread with sea salt and rosemary.

**Garlic Rolls** - Topped with oregano, Romano, and plenty of butter.

**Granola** - Baked wholesome breakfast or snack.

**Granola Bars** - Chock-full of nuts, raisins, coconut, oats and sweet flavorings to keep you going through the day.

**Hot Cross Buns** - Currants and raisins add a sweet touch to these yeast buns.

**Iced Cinnamon Rolls** - Easy and delicious.

**Poppy Seed Bread with Citrus Glaze** - The sweet glaze makes this bread so good! Be prepared to give this recipe to anyone who tries it!

**Soft Pretzels like Auntie Anne's®** - Just like the popular mall food. Make them plain, with salt, with sugar and cinnamon, or with parmesan and garlic.

**Sopapillas** - This Mexican bread puffs up when you fry it and tastes great with honey butter.

**Sweet Baked French Toast** - This recipe has won many a picky eater over! It's not for dieters, but sure makes a terrific treat. The butter, brown sugar and cream come together to make French toast like you've never tasted before!

**Sweet Spanish Corn Cake like Chi-Chi's®** - Hearty corn bread to accompany all your favorite chilies and other Mexican dishes.

**Zucchini Bread** - Moist and flavorful, full of nutritious ingredients, this makes for a healthful breakfast or snack. Will keep in refrigerator for weeks and freezes well.

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- [Soup, Chili & Chowder](#)
- [Side Dishes](#)
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- [Beverages](#)
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- [Measurement Conversion](#)
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# Applesauce Cookies

**Recipe By : Anna Lou Bublick**

**Serves : 48**

**Prep. Time : 1:45**

- 2 cups packed brown sugar**
- 1 cup shortening**
- 2 eggs**
- 1/2 cup cold coffee**
- 3 1/2 cups sifted all-purpose flour**
- 1 tsp. baking soda**
- 1 tsp. salt**
- 1 tsp. ground cinnamon**
- 1 tsp. ground nutmeg**
- 1 tsp. ground cloves**
- 2 cups chunky applesauce**
- 1 cup chopped raisins AND/OR dates**
- 1/2 cup chopped nuts**

Lehmans.com has pickle kegs, grain mills, wooden barrels, hand water pumps, wood cookstoves, heating stoves, canning supplies, and much, much more. Everything you need to live simply without electricity!

- Cream together sugar, shortening, and eggs.**
- Stir in coffee.**
- Sift together flour, baking soda, salt, cinnamon, nutmeg, and cloves.**
- Slowly beat dry mixture into wet mixture.**
- Strain applesauce in a cheesecloth or fine sieve; stir into batter.**
- Stir in raisins and/or dates and nuts.**
- Refrigerate batter for 1 hour or overnight.**
- Drop batter, 1 heaping tsp. at a time, onto a lightly greased cookie sheet 2" apart.**
- Bake in a 375 degree oven for 9-12 minutes, until finger pressed in center doesn't leave an impression.**

**(0) VISITOR COMMENTS**

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Side Dishes  
Fruits & Vegetables  
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Condiments  
Beverages  
Breakfast Foods  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Baklava

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 18**

**Prep. Time : 1:30**

**1 cup butter - melted**  
**1 Lb. chopped walnuts (see NOTES)**  
**1 tps. ground cinnamon**  
**1 Lb. package phyllo/fillo dough**  
**1 cup water**  
**1 cup granulated sugar**  
**1 tsp. vanilla extract**  
**1/2 cup honey**

- Brush melted butter over the bottoms and sides of a 9" X 13" pan.**
- Toss chopped nuts with cinnamon; set aside.**
- Unroll phyllo dough and cut the stack in half to fit the pan.**
- Place 2 sheets of dough in pan and generously brush with butter; repeat 3 times.**
- Sprinkle 2-3 Tbls. of nut mixture on top, top with 2 sheets of dough, brush with butter; repeat 5 times.**
- Place 2 sheets of dough on top and brush with butter; repeat 2 times.**
- Using a sharp knife, cut into 1" squares, making sure to cut all the way to the bottom of the pan.**
- Bake in a 350 degree oven for 50 minutes, until baklava is golden and crisp.**
- While baklava is baking, boil water and sugar until sugar is dissolved; add vanilla and honey; simmer for 20 minutes.**
- Immediately upon removing baklava from oven, spoon sauce evenly over top.**
- Allow to cool completely; divide each square into cupcake**

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papers; store uncovered or freeze.

**NOTES : I like to use a mixture of ground walnuts, almonds, and pecans. Phyllo dough dries out easily. While working with it, keep covered with a damp cloth.**

**(1) VISITOR COMMENT : "I've made this, but I add sugar to the walnut/cinnamon mixture when putting it between the layers."**

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**Soup, Chili & Chowder**

**Side Dishes**

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**Fancy Napkin Folds**

**Ingredient Substitutions**

**Measurement Equivalentents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

**Candy Temperatures**

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# Butter Horn Nut Rolls

**Recipe By : Janet Hart**

**Serves : 60**

**Prep. Time : 4:00**

**4 cups all-purpose flour  
1 Lb. butter OR margarine  
2 egg yolks  
1 1/2 cups milk - low fat okay  
1 1/2 Tbls. white vinegar  
1 1/2 cups granulated sugar  
1 1/2 cups chopped walnuts  
2 Tbls. ground cinnamon  
1/4 cup melted butter**

**-Cut butter into flour then stir in egg yolks, milk, and vinegar to flour mixture.**

**-Form dough into a ball and refrigerate for 2 hours.**

**-Combine sugar, walnuts, and cinnamon in bowl; set aside.**

**-Divide chilled dough into 6 equal portions; keep any portions of dough not being worked with refrigerated.**

**-Roll out 1 portion of the dough at a time onto a floured surface to 1/2" thick.**

**-Spread 1/2 cup of the walnut mixture over the dough.**

**-Tightly roll up the dough.**

**-Using dental floss or string, slice the roll into (12) 1/2" thick pieces.**

**-Lay the slices out onto a grease cookie sheet.**

**-Repeat with remaining dough portions**

**-Bake in a 375 degree oven for 25-30 minutes.**

**-Brush hot rolls with melted butter.**

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Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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Houshold Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Cherrio® Bars

Submitted By : Kristina Izzo

Serves : 18

Prep. Time : 0:35

vegetable cooking spray

3 Tbsp. butter

16 oz. bag marshmallows

1/2 cup peanut butter

5 cups Cherrios®

-Spray a 13" X 9" dish.

-Melt butter over medium heat.

-Stir in marshmallows heat until melted, then stir in peanut butter. Remove from heat.

-Fold in Cherrios® until coated.

-Smooth mixture into pan and let sit until cooled.

NOTES : Fun to make with kids. The kids and adults will love them alike.

(1) VISITOR COMMENT : "I have made this recipe before and had misplaced it...glad I found it on your site. I also like to add choc chips."

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Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Chocolate Peanut Butter Cereal Bars

Recipe By : Donna Barwick

Servings : 18

Prep. Time : 0:30

1 cup sugar  
1 cup light corn syrup  
1 cup creamy peanut butter - lowfat okay  
6 cups Rice Krispies® OR All Bran®  
6 oz. chocolate morsels  
6 oz. butterscotch OR peanut butter morsels

- Heat sugar and corn syrup in saucepan until melted.
- Remove from heat and stir in peanut butter.
- Pour peanut butter mixture over Rice Krispies® or All Bran® and mix well.
- Press into greased 9" X 13" X 2" pan.
- Melt chocolate and butterscotch chips in a double boiler or in microwave.
- Pour over Rice Krispies® or All Bran® mixture and spread evenly.
- Allow to cool before cutting.

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Request Message Board

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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Chocolate Scotcheroots

Submitted By : Susan Reed, Recipe By : Mrs. Florence Smith  
Prep. Time : 0:40  
Serves: 25

1 cup corn syrup  
1 cup granulated sugar  
1 cup creamy OR crunchy peanut butter  
5 cups Rice Krispies®  
6 oz. semi-sweet chocolate chips  
6 oz. butterscotch chips (see NOTES)

- Put corn syrup and sugar in sauce pan. Bring to boil and immediately remove from heat.
- Stir in peanut butter.
- Pour Rice Krispies® in greased 9" X 13" pan. Add peanut butter mixture and mix well. Lightly press into pan.
- Melt chocolate and butterscotch chips in the microwave or in a double boiler.
- Pour over Rice Krispies® mixture and spread evenly.
- Refrigerate for at least 1/2 hour to firm.
- Remove from refrigerator, let sit 5 minutes, then cut into squares.
- Keep refrigerated.

NOTES: If butterscotch is not desired, you may substitute with semi-sweet chocolate chips, though it won't be as flavorful.

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Cream Horns / Lady Locks

Recipe By : Doreene Banestraro

Serves : 45

Prep. Time : 6:00

1 cup real butter - softened  
1 1/2 cup shortening - divided  
3 1/3 cups all-purpose flour - divided  
2 egg yolks - beaten  
2 tsp. granulated sugar  
1 1/4 cups water  
1 cup milk  
2 Lbs. powdered sugar

- Cream together butter and 1/2 cup shortening; set aside.
- Combine 3 cups flour, egg yolks, granulated sugar, and water.
- Roll dough out onto a lightly floured surface.
- Spread 1/4 of the creamed mixture over dough; knead all together.
- Refrigerate dough for 1 hour.
- Repeat last 3 steps until creamed mixture is gone.
- Roll out dough to 1/4" thick; cut into strips; wrap strips around metal Cream Horn forms.
- Place dough (on forms) on a cookie sheet and bake in a 425 degree oven for 10 minutes.
- Cool completely.
- Bring milk and 1/3 cup flour to a boil, stirring constantly, then remove from heat.
- Cool to room temperature.
- Beat in 1 cup shortening and powdered sugar to milk/flour mixture.
- Scoop icing into pastry bag and pipe into baked pastry shells.



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**(2) VISITOR COMMENT : "I must admit, this is by far the easiest recipe for cream horns that I have found...I would just like to thank you SOOOO much for this recipe" | "I tried the recipe and it failed my taste test. The filling was fine but the cream horn pastry was awful. While baking the cream horn pastry was in a sea of butter and shortening. I wouldn't recommend spending the money for this one. Sorry!!"**

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**Chicken & Turkey**  
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**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
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**Household Tips & Tricks**  
**Cooking Tips**  
**Cleaning Tips**  
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# Pasta Dishes

**Angel Hair, Garlic Shrimp, and Broccoli** - This makes the best cream sauce and it's relatively low in fat. This quick meal is a sure way to impress guests without the hassle.

**Antipasto Pasta Salad** - Two meats and cheeses make this salad a meal.

**Apple Noodle Casserole** - Great accompaniment for ham. Just throw everything in a pan and bake!

**Applesauce Noodle Kugel** - A baked pudding of noodles, eggs, applesauce, and raisins traditionally eaten by Jews on the Sabbath.

**Bag O BBQ Ramen** - An old friend of mine learned how to make this in prison. Great for college students, bachelors, and anyone on a tight budget.

**Baked Macaroni, Cheese & Spinach** - Rich and cheesy side dish. Low Fat!

**Beef Noodle Soup** - Cheap and filling. Can be made in a crockpot or in the oven.

**Black Bean Lasagna** - No meat, low fat!

**Broccoli Pasta Casserole/Salad** - Can be served hot as a main dish OR cold as a pasta salad.

**Cajun Jambalaya Pasta like The Cheesecake Factory's®** - Shrimp and chicken sauteed with onions, tomato, and peppers in a very spicy Cajun sauce. All on top of fresh linguini.

**Cajun Style Pasta** - Garlic shrimp and chicken in a creamy Cajun sauce with vegetables. Low fat!

**Cheese Stuffed Shells** - Easy and low fat (if you use skim milk products). Can be frozen and re-heated.

**Chicken Breasts With Sun-Dried Tomatoes and Fettuccini** - Very low in fat and calories, this chicken in sauce with pasta will become a favorite fast meal.

**Chicken Pasta Salad** - Marinated grilled chicken with flavorful pasta tossed with a variety of vegetables and ranch dressing.

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[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

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**Chicken Stuffed Shells** - Simple, cheap, and easy meal.

**Couscous Salad** - Chilled salad with an array of ingredients.

**Crab Alfredo** - Creamy Alfredo sauce over pasta topped with crab meat.

**Creamy Tomato Pasta** - Cream cheese and wine make this a unique pasta dish.

**Fettuccini Alfredo like The Olive Garden's®** - Very easy and very creamy!

**Fettuccini with Chicken and Sun-Dried Tomatoes like The Cheesecake Factory's®** - The only thing missing from the recipe's title is the garlic Parmesan cream sauce that brings together this easy meal.

**5 Cheese Lasagna like The Olive Garden's®** - This lasagna has a creamy white sauce that's surprisingly better than the usual.

**Fresh Roasted Tomato Sauce** - Fresh tomatoes, roasted, then prepared into a simple sauce to top your favorite pasta.

**Garlic Chicken With Bow-Tie Pasta** - Low in fat and very fast.

**Gemelli With Baby Shrimp & Sweet Peas** - Pasta, shrimp, and peas in a delectable cream sauce. Fast!

**Grilled Leek and Sweet Pepper Pasta** - Colorful presentation; perfect for the vegetarian who likes to grill.

**Haluska** - This authentic Hungarian recipe of cabbage and noodles is a common side dish at family gatherings.

**Homemade Macaroni & Cheese** - Classic, easy side dish for any meal. Kids love it!

**Italian Meatballs** - Quick and easy recipe for a meaty addition to your spaghetti sauce.

**Italian Minestrone Soup** - The ingredient list may seem long, but once you're savoring this soup on a cold day, it'll seem well worth it!

**Lori's Pasta Salad** - Great side dish with grilled steak. Every time I make this for a party I'm always asked for the recipe. My family loves it as well!

**Macaroni and Cheese like Boston Market's®** - Glorified mac and cheese, but still simple.

**Macaroni Salad** - Classic accompaniment to take to a barbeque.

**Meatballs (Köttbullar)** - Just a good 'ole meatball recipe submitted by a Swedish site visitor.

**Meatballs like Carrabba's®** - A combination of beef, pork, cheese, and fresh herbs make for a flavorful meaty addition to any pasta sauce.

**Mussels Marinara like Red Lobster's®** - Fresh herbs and red wine in addition to mussels make this tomato-based pasta sauce a treat.

**Pasta Salad** - I get compliments on this every time I serve it.

**Penne alla Vodka** - Pasta in a creamy tomato sauce. Fast and easy!

**Pierogi Casserole** - The old ethnic favorite turned into a modern, tasty, one-dish win.

**Pigrohe** - This is an old Czechoslovakian recipe. It has recently become available in supermarkets, but this recipe beats them all.

**Quick Chinese Noodle Stir-Fry** - Basic Oriental stir-fry with plenty of vegetables, meat, and noodles boasts a colorful presentation and a taste that you can't resist.

**Rigatoni Campagnolo like Carrabba's®** - Italian sausage, peppers, and goat cheese in a pomodoro sauce.

**Sesame Ginger Noodles** - An assortment of fresh vegetables tossed with an original Oriental dressing and pasta.

**Sloyki** - Russian recipe for mushroom, onion, and cheese filled baked dumplings that can be used as an appetizer or the main course of a meal, along with a cup of tomato soup.

**Spaghetti Pie** - This is a great way to use up left-over spaghetti sauce and/or noodles.

**Spaghetti Sauce** - Basic recipe. Can be made with/without beef. Low fat!

**Spinach Lasagna** - Can be made with or without the spinach for a flavorful dish.

**Stuffed Chicken Fillo with Fettucini Carbonara** - Ham and cheese stuffed chicken breasts, rolled in buttery layers of Fillo dough, baked, and served over fettucini and topped with a creamy mushroom sauce.

**Summertime Seashell Salad** - Cool pasta salad with a slightly sweet tomato-based dressing over fresh vegetables.

**Traci's Ranchy Noodles** - This simple and tasty pasta salad will get rave reviews at a barbeque.

**Tuna Noodle Combo** - Creamy tuna casserole with crunchy topping.

**Tuna, Noodle & Cheese Casserole** - Easy, cheesy, tasty!

**Turkey Macaroni Salad** - Light when low-fat ingredients are used.

**Veal Pasta Ratatouille** - Pasta, veal, 9 vegetables, capers, and pinion nuts in a tomato based sauce constitute a filling, balanced meal.

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**Desserts & Baked Goods**

**Meats**

**Chicken & Turkey**

**Seafood & Fish**

**Salads & Dressings**

**Soup, Chili & Chowder**

**Side Dishes**

**Fruits & Vegetables**

**Pizza Related Recipes**

**Condiments**

**Beverages**

**Breakfast Foods**

**Pet Treat Recipes**

**Bath & Beauty Recipes**

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**Household Tips & Tricks**

**Cooking Tips**

**Cleaning Tips**

**Laundry Tips**

**Home Remedies**

**Pet Home Remedies**

**Message Board**

# Meats

**Antipasto Pasta Salad** - Two meats and cheeses make this salad a meal.

**Antipasto Salad** - Meat, cheese, and vegetables in an Italian marinade. Simple and sinful, but filling and satisfying.

**Authentic Mexican Tacos** - Diced steak replace the usual ground beef and the toppings are unique as well.

**Baby Back Ribs like Applebee's®** - Boiled, brushed with sauce, then broiled, these ribs are tender and full of zesty flavor.

**Baby Back Ribs With Mustard Sauce** - Grilled ribs brushed with a slightly sweet sauce.

**Bag O BBQ Ramen** - An old friend of mine learned how to make this in prison. Great for college students, bachelors, and anyone on a tight budget.

**Barbecued Chuck Roast** - Marinated then grilled, this is a nice alternative to dry oven baked roasts.

**Basic Skillet Chuck Roast** - No exact measurements or times, just a good 'ole recipe for a basic roast.

**BBQ Ribs** - This is an excellent dish for a barbeque party. Make the ribs in advance, and when your guests have arrived, all that's left is to grill them. You'll have them wondering how they got so tender and tasty so fast.

**Beef & Barley Stroganoff** - Very simple. Serve over egg noodles or rice.

**Beef & Onion Pie** - Easy recipe turns ground beef, onion soup mix, cheese, and refrigerator biscuits into a hearty meal.

**Beef Fajita Salad** - Fresh salad with a variety of vegetables, topped with marinated beef, then smothered in a tangy dressing and crumbled tortilla chips.

**Beef Noodle Soup** - Cheap and filling. Can be made in a crockpot or in the oven.

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[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

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**Bill's Taco Bake** - Layered, baked taco dip is quick and serves a crowd.

**Bourbon Ribeyes** - Taste the bourbon to make sure it is good, then fire up the grill! Excellent when grilled over mesquite.

**Bourbon Steak** - Steak of your choice marinated in a sweet bourbon sauce then grilled.

**Breakfast Sausage** - Save money making this pork sausage at home with spices you probably already have in the cabinet.

**Cabbage Rolls** - Mixture of beef, pork, rice, and seasonings wrapped in cabbage and baked with sauerkraut and tomato soup, topped with bacon.

**Cabbage Rolls II** - This is an old Hungarian dish - a wonderful, unique family favorite. Delicious served with mashed potatoes and some of the liquid spooned over them as a gravy.

**Carolina BBQ Rub** - Use as a dry rub on beef, chicken, lamb or pork.

**Chicago Style Pizza** - Topped with cheese, six types of meat, and vegetables, this is a supreme pizza!

**Chili** - Basic chili recipe with tons of flavor.

**City "Chicken"** - This recipe originated during the 1930's, when chicken was expensive and hard to come by in the cities. These mock chicken legs became a favorite.

**Country Fried Steak like Shoney's®** - Crispy fried steaks smothered in thick, rich country gravy.

**Cream Cheese & Ham Ball** - Everyone who has ever tasted this has asked for the recipe, then they bring it to all the parties! I usually double it, or end up wishing I had!

**Deb's Red Beans & Rice** - Cajun dish made with Kielbasa, rice, kidney beans, and tomatoes.

**Deli Potato Salad** - Eggs, apples, and deli meat make this a creative version of the traditional recipe.

**Dried Beef Gravy (S.O.S.)** - Otherwise known as S\*\*t On A Shingle.



**Easy Barbecue Ham Pizza** - Not much time to make dinner? This quick pizza will please your family in minimal time.

**Easy Beef Stroganoff** - Simplified recipe is fail-proof.

**Egg Rolls** - Recipe uses packaged cole slaw mix to save time prepping vegetables.

**EZ Ham & Cheese Casserole** - Ham and potatoes in a creamy, cheesy sauce. Optional vegetables make it a meal.

**Fajitas like Chili's®** - Make with chicken or beef, this is my favorite recipe.

**Fried Rice** - Choose from a variety of meats and vegetables, or just make it plain!

**German Potato Salad** - Both sweet and savory with plenty of bacon. Serve hot.

**Ham & Bean Soup** - Simmers for hours to produce a mouth watering flavor.

**Hamburgers like White Castle's®** - Taste just like the real thing!

**Ham Salad** - A great way to use left-over ham from Easter or Christmas.

**Harvest Salad** - 8 layer salad boasts a colorful presentation in a glass bowl.

**Hearty Beef Stew** - Beef stewed with potatoes, carrots, celery, onions, and peas in a thick beefy gravy.

**Holiday Quiche** - Made with egg nog and other delicious ingredients, this is a sure pleaser for any Holiday meal, breakfast, brunch, lunch, or dinner.

**Holiday Spinach Dressing** - Serve this stuffing made with sausage as a side dish with your holiday turkey.

**Italian Enchiladas** - Resembles lasagna but faster and easier! Serve with salad and garlic bread.

**Italian Meatballs** - Quick and easy recipe for a meaty addition to your spaghetti sauce.

**Jack Daniel's® Grill Glaze like T.G.I. Friday's®** - Brush over your favorite meat and grill!

**Jambalaya** - A Creole dish with chicken, pork, sausage, and rice and seasoned with spices and herbs.

**Kiddie Casserole** - Adjust ingredient amounts to how much you need. Kids love it!

**London Broil with Red Wine and Mushroom Sauce** - Tender juicy beef smothered in a savory mushroom sauce. This gourmet meal is as easy as it is elegant.

**Marinated Steak like The Outback's®** - Use any cut of meat you'd like.

**Meatballs (Köttbullar)** - Just a good 'ole meatball recipe submitted by a Swedish site visitor.

**Meatballs like Carrabba's®** - A combination of beef, pork, cheese, and fresh herbs make for a flavorful meaty addition to any pasta sauce.

**Meatloaf like Boston Market's®** - Easy meatloaf with tomato-based sauce.

**Mexican Meatloaf** - I never liked meatloaf as a child until my dad showed me this yummy version. My hubby asks for it all the time!

**Mexican Pizza like Taco Bell's®** - Taco meat, beans, cheeses, picante sauce, tomatoes, and onion on a crispy shell.

**Mongolian Beef** - Serve over rice and use chopsticks to eat.

**Mushroom Meat Loaf** - This is a tasty alternative to the usual dry meat loaf. The gravy is great over mashed or baked potatoes.

**Oven Baked Pork Chops** - Soaked in buttermilk for tender meat, these chops are low in fat!

**Philly Cheesesteak Pizza** - Topped with roast beef, onions, peppers, mushrooms, and cheese - just like the sandwich.

**Pork Chops with Maple Bacon and Cheese** - Simple way to add flavor and a beautiful presentation to pork chops.

**Pot-Roasted Brisket** - Classic roast with veggies will feed a large dinner party.

**Pot Roast like Shoney's®** - Alternative to dry roasts. Left-overs make great sandwiches.

**Quick Chinese Noodle Stir-Fry** - Basic Oriental stir-fry with plenty of vegetables, meat, and noodles boasts a colorful presentation and a taste that you can't resist.

**Rice Salad** - Cold salad with a medley of fresh colorful vegetables, bacon, and a light oil dressing

**Rigatoni Campagnolo like Carrabba's®** - Italian sausage, peppers, and goat cheese in a pomodoro sauce.

**Salisbury Steak** - The mushroom gravy is wonderful over rice or mashed potatoes.

**Sausage Gravy** - Serve this creamy, meaty gravy over biscuits or toast for a filling breakfast or dinner.

**Shao R K'u (Chinese Barbecued Ribs)** - Sweet marinated pork ribs like served in Chinese restaurants.

**Shawn's Heat Wave Chili** - A long list of ingredients, some rather unique, make a superb chili.

**Shepherd's Pie** - All-inclusive dinner is a breeze to prepare! Has your meat, potatoes, and veggies all in one!

**Skillet Cordon Bleu** - Quick and easy mock Cordon Bleu is great served over egg noodles.

**Skip's One Pan Breakfast** - I have been cooking this breakfast for 30 years, with excellent results every time!

**Smoked Sausage Supper** - The type of meat, spices, and noodles can all be altered if you don't have the ingredients on hand, making this recipe a great last-minute meal.

**Spaghetti Sauce** - Basic recipe. Can be made with/without beef. Low fat!

**Steak in Sour Cream Sauce** - Round steak simmered in a creamy sauce. Goes great with mashed potatoes. Fast!

**Stuffed Peppers** - Ground beef, rice, and seasonings inside green peppers and topped with spaghetti sauce then baked.

**Stuffed Peppers Casserole** - Easier than stuffing the peppers, this layered casserole has all the same ingredients and the flavors blend together in a delightful way.

**Sweet'N'Sour Pork** - Pork, cherries, green pepper, water chestnuts, and pineapple in a sweet red/orange sauce.

**Taco Bags a.k.a. Walking Tacos** - This is a great treat for kids' parties. Kids love it and there is little mess for you to clean up.

**Taco Salad** - Salad with a wide variety of ingredients topped with a tangy dressing and crushed tortilla chips.

**Taco Seasoning like Taco Bell's®** - Make in quantity and store for future use.

**Tasty'N'Tender Roundsteak** - Easy and inexpensive. Makes great gravy for mashed potatoes.

**Tator Tot Hotdish** - Meat, potatoes, and veggies all in one easy, cheesy dish.

**Teriyaki Roll-Ups** - Marinated beef wrapped over water chestnuts and either baked or microwaved for an easy and quick appetizer or main course.

**Three-Step Hot Chili** - The Marlboro Chili Cookoff winner, this recipe uses a few unexpected ingredients to achieve it's wonderful flavor.

**Veal Pasta Ratatouille** - Pasta, veal, 9 vegetables, capers, and pinion nuts in a tomato based sauce constitute a filling, balanced meal.

**Venison Roast in Buttermilk Marinade** - Marinades for a few days then roasts with a medley of vegetables.

**Won Ton Soup** - May take a bit of time, but this makes a delicious soup! Can be frozen for later use.

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**This web site is purely non-profit; it is a hobby for me. However, the time and money involved makes this hobby an expensive one. I, alone, spend on average 4-6 hours a day ensuring the recipes are of the highest quality and the web site is maintained and available at all times. If you have benefitted from this site and find it enjoyable, any donation amount, from 5¢ to \$50, would help keep the site up and running. Thanks and enjoy the site!**



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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Antipasto Salad

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Recipe Created By : Robbie & Mike Rice

Prep. Time : 0:15

Serves : 6-10

1/2 lb. thick sliced salami OR pepperoni  
1/2 lb. sliced provolone OR mozzarella cheese  
10-15 cherry tomatoes - halved  
4-8 pepperoncini peppers  
1 med. red onion - sliced thin  
15 oz. can black olives - drained  
8 oz. mushrooms - quartered  
8 oz. jar Italian salad dressing   
5.75 oz. jar green olives - drained  
1 tsp. Italian seasoning

-Cut meat and cheese into bite-size pieces.

-Combine all ingredients in a sealable plastic bowl; cover and toss to coat.

-Refrigerate at least 1 hour, tossing occasionally distribute dressing evenly.

Notes : Serve alone OR over a bed of salad.

(1) VISITOR COMMENT : "It took a little time to prepare and combine the ingredients, but it tasted fabulous and made a great side dish!"

Double sided ceramic antipasto dish with fruit motif; 7 in. diameter each side.  
Dishwasher/microwave safe.

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Meats  
Chicken & Turkey  
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Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Authentic Mexican Tacos

Submitted By: Jenny Slagstad

Serves : 8

Prep. Time : 25:00

2 Lbs. flank steaks  
garlic powder - to coat  
coarsely ground pepper - to coat  
red pepper flakes - to coat  
cumin - to coat  
1/4 cup lemon juice  
10 small flour tortillas  
1 sm. head of cabbage - chopped  
1 jar jalapenos - with juice  
6 limes - quartered

-Coat meat generously with garlic powder, black pepper, red pepper flakes, and cumin and squeeze lemon juice or bottled lemon juice all over turn and repeat same on opposite side of meat.

-Let marinate for 24 hours (6 hours before grilling, flip meat).

-Grill meat on BBQ until done.

-Dice in small pieces, put in bowl.

-Grill small wheat flour tortillas on grill till warm or grill marks.

-Put meat on tortillas, add cabbage and jalapenos, squeeze fresh lime over the top, roll and eat.

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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# Baby Back Ribs With Mustard Sauce

Serves : 8

Prep. Time : 1:45

1/3 cup brown sugar  
1/4 cup minced onion  
1/4 cup white vinegar  
1/4 cup prepared mustard  
1/2 tsp. celery seed  
4 Lbs. pork spareribs - separated

-In a saucepan, combine brown sugar, onion, vinegar, mustard, celery seed, and garlic powder.

-Bring to boiling, stirring untill sugar dissolves. Set aside.

-Preheat grill. Adjust heat for indirect cooking.

-Place ribs on grill rack over medium heat. Cover and grill for 1 1/4 - 1 1/2 hours or untill ribs are tender and no pink remains.

-Brush occasionally with sauce the last 15 minutes of grilling.

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Pasta Dishes  
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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Printer-Friendly  
Page

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# Barbecued Chuck Roast

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Serves : 10

Prep. Time : 14:00

4 lbs. round roast - cut 2" thick  
2 tsp. unflavored meat tenderizer  
1/4 med. green bell pepper - seeded, diced  
3 green onions - chopped  
2 stalks celery - diced  
1 clove garlic  
1/2 tsp. dried oregano  
1/2 tsp. dried rosemary  
1 dash cayenne pepper  
3/4 cup Burgundy wine  
3 Tbls. peanut oil  
1 Tbls. Worcestershire sauce

- Slash fatty edges of roast.
- Sprinkle both sides of roast evenly with meat tenderizer.
- Pierce meat deeply all over with fork.
- Place in shallow dish and top with green pepper, onions, celery, garlic, oregano, rosemary, and cayenne.
- Combine wine, oil, and Worcestershire and pour over meat.
- Refrigerate overnight, turning meat several times, each time spooning the chopped ingredients over top again.
- Grill 6" over hot, glowing coals until cooked as desired, about 50-60 minutes.
- Brush frequently during cooking with any remaining marinade.

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Glossy black grill smokes up to 50 lbs. of food using two separate grills. Front

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hinged door makes it easy to insert water and charcoal pans. And if you're not smoking, you can be grilling waist high, since it easily converts into a regular barbecue grill. Features a heat indicator and wooden handles on sides and lid. Kettle, lid and trays are made of porcelain-coated steel.

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Robbie's Photo Album

## Pet Health

## Search This Site

Printer-Friendly  
Page

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Comments

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# Basic Skillet Chuck Roast

Submitted By : Donna Teasley

Serves : 4-6

Prep. Time : 2:00 - 3:00

3-4 Lb. chuck roast - see NOTES

unseasoned meat tenderizer

garlic powder

kosher salt

black pepper

water

-Sprinkle a light coating of meat tenderizer over all sides of roast; repeat with remaining spices.

-Pierce all sides of roast with a fork.

-Brown roast in a very hot skillet on all sides.

-Remove roast from skillet; set aside.

-Pour 1 cup hot water in skillet and scrape cooked bits off bottom of skillet with a wooden spoon.

-Return roast to skillet and bring skillet contents to a boil.

-Reduce heat, loosely cover, and simmer until cooked through, 2-3 hours.

-Closely watch the roast. When water has evaporated from skillet, add more, 1/2 cup at a time.

NOTES : I prefer using an English cut of roast. You may use a bone-in or boneless roast.

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Tender BBQ Pork Ribs

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Recipe Created By : Robbie

Serves : 6

Prep. Time : 3:30

3-5 lbs. pork spare ribs OR baby back ribs

1/2 cup butter OR margarine

1 med. onion - minced

1 Tbls. minced garlic

1 cup water

1 cup ketchup

1 cup barbecue sauce

1/2 cup white vinegar

1 lemon - juice of

1 Tbls. Worcestershire sauce

1 Tbls. seasoned salt

1 tsp. liquid smoke

salt and pepper - to taste

-Place ribs in a large pot, cover with salted water, and bring to a boil.

-Reduce heat to low and simmer for 1 hour, or until meat is tender, but not falling off the bone.

-Melt the butter in a saucepan and sauté the onion and garlic until the onion is tender.

-Remove from heat and pour into a blender with all remaining ingredients.

-Puree for 1 minute, then pour back into saucepan.

-Bring to a boil, then remove from heat.

-Place the boiled ribs in a shallow dish and pour sauce over them.

-Refrigerate for at least 2 hours.

-Barbecue ribs on an outdoor grill over moderately hot coals,

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**basting with the sauce and turning often until well browned.**

**Notes : This is an excellent dish for a barbecue party. Make the ribs in advance, and when your guests have arrived, all that's left is to grill them. You'll have them wondering how they got so tender and tasty so fast.**

**(4) VISITOR COMMENTS : "They were very tender and my family thought they were good so I would make it again." | "Yummy!! My boyfriend and I loved this homemade sauce!!" | "I used boneless country ribs. It turned out wonderful!" | "I discovered this recipe last summer and I have made baby backs with this recipe about 6 or 7 times already! They always come out great. Sometimes and I'll tweak the amount of garlic or bbq sauce to ketchup ratio to get a different variation. You can't go wrong!"**

Packed in sauce. 8 half slabs.

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[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)  
**Robbie's Kitchen**  
[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

## Beef & Barley Stroganoff

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Submitted By : **Mary Kolling**

Serves : **4**

Prep. Time : **1:25**

**1 Tbls. olive oil**  
**1 lb. stewing beef - cubed**  
**1/2 cup chopped onion**  
**1 clove garlic - minced**  
**1 tsp. paprika**  
**1 tsp. salt**  
**1/4 tsp. black pepper**  
**2 1/2 cups beef broth - low-fat okay**  
**2 cups sliced fresh mushrooms**  
**1/2 cup barley**  
**2 Tbls. ketchup**  
**1/2 cup sour cream - low-fat okay**

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- Brown beef in oil in large saucepan.
- Stir in onion, garlic, paprika, salt, and pepper and cook for 3 minutes.
- Stir in broth, mushrooms, barley, and ketchup.
- Cover and simmer over low heat for 1 hour.
- Remove from heat and stir in sour cream.

Notes : Serve over cooked and buttered egg noodles.

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[Appetizers & Snacks](#)  
[Pasta Dishes](#)  
[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
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## Robbie's Kitchen

[Household Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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[Printer-Friendly  
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# Beef & Onion Pie

**Submitted By : Sandra Wagner**

**Serves : 6-8**

**Prep. Time : 0:45**

**1 Lb. ground beef**  
**2 packets French onion soup mix**  
**1 cup warm water**  
**12 slices American cheese OR Velveeta®**  
**2 cans refrigerated biscuits**

**-Brown beef in a skillet; drain; return to heat.**  
**-Stir in onion soup mix until beef is coated; stir in water; bring to a boil, stirring occasionally.**  
**-Spread beef mixture in a 13" X 9" X 2" baking pan.**  
**-Lay cheese slices over beef.**  
**-Lay uncooked biscuits in a single layer over cheese.**  
**-Bake in a 350 degree oven for 12-16 minutes, until biscuits are golden.**

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[Pasta Dishes](#)  
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[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
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## Robbie's Kitchen

[Household Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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## Pet Health

## Search This Site

[Printer-Friendly  
Page](#)

[E-Mail Recipe  
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# Beef Fajita Salad

**Serves : 6**

**Prep. Time : 4:30**

**1 tsp. ground cumin**

**1 dash hot sauce**

**1 cup Italian salad dressing**

**1/2 Lb. flank steak - cut in strips**

**1/2 cup corn kernels**

**1/2 cup cooked kidney beans**

**1/2 cup sliced red onion**

**1/2 cup shredded cheddar cheese - low fat okay**

**1 med. tomato - chopped**

**7 cups salad greens**

**2 cups crushed corn chips**

**-Combine the cumin, hot sauce, and Italian dressing in a small bowl and mix well.**

**-Reserve 1/2 cup of the dressing.**

**-In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.**

**-In a hot skillet, fry the beef and cook until done.**

**-Allow the beef to cool.**

**-In a medium bowl combine the beef with the corn, beans, onions, and 1/2 cup of the dressing.**

**-Refrigerate for several hours before serving.**

**-To serve, toss the beef and vegetable mixture with the salad greens, tomatoes, and cheese.**

**-Add extra dressing if necessary and top with the crushed tortilla chips.**

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**Seafood & Fish**

**Salads & Dressings**

**Soup, Chili & Chowder**

**Side Dishes**

**Fruits & Vegetables**

**Pizza Related Recipes**

**Condiments**

**Beverages**

**Breakfast Foods**

**Pet Treat Recipes**

**Bath & Beauty Recipes**

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**Household Tips & Tricks**

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# Chicken & Turkey

**Asian Chicken Salad like Applebee's®** - The dressing is fat free, so feel free to overindulge!

**Bag O BBQ Ramen** - An old friend of mine learned how to make this in prison. Great for college students, bachelors, and anyone on a tight budget.

**Baked Chicken Breast With Fresh Basil** - Simple and low fat.

**Baked Chicken Chimichangas like Chi-Chi's®** - Spiced chicken and refried beans in a crisp shell.

**Barbecue Chicken Pizza** - Chicken, barbeque sauce and smoked Gouda cheese are among the toppings that will give your pizza a change of pace.

**Barbecued Orange Chicken** - Sweet glazed, grilled chicken.

**Beer Butt Chicken** - Beer and chicken on the grill - how much more manly can you get? A can of beer, literally stuffed up the chicken's rear, makes it tender, juicy, and full of flavor.

**Buffalo Chicken Soup** - We tasted this cheesy, spicy chicken soup at a local restaurant and just had to try to recreate it at home. We got it first try! It's so easy and delicious, I'm sure it'll become a favorite at your house, too.

**Buffalo Chicken Strips** - Tangy strips of chicken with a creamy sauce. Low fat!

**Buffalo Wings like Hooter's®** - Just like the restaurants', hot and crispy.

**Cajun Blackening Spice** - Use to coat chicken or fish.

**Cajun Jambalaya Pasta like The Cheesecake Factory's®** - Shrimp and chicken sauteed with onions, tomato, and peppers in a very spicy Cajun sauce. All on top of fresh linguini.

**Cajun Style Pasta** - Garlic shrimp and chicken in a creamy Cajun sauce with vegetables. Low fat!

**Carolina BBQ Rub** - Use as a dry rub on beef, chicken, lamb or pork.

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[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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**Cheese Chicken Tortilla Soup like Applebee's®** - Spicy soup with chicken, cheese, and vegetables is topped with crispy tortilla strips.

**Chicken & Rice Bake** - One-dish dinner is easy and tasteful.

**Chicken Breasts With Sun-Dried Tomatoes** - Very low in fat and calories, this chicken in sauce with pasta will become a favorite fast meal.

**Chicken Bryan like Carrabba's®** - Grilled chicken breast topped with caprino cheese and sun-dried tomato, basil, and lemon butter sauce.

**Chicken Curry** - Aromatic Indian chicken dish is a sure way to please.

**Chicken Francese like Sbarro's®** - Fast and tasty Italian meal.

**Chicken in Soothing Lettuce Wraps like P.F. Chang's®** - After I saw numerous requests for this on message boards, I had to see what the fuss was all about.

**Chicken Kebabs** - This low-fat Turkish meal is rarely served the way it should be in the U.S. Try this version for a more authentic meal.

**Chicken McNuggets like McDonald's®** - Dip in barbeque, sweet-and-sour, or honey mustard sauce.

**Chicken Pasta Salad** - Marinated grilled chicken with flavorful pasta tossed with a variety of vegetables and ranch dressing.

**Chicken Pot Pie** - Classic savory meat pie with plenty of vegetables and a delicious sauce. The left-overs are almost better than the first time around!

**Chicken Quesadillas like Ruby Tuesday's®** - Marinated chicken, cheese and all the toppings between two flour tortillas.

**Chicken Soup** - There's nothing better than homemade chicken soup! Make with rice or noodles.

**Chicken Stuffed Shells** - Simple, cheap, and easy meal.

**Chutney Chicken Salad** - Use as a sandwich filling or serve on top of a bed of greens. Low fat!



**Cinnamon Honey Wings** - Marinaded, grilled, and slightly sweet.

**Cornish Hen Dinner For Two** - When dining alone or in a pair for the Holidays, a traditional meal can be overabundant and overwhelming. Try this one-dish traditional dinner instead. As an added note, when I was single, I could hook a guy in seconds with this meal. It's easy, but he doesn't know it. That's how I got my husband! And I had to prepare it in a toaster oven in a dorm!

**Curry Chicken** - This is a simplified, fast version of the recipe, but none of the wonderful flavor and aroma are lost. Serve with naan bread if you can find it.

**Étouffée like Joe's Crab Shack's®** - Spicy Cajun dish made with your choice of crawfish, chicken, or shrimp, and served over rice pilaf.

**Fajitas like Chili's®** - Make with chicken or beef, this is my favorite recipe.

**Fettuccini with Chicken and Sun-Dried Tomatoes like The Cheesecake Factory's®** - The only thing missing from the recipe's title is the garlic Parmesan cream sauce that brings together this easy meal.

**Fried Rice** - Choose from a variety of meats and vegetables, or just make it plain!

**Garlic Chicken With Bow-Tie Pasta** - Low in fat and very fast.

**General Tso's Chicken** - Broccoli is a perfect accompaniment to this spicy Oriental dish.

**Greek Burgers** - Turkey and feta patties topped with a creamy garlic and mint sauce. Low fat!

**Greek Chicken** - Bone-in chicken breasts in a spiced tomato sauce. Serve over rice. Low fat!

**Grilled Caribbean Chicken Salad** - Simple salad topped with marinated chicken, pico de gallo, a sweet dressing, and crumbled tortilla chips. Low fat!

**Grilled Key Lime Chicken** - Zesty marinated chicken breasts grilled to perfection.

**Holiday Turkey** - Traditional roasted turkey for the holidays filled with a fruit and spice stuffing.

**Homemade Chicken Noodle Soup** - Baked chicken in a quick chunky soup.

**Honey BBQ Wings like KFC's®** - Breaded and fried wings with a sweet barbeque sauce to coat.

**Jack Daniel's® Grill Glaze like T.G.I. Friday's®** - Brush over your favorite meat and grill!

**Jambalaya** - A Creole dish with chicken, pork, sausage, and rice and seasoned with spices and herbs.

**Jerusalem Chicken** - This easy and flavorful dish is a breeze to prepare. I like to serve it over linguini noodles.

**Kung Pao Chicken** - A spicy Szechuan dish made with diced chicken, peanuts and chili peppers.

**Left Over Turkey Almondine** - Here is a great way to fix up that left over turkey from the holidays.

**Mandarin Chicken Salad like Wendy's®** - Grilled chicken, oranges, almonds, and rice noodles topped with a flavorful Asian sesame dressing.

**Motor Oil Chicken** - Tastes just like the succulent grilled chicken sold at county fairs here in Ohio.

**Orange Soy Chicken** - Orange soda marinade tenderizes and creates a unique flavor.

**Pollo Rosa Maria like Carrabba's®** - Grilled chicken breast stuffed with fontina cheese, prosciutto ham, and topped with mushroom basil butter sauce.

**Quick Chinese Noodle Stir-Fry** - Basic Oriental stir-fry with plenty of vegetables, meat, and noodles boasts a colorful presentation and a taste that you can't resist.

**Roast Chicken Provencal** - A wonderful roast chicken recipe with a light lemon herb flavor.

**Santa Fe Stuffed Chicken like Applebee's®** - Flattened chicken breasts rolled with cheese, breaded, baked, then topped with a cheesy sauce and peppers.

**Seasoned Baked Chicken** - Simple recipe for great baked chicken.

**Shake'N'Bake like Kraft's®** - Make at home with ingredients you probably have on hand for tasty, tender chicken.

**Skillet Cordon Bleu** - Quick and easy mock Cordon Bleu is great served over egg noodles.

**Stuffed Chicken Fillo with Fettucini Carbonara** - Ham and cheese stuffed chicken breasts, rolled in buttery layers of Fillo dough, baked, and served over fettucini and topped with a creamy mushroom sauce.

**Stuffed Chicken With Louisiana Crawfish Sauce** - Chicken breasts spread with seafood filling, rolled up, and baked. Serve over pasta and top with the creamy Cajun seafood sauce.

**Stuffed Peppers Casserole** - Easier than stuffing the peppers, this layered casserole has all the same ingredients and the flavors blend together in a delightful way.

**Sweet'N'Sour Chicken** - Deep fried chicken pieces with vegetables and a sweet, yet sour sauce.

**Tabasco's® Smokin' Wings** - Spicy grilled wings will have them coming back for more!

**Tequila Lime Chicken like Applebee's® (now called Fiesta Lime Chicken)** - Grilled, marinated chicken breasts smothered in a mexi-ranch dressing and cheese, served over a bed of crunchy tortilla strips.

**Turkey Macaroni Salad** - Light when low-fat ingredients are used.

**White Chili** - Slightly spicy white chili with beans and chicken.

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**This web site is purely non-profit; it is a hobby for me. However, the time and money involved makes this hobby an expensive one. I, alone, spend on average 4-6 hours a day ensuring the recipes are of the highest quality and the web site is maintained and available at all times. If you have benefitted from this site and find it enjoyable, any donation amount, from 5¢ to \$50, would help keep the site up and running. Thanks and enjoy the site!**



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Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Asian Chicken Salad Dressing like Applebee's®

Serves : 8

Prep. Time : 0:30

4 cups water  
1 cup granulated sugar  
1/3 cup dry pectin  
2 Tbls. white vinegar  
2 tsp. salt  
1 tsp. soy sauce  
1/2 tsp. black pepper  
1/2 tsp. garlic powder  
1/2 tsp. paprika

-Bring all ingredients to a rolling boil over medium heat, stirring constantly.

-Remove from heat, cool, cover, and refrigerate up to 6 weeks.

**NOTES :** Serve this fat-free dressing over a salad of romaine and iceberg lettuce, red and green cabbage, and shredded carrot. Garnish with minced green onions and chow mein noodles. Top with chicken breasts marinated in teriyaki sauce, grilled, and sliced.

**(2) VISITOR COMMENTS :** This sounds wonderful, but is there such a critter as lowfat chinese noodles, the crispy ones?

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**Thanks, I like your website." | "The salad is fantastic, but don't forget the almond slices."**

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[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
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[Recipe Message Board](#)

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[Household Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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Page](#)

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To A Friend](#)

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## Baked Basil Chicken

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**Serves : 4**

**Prep. Time : 0:45**

**1 lb. boned, skinned chicken breasts**  
**1/3 cup low-fat plain yogurt**  
**1/4 cup chopped fresh basil**  
**1 tsp. cornstarch**  
**1/2 cup dry bread crumbs**  
**1 Tbls. grated Parmesan cheese**

- Arrange chicken in single layer in baking dish.
- Combine yogurt, basil, and cornstarch. Mix well and spread over chicken.
- Combine bread crumbs with Parmesan and sprinkle over chicken.
- Bake chicken in 375 degree oven for 30 minutes, or until cooked through.

**NOTES : Low Fat!**

**(2) VISITOR COMMENTS :** "I made the basil chicken. It was totally delicious. Thanks for sharing your recipe." | "Hi Robbie- I tried this recipe out and my family loved it! My husband

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requested that I put into our rotation! Thanks!"



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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Pet Health

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Printer-Friendly  
Page

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To A Friend

View Recipe's  
Comments

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# Barbeque Chicken Pizza

Serves : 8

Prep. Time : 1:30

5 oz. boned, skinned chicken breasts - cut into 3/4" cubes  
1 1/2 tsp. olive oil  
1 Tbls. barbecue sauce  
1/2 recipe thin crust dough  
cornmeal - for coating  
1/4 cup barbecue sauce  
1 Tbls. shredded smoked gouda cheese  
1/2 cup shredded mozzarella cheese  
1/8 sm. red onion - sliced 1/8" thick  
1 Tbls. chopped fresh cilantro

- In a large frying pan, cook the chicken in olive oil over medium-high heat just until cooked, 5-6 minutes. Do not overcook.
- Set aside in the refrigerator until chilled through.
- Once chilled, coat the chicken with barbecue sauce; set aside in the refrigerator.
- Place a pizza stone in the center of the oven and preheat to 500 degrees for one hour before cooking pizzas.
- Use a large spoon to spread barbecue sauce evenly over the surface of the prepared dough within the rim.
- Sprinkle gouda cheese over the sauce. Cover with 1/4 cup shredded mozzarella.
- Distribute the chicken pieces evenly over the cheese.
- Place the pieces of red onion over the surface.
- Sprinkle an additional 1/4 cup mozzarella over the top of the pizza.
- Transfer the pizza to the oven; bake until the crust is crisp and golden and the cheese at the center is bubbly, 8-10 minutes.
- Sprinkle cilantro over the hot surface. Slice and serve.

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**(1) VISITOR COMMENT : "We have made this one many times, it's a great way to impress company!!!! This is absolutely delicious, especially when we fry the chicken in our pesto/garlic olive oil!!!"**

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Printer-Friendly  
Page

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To A Friend

View Recipe's  
Comments

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Barbecued Orange Chicken

Serves : 6

Prep. Time : 0:45

1/4 cup vegetable oil  
1/4 cup orange juice, frozen concentrate  
1/2 cup white wine vinegar  
1/4 cup tomato paste  
1 orange - zest of  
2 1/2 Lbs. chicken pieces

-In medium bowl, mix together first 5 ingredients until smooth.  
-Place chicken on grill away from center heat, skin side down.  
Cook 15 minutes.  
-Turn chicken and grill for 10 additional minutes.  
-Brush chicken pieces with sauce and turn occasionally; cooking for additional 10 minutes.

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[Pasta Dishes](#)  
[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)

## Robbie's Kitchen

[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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## Pet Health

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[Printer-Friendly  
Page](#)

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# Beer Butt Chicken

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**Recipe Created By : Robbie**

**Prep. Time : 3:30**

**Serves : 4**

**12 oz. can beer - cup off top with a can opener, 3/4 full**

**4 cloves garlic - crushed**

**melted real butter OR olive oil - for brushing**

**1 whole chicken**

**Carolina BBQ Rub - as needed**

**-Place garlic in beer can; brush beer can with butter or oil; set aside.**

**-Brush chicken with butter or oil, then coat with Carolina BBQ Rub; slide chicken over beer can so the can is inside the bird.**

**-Place a square of aluminum foil on the grates of a grill on a low heat setting.**

**-Place the chicken, with beer can upright, on aluminum foil.**

**-Close cover on grill and cook until meat is no longer pink and juices run clear.**

**(0) VISITOR COMMENTS**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

[Printer-Friendly  
Page](#)

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# Buffalo Chicken Soup

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**Recipe Created By : Robbie & Mike Rice**

**Prep. Time : 0:25**

**Serves : 4**

**1 sm. onion - chopped**  
**2 stalks celery - chopped**  
**1/4 cup butter OR margarine**  
**1/4 cup all-purpose flour**  
**3/4 cup milk**  
**3/4 cup chicken broth**  
**2 cups diced, cooked chicken**  
**1/4 - 1/2 cup buffalo wing sauce**  
**4 oz. processed cheese food - diced**  
**1/2 tsp. cayenne pepper**  
**1/2 tsp. celery salt**  
**1/2 tsp. garlic salt**

**-Sauté the onions and celery in butter until tender.**  
**-Stir in flour until smooth; slowly stir in milk and broth.**  
**-Stir in remaining ingredients and simmer, stirring occasionally, until cheese has melted.**

**Notes : We serve this with celery sticks and ranch or bleu cheese dressing on the side.**

## (0) VISITOR COMMENTS

Soup crocks keeps soup at the proper warm temperature up to the moment it's served and throughout the meal! Lid retains heat and robust flavor. Hearty 16 oz. bowls serve stew, spicy chili and French onion soup. Vented handles cool quickly for easy serving. Set of 4 glazed ceramic crocks is microwave and dishwasher safe.

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[Printer-Friendly  
Page](#)

[E-Mail Recipe  
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[View Recipe's  
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[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalentents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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# Cajun Blackening Spice

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**Prep. Time : 0:05**

**Yield : 1/4 cup**

**5 tsp. paprika**

**1 tsp. dried oregano**

**1 tsp. dried thyme**

**1 tsp. cayenne pepper**

**1/2 tsp. black pepper**

**1/2 tsp. white pepper**

**1/2 tsp. garlic powder**

**-Combine and store in an air-tight container.**

**Notes : Sprinkle over meats and seafood before grilling or pan frying for an authentic Cajun taste.**

**(2) VISITOR COMMENTS : "EXCELLENT RECIPE! LIKE THIS ONE AS MUCH AS EMERIL'S CAJUN ESSENCE! THANKS SO MUCH." | "I USE THE BLACKENING SPICE ON ORANGE ROUGHY ON THE FOREMAN GRILL. I BRUSH FISH WITH MELTED BUTTER FIRST BEFORE APPLYING SPICE. I HAVE DONE THIS WITH BOTH FROZEN AND DEFROSTED FISH FILETS. EASY QUICK AND WONDERFUL!"**

In the words of Emeril "To prepare great food you gotta have great cookware and I know you ll kick your cooking up a notch with mine. For great gumbo, fine sauces, veggies or rack of lamb there's only one cookware that makes me say BAM!" Set contains: 8" Fry Pan, 10" Fry Pan, 2 1/2 Qt. Covered Sauce Pan, 3 1/2 Qt. Covered Casserole, 3 Qt. Covered Sauté Pan, 6 Qt. Covered Stock Pot. 5mm thick hard anodized aluminum for superior heat conductivity. Exclusive

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triple non-stick interior coating for unsurpassed durability and easy cleaning. Scratch-resistant and easy-to-clean polished anodized aluminum surface and 18/10 stainless steel lids. Ergonomically designed cast stainless steel stay-cool riveted handles.

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[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

## Robbie's Photo Album

[Pet Health](#)

[Search This Site](#)

[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

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## Carolina BBQ Rub

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**Prep. Time : 0:05**

**Yield : 1 cup**

**1/4 cup paprika**

**2 Tbls. salt**

**2 Tbls. granulated sugar**

**2 Tbls. packed brown sugar**

**2 Tbls. ground cumin**

**2 Tbls. chili powder**

**2 Tbls. black pepper**

**1 Tbls. cayenne pepper**

**-Combine and store in an air-tight container.**

**Notes : Use as a dry rub on beef, chicken, lamb or pork.**

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A Barbecue Bible Cookbook

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**Meats**

**Chicken & Turkey**

**Seafood & Fish**

**Salads & Dressings**

**Soup, Chili & Chowder**

**Side Dishes**

**Fruits & Vegetables**

**Pizza Related Recipes**

**Condiments**

**Beverages**

**Breakfast Foods**

**Pet Treat Recipes**

**Bath & Beauty Recipes**

**Submit Your Recipe**

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## Robbie's Kitchen

**Household Tips & Tricks**

**Cooking Tips**

**Cleaning Tips**

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**Home Remedies**

**Pet Home Remedies**

**Message Board**

# Seafood & Fish

**Angel Hair, Garlic Shrimp, and Broccoli** - This makes the best cream sauce and it's relatively low in fat. This quick meal is a sure way to impress guests without the hassle.

**Asparagus & Shrimp Stir-Fry** - Low-fat and fast, this easy stir-fry has an authentic Oriental flavor.

**Barbequed Bacon-Wrapped Shrimp** - A simple and tasty idea to turn shrimp into a delectable dish.

**Bass With Avocado Sauce** - Breaded baked bass topped with a creamy avocado sauce.

**Blackened Salmon** - Cooking in a cast iron skillet is best.

**Blue Crab Dip like Joe's Crab Shack's®** - Hot, creamy dip with crab, onions, peppers, and parmesan.

**Broiled Salmon with Dill** - Basic, fast, and easy, this recipe uses just the right spices to enhance the flavor of your salmon steaks.

**Brushetta like Red Lobster's®** - Shrimp, peppers, and onion melted into cheese atop French bread slices.

**Cajun Jambalaya Pasta like The Cheesecake Factory's®** - Shrimp and chicken sauteed with onions, tomato, and peppers in a very spicy Cajun sauce. All on top of fresh linguini.

**Cajun Style Pasta** - Garlic shrimp and chicken in a creamy Cajun sauce with vegetables. Low fat!

**Clam Chowder like Red Lobster's®** - Creamy New England Clam Chowder is low fat and freezes well for later use.

**Coconut Shrimp with Pina Colada Sauce like Red Lobster's®** - Shrimp coated in a coconut batter and coconut flakes, served with a sweet coconut and pineapple sauce.

**Cocktail Sauce** - Serve with your favorite seafood.

**Cod Grilled in Foil** - This easy clean-up recipe makes succulent cod with onions, butter, and spices.

**Cozze in Bianco like Carrabba's®** - Mussels sauteed in white wine, olive oil, onion, garlic, lemon and basil.

**Fancy Napkin Folds**

**Ingredient Substitutions**

**Measurement Equivalents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

**Candy Temperatures**

**Robbie's Photo Album**

**Pet Health**

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**Crab Alfredo** - Creamy Alfredo sauce over pasta topped with crab meat.

**Crab Au Gratin** - Au gratin is a classic dish that is loved by all. Use a wonderful sweet sherry, a sharp cheddar cheese, and your favorite crab meat.

**Crab Cakes** - Seasoned patties of succulent crab meat.

**Crab Cakes like Joe's Crab Shack's®** - Serve by themselves or on a sandwich!

**Crab Fritters with Lemon Mayonnaise** - Confidently, the best crab fritters that will ever reach your pallet.

**Crab Rangoon** - Creamy crab filling in a crispy fried wonton wrapper.

**Crab Rangoon like Cavanaugh Inn's®** - Serve with sweet'n'sour or soy sauce for dippin'.

**Crawdada Gumbo** - I've never had real creole food, but this seems to be pretty authentic.

**Creamed Tuna** - Very easy, very tasty; you probably have the ingredients in your cabinet now.

**Crispy Baked Fish** - Ready in 25 minutes, this works well with all white fish.

**Étouffée like Joe's Crab Shack's®** - Spicy Cajun dish made with your choice of crawfish, chicken, or shrimp, and served over rice pilaf.

**Fried Rice** - Choose from a variety of meats and vegetables, or just make it plain!

**Fried Shrimp like Sizzler's®** - Succulent and crisp, serve with cocktail sauce.

**Gemelli With Baby Shrimp & Sweet Peas** - Pasta, shrimp, and peas in a delectable cream sauce. Fast!

**Grilled Halibut with Oriental Sauce** - Marinaded and grilled. Low fat!

**Grilled Marinated Shrimp** - This makes the best shrimp! Remove from skewers and serve on a bed of pasta with sauce for a great meal.

**Haddock with Mayonnaise Sauce** - Quick and easy recipe works well with all white fish fillets.

**Harvest Bay Mahi Mahi like Joe's Crab Shack's®** - Grilled fish with a creamy sauce that makes for a perfect accompaniment.

**Hushpuppies** - Deep fried balls of cornbread and seasoning make a great side dish for any seafood platter.

**Jack Daniel's® Grill Glaze like T.G.I. Friday's®** - Brush over your favorite meat and grill!

**Lobster Fondue like Red Lobster's®** - Made with lobster tail or crawfish meat, this cheesy bread dip is sure to be a party pleaser.

**Lumpia** - Filipino egg rolls stuffed with stir-fried vegetables, shrimp, and spices.

**Mussels Marinara like Red Lobster's®** - Fresh herbs and red wine in addition to mussels make this tomato-based pasta sauce a treat.

**Old Bay® Seasoning** - The all time classic Maryland spice no kitchen is complete without.

**Oyster Soup** - Quick and simple. Serve hot with cheddar biscuits.

**Poor Man's Lobster** - This is a wonderful recipe if you enjoy lobster, but your pocketbook doesn't.

**Scallops Sautéed in Garlic and Tomatoes** - Quick and easy, but full of flavor.

**Seafood Au Gratin** - Crab, shrimp, scallops, and flounder in a creamy, buttery sauce, baked into a one-dish wonder-ful meal.

**Seafood Chili** - Savory chili with the unusual addition of shrimp, fish, and scallops.

**Seafood Pizza** - Crab, shrimp, and white cheddar are amongst the toppings on this original pizza.

**Seafood Salad like Golden Corral's®** - Can be served either as a salad, on lettuce, or on split croissants.

**Seafood Stuffing like Joe's Crab Shack's®** - Fish, shrimp, and crab in a succulent stuffing that is the base for many of Joe's favorite recipes (also on this site).

**Seafood Surprise** - 4 types of seafood baked in a special sauce.

**Shrimp Diablo like Red Lobster's®** - Barbecue flavor, but baked.

**Shrimp Scampi** - Shrimp baked in butter, white wine, and garlic. Very quick and simple!

**Shrimp Thermidor** - Shrimp and vegetables in a creamy, cheesy sauce. Fast!

**Stuffed Chicken With Louisiana Crawfish Sauce** - Chicken breasts spread with seafood filling, rolled up, and baked. Serve over pasta and top with the creamy Cajun seafood sauce.

**Stuffed Mushrooms** - This tasty appetizer, made with clam, can be made in advance, then reheated right before time to serve.

**Stuffed Mushrooms like Joe's Crab Shack's®** - Mushroom caps filled with seafood stuffing, topped with alfredo sauce, broiled, and served with garlic toast.

**Stuffed Shrimp Enbrochette like Joe's Crab Shack's®** - Stuffed shrimp with a slice of jalapeno and Monterey Jack cheese, wrapped in bacon, then grilled.

**Szechwan Oriental Shrimp** - Sweet Szechwan sauce and fresh vegetables with shrimp over rice.

**Tartar Sauce like McDonald's®** - Tangy sauce for your fish.

**Tartar Sauce like Red Lobster's®** - Unique recipe with shredded carrots.

**Thai Pizza** - Original Oriental sauce topped with shrimp, onions, bean sprouts, and cheese.

**Tuna Broccoli Bake** - Simple, hearty one-dish meal.

**Tuna Noodle Combo** - Creamy tuna casserole with crunchy topping.

**Tuna, Noodle & Cheese Casserole** - Easy, cheesy, tasty!

**Won Ton Soup** - May take a bit of time, but this makes a delicious soup! Can be frozen for later use.

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This web site is purely non-profit; it is a hobby for me. However, the time and money involved makes this hobby an expensive one. I, alone, spend on average 4-6 hours a day ensuring the recipes are of the highest quality and the web site is maintained and available at all times. If you have benefitted from this site and find it enjoyable, any donation amount, from 5¢ to \$50, would help keep the site up and running. Thanks and enjoy the site!

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Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Asparagus & Shrimp Stir-Fry

Included in my new cookbook! [Click Here](#) to get your copy!

Recipe Created By : Robbie

Prep. Time : 0:20

Serves : 2-4

2 cups water

1 bunch asparagus - ends trimmed, cut in 1" pieces

2 Tbls. sesame oil

1 clove garlic - minced

1 tsp. chopped fresh ginger

1 lb. raw jumbo shrimp - peeled, deveined, tails removed

2 Tbls. soy sauce

1 tsp. granulated sugar

1 tsp. dry sherry

salt and white pepper - to taste

-Bring water to a boil; add asparagus and boil for 3 minutes; drain and set aside.

-In a wok, sauté ginger and garlic in oil for 1 minute.

-Stir in shrimp and stir-fry for 3 minutes.

-Stir in asparagus, soy sauce, sugar, sherry, salt, and pepper and stir-fry for 2 minutes, or until shrimp is pink.

## (0) VISITOR COMMENTS

These plump shrimp are perfect for grilling, shrimp cocktails, and other favorites like butterfly shrimp, shrimp scampi or shrimp de Jonghe. For your convenience, our shrimp comes peeled, deveined, and with the tails off.

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Page

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View Recipe's  
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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Houshold Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Barbequed Bacon-Wrapped Shrimp

Submitted By : Jon Lester

Serves : 4

Prep. Time : 0:30

1 lb. jumbo shrimp - peeled, deveined  
1/2 lb. thin-sliced bacon  
barbeque sauce - as needed  
1/4 cup shredded cheddar cheese

- Wrap each shrimp in slice of bacon and thread onto skewers.
- Brush with barbeque sauce.
- Grill over a high flame or pan-fry in a hot skillet until bacon is crisp.
- Just before cooking is complete, sprinkle shrimp with cheese and allow to melt.

(1) VISITOR COMMENT : "These were quick and easy to make, and they tasted delicious!"

Just load the 13" skewers with your favorite goodies; then lock the handle and grill as desired.

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

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To A Friend

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## Bass with Avocado Sauce

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Serves : 2

Prep. Time : 0:25

1 sm. ripe avocado - peeled, pitted, coarsely chopped  
1/4 cup skim milk  
1 Tbls. lime juice  
1 clove garlic - minced  
1 dash hot sauce  
2 Tbls. lemon juice  
1 Tbls. soy sauce  
1 tsp. grated lemon rind  
1 tsp. Dijon mustard  
1/3 cup dry breadcrumbs  
1 lb. bass fillets

-Puree avocado, milk, lime juice, garlic, and hot sauce in a blender until smooth; set aside.

-Combine lemon juice, soy sauce, lemon rind, and mustard in a bowl; set aside.

-Place crumbs in a shallow dish; set aside.

-Dip fillets in lemon juice mixture and coat in bread crumbs.

-Place fillets on a baking sheet coated with non-stick cooking spray.

-Bake in a 450 degree oven for 7 minutes, turn fillets over, and bake an additional 7 minutes, or until the fish flakes easily with a fork.

-Transfer fillets to a serving platter and top with avocado sauce.

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

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Comments

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## Blackened Salmon

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 6

Prep. Time : 0:45

(6) 1/2" thick salmon fillets - skinned

1 cup butter

1/2 cup fresh lemon juice

1 Tbls. dried thyme

2 tsp. black pepper

1 1/2 tsp. cayenne pepper

1 tsp. salt

6 lemon wedges - for garnish

6 parsley sprigs - for garnish

- Trim off the thin edges of fillets, as these would burn.
- Pat fillets dry and refrigerate until ready to cook.
- Melt butter in a large, heavy frying pan (preferably cast-iron) over medium heat.
- Remove pan from heat; stir in lemon juice, thyme, peppers, and salt; pour mixture into a shallow dish and cool until lukewarm.
- Heat the skillet over high heat until it starts to smoke.
- Coat 1 fish fillet in butter mixture.
- Place fish in hot skillet. Fish will sear and cook almost immediately. Turn fillet over and blacken other side.
- Repeat with remaining fillets, discarding pan drippings after each fillet.
- As fillets are cooked, remove from heat and keep warm.
- When all fillets have been cooked, wipe skillet clean and return to heat.
- Pour left-over butter mixture into pan and swirl skillet 5 or 6 times to blacken butter.

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**-Drizzle butter over each fillet, garnish with lemon and parsley, and serve hot.**

**(1) VISITOR COMMENT : "First, it is great to be able to get your recipe for blackened salmon. Had in restaurant and now want to try it myself at home. Understandably, a cast iron skillet would be best. However, can a reguaer stainless steel frying pan be used? You got it right. I am not a chef. I will get a cast iron frying pan if that is really the best. Thanks so much for the recipe."**

Handmade by master craftsmen in Solingen, Germany. After hand-forging, the blades are ice-hardened, and finally hand-ground to provide a razor-sharp edge. High-carbon stainless steel. 12 inches

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

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To A Friend

View Recipe's  
Comments

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## Broiled Salmon with Dill

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 2-4

Prep. Time : 0:20

1/2 cup melted butter  
1/2 lemon - juice of  
1 Tbls. chopped fresh dill  
1 tsp. salt  
1/8 tsp. cayenne pepper  
(2-4) 1" thick salmon steaks

-Combine melted butter, lemon juice, dill, salt, and cayenne in small bowl.

-Place fish on a broiler pan coated with non-stick cooking spray and brush with 1/2 the butter mixture.

-Broil for 8 minutes with oven door cracked open.

-Turn oven to 400 degrees, close oven door, and bake for 8 minutes.

-Brush with remaining butter mixture and serve.

**(1) VISITOR COMMENT :** "Fantastic and easy recipe! As a stay-at-home dad, my family thinks I'm a chef now!"

Firm, flaky salmon, folded with a piquant blend of lemon juice, paprika and capers. Flash-frozen to retain flavor and quality. We include pre-measured dill and spices that quickly mix into a tasty sauce. Ten 4-ounce cakes.

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[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

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[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

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[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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## Pet Health

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[Printer-Friendly  
Page](#)

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# Clam Chowder like Red Lobster's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 6

Prep. Time : 1:00

1 qt. clam juice  
1 cup non-fat dry milk powder  
1 3/4 cups chicken broth - low-fat okay  
2/3 cup all-purpose flour  
2 stalks celery - chopped fine  
1 Tbsp. minced dry onion  
10 oz. can clams - drained  
1 pinch parsley flakes  
2 med. baked potatoes - peeled, crumbled  
salt and pepper - to taste

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

NOTES : Freezes well after cooking. Low fat!

(1) VISITOR COMMENT : "I made this into a seafood chowder with canned shrimp and some leftover imitation crab meat and canned clams and it came out awesome!!"

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Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

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## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

## Robbie's Photo Album

## Pet Health

## Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

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# Coconut Shrimp with Pina Colada Sauce

like Red Lobster's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 4

Prep. Time : 0:35

- 1 1/2 cup corn starch - divided
- 2 cups plain bread crumbs
- 2 cups sweetened coconut flakes
- 1 1/2 cup piña colada drink mix - divided
- 2 Tbls. powdered sugar
- 1/3 cup Captain Morgan® Spiced Rum
- 1 lb. raw jumbo shrimp - peeled, deveined, butterflied
- 1/3 cup sour cream
- 1/3 cup canned crushed pineapple - drained

-Place 1 cup corn starch in a bowl; set aside.

-Combine bread crumbs, 1/2 cup cornstarch, and coconut flakes in a separate bowl; set aside.

-Combine 1 cup piña colada drink mix, powdered sugar, and rum in a separate bowl; set aside.

-Coat shrimp in cornstarch, then dip in piña colada mixture, then in coconut mixture, back into piña colada mixture, and back into coconut mixture.

-Carefully drop each coated shrimp into 375 degree oil, fry until golden brown, and drain on brown paper bags.

-To make sauce, combine 1/2 cup piña colada drink mix, sour cream, and pineapple.

-Dip fried shrimp in sauce.

(3) VISITOR COMMENTS : "I have tryed the Coconut Shrimp

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**at Red Lobster and now have made it from your recipe. I must say, I could not tell the difference. Keep up the good work." | "This recipe is wonderful. I made it the other night and felt like I was eating at Red Lobster. The only difference was that at Red Lobster, there isn't any clean up. There were a lot of prep dishes but the result was well worth it. Have made several of your copy cat recipes and each one was great and like the original." | "Very close to the restaurant version, I was pleased with the results."**

Creating Kitchen Clones from America's Favorite Restaurant Chains

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[Copycat Recipes](#)

[Appetizers & Snacks](#)

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[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

[Household Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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[Pet Health](#)

[Search This Site](#)

[Printer-Friendly  
Page](#)

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## Cocktail Sauce

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**Prep. Time : 0:05**

**Yield : 1 1/8 cup**

**1 cup ketchup**

**2 Tbls. grated horseradish**

**1 tsp. lemon juice**

**-Combine all ingredients in a sealable container.**

**-Cover and keep refrigerated.**

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### **(0) VISITOR COMMENTS**

These plump shrimp are perfect for grilling, shrimp cocktails, and other favorites like butterfly shrimp, shrimp scampi or shrimp de Jonghe. For your convenience, our shrimp comes peeled, deveined, and with the tails off.

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- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
- Recipe Message Board
- Robbie's Kitchen**
- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

Printer-Friendly  
Page

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To A Friend

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## Cod Grilled in Foil

Included in my new cookbook! [Click Here to get your copy!](#)

Serves : 4

Prep. Time : 0:35

- 1 lb. cod fillets
- 2 Tbls. butter
- 1/4 cup lemon juice
- 1 Tbls. chopped fresh parsley
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. paprika
- 1 med. onion - thinly sliced

- Cut heavy aluminum foil into 4 large squares.
- Place equal portions of fish fillets on each piece of foil.
- Melt butter, then stir in lemon juice, parsley, salt, and pepper.
- Pour butter mixture over fish, sprinkle with paprika, top with onion slices.
- Fold the foil around the fish and seal.
- Grill for 5-7 minutes per side. Fish should flake easily when done.

**NOTES : Low Fat!**

**(1) VISITOR COMMENT :** "Great recipe! I subbed fresh rosemary for paprika, used red onions. Oh, so good. Highly recommended!"

Features over 240 sq. in. of cooking surface. Non-stick coated cooking surface. Unique grill design channels fat away from food. Outside grease tray access. Silver domed lid.

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Page

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Comments

Send Me Your  
Comments

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Cozze in Bianco like Carrabba's®

Serves : 2

Prep. Time : 0:30

4 cups mussels  
2 Tbls. extra virgin olive oil  
2 Tbls. chopped yellow onion  
2 Tbls. chopped garlic  
2 Tbls. Pernod OR other anise/licorice flavored liquer  
1 Tbls. chopped fresh basil  
1/2 lemon - juice of  
3/4 cup Lemon Butter Sauce (see below)

-Soak mussels in cold water for 8 minutes; scrub with a stiff brush; remove beard with a sharp knife; rinse mussels again in cold water.

-Heat oil in a skillet; add mussels; cover and cook until shells begin to open, about 2 minutes.

-Add onion and garlic; toss to mix; cook, covered, for 1 minute

-Add Pernod, basil, lemon juice, and lemon butter sauce; cook for 45 seconds.

-Discard any mussels that did not open. Serve in a deep bowl.

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## **Lemon Butter Sauce**

**1/4 cup real butter**  
**2 Tbls. minced yellow onion**  
**2 Tbls. minced garlic**  
**1/3 cup fresh lemon juice**  
**2 Tbls. dry white wine**  
**Kosher salt and white pepper - to taste**  
**2 Tbls. cold butter**

**-Melt butter over low heat; remove from heat and let sit until the milk solids settle to the bottom; skim the clear butter from the top; discard sediment.**

**-Saute onion and garlic in 2 Tbls. of the clarified butter until transparent.**

**-Stir in lemon juice and white wine and season salt and pepper.**

**-Simmer 2-3 minutes to reduce liquid.**

**-Remove from heat and swirl in cold butter until sauce is smooth and butter is melted.**

**(0) VISITOR COMMENTS**

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**Appetizers & Snacks**

**Pasta Dishes**

**Desserts & Baked Goods**

**Meats**

**Chicken & Turkey**

**Seafood & Fish**

**Salads & Dressings**

**Soup, Chili & Chowder**

**Side Dishes**

**Fruits & Vegetables**

**Pizza Related Recipes**

**Condiments**

**Beverages**

**Breakfast Foods**

**Pet Treat Recipes**

**Bath & Beauty Recipes**

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**Household Tips & Tricks**

**Cooking Tips**

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# Salads & Dressings

**Antipasto Pasta Salad** - Two meats and cheeses make this salad a meal.

**Antipasto Salad** - Meat, cheese, and vegetables in an Italian marinade. Simple and sinful, but filling and satisfying.

**Asian Chicken Salad like Applebee's®** - The dressing is fat free, so feel free to overindulge!

**Beef Fajita Salad** - Fresh salad with a variety of vegetables, topped with marinated beef, then smothered in a tangy dressing and crumbled tortilla chips.

**Beet Salad** - Simple salad topped with roasted beets, sweet dressing, and feta.

**Bleu Cheese Salad Dressing** - Creamy dressing with the tang of bleu cheese.

**Broccoli Pasta Salad** - Can be served hot as a main dish OR cold as a pasta salad.

**Caesar Salad Dressing like The Outback's®** - Creamy Caesar dressing.

**California Salad Dressing** - Simple creamy dressing for leaf or pasta salads.

**Chutney Chicken Salad** - Use as a sandwich filling or serve on top of a bed of greens. Low fat!

**Cole Slaw like Hard Rock Cafe's®** - Sweet cole slaw.

**Corn Salad** - Corn and other fresh vegetables in a mayonnaise-based dressing, perfect for a barbecue.

**Couscous Salad** - Chilled salad with an array of ingredients.

**Deli Potato Salad** - Eggs, apples, and deli meat make this a creative version of the traditional recipe.

**Egg Salad** - A great way to use up left-over hard-boiled eggs from Easter!

**Fruit Salad with Champagne Sauce** - Elegant accompaniment suitable for any brunch.

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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**Garlic Vinaigrette Dressing** - If you like garlic as much as I do, this dressing is pure heaven. I even use it to dip bread and pizza crusts in.

**German Potato Salad** - Both sweet and savory with plenty of bacon. Serve hot.

**Ginger Spice Fruit Salad** - 5 different fruits, 5 vivid colors, all tossed in a spiced glaze and topped with crystallized ginger.

**Greek Salad** - Similar to a Caesar salad, but the anchovies and cheese are on the salad rather than in the dressing.

**Grilled Caribbean Chicken Salad** - Simple salad topped with marinated chicken, pico de gallo, a sweet dressing, and crumbled tortilla chips. Low fat!

**Ham Salad** - A great way to use left-over ham from Easter or Christmas.

**Harvest Salad** - 8 layer salad boasts a colorful presentation in a glass bowl.

**Heavenly Hash** - Rice, fruit, and Cool Whip® make a sweet salad.

**Honey Mustard Dressing like The Outback's®** - Extremely simple.

**Honey Mustard like Fuddrucker's®** - Submitted by a former employee.

**Hungarian Cucumber Salad** - Cucumbers and onions in a creamy tangy dressing.

**Italian Salad Dressing Mix like Good Seasons®** - Make ahead to use at your leisure.

**Japanese Salad Dressing** - Just like the stuff served at Japanese steak houses, it'll add an Oriental twist to any plain salad.

**Lentil Salad** - Cooked lentils and vegetables in a cold dressing.

**Lori's Pasta Salad** - Great side dish with grilled steak. Every time I make this for a party I'm always asked for the recipe. My family loves it as well!

**Macaroni Salad** - Classic accompaniment to take to a barbeque.

**Mandarin Chicken Salad like Wendy's®** - Grilled chicken, oranges, almonds, and rice noodles topped with a flavorful Asian sesame dressing.

**Pasta Salad** - I get compliments on this every time I serve it.

**Pineapple Cheese Salad** - Unique salad recipe submitted by a visitor of my site.

**Potato Salad** - Pickle juice adds extra flavor to this classic barbecue accompaniment.

**Raspberry Vinaigrette Dressing** - Aged for maximum flavor.

**Red-Skinned Potato Salad** - Colorful cold salad with a creamy dijon and red wine vinegar dressing.

**Rice Salad** - Cold salad with a medley of fresh colorful vegetables, bacon, and a light oil dressing

**Salad Dressing like The Olive Garden's®** - Everyone's favorite salad brought home.

**Salad like The Pasta House's®** - Don't know how far reaching this chain is - but it's a Midwest favorite!

**Seafood Salad like Golden Corral's®** - Can be served either as a salad, on lettuce, or on split croissants.

**Summertime Seashell Salad** - Cool pasta salad with a slightly sweet tomato-based dressing over fresh vegetables.

**Taco Salad** - Salad with a wide variety of ingredients topped with a tangy dressing and crushed tortilla chips.

**Thousand Island Salad Dressing** - Creamy, tangy dressing for salad or sandwiches.

**Turkey Macaroni Salad** - Light when low-fat ingredients are used.

**Zucchini Slaw** - Plenty of fresh vegetables tossed in a sweet creamy sauce.

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This web site is purely non-profit; it is a hobby for me. However, the time and money involved makes this hobby an expensive one. I, alone, spend on average 4-6 hours a day ensuring the recipes are of the highest quality and the web site is maintained and available at all times. If you have benefitted from this site and find it enjoyable, any donation amount, from 5¢ to \$50, would help keep the site up and running. Thanks and enjoy the site!





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Pasta Dishes  
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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

[Printer-Friendly  
Page](#)

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## Beet Salad

**Serves : 16**

**Prep. Time : 1:15**

**4 bunches beets - top and bottom removed**  
**2 Tbls. olive oil**  
**1 Tbls. lemon juice**  
**1 oz. white wine vinegar**  
**1 Tbls. honey**  
**1 oz. dijon mustard**  
**1 tsp. dried thyme**  
**1/2 cup vegetable oil**  
**salt and black pepper - to taste**  
**2 heads Belgian endive**  
**1/4 Lb. feta cheese - crumbled**  
**1 Lb. spring mix lettuce**

**-Coat beets with oil.**  
**-Roast in 450 degree oven on a sheet pan for approximately 45 minutes or until tender.**  
**-Cool, peel, and dice.**  
**-Combine next five ingredients in a blender. While blender is running slowly add oil.**  
**-Season to taste with salt and white pepper.**  
**-Set aside.**  
**-Place three endive leaves symmetrically on each plate.**  
**-Toss spring mix with blended mixture.**  
**-Divide between plates, top with diced beets and feta cheese.**

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[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)  
**Robbie's Kitchen**  
[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)  
**Robbie's Photo Album**  
**Pet Health**  
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[Printer-Friendly  
Page](#)

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To A Friend](#)

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## Bleu Cheese Salad Dressing

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**Serves : 6-10**

**Prep. Time : 0:35**

**1 cup real mayonnaise**  
**2 Tbls. buttermilk**  
**1 Tbls. crumbled bleu cheese**  
**1/8 tsp. coarse ground black pepper**  
**1/8 tsp. onion powder**  
**1/8 tsp. garlic powder**

**-Stir together all ingredients in a small bowl until smooth.**  
**-Cover and chill for 30 minutes before serving.**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures  
**Robbie's Photo Album**  
Pet Health  
Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

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## Caesar Salad Dressing like The Outback's®

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Serves : 16

Prep. Time : 3:10

1 cup real mayonnaise  
1/4 cup egg substitute  
1/4 cup grated Parmesan cheese  
2 cloves garlic - pressed  
2 Tbls. water  
2 Tbls. olive oil  
1 1/2 Tbls. lemon juice  
1 Tbls. anchovy paste  
2 tsp. granulated sugar  
1/2 tsp. coarsely ground black pepper  
1/4 tsp. salt  
1/4 tsp. parsley flakes

-In a medium bowl, beat together all ingredients with an electric mixer for 1 minute.

-Cover and chill for 2 hours before serving.

(2) VISITOR COMMENTS : "I make a pretty good Caesar dressing but not the creamy-type like Outback's. The only reason I go to Outback is to eat their Caesar Salad. Presently, my (your) dressing is chilling in the frig for dinner. Not being able to wait a couple of hours for the flavors to blend, I sampled it and its "ALL THAT!" Superbly authentic....Thanks a bunch." | "I tried the Caesar's salad dressing (Outback's) and it was wonderful. My family loved it, even my picky teenage boys ate a big bowl of salad. Thanks for the great recipes."

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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page**

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## California Salad Dressing

**Submitted By : Jorkait@aol.com**

**Prep. Time : 0:30**

**Serves: 18**

**1 qt. mayonaisse  
1 cup salad oil  
1/4 cup wine vinegar  
1 lemon - juice of  
1 tsp. salt  
1 tsp. pepper  
1 onion - chopped  
2 cloves garlic - minced  
1/2 cup parsley flakes**

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**-Add all ingredients in blender and mix on pulse setting to combine OR blend together with mixer in bowl.**

**-Keep refrigerated.**

**NOTES: Makes about 1 1/2 quarts of dressing.**

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Chutney Chicken Salad

Serves : 8

Prep. Time : 0:10

2 cups diced cooked chicken  
1/4 cup mango chutney  
1 sm. golden delicious apple - cored, minced  
1/4 cup minced celery  
1/4 cup minced red onion  
1/3 cup reduced-fat mayonnaise  
salt and pepper - to taste

- Mix all ingredients together.
- Season to taste with salt and pepper.
- Use as a sandwich filling or serve on top of a bed of greens.

NOTES : Low Fat!

(1) VISITOR COMMENT : "I had all the ingredients on hand for this and tried it for lunch! Great! I used chicken breasts that I had already cooked and frozen (EASY!) and the chutney I have, which I made, is a fig and pepper chutney. I also used lemon pepper. This was great! We'll use this recipe again!"

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**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
**Bath & Beauty Recipes**  
**Submit Your Recipe**  
**Recipe Message Board**  
**Robbie's Kitchen**  
**Household Tips & Tricks**  
**Fancy Napkin Folds**  
**Ingredient Substitutions**  
**Measurement Equivalents**  
**Measurement Conversion**  
**Temperature Conversion**  
**Meat Temperatures**  
**Candy Temperatures**

**Printer-Friendly  
Page**

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## **Cole Slaw like Hard Rock Café's®**

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**Serves : 8**

**Prep. Time : 24:15**

**1 1/4 cups real mayonnaise**  
**1/4 cup heavy cream**  
**3 Tbls. white vinegar**  
**3 Tbls. granulated sugar**  
**1/4 tsp. salt**  
**1 head cabbage - chopped**  
**3 med. carrots - shredded**

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- Combine all ingredients except the cabbage and carrots in a large bowl and blend until smooth with an electric mixer.**
- Add cabbage and carrots and toss well.**
- Cover and refrigerate overnight.**

**(1) VISITOR COMMENT : "Add onion and celery seed."**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Request Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Corn Salad

Submitted By : Lou Grubb

Serves : 6-8

Prep. Time : 0:10

1 can whole kernel corn - drained  
1 sm. cucumber - peeled, diced  
1 lrg. tomato - diced  
1 med. onion - diced  
1/2 - 1 med. green bell pepper - seeded, diced  
1 stalk celery - diced  
1 tsp. salt  
1/2 tsp. black pepper  
3 Tbls. mayonnaise - low fat okay

-Combine all ingredients and refrigerate until ready to serve.

NOTES : This is a simple dish...no cooking...quick...easy...and delish! My own creation! Amounts can be changed according to your taste.

(2) VISITOR COMMENTS : "i Opted not to use the corn, switched the mayo for miracle whip, and put it over rigatoni noodles..it was GREAT!! especially for a college student that can't cook" | "i just love this salad, only i use frozen corn, dont thaw just toss in. & i add diced cheese. great!"

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Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

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## Couscous Salad

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Serves : 4

Prep. Time : 0:35

1 tsp. butter OR margarine  
1/2 cup un-cooked couscous  
1 cup water  
1 red onion - chopped  
1 red bell pepper - seeded, chopped  
1/3 cup chopped fresh parsley  
1/3 cup seedless raisins  
1/3 cup toasted sliced almonds  
1/2 cup canned chick peas - drained, rinsed  
1/2 cup creamy salad dressing - low-fat okay  
1/4 cup plain yogurt - low-fat okay  
1 tsp. ground cumin  
salt and pepper - to taste

-Melt butter in a saucepan and over medium-low heat.  
-Add couscous and stir until coated in butter.  
-Add water and bring to boil; reduce heat to a simmer.  
-Cover and cook until all water is absorbed.  
-Season with salt and pepper; set aside to cool.  
-In a salad bowl, combine the couscous, red onion, bell pepper, parsley, raisins, almonds, and chick peas; stir to mix well.  
-Whisk together the salad dressing, yogurt, cumin, salt, and pepper.  
-Pour the dressing over salad; stir until well blended; chill and serve.

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[Appetizers & Snacks](#)  
[Pasta Dishes](#)  
[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)  
**Robbie's Kitchen**  
[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)  
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## Deli Potato Salad

**Serves : 10**

**Prep. Time : 2:15**

**8 med. potatoes - peeled, cubed, boiled**  
**3 dill pickles - chopped**  
**3 hard-boiled eggs - peeled, chopped**  
**2 med. apples - cored, chopped**  
**1 med. onion - chopped**  
**1/2 Lb. salami OR ham - cut into chunks**  
**3 Tbls. mayonnaise - low fat okay**  
**3 Tbls. red wine vinegar**  
**salt - to taste**  
**ground black pepper - to taste**  
**paprika - to taste**

**-Mix potatoes, pickles, eggs, apple, and onion in a large bowl.**  
**-Fry salami lightly and drain off excess fat, cool.**  
**-Stir salami, mayonnaise, and seasonings into potato mixture.**  
**-Chill for 2 hours before serving.**

**NOTES : Garnish with slivered red and green sweet peppers.**

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[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)

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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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## Pet Health

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[Printer-Friendly  
Page](#)

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# Egg Salad

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**Recipe Created By : Robbie**

**Prep. Time : 0:15**

**Serves : 4**

**6 hard-boiled eggs - peeled, diced**

**1/2 stalk celery - diced**

**1/2 cup real mayonnaise**

**2 Tbls. minced onion**

**2 Tbls. sweet pickle relish OR dill relish**

**1/2 tsp. salt**

**1/4 tsp. black pepper**

**-Fold together all ingredients until coated.**

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Rubbermaid Egg Saver takes the worry out of storing eggs in flimsy cartons. You can stack dishes on top...eggs won't break! Store or transport 20 hard-boiled or deviled eggs without slippery slide-offs. Dishwasher safe plastic; 13x9x2".

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Printer-Friendly  
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To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Fruit Salad with Champagne Sauce

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Serves : 4

Prep. Time : 0:30

1 cup peeled, cubed kiwi  
1 cup peeled, cubed figs  
1 cup halved grapes  
1 cup halved strawberries  
1 cup raspberries  
2 egg yolks  
1/3 cup granulated sugar  
1 cup Champagne

- Heat broiler to its highest setting.
- Divide the cut fruits into 4 soup plates, arranging them decoratively.
- Make sauce by combining egg yolks and sugar in a mixing bowl.
- Whisk briskly until the yolks begin to turn a light lemony color.
- Add the Champagne a little bit at a time, whisking constantly until well blended.
- Place the mixing bowl in a pot or pan and pour about 1" of water around it.
- Bring the water to a simmer and continue to whisk vigorously until the mixture becomes light and foamy.
- Once the mixture starts to thicken, remove the bowl from the heat. Do not overcook.
- Continue to whisk for 10 seconds.
- Pour equal amounts of sauce over each fruit salad.

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**-Place the plates under the broiler about 3 inches from the source of heat and allow them to cook just until they are lightly browned on the surface, rotating as needed.**  
**-Serve immediately with remaining Champagne to accompany.**

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**Soup, Chili & Chowder**

**Side Dishes**

**Fruits & Vegetables**

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**Breakfast Foods**

**Pet Treat Recipes**

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# Soups, Chilis & Chowders

**Beef Noodle Soup** - Cheap and filling. Can be made in a crockpot or in the oven.

**Broccoli Cheese Soup** - Hearty, creamy soup is so simple!

**Buffalo Chicken Soup** - We tasted this cheesy, spicy chicken soup at a local restaurant and just had to try to recreate it at home. We got it first try! It's so easy and delicious, I'm sure it'll become a favorite at your house, too.

**Cheese Chicken Tortilla Soup like Applebee's®** - Spicy soup with chicken, cheese, and vegetables is topped with crispy tortilla strips.

**Chicken Soup** - There's nothing better than homemade chicken soup! Make with rice or noodles.

**Chile-Cheese Chowder** - Chilis, cheeses, potatoes, and much more make this a tasty, low fat meal.

**Chili** - Basic chili recipe with tons of flavor.

**Cilantro Vegetable Soup** - If you're a cilantro lover like I am, this sweet and zesty soup will warm you on a cold winter evening.

**Clam Chowder like Red Lobster's®** - Creamy New England clam chowder is low fat and freezes well for later use.

**Corn Chowder** - For variations, you can substitute clams for the corn to make clam chowder OR remove corn to make potato chowder. The possibilities are unlimited.

**Crawdad Gumbo** - I've never had real creole food, but this seems to be pretty authentic.

**Cream of Broccoli Soup** - Rich and creamy, with a bit of ham.

**Cream of Potato Soup** - One of the most popular recipes on this site, I can see why. It's an easy, inexpensive, and hearty meal.

**Cream of Vegetable Soup like Dixie Stampede's®** - No need for a spoon! Just drink from the bowl!

**Creamy Onion Soup like The Outback's®** - Thick and cheesy - sure to stick to your ribs.

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**Creamy Spiced Eggplant Soup** - Roasted eggplant pureed with caramelized onions and garlic, then blended into a creamy broth with a Middle Eastern taste.

**Egg Drop Soup** - Soup doesn't get much simpler than this Oriental treat.

**Étouffée like Joe's Crab Shack's®** - Spicy Cajun dish made with your choice of crawfish, chicken, or shrimp, and served over rice pilaf.

**French Onion Soup like T.G.I. Friday's®** - Simple yet satisfying.

**Ham & Bean Soup** - Simmers for hours to produce a mouth watering flavor.

**Hearty Beef Stew** - Beef stewed with potatoes, carrots, celery, onions, and peas in a thick beefy gravy.

**Homemade Chicken Noodle Soup** - Baked chicken in a quick chunky soup.

**Italian Minestrone Soup** - The ingredient list may seem long, but once you're savoring this soup on a cold day, it'll seem well worth it!

**Miso Soup** - A popular soup in Japan which accompanies any meal, including breakfast. It's simple, fast, and tasty.

**Oyster Soup** - Quick and simple. Serve hot with cheddar biscuits.

**Potato Carrot Soup** - This recipe came out of a weekly cookbook that a gas station gave out years ago. It smells wonderful. I can hardly wait for it to finish cooking!

**Potato Cheese Soup** - This potato cream soup is brightened with vinegar and served topped with cheese and bacon.

**Seafood Chili** - Savory chili with the unusual addition of shrimp, fish, and scallops.

**Shawn's Heat Wave Chili** - A long list of ingredients, some rather unique, make a superb chili.

**Sour Cream Potato Soup** - This recipe is quick and easy as well as filling.

**Split Pea & Barley Soup** - Make it creamy or chunky, depending on taste.



**Three-Step Hot Chili** - A Marlboro® Chili Cookoff winner, this recipe uses a few unexpected ingredients to achieve it's wonderful flavor.

**Tomato Bisque** - Creamy tomato soup is quick and easy. Can be frozen for later use.

**White Chili** - Slightly spicy white chili with beans and chicken.

**Won Ton Soup** - May take a bit of time, but this makes a delicious soup! Can be frozen for later use.

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)  
**Robbie's Photo Album**  
[Pet Health](#)  
[Search This Site](#)

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## Broccoli Cheese Soup

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**Serves : 6-8**

**Prep. Time : 0:30**

**4 cups chicken broth - low-fat okay**  
**1 cup water**  
**1 cup half and half cream**  
**1/4 cup grated cheddar cheese**  
**1/2 cup all-purpose flour**  
**1/2 tsp. dried minced onion**  
**1/4 tsp. black pepper**  
**4 cups broccoli florets**

**-In a large saucepan, whisk together chicken broth, water, half and half, cheese, flour, onion, and pepper.**  
**-Bring to a boil over medium-high heat, then reduce heat to low.**  
**-Add broccoli and simmer for 15-20 minutes, until broccoli is tender, but not soft.**

**(1) VISITOR COMMENT : "My husband and I really enjoyed this. I'm going to try one of your other recipes today!"**

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page](#)

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## Cheese Chicken Tortilla Soup like Applebee's®

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**Prep. Time : 0:45**

**Serves : 10**

**1 cup chopped yellow onion**  
**2 tsp. minced garlic**  
**2 Tbls. vegetable oil**  
**4 cups chicken broth**  
**15 oz. can tomato puree**  
**1 tsp. granulated sugar**  
**1/2 tsp. salt**  
**1 tsp. Worcestershire sauce**  
**1/2 cup hot sauce - optional**  
**1/4 cup chopped green pepper - optional**  
**1 Tbls. minced jalapeno pepper - optional**  
**1 tsp. chili powder - optional**  
**1/4 tsp. black pepper - optional**  
**1/4 cup all-purpose flour mixed with 1/2 cup water**  
**1 Lb. cooked chicken - cubed**  
**1 cup heavy cream**  
**1/4 cup fat-free sour cream**  
**8 oz. processed cheese food - cut in 1" cubes**  
**(10) 6" corn tortillas - cut in 1/4" strips**  
**chopped cilantro - optional, for garnish**

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**-Sauté garlic and onions in oil in large pan or Dutch oven until soft.**

**-Add next 10 ingredients to pot, bring to a boil, reduce heat, and simmer 20 minutes.**

**-Whisk flour/water mixture into soup.**

**-Bring to a boil, reduce heat, simmer for 5 minutes.**

**-Add chicken and simmer for 5 minutes.**

**-Add cream, sour cream, and cheese; stir until cheese is melted.**

**-Deep-fry tortilla strips in 350 degree oil OR spray with non-stick cooking spray and bake in a 400 degree oven until crisp. Sprinkle with salt if desired.**

**-Pour soup into bowls, pile tortilla strips into a "haystack" shape on top of the soup, garnish with cilantro.**

**(2) VISITOR COMMENTS : "After trying several Tortilla Soup recipes, I have finally found the ONE that beats all! This soup was so good, my family devoured it. I am making it for the second time in a month, and this time am going to double it. Also this is the first time I have "made" my own tortilla strips, and they are wonderful! Just as good as the restaurant kind, and they keep well and are crispy for days when kept in a ziplock bag. Thanks from me and my family and keep up the good work on the website!" | "My picky 6 year old loved this recipe (she calls it potato chip soup) and it made my house smell wonderful. It calls for several different dairy products that make it rich and filling. Thank you for this website and especially this recipe."**

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Chicken Soup

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Submitted By : Mary Kolling

Serves : 10

Prep. Time : 5:30

3 lbs. chicken pieces OR 1 whole fryer chicken  
2 qts. water  
1 lrg. onion - chopped  
2 stalks celery with leaves - chopped  
1/2 cup chopped fresh parsley  
5 whole peppercorns  
6 chicken bouillon cubes OR 2 Tbls. chicken soup base  
1 bay leaf  
1/4 tsp. celery seed  
1 dash dried thyme  
1 tsp. salt  
1 cup sliced carrot  
1/2 cup sliced celery  
1/4 cup minced onion  
1 Tbls. parsley flakes  
salt and pepper - to taste  
1/2 cup rice - un-cooked OR  
1 lb. package egg noodles - un-cooked

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**-Combine chicken, water, onion, celery, parsley, peppercorns, bouillon/soup base, bay leaf, celery seed, thyme, and salt in large pot.**

**-Cook over low heat for 4 hours.**

**-Remove chicken from pot and allow to cool.**

**-Strain vegetables and spices from broth. Discard vegetables and spices.**

**-Return broth to pot and refrigerate for 30 minutes.**

**-Remove skin and bones from chicken. Discard skin and bones.**

**Cut meat into bite-size pieces.**

**-Skim fat from top of cooled broth.**

**-Bring broth to boil.**

**-Add remaining ingredients, including chicken meat.**

**-Simmer for 30 minutes.**

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## Chile-Cheese Chowder

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Houshold Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalentents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Serves : 10  
Prep. Time : 1:00

2 raw bacon slices  
1 cup chopped carrots  
1 cup seeded, chopped poblano peppers  
2 Tbls. seeded, minced jalapeno peppers  
1 cup chopped onion  
1/2 tsp. ground cumin  
3 cloves garlic - minced  
32 oz. canned chicken broth  
5 cups peeled, diced potatoes  
1/2 tsp. salt  
1/3 cup all-purpose flour  
2 1/2 cups milk  
3/4 cup shredded Monterey jack cheese  
1/2 cup shredded sharp cheddar cheese  
2/3 cup sliced green onions

-In a Dutch oven, cook bacon until crisp. Reserve 1 Tbls. drippings in pan, remove bacon and set it aside.  
-Add carrots, peppers, onion, cumin, and garlic to pan. Saute until browned.  
-Stir in broth and scrape bottom of pan to release browned bits.  
-Add potatoes and salt, cover, and simmer for 25 minutes.  
-Whisk together flour and milk.  
-Add flour mixture to potato mixture while stirring and cook over medium heat until thickened, stirring often (about 10 minutes).  
-Remove from heat, stir in cheeses until melted.  
-Serve in bowls topped with crumbled bacon and sliced green onions.

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**NOTES : Low Fat!**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Houshold Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalentents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
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# Chili

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Submitted By : Mary Kolling

Serves : 12

Prep. Time : 3:15

1 Lb. ground beef  
1/2 cup chopped onion  
1/2 cup chopped green bell pepper  
2 Tbls. minced garlic  
3 sm. chili pepper - chopped  
6 oz. can tomato paste  
2 tsp. chili powder  
15 oz. can kidney beans - un-drained  
(2) 15 oz. cans chili beans - un-drained  
1 cup shredded cheddar cheese

-Brown beef in skillet; drain off and reserve grease; set meat aside.

-In large pot, cook vegetables in reserved grease until soft.

-Add tomato paste, chili powder, beans, and browned beef to pot.

-Simmer over low heat for 2-3 hours, then stir in cheese.

(4) VISITOR COMMENTS : "Way too many beans, try using 3 lbs. hamburger instead of only 1 lb." | "i did it and all my friends love it . it's simple and tasful. thanks!" | "I was so pleased with your site. I've looked everywhere for a spaghetti sauce recipe with fresh tomatoes ( ours are ripe now ) but couldn't find one. Plus, I may have found out why my chili tastes so bland. Your site will go in my favorites." | "Right before you add the beans ask yourself, When was the last [or first]time I saw a Mexican eat a kidney bean? Then throw away the kidney beans and add RE-FRIED BEANS. You will have to increase the spices and maybe

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**some liquid. I share this only with you. It's been my secret for 20 years."**

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[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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# Cilantro Vegetable Soup

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**Submitted By : Mary Ann Hull**

**Prep. Time : 0:45**

**Serves: 6**

1/2 cup minced fresh parsley

1/2 cup minced onion

2 Tbls. butter OR margarine

6 cups chicken broth OR vegetable broth - low-fat okay

3 cups water

1 bag frozen mixed vegetables

2 med. potatoes - peeled, cubed

1 cup dried lentils

1/2 tsp. Old Bay® seasoning

2 dashes hot sauce

1/2 cup minced fresh cilantro

-In a large pot, sauté cilantro, parsley and onion in butter until soft.

-Add remaining ingredients to the pot.

-Bring to a boil, then simmer until potatoes and lentils are soft, but not mushy.

**NOTES :** If you're a cilantro lover like I am, this sweet and zesty soup will warm you on a cold winter evening.

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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## Corn Chowder

Submitted By : Shelley Stuart

Prep. Time : 0:45

Serves: 10-16

1 Lb. raw bacon - coarsley chopped  
1 lrg. onion - minced  
2 Tbls. butter  
2/3 cup all-purpose flour  
5 cups canned evaporated milk  
3 cups 2% milk  
5 med. potatoes - peeled, diced, boiled  
1 can corn nibblets - drained  
3 Tbls. brown sugar dissolved in 1/8 cup warm water  
1/4 cup dried sweet basil  
1/4 cup parsley flakes  
5 bay leaves  
salt and pepper - to taste

-In a large pot, cook bacon and onion in butter until bacon is crispy.

-Stir in flour.

-Add canned milk, a cup at a time, slowly stirring after each cup is added. Stir in 2% milk the same way.

-Add remaining ingredients.

-Simmer, stirring constantly, until potatoes are tender and soup is thickened.

**NOTES:** For variations, you can substitute clams for the corn to make clam chowder OR remove corn to make potato chowder. The possibilities are unlimited.

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[Soup, Chili & Chowder](#)  
[Side Dishes](#)

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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
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# Crawdad Gumbo

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Serves : 8

Prep. Time : 0:45

8 oz. salt pork - cubed small  
1 Tbls. all-purpose flour  
1 med. yellow onion - chopped  
2 cups water  
1/2 Lb. okra - preferably fresh  
8 oz. frozen corn  
1 can whole tomatoes  
1 tsp. parsley flakes  
1/2 tsp. cayenne pepper  
salt and pepper - to taste  
1 pint half and half cream  
1 Lb. cooked crawfish tail meat

- In a large skillet, fry salt pork until browned.
- Remove salt pork from skillet and stir flour into drippings.
- Add onion and cook, stirring often, until slightly brown.
- Slowly stir in water.
- Add browned salt pork, okra, corn, tomatoes, and seasonings.
- Simmer for 15-20 minutes.
- Add half and half and crawfish meat.
- Simmer for 10 minutes.

(1) VISITOR COMMENT : "it does seem good but it sounds like it has alot of sodium"

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Chicken & Turkey  
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Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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# Cream Of Broccoli Soup

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Serves : 6

Prep. Time : 1:00

4 cups chicken broth - low-fat okay  
3 cups chopped fresh broccoli florets  
1/2 cup chopped onion  
1 bay leaf  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/4 cup all-purpose flour  
1/3 cup cooked ham - diced  
1/2 cup heavy cream

- Combine chicken broth, broccoli, onion, bay leaf, salt, and pepper in large saucepan.
- Bring to boil. Reduce heat and simmer for 30 minutes.
- Remove bay leaf from pan.
- Puree half of soup and flour in blender. Return to saucepan.
- Simmer until thick, stirring constantly.
- Add ham and cream to saucepan.
- Stir and simmer for 10-15 minutes.

(1) VISITOR COMMENT : "Very delightful yummy soup. I've made it twice already, as your potato soup. I've shared your website with my coworkers."

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- [Salads & Dressings](#)
- [Soup, Chili & Chowder](#)
- [Side Dishes](#)
- [Fruits & Vegetables](#)
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- [Beverages](#)
- [Breakfast Foods](#)
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- [Houshold Tips & Tricks](#)
- [Fancy Napkin Folds](#)
- [Ingredient Substitutions](#)
- [Measurement Equivalentents](#)
- [Measurement Conversion](#)
- [Temperature Conversion](#)
- [Meat Temperatures](#)
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# Cream Of Potato Soup

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**Recipe Created By : Robbie**

**Serves : 6**

**Prep. Time : 0:30**

- 2 Tbls. butter OR margarine**
- 1/2 cup chopped onion**
- 3 cups peeled, diced potatoes**
- 1 cup chicken broth - low-fat okay**
- 1/4 cup chopped fresh parsley**
- 1/4 tsp. dried thyme**
- 1/4 tsp. celery seed**
- 1/4 tsp. salt**
- 1/4 tsp. black pepper**
- 1 1/2 cups milk mixed with 2 Tbls. all-purpose flour**

- In large saucepan, cook onions in butter until soft.**
- Add potatoes, chicken broth, parsley, thyme, celery seed, salt, and pepper to saucepan.**
- Simmer for 15 minutes.**
- Stir milk/flour mixture into saucepan.**
- Puree half of soup and flour in blender. Return to saucepan.**
- Heat through.**

**(7) VISITOR COMMENTS :** "This was my first attempt at potato soup. I added chopped celery and a chopped carrot, and some cooked bacon. Using the blender to puree some, made it great. I should have left out the bacon though." | "Turned out really nice ! Keep up the goooooood work of creating copycat recipes. Infact liked your candidness about the same." | "I will try this one out on the weekend. I plan on adding 4 ounces of cream cheese to the mixture. Thanks" | "I modified the recipe

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out of necessity. I was out of chicken broth. I used Bean Bacon soup with three cans of water. I also added 3 stalks of celery. The blender was the secret to truly creamy soup. We loved it." | "This recipe is great. I substituted vegetable broth for the chicken broth for a vegetarian, and I thought that actually tastes better." | "put chopped up carrot in it for color and flavor....it does wonders" | "I'm fixin to make this recipe , but, I will add a little chopped up ham.....because we like ham in potato soup"

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[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Beverages](#)  
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[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
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## Cream of Vegetable Soup like Dixie Stampede's®

**Serves: 6**

**Prep. Time : 0:25**

**1/2 cup peas - cooked**  
**1/2 cup whole kernel sweet corn**  
**1/2 cup canned green beans**  
**1/2 cup grated carrot - cooked**  
**1 qt. chicken broth**  
**1/2 tsp. garlic powder**  
**1/2 tsp. onion powder**  
**salt and pepper - to taste**  
**1 1/2 cups heavy whipping cream**

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- Mash cooked vegetables into small pieces.**
- Bring all ingredients, except cream, to a boil.**
- Stir in cream and heat through.**

**(1) VISITOR COMMENT : "Thank you for this recipe it tastes just like the real thing!"**



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# Creamy Onion Soup like The Outback's®

Serves : 6-8

Prep. Time : 0:20

1 1/4 cup chicken broth  
3 Tbls. cornstarch  
10.75 oz. can condensed cream of onion soup  
10.75 oz. can condensed cream of chicken soup  
10.75 oz. can condensed cream of celery soup  
1/4 cup shredded Mozzarella cheese  
1/4 cup shredded Colby cheese  
1/4 cup shredded Provolone cheese

-In blender, combine broth and cornstarch.

-In the top pan of a double boiler over medium heat, combine broth mixture with soups. Mix well.

-When heated through, stir in cheese and heat until melted.

-Pour into oven proof bowls.

-Broil in oven until tops are lightly browned.

NOTES : Use soup within 3 days. Do not freeze.

(2) VISITOR COMMENTS : "Is this really outbacks way of making the onion soup? I have looked every where for it and have even asked them for it several times to no avail. lol. I hope it taste like it, because I have never had a soup that I like as much as I do this one. Thanks for putting it on your web site." | "While this is not the actual recipe, it is a very nice imitation. The closest recipe is in Top Secret Recipes, 1st Ed. Also, Outback's policy is not to disclose any recipes or even ingredients."

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**Soup, Chili & Chowder**

**Side Dishes**

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## Side Dishes

**For more side dish recipes, check out the [Fruits & Vegetables section](#).**

**Apple Noodle Casserole** - Great accompaniment for ham. Just throw everything in a pan and bake!

**Applesauce Noodle Kugel** - A baked pudding of noodles, eggs, applesauce, and raisins traditionally eaten by Jews on the Sabbath.

**Bacon Scallion Mashed Potatoes like Applebee's®** - Ready in 30 minutes, this creamy side dish is flavored with bacon, scallions, garlic, and sour cream.

**Baked Beans** - Don't just open the can, heat, and serve! Add flavor to this favorite side dish.

**Baked Macaroni, Cheese & Spinach** - Rich and cheesy side dish. Low Fat!

**Cheese Fries and Dip like Lone Star's®** - Spice up those boring fries!

**Chicken Flavor Stuffing like Stove Top®** - Ran out on a holiday and the stores are closed? Or just want to save money? Either way, this recipe is as close as it gets!

**Chinese Stir-Fried Potatoes** - Marinated potatoes stir-fried in a slightly sweet brown Oriental sauce.

**Cole Slaw like Hard Rock Cafe's®** - Sweet cole slaw.

**Confetti Vegetables** - The small, colorful pieces of cabbage, zucchini, and squash will decorate any plate.

**Creamy Scalloped Potatoes** - Easy and inexpensive. You probably have all ingredients on hand.

**Deb's Red Beans & Rice** - Cajun dish made with Kielbasa, rice, kidney beans, and tomatoes.

**Dijon Mushroom Potatoes** - Low fat tangy sauce to pour over split baked potatoes.

**Dill Potato Wedges like Boston Market's®** - Fast and flavorful!

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**Fried Rice** - Choose from a variety of meats and vegetables, or just make it plain!

**Garlic Parmesan Mashed Potatoes** - Transform baked potatoes into a creamy, garlicky side dish.

**German Potato Salad** - Both sweet and savory with plenty of bacon. Serve hot.

**Haluska** - This authentic Hungarian recipe of cabbage and noodles is a common side dish at family gatherings.

**Hash Brown Casserole like Cracker Barrel's®** - Cheesy potato dish.

**Heavenly Hash** - Rice, fruit, and Cool Whip® make a sweet salad.

**Heavenly Potatoes** - Makes the ultimate mashed potatoes with cheese, onion, and spices.

**Holiday Spinach Dressing** - Serve this stuffing as a side dish with your holiday turkey.

**Homemade Macaroni & Cheese** - Classic, easy side dish for any meal. Kids love it!

**Hushpuppies** - Deep fried balls of cornbread and seasoning make a great side dish for any seafood platter.

**Macaroni and Cheese like Boston Market's®** - Glorified mac and cheese, but still simple.

**Mashed Potatoes à la Southern of Sweden (Potatismos)** - Just a good 'ole mashed potato recipe submitted by a Swedish site visitor.

**Mexican Florentine Casserole** - Meatless main dish or side dish turns bean and cheese burritos into a colorful, zesty casserole.

**Pierogi Casserole** - The old ethnic favorite turned into a modern, tasty, one-dish win.

**Pigrohe** - This is an old Czechoslovakian recipe. It has recently become available in supermarkets, but this recipe beats them all.

**Potato Pancakes** - Also known as Latkes. I eat them with butter, salt and pepper.

**Potato Salad** - Pickle juice adds extra flavor to this classic barbecue accompaniment.

**Red-Skinned Potato Salad** - Colorful cold salad with a creamy dijon and red wine vinegar dressing.

**Rice Picante** - Spicy microwaved side dish.

**Rice Pilaf** - Mushrooms, onions, and spices turn plain rice into a delectable dish.

**Rice Pilaf like Joe's Crab Shack's®** - Seasoned rice with celery, onions, peppers, and garlic; makes an all-purpose side dish.

**Rice Pudding** - Creamy, sweet, traditional dessert or side dish with raisins (if you want them).

**Rice Salad** - Cold salad with a medley of fresh colorful vegetables, bacon, and a light oil dressing

**Seafood Stuffing like Joe's Crab Shack's®** - Fish, shrimp, and crab in a succulent stuffing that is the base for many of Joe's favorite recipes (also on this site).

**Sesame Ginger Noodles** - An assortment of fresh vegetables tossed with an original Oriental dressing and pasta.

**Sloyki** - Russian recipe for mushroom, onion, and cheese filled baked dumplings that can be used as an appetizer or the main course of a meal, along with a cup of tomato soup.

**Traci's Ranchy Noodles** - This simple and tasty pasta salad will get rave reviews at a barbeque.

**Twice Baked Potatoes** - Buttery and cheesy potato filling inside a baked potato skin.

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**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
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**Condiments**  
**Beverages**  
**Breakfast Foods**  
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**Cooking Tips**  
**Cleaning Tips**  
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# Fruits & Vegetables

For more vegetable recipes, check out the Salads section.

## Vegetables

**Asparagus & Shrimp Stir-Fry** - Low-fat and fast, this easy stir-fry has an authentic Oriental flavor.

**Avocado Egg Rolls** like **The Cheesecake Factory's®** - Chunks of fresh avocado, sun-dried tomato, red onion, and cilantro deep-fried in a crisp Chinese wrapper. Served with a Tamarind-Cashew Dipping Sauce.

**Baked Acorn Squash** - Make-ahead side dish can save you time when preparing a large holiday meal.

**Baked Garlic Asparagus** - For those of you who think asparagus is bland and mushy, this recipe will prove you wrong!

**Baked Macaroni, Cheese & Spinach** - Rich and cheesy side dish. Low Fat!

**Beet Salad** - Simple salad topped with roasted beets, sweet dressing, and feta.

**Blooming Onion & Dipping Sauce** like **The Outback's®** and **Lonestar's®** - Dip fried onion "petals" in the tangy sauce for a perfect combination.

**Broccoli Casserole** - Easy, inexpensive, and filling meal.

**Broccoli Pasta Casserole/Salad** - Can be served hot as a main dish OR cold as a pasta salad.

**Broccoli, Rice & Cheese Casserole** - Quick and easy recipe uses only 4 ingredients but yields a delicious dinner.

**Cabbage Rolls** - Mixture of beef, pork, rice, and seasonings wrapped in cabbage and baked with sauerkraut and tomato soup, topped with bacon.

**Cabbage Rolls II** - This is an old Hungarian dish - a wonderful, unique family favorite. Delicious served with mashed potatoes and some of the liquid spooned over them as a gravy.

**Fancy Napkin Folds**

**Ingredient Substitutions**

**Measurement Equivalents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

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**Candied Sweet Potatoes** - Very easy, very sweet. Serve this with your holiday dinner.

**Carrot Cake with Cream Cheese Frosting** - Moist, sweet cake.

**Chardonnay Mushrooms like Applebee's®** - In 10 minutes, you can make the delectable steak topper.

**Cheesy Lima Bean Casserole** - Flavorful cheese sauce over lima beans.

**Cheesy Veggie Casserole** - Vegetables baked in a creamy, sauce and topped with cheese and crunchy crushed-up crackers.

**Cilantro Vegetable Soup** - If you're a cilantro lover like I am, this sweet and zesty soup will warm you on a cold winter evening.

**Cole Slaw like Hard Rock Cafe's®** - Sweet cole slaw.

**Confetti Vegetables** - The small, colorful pieces of cabbage, zucchini, and squash will decorate any plate.

**Corn Chowder** - For variations, you can substitute clams for the corn to make clam chowder OR remove corn to make potato chowder. The possibilities are unlimited.

**Corn Salad** - Corn and other fresh vegetables in a mayonnaise-based dressing, perfect for a barbecue.

**Creamed Spinach like Boston Market's®** - For those of you who think you don't like spinach, try this. I think you'll like it.

**Creamy Spiced Eggplant Soup** - Roasted eggplant pureed with caramelized onions and garlic, then blended into a creamy broth with a Middle Eastern taste.

**Curried Cauliflower** - Low fat and flavorful side dish.

**Drunken Sweet Potatoes** - Sweet Southern side dish with the added taste of Jack Daniel's® Whiskey.

**Garlic Dill Pickles**- Makes fresh, deli-style dill pickles for canning.

**Grilled Portobello Mushrooms** - Quick and easy, the flavorful marinade adds extraordinary flavor and color to this grilled meat alternative.

**Haluska** - This authentic Hungarian recipe of cabbage and noodles is a common side dish at family gatherings.

**Harvest Salad** - 8 layer salad boasts a colorful presentation in a glass bowl.

**Holiday Spinach Dressing** - Serve this stuffing as a side dish with your holiday turkey.

**Hungarian Cucumber Salad** - Cucumbers and onions in a creamy tangy dressing.

**Italian Style Microwave Zucchini** - Quick and easy zucchini microwaved with Italian flavors.

**Mediterranean Grilled Vegetables** - Onion, peppers, and squashes seasoned and grilled to perfection.

**Mexican Florentine Casserole** - Meatless main dish or side dish turns bean and cheese burritos into a colorful, zesty casserole with spinach.

**Onion Ring Loaf like Tony Roma's® and Damon's®** - Fried then baked, interesting presentation.

**Peas'N'Mushrooms** - No more boring peas! Sauteed mushrooms and a hint of thyme work wonders.

**Potato Carrot Soup** - This recipe came out of a weekly cookbook that a gas station gave out years ago. It smells wonderful. I can hardly wait for it to finish cooking!

**Pumpkin Cake** - Simple bundt cake, using cake mix, completes any holiday meal.

**Pumpkin Decadence** - When I make this for parties, everyone asks me for the recipe - they can't believe how it's made!

**Pumpkin Pancakes** - Spiced pumpkin pancakes make a great festive breakfast.

**Pumpkin Pie like The Cheesecake Factory's®** - Creamy, spiced pumpkin pie made from scratch will impress your holiday guests.

**Scalloped Corn** - Quite honestly, the first time this was prepared for me, I wouldn't touch it. The idea of corn, corn bread, eggs, and sour cream sounded anything but appetizing. Once I finally tried it, I loved it and it has become a favorite of my family and I.



**Sloyki** - Russian recipe for mushroom, onion, and cheese filled baked dumplings that can be used as an appetizer or the main course of a meal, along with a cup of tomato soup.

**Stuffed Mushrooms** - This tasty appetizer, made with clam, can be made in advance, then reheated right before time to serve.

**Stuffed Peppers** - Ground beef, rice, and seasonings inside green peppers and topped with spaghetti sauce then baked.

**Stuffed Peppers Casserole** - Easier than stuffing the peppers, this layered casserole has all the same ingredients and the flavors blend together in a delightful way.

**Tomato Bisque** - Creamy tomato soup is quick and easy. Can be frozen for later use.

**Vegetarian Stuffed Plum Tomatoes** - Only 3.4 grams of fat per serving and full of flavor and nutrients!

**Veggie Burgers** - Meat free and very nutritious. Patties may be frozen once they have cooled. Low Fat!

**Yellow Squash Dessert** - This recipe is a family favorite of my four squash hating kids.

**Zucchini Bread** - Moist and flavorful, full of nutritious ingredients, this makes for a healthful breakfast or snack. Will keep in refrigerator for weeks and freezes well.

**Zucchini Slaw** - Plenty of fresh vegetables tossed in a sweet creamy sauce.

## Fruits

**Apple Noodle Casserole** - Great accompaniment for ham. Just throw everything in a pan and bake!

**Applesauce** - Easy, all natural. Can be canned for later use.

**Applesauce Cookies** - One of my favorite grandma's recipes!

**Applesauce Noodle Kugel** - A baked pudding of noodles, eggs, applesauce, and raisins traditionally eaten by Jews on the Sabbath.

**Banana Nut Bread** - Sweet bread to use up those over-ripe bananas.

**Banana Nut Bread II** - Another great recipe, this one uses cream cheese.

**Banana Nut Bread in a Jar** - Sweet bread baked into Mason jars slides out easily when ready to serve. Each jar serves 4.

**Banana Nut Muffins and Mini Loaves like Otis Spunkmeyer's®** - Moist muffins have a rich banana taste.

**Bubbly Apple "Pies"** - Single serving apple "pies" with a secret ingredient to make them bubble.

**Easy Apple Crisp** - My Grandma Averil's favorite, quick and easy!

**Fresh Banana Cream Cheesecake like The Cheesecake Factory's®** - Creamy banana cheesecake atop a vanilla cookie crust.

**Fried Apples like Cracker Barrel's®** - Bacon grease is their secret ingredient.

**Fruit Salad with Champagne Sauce** - Elegant accompaniment suitable for any brunch.

**Ginger Spice Fruit Salad** - 5 different fruits, 5 vivid colors, all tossed in a spiced glaze and topped with crystallized ginger.

**Heavenly Hash** - Rice, fruit, and Cool Whip® make a sweet salad.

**Key Lime Pie** - Simple recipe ready in 15 minutes.

**Lazy Man's Peach Pie** - Extremely simple and fast!

**Mandarin Orange Cake** - Unbelieveably delicious, moist orange cake topped with a creamy pineapple spread.

**Pineapple Cheese Salad** - Unique salad recipe submitted by a visitor of my site.

**Pineapple Sheet Cake** - With so few ingredients, this is a simple, cheap recipe.

**Praline Apple French Toast** - Extra-special French toast topped with an apple pecan glaze. Wonderful for brunch on Christmas, Thanksgiving, or any day.

**Raspberry Graham Cracker Torte** - The colors make it a perfect dessert for Christmas or Valentine's Day. It's so easy to make, too!

**Rhubarb-Peach Cobbler** - The combination of rhubarb and peaches create a wonderful melody of flavors.

**Spiced Apple Rings** - Made with red hot candies, this can be canned and given as gifts.

**Strawberry Cream Pie** - Nutty crust topped with a sweet creamy layer, fresh strawberries, and topped with strawberry glaze.

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[Side Dishes](#)  
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[Ingredient Substitutions](#)  
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[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
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## Baked Acorn Squash

**Serves : 8**

**Prep. Time : 9:00**

**2 acorn squash - seeds removed, quartered**  
**2 cups water**  
**1 cup orange juice**  
**1/2 cup packed brown sugar**  
**1/2 cup lemon juice**  
**1/4 cup butter**  
**1 1/2 tsp. salt**  
**1/2 tsp. ground nutmeg**  
**1/4 tsp. ground cinnamon**  
**1/8 tsp. ground cloves**

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- Place squash in a 13" X 9" X 2" baking pan, cut side up.
- Bring remaining ingredients to a boil over medium heat, stirring occasionally.
- Pour mixture evenly over squash.
- Cover and bake in a 400 degree oven for 45 minutes.
- Uncover and allow to cool slightly, then refrigerate overnight.
- Reheat in microwave or in a 350 degree oven until heated through.

**(0) VISITOR COMMENTS**

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Side Dishes  
Fruits & Vegetables  
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Condiments  
Beverages  
Breakfast Foods  
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Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalentents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Baked Garlic Asparagus

Included in my new cookbook! [Click Here](#) to get your copy!

Recipe Created By : Robbie

Serves : 4

Prep. Time : 0:15

1 lb. fresh asparagus  
1/4 cup olive oil  
4 cloves garlic - minced  
1 Tbls. chopped fresh parsley  
salt and pepper - to taste

- Break tough ends off asparagus; place in sealable plastic bag.
- Cook garlic and parsley in oil for 3 minutes.
- Pour garlic oil over asparagus; toss to coat.
- Lay coated asparagus stalks in baking tray, making sure they don't overlap.
- Sprinkle with salt and pepper.
- Bake in a 400 degree oven for 5-8 minutes, or until asparagus is tender.

Notes : For extra flavor and a classy presentation, wrap 4-5 stalks together with a slice of uncooked bacon, securing with a toothpick. Repeat with remaining stalks. Spoon any left over garlic oil over bunches. Bake additional 5 minutes.

(1) VISITOR COMMENT : "I have never cooked asparagus before and I found your recipe on \*.com. Preparation was easy and I already had the seasonings around the house so I figured, "why not give it a try" so I did. It was absolutely delicious and

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**incredibly easy to prepare! Thank you so much for sharing!"**

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[Fruits & Vegetables](#)  
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# Broccoli Casserole

Included in my new cookbook! [Click Here](#) to get your copy!

Submitted By : **Mary Kolling**

Serves : **6**

Prep. Time : **0:50**

**1 lb. frozen broccoli florets - prepared as directed**  
**1/2 cup chopped onion**  
**1/4 cup butter OR margarine**  
**(2) 10.75 oz. cans condensed cream of mushroom soup**  
**1/4 cup shredded cheddar cheese - low-fat okay**

**-Place broccoli, soup, and cheese in 2 quart casserole dish.**  
**-Sauté onions in butter.**  
**-Add to casserole dish and mix well.**  
**-Bake in a 350 degree oven for 30 minutes.**

**(6) VISITOR COMMENTS :** "This is a great meal. My daughter likes it more than anything else I make. I put some grated parmeson in because I didn't have the other cheese." | "I don't know if I told you before, but I make this recipe twice a month and its a big hit every time." | "Top with canned french fried onions. YUM!" | "The sauteed onions make a addition to this dish. I think they would also imporve othe rcasserole type side dishes!" | "We love this recipe. We omit the cheese and add two soaked shitake mushrooms." | "We love this recipe. We eat it once a week. I sometimes add mushrooms to it. I sometimes add diced leftover chicken to it."

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Beverages](#)  
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[Houshold Tips & Tricks](#)  
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[Measurement Conversion](#)  
[Temperature Conversion](#)  
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# Broccoli, Rice & Cheese Casserole

**Submitted By : Pat Crandell**

**Serves : 4**

**Prep. Time : 0:35**

**1/2 Lb. chopped broccoli - boiled OR steamed**

**8 oz. jar Cheese Whiz®**

**1 cup cooked rice**

**1 can condensed cream of chicken soup**

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- Combine all ingredients in a greased casserole dish.**
- Bake in a 350 oven for 30 minutes.**

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
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## Cabbage Rolls (Golabki)

Included in my new cookbook! [Click Here](#) to get your copy!

Submitted By : Mary Kolling

Serves : 15

Prep. Time : 2:45

32 oz. jar sauerkraut - drained  
2 lbs. lean ground beef  
1 lb. ground pork  
1 med. onions - chopped  
1 1/4 cups un-cooked rice  
16 oz. can tomato sauce  
1/2 cup milk  
1 1/2 Tbls. Worcestershire sauce  
1 tsp. garlic powder salt  
1 tsp. black pepper  
2 heads cabbage - boiled, cooled  
(2) 10.75 oz. cans condensed tomato soup - prepared as directed  
1/2 lb. raw bacon

-Spread sauerkraut in bottom of a 13" X 9" X 2" pan.  
-Brown beef, pork, and onion in large saucepan.  
-Stir in rice, tomato sauce, milk, Worcestershire sauce, and garlic powder.  
-Wrap 1/2 cup meat mixture in each leaf of cabbage and secure with toothpicks.  
-Place rolls onto sauerkraut, pour tomato soup over cabbage rolls, and lay strips of bacon over rolls.  
-Bake, covered, in 350 degree oven for 2 hours.

(2) VISITOR COMMENTS: "My husband, who is Slovenian, always used kielbasa in this rather than bacon. That is the way

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his grandmother always made it." | "Just a note to say that these cabbage rolls were excellent. I cut the ingredients in half as I was not making them for a large group. The only thing I would do different next time is add an extra can of soup and keep the sauerkraut juice in to give more of a gravy to put over rice. It was enjoyed thoroughly by all. Thanks again for putting your recipe on the Internet."

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Cabbage Rolls II (Golabki)

Submitted By : Lou Grubb

Serves : 12-16

Prep. Time : 2:20

1 med. head cabbage - cored  
2 Lbs. ground beef  
2 onions - chopped  
salt and pepper - to taste  
2 cups cooked rice  
minced garlic - to taste  
15 oz. jar/can sauerkraut - drained  
3 cans condensed tomato soup  
3 soup cans filled with water

-Boil cabbage for 10 minutes.  
-Separate into leaves and trim back the vein in each one.  
-Place several leaves in the bottom of a 9" X 13" baking pan.  
-Brown beef, onion, salt, and pepper.  
-Combine browned beef and rice.  
-Roll a small amount of beef and rice mixture into each cabbage leaf, tucking in the ends carefully to make a tight seal.  
-Lay the rolls on top of the cabbage leaves in the pan.  
-Sprinkle garlic over top, cover with sauerkraut, cover all with cabbage leaves, and pour tomato soup over top.  
-Bake in 350 degree oven for 1 1/2 hours, or until tender when pricked with a fork.  
-If the soup appears to be drying out while baking, pour a small amount of water on top.

**NOTES :** This is an old Hungarian dish I learned 42 years ago. A wonderful, unique family favorite...and even those who do

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**NOT like sauerkraut like this dish. Don't make it if you plan on leaving out the kraut...it will not be the same!**

**(1) VISITOR COMMENT : "I tried this recipe for cabbage rolls today. They were delicious and had a great amount of juice. The only thing I did differently was to mix beef,pork,onion,garlic and rice together without cooking it. Ifind it rolls up a lot easier. I also mixed a large tin of diced tomatoes along with the tomato soup I used (campbells soup) and the water. What a great taste. Thank you."**

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Pasta Dishes  
Desserts & Baked Goods  
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Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Baked Beans

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Submitted By : Mary Kolling

Serves : 12

Prep. Time : 1:45

32 oz. can pork and beans  
1 lrg. onion - chopped fine  
3/4 cup ketchup  
1/2 cup packed brown sugar  
2 Tbls. prepared mustard  
1 tsp. white vinegar  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/2 lb. raw bacon

- Combine all ingredients, except bacon, in a 2 quart casserole dish.
- Top beans with strips of bacon in a crisscross pattern.
- Cover with aluminum foil.
- Bake in a 350 degree oven for 1 1/2 hours.
- Remove foil for last 30 minutes of baking.

**NOTES:** I usually make this in a crockpot, then move the crockpot to the rest of the cold food at a party. That way, there's little mess and they stay warm.

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- [Soup, Chili & Chowder](#)
- [Side Dishes](#)
- [Fruits & Vegetables](#)
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# Chicken Flavored Stuffing like Stove Top®

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Serves : 4

Prep. Time : 0:20

- 1 sm. onion - minced
- 1 stalk celery - minced
- 1 Tbls. butter OR margarine
- 1 Tbsp. parsley flakes
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- 1/2 tsp. dried sage
- 1/2 tsp. dried thyme
- 1 1/4 cups chicken broth
- 1/4 cup butter OR margarine
- 2 cups plain dry bread crumbs

- In a saucepan, saute onion and celery in butter until tender.
- Stir in remaining ingredients, except bread crumbs, and simmer for 5 minutes.
- Add bread crumbs, cover, turn off heat, and allow to sit for 8-10 minutes.

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[Meats](#)  
[Chicken & Turkey](#)  
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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Beverages](#)  
[Breakfast Foods](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
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# Chinese Stir-Fried Potatoes

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Serves : 4

Prep. Time : 1:30

1 lb. waxy potatoes - sliced thin  
1 Tbsp. light soy sauce  
1 tsp. packed brown sugar  
1 tsp. all-purpose flour  
3 Tbsp. peanut oil - divided  
1 cup chicken OR beef stock  
1 tsp. granulated sugar  
1/4 tsp. salt

-In a bowl, combine potatoes, brown sugar, soy sauce, flour, and 1 Tbsp. of the peanut oil; stir to coat evenly; refrigerate at least 1 hour.

-Heat remaining peanut oil in a wok over high heat.

-Add potato mixture and stir-fry lightly for 2-3 minutes.

-Add remaining ingredients to wok, cover, reduce heat, and cook until the potatoes are tender and have absorbed most of the liquid.

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[Soup, Chili & Chowder](#)  
[Side Dishes](#)

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[Condiments](#)  
[Beverages](#)

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[Pet Treat Recipes](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
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# Confetti Vegetables

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**Prep. Time : 0:35**

**Serves : 4**

1 cup water  
1 tsp. granulated sugar  
2 tsp. red wine vinegar OR white vinegar  
1 cup shredded red cabbage  
1/2 cup shredded carrots  
1/2 cup julienne zucchini  
1/2 cup julienne yellow squash  
2 tsp. olive oil  
1 Tbls. fresh minced garlic  
1 tsp. salt  
black pepper - to taste  
1/4 tsp. fresh lemon juice  
1 tsp. thyme

-Bring water to a boil; stir in sugar, vinegar, cabbage, and carrot; simmer for 2-3 minutes; drain and set aside.

-Blanch zucchini and squash; drain.

-Heat olive oil and garlic in sauté pan over medium high heat.

-Add cabbage, zucchini, squash, salt, pepper, lemon juice, and thyme and sauté until heated through.

-Serve immediately.

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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# Creamy Scalloped Potatoes

Submitted By : Mary Kolling

Serves : 6

Prep. Time : 2:00

1 med. onion - minced  
3 Tbls. butter OR margarine  
3 Tbls. flour  
1 tsp. salt  
1/4 tsp. black pepper  
2 1/2 cups milk  
1/4 cup Parmesan cheese - optional  
6 med. potatoes - peeled, sliced  
1 Tbls. butter OR margarine

-Cook onion in butter until soft.  
-Stir in flour, salt, and pepper.  
-Stir in milk.  
-Simmer until thick, stirring constantly. Remove from heat.  
-Stir in Parmesan.  
-Lay 1/3 of the potatoes in bottom of casserole dish.  
-Pour 1/3 of the hot mixture over potatoes.  
-Repeat twice.  
-Dot top with butter.  
-Bake, covered, in 350 degree oven for 30 minutes, then uncovered for 60 minutes.

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Deb's Red Beans & Rice

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**Recipe By : Deborah Kriegel**

**Serves : 8-10**

**Prep. Time : 0:30**

**1 lb. Kielbasa - sliced thin**  
**1 med. onion - sliced thin**  
**1 Tbls. vegetable oil**  
**(2) 14 oz. cans Mexican-style stewed tomatoes**  
**16 oz. can red kidney beans - drained, rinsed**  
**1/4 cup dry sherry**  
**4 cups cooked white rice**

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**-In a 3 qt. saucepan, brown Kielbasa and onions in oil until meat is heated through and onions are tender.**

**-Add tomatoes and kidney beans and bring to a boil.**

**-Add sherry and rice. Simmer for 10 minutes.**

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
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[Household Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
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[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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# Dijon Mushroom Potatoes

Serves : 4

Prep. Time : 0:25

1 med. onion - chopped  
1 med. green bell pepper - seeded, chopped  
1 sm. carrot - peeled, grated  
1/2 Lb. mushrooms - sliced  
1/2 cup beef stock  
1 Tbls. soy sauce  
1 Tbls. Dijon mustard  
1 Tbls. cornstarch  
fresh ground black pepper - to taste  
4 baked potatoes

-In a large frying pan, saute the vegetables in the stock until most of the liquid is gone and the vegetables are soft.  
-Mix the remaining ingredients together in a bowl, adding a bit of water if you wish (makes a thinner sauce) and add to the vegetables in the pan.  
-Mix well and cook, stirring constantly, over low heat for about a minute until thickened.  
-Pour over hot, split baked potatoes.

NOTES : Low Fat!

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
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**Servings : 4**  
**Prep. Time : 0:20**

**8 med. red new potatoes - boiled**  
**2 cloves garlic - minced fine**  
**1/2 cup real butter**  
**1/2 tsp. salt**  
**1/2 tsp. ground black pepper**  
**1/2 tsp. celery salt**  
**2 tsp. dried dill weed**

- Cut boiled potatoes in wedges.**
- Melt butter in large frying pan and saute garlic for about one minute.**
- Add potatoes and the rest of the seasonings.**
- Pan-fry the potatoes until they are lightly brown.**

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Meats  
Chicken & Turkey  
Seafood & Fish  
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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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# Pizza Recipes

**Barbecue Chicken Pizza** - Chicken, barbeque sauce and smoked Gouda cheese are among the toppings that will give your pizza a change of pace.

**California Oil Sauce** - An alternative pizza sauce with a variety of spices.

**Cheese Calzones** - If you've never had a calzone, it's like a pizza folded in half.

**Chicago Style Pizza** - Topped with cheese, six types of meat, and vegetables, this is a supreme pizza!

**Cooked Pizza Sauce** - Fast, easy, and flavorful.

**Dessert Pizza** - Uses your favorite pie filling as topping.

**Easy Barbecue Ham Pizza** - Not much time to make dinner? This quick pizza will please your family in minimal time.

**Focaccia** - Savory flat bread with sea salt and rosemary.

**Frozen Peanut Butter Pizza Pie** - Cold dessert with a peanut butter cookie crust and topped with chocolate and peanut butter.

**Garlic Oil Sauce** - Simple recipe can be used for pizza, rolls, etc.

**Garlic Rolls** - Topped with oregano, Romano, and plenty of butter.

**Grilled Pizza** - This pizza is really made on the grill!

**Layered Pizza Dip** - Fast and low fat!

**Margherita Pizza** - Just a plain 'ole cheese pizza, but with a very authentic Italian taste.

**Mexican Pizza like Taco Bell's®** - Taco meat, beans, cheeses, picante sauce, tomatoes, and onion on a crispy shell.

**Muffuletta Pizza** - Instead of layering toppings, they are combined, allowed to marinade, then placed on pizza prior to cooking.

**New York Style Pizza & Calzone Dough** - This recipe makes about 34 ounces. Adjust ingredient amounts for your purposes.

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[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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**Pesto Pizza** - Crust with spinach and basil pesto sauce topped with sun dried tomatoes and cheese.

**Philly Cheesesteak Pizza** - Topped with roast beef, onions, peppers, mushrooms, and cheese - just like the sandwich.

**Pizza Dipping Sauces like Papa John's®** - All 3 of your favorites.

**Roasted Garlic and Peppers Pizza** - Sauce is made from roasted garlic and sun dried tomatoes and pizza is topped with roasted onions and peppers, along with feta, fresh herbs, and cheese.

**Seafood Pizza** - Crab, shrimp, and white cheddar are amongst the toppings on this original pizza.

**Southwestern Oil Sauce** - An alternative pizza sauce.

**Spinach Pizza like Applebee's®** - Any vegetarian will appreciate these pita pizzas with creamy spinach and tomato mushroom sauces.

**Sunny Side Up Pizza** - Is it breakfast or dinner? Whichever you'd like!

**Tex-Mex Pizza** - Topped with fresh vegetables and cheddar, baked, then garnished with sour cream and guacamole.

**Thai Pizza** - Original Oriental sauce topped with shrimp, onions, bean sprouts, and cheese.

**Thick Sicilian Crust** - Makes a 17 1/2" X 11 1/2" pizza.

**Thin Crust Dough** - Dough will be firm and crispy, not soggy and soft like many other doughs.

**Uncooked Pizza Sauce** - Just let sit for flavors to infuse.

**Whole Wheat Dough** - Slightly sweet; makes (2) 12" pizzas.

**Zucchini Dough** - Simple dough recipe with zucchini added for flavor and nutrition.

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This web site is purely non-profit; it is a hobby for me. However, the time and money involved makes this hobby an expensive one. I, alone, spend on average 4-6 hours a day ensuring the recipes are of the highest quality and the web site is maintained and available at all times. If you have benefitted from this site and find it enjoyable, any donation amount, from 5¢ to \$50, would help keep the site up and running. Thanks and enjoy the site!





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[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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# California Oil Sauce

(For Pizza or Dipping Bread)

Serves : 12

Prep. Time : 0:05

1/4 cup extra virgin olive oil  
2 cloves garlic  
1/4 tsp. dried oregano  
1/4 tsp. dried basil  
1/2 tsp. dried parsley  
1/4 tsp. dried marjoram  
1/4 tsp. red pepper flakes  
1/4 tsp. black pepper

-Puree ingredients in a blender and store in a small covered jar.  
-Brush oil sauce on pizza dough, sprinkle on desired cheese, and then top.  
-Cook just like sauced pizzas, but they may take just a little less time until done.

NOTES : This recipe makes enough sauce for (2) 12" pizzas.

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[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)

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[Pet Treat Recipes](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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# Chicago Style Pizza

**Serves : 8**

**Prep. Time : 2:40**

**1 1/4 cups warm water - 110 degrees**  
**1 packet active dry yeast**  
**2 tsp. granulated sugar**  
**2 3/4 cups (or more) all-purpose flour**  
**1/2 cup yellow cornmeal**  
**3 Tbls. olive oil**  
**1 tsp. salt**  
**1 cup pizza sauce**   
**12 oz. shredded mozzarella cheese - low fat okay**  
**1/2 Lb. ground beef - browned, crumbled**  
**1/4 Lb. Italian sausage - browned, crumbled**  
**1/4 Lb. pork sausage - browned, crumbled**  
**1/2 cup pepperoni slices - diced**  
**1/2 cup Canadian bacon - diced**  
**1/2 cup ham - diced**  
**1/4 Lb. mushrooms - sliced**  
**1 sm. onion - sliced**  
**1 med. green bell pepper - seeded, sliced**  
**2 oz. grated Parmesan cheese - low fat okay**

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- Stir together water, yeast, and sugar in a small bowl; allow to sit until foamy, about 5 minutes.
- In a separate bowl, combine 2 3/4 cups flour, cornmeal, oil, and salt.
- Make a well in the center of dry ingredients and pour yeast mixture into well.
- Stir to form a soft dough, adding more flour if necessary.
- Turn dough onto a floured board and knead until elastic, about 7-10 minutes.
- Transfer to a large bowl, cover with a damp towel, and allow to rise in a warm location until doubled in size, about 1 hour.
- Punch down dough.
- On a lightly floured surface, roll dough to a 13" circle.
- Transfer to a greased 12" pizza pan or stone, folding the excess inwards to form a small crust.
- Spread with pizza sauce and sprinkle with all but a handful of the mozzarella cheese. Sprinkle with meats and vegetables. Top with remaining mozzarella and Parmesan cheese.
- Allow to rest in a warm location for 25 minutes.
- Bake in a 475 degree oven until crust is golden, about 25 minutes.
- Let stand 5 minutes before slicing.

**(3) VISITOR COMMENTS :** "This pizza astonishes my taste buds and makes them do the macarena I am a very picky gourmet , who only likes the best, but your food inspired me to give up my hunger strike because of microwaved dinners and eat your art work, no creation, no your brainchild, thank you for giving the world original food, and saving the population from TV dinners and Noble Romans" | "Oh wow!!! made it for the first time and had guests to help with it...What an amazing pizza! It was a great big hit... I highly recommend it to all pizza lovers.... Wonderful!!!" | "Wow! I've made it twice now... and this is a super duper.. first class..A-1 recipe... OUT OF THIS WORLD!"

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Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Robbie's Kitchen  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Cheese Calzone

Serves : 8

Prep. Time : 0:35

1 recipe New York Style Pizza Dough  
16 oz. ricotta cheese - low fat okay  
1 cup shredded mozzarella cheese  
1 pinch ground black pepper  
1 pinch sea salt  
toppings of your choice (see NOTES)

- Divide the dough ball in four parts and place on floured surface.
- Spread, with finger tips, to four 6" circles.
- Combine ricotta, mozzarella, pepper, and salt.
- Place 1/4 of the cheese mixture on one side of a dough circle and top with desired meats/vegetables. Keep toppings to a minimum, as the center will not cook if you use too many.
- Fold dough circle in half. Seal with fingertips, making sure no cheese mixture is in the seal. Pinch the edge to assure a tight seal.
- Pat calzone to even filling inside.
- Check seal again for leaks.
- Repeat with the other dough circles.
- Place calzones on a lightly greased baking sheet or pizza stone.
- Cut a 1" slit in the top of each for venting while baking.
- Place in center of 500 degree oven and bake for 10-12 minutes, or until golden brown.

NOTES : Serve with your favorite pizza sauce, warmed, either on top or on the side for dipping.

(1) VISITOR COMMENT: "Thanks for the calzone recipe especially the dough recipe. Everyone liked it."

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- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
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- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

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# Cooked Pizza Sauce

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**Prep. Time : 0:25**

**Yield : 2 cups**

- 1/4 cup chopped onion
- 2 Tbls. olive oil
- 1 Tbls. minced garlic
- 3 plum tomatoes - minced
- 3 oz. canned tomato paste
- 2 1/2 Tbls. Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 cup butter OR margarine - sliced

- Sauté onions in oil for 1 minute.
- Stir in remaining ingredients, except butter, and bring to a boil, stirring occasionally.
- Simmer for 5 minutes, reduce heat to low, and stir in butter pieces.
- When butter is half melted, remove skillet from heat and continue stirring until thoroughly incorporated.

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Baking stone absorbs excess moisture for even baking and a crisp crust. Wood pizza peel takes your pizza out of the oven safely. Set includes: 13" Pizza stone, Pizza Peel, pizza cutter, and recipe booklet.

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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# Dessert Pizza

Serves : 8

Prep. Time : 0:40

1 unbaked pizza crust  
21 oz. can pie filling (cherry, apple, OR blueberry)  
1/4 cup granulated sugar  
1/2 cup all-purpose flour  
2 Tbls. butter OR margarine

- Prepare thin crust dough according to recipe.
- Spread out in a lightly greased 12" pizza pan.
- Spoon pie topping on dough leaving a 3/4" space from edge of pan.
- Combine flour and sugar in a bowl. With a fork, cut in butter, making sure you do not mix too much. It should be crumbly.
- Sprinkle topping over pie filling.
- Bake in 450 degree oven until topping and crust are golden brown.
- Remove from oven and let cool 5-10 minutes before cutting.

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Easy Barbecue Ham Pizza

Submitted By : [ACKADAMS@aol.com](mailto:ACKADAMS@aol.com)

Serves : 4

Prep. Time : 0:20

1 Boboli® Pizza Crust OR Pillsbury® Pizza Crust

1/4 - 1/2 cup barbecue sauce

1/4 cup grated Parmesan cheese

sliced cooked ham OR Canadian bacon

1 - 2 cups mozzarella cheese

-If using Pillsbury® Pizza Crust, brown in oven according to package directions.

-Spread barbecue sauce over pizza crust.

-Sprinkle on Parmesan.

-Lay ham slices over top.

-Sprinkle with mozzarella.

-Bake in 350 degree oven for approximately 12-15 minutes, or until the cheese is bubbly.

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[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
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[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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# Focaccia

**Serves : 16**

**Prep. Time : 3:00**

**2 packets fast-rising dry yeast**  
**2 cups tepid water**  
**2 Tbls. granulated sugar**  
**4 Tbls. olive oil**  
**1/2 cup salad oil**  
**1 tsp. salt**  
**5 1/2 cups bread flour**  
**3 cloves garlic - crushed**  
**1/4 cup olive oil - for topping**  
**1 Tbls. rosemary - for topping**  
**1 Tbls. coarse sea salt OR kosher salt**

- Dissolve the yeast in tepid water.**
- Add the sugar, olive oil, salad oil, and salt.**
- Mix in 3 cups of flour and whip until the dough begins to leave the sides of the mixing bowl, about 10 minutes.**
- Mix in the remianing flour by hand or with a dough hook and knead the dough until it is smooth.**
- Allow the dough to rise twice in the bowl and punch down after each rising.**
- Oil two baking sheet, each 11" X 17", and divide the dough between the two pans.**
- Using your fingers, press the dough out to the edges of each pan.**
- Cover and allow to rise for about 30 minutes.**
- Brush with a mixture of the crushed garlic and oil reserved for topping.**
- Sprinkle with rosemary and kosher salt.**

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**-Bake in 375 degree oven for 30 minutes.**

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Frozen Peanut Butter Pizza Pie

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Serves : 10

Prep. Time : 1:30

18 oz. tube refrigerated peanut butter cookie dough

2 Tbls. melted butter OR margarine

8 oz. cream cheese - softened, low-fat okay

1 cup creamy peanut butter - low-fat okay

1 1/2 cups powdered sugar

1 cup milk - low-fat okay

12 oz. whipped cream topping - low-fat okay

chocolate syrup - for topping

-Press cookie dough evenly onto a greased pizza pan.

-Brush dough with butter.

-Bake in the center of a 400 degree oven for 8 minutes.

-Cool on a wire rack.

-Beat together cream cheese and peanut butter.

-Alternate beating in small amounts of powdered sugar and milk.

-Fold in whipped cream.

-Spread mixture over cooled crust.

-Freeze until firm.

To keep brown sugar moist, store in an airtight container with a whole orange, lemon, or lime.

-Serve pizza cold, but not completely frozen, with chocolate syrup drizzled over top.

(1) VISITOR COMMENT : "I just tried this one this weekend!"

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**It's my new favorite. Everyone loved it!"**

Round pizza stones absorb excess moisture for even baking and a crisp crust.  
Wood pizza peel takes your pizza out of the oven safely. Set includes: 13" Pizza stone, Pizza Peel, pizza cutter, and recipe booklet.

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[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
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**Robbie's Kitchen**  
[Household Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

## Garlic Oil Sauce

(For Pizza or Dipping Bread)

Serves : 16

Prep. Time : 0:05

1/4 cup extra virgin olive oil

4 cloves garlic

-Puree ingredients in a blender and store in a small covered jar.  
-Brush oil sauce on dough, place desired cheese, and then top.  
Cook just like sauced pizzas, but they may take just a little less time until done.

NOTES : This recipe makes enough sauce for (2) 12" pizzas.

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Bath & Beauty Recipes  
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Houshold Tips & Tricks  
Cooking Tips  
Cleaning Tips  
Laundry Tips  
Home Remedies  
Message Board  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalentents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

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## Garlic Rolls

Serves : 16

Prep. Time : 0:30

1 recipe New York Style Dough  
1 Tbls. dried oregano  
1 cup butter - melted  
1 Tbls. granulated garlic  
2 Tbls. Italian parsley - chopped fine  
Romano cheese - to taste

- Stretch and shape dough evenly into an 18" circle. Distribute 1 tablespoon oregano over dough surface.
- Using a pizza cutter, cut dough into 16 equal pieces by cutting it as if you were cutting a pizza.
- Starting with the outer edge, roll each dough piece towards the middle.
- Place on a lightly oiled baking sheet. Cover with plastic and allow to rise for 1 hour.
- Cook in a 500 degree oven until browned.
- While baking, combine butter, garlic, and parsley.
- Remove dough from oven and brush with garlic mixture.
- Sprinkle desired amount of Romano cheese over all.

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**Chicken & Turkey**

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**Soup, Chili & Chowder**

**Side Dishes**

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**Home Remedies**

**Pet Home Remedies**

**Message Board**

**Fancy Napkin Folds**

**Ingredient Substitutions**

**Measurement Equivalentents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

**Candy Temperatures**

**Printer-Friendly  
Page**

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## Grilled Pizza

**Serves : 6**

**Prep. Time : 1:45**

**1 1/2 cups warm water - divided**  
**2 tsp. light brown sugar**  
**2 packets dry yeast**  
**3 1/2 cups unbleached white flour**  
**1/4 cup whole wheat flour**  
**1/4 cup cornmeal**  
**4 Tbls. olive oil - divided**  
**1 tsp. salt**  
**pizza sauce** XXXXXXXXXX  
**shredded cheese - of your choice**  
**toppings - of your choice**

- Measure 1/2 cup warm water in a bowl.**
- Add sugar and yeast and stir to dissolve.**
- Let stand at least 5 minutes, or until froth forms on top.**
- Meanwhile, sift together into a large bowl the white flour, wheat flour, corn meal and salt.**
- Make a depression in the middle and add 3 Tbls. of the olive oil and 1 cup warm water.**
- Add yeast mixture.**
- Mix all ingredients with your hands and gather together and place on floured board.**
- Knead about 10 minutes, adding more flour if dough is sticky, to form a smooth, elastic mass.**
- Grease a large bowl with olive oil.**
- Add dough, turning it to coat top.**
- Cover and let rise in warm place, draft-free location until doubled in size, about 45 minutes.**
- While dough is rising, prepare desired sauces and toppings.**

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- Divide dough into 6 equal pieces and, on floured surface, roll out to desired shape about 1/2" thick.
- Coat both sides of shaped crust with olive oil, then place on grill directly over fire until upper surface begins to bubble (about 2 minutes).
- Fire must be very hot and grill must be clean (coals should be red with a small flame, like a steak fire; this is important).
- Watch crust closely and rotate with spatula if necessary.
- Remove crust and turn cooked side up (it should be golden brown).
- Brush with olive oil and top with sauce, cheese, and desired toppings.
- Sprinkle some olive oil over each pizza.
- Return for final cooking, 2-4 minutes.

**NOTES :** Keep in mind, the cooking time of these will be shorter than in an oven. Use toppings that take little time, if any at all to cook and do not overload. Try using a soft or crumbled cheese and a cooked, warm sauce.

**(1) VISITOR COMMENT :** "Hi-- I just wanted to let you know that my husband and I tried your grilled pizza recipe, and it was SO GOOD! We are known for our excellent pizza, but this blows our regular pan pizza recipe out of the roof! Thanks for sharing!"

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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## Layered Pizza Dip

Serves : 10

Prep. Time : 0:30

8 oz. reduced-fat cream cheese - softened

1/2 cup chunky pizza sauce

1/4 cup chopped green bell pepper

1/3 cup sliced mushrooms

1/4 cup minced onion

1 cup reduced-fat shredded cheddar cheese

-Layer all ingredients in a 9" pie plate in order listed, starting by spreading cream cheese evenly over bottom of the pie pan.

-Bake in 350 degree oven for 15 minutes or until dip is hot and cheese is melted.

NOTES : Serve warm with crackers or chips. Low Fat!

(3) VISITOR COMMENTS : "very good even better served w italian bread pieces." | "Super. I made this last night for my boyfriend, only I ate 3/4 of it before he got home!" | "I make a similar dip, but add garlic powder and Italian seasoning to the cream cheese. I top with diced pepperoni (which could be left off for a healthier alternative) and topped with Mozzarella cheese which is more Italian. I serve with French or Italian bread cubes, as well. Or can use as a veggie dip."

Seventy-five recipes & twenty-eight color photos of chips, dips & salsas.

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- Appetizers & Snacks
- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Bath & Beauty Recipes
- Submit Your Recipe
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## Robbie's Kitchen

- Houshold Tips & Tricks
  - Cooking Tips
  - Cleaning Tips
  - Laundry Tips
  - Home Remedies
  - Message Board
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalentents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

# Margherita Pizza

Serves : 8  
Prep. Time : 0:35

- 2 Tbls. extra virgin olive oil
- 1/2 Lb. Roma tomatoes - chopped
- 1 clove garlic - minced
- 1/2 tsp. salt
- 12" uncooked pizza crust
- extra virgin olive oil
- 6 oz. shredded mozzarella cheese
- extra virgin olive oil
- 1/4 cup fresh shredded Parmesan cheese
- 6 leaves fresh basil - julienne

- Combine 2 Tbls. olive oil, tomatoes, garlic, and salt in bowl.
- Allow to marinate while making dough.
- Brush dough crust lightly with olive oil.
- Top with cheese, then tomato mixture.
- Drizzle with olive oil.
- Bake in 500 degree oven on a pizza stone for 8-10 minutes or until crust is golden brown and cheese is bubbly.
- Remove from oven and top with parmesan cheese, then basil.
- Cool on a wire rack for 2-3 minutes before cutting into wedges and serving.



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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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# Mexican Pizza like Taco Bell's®

Serves : 4

Prep. Time : 0:35

1/2 Lb. ground beef  
3 Tbls. Taco Bell® Taco Seasoning  
2 Tbls. water  
8 sm. flour tortillas  
1 cup shortening - for frying  
16 oz. can refried beans  
1/3 cup diced tomato  
2/3 cup mild picante sauce OR salsa  
1/2 cup shredded cheddar cheese  
1/2 cup shredded Monterey jack cheese  
1/4 cup chopped green onions  
1/4 cup sliced black olives

-In a medium bowl, combine the ground beef with taco seasoning and water. Use your hands to thoroughly incorporate everything into the ground beef.

-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.

-Fry one tortilla at a time, in hot oil, for about 30-45 seconds per side and drain on paper towels. When frying each tortilla, be sure to pop any bubbles that form so that tortilla lays flat in oil. Tortillas should become golden brown.

-Warm the refried beans in the microwave or on the stovetop.

-When meat and tortillas are done, stack each pizza by first spreading about 1/3 cup refried beans on the face of one tortilla. Next spread 1/4 - 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,

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onions and olives, stacking in that order.

-Place pizzas in 400 degree oven for 8-12 minutes or until cheese on top is melted.

**(2) VISITOR COMMENTS :** "used enchilada sauce instead of salsa and NO green olives. It tasted just like Taco Bell's! My hubby thought I got them there but noticed how big the tortillas were!!! He said they were excellent and it helped my craving! Thanks!" | "instead of salsa stop by taco bell and pick up some packets of mild sauce. if you handle your business they're free which by my calculations costs a lot less then stuff at the store."

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**Pasta Dishes**  
**Desserts & Baked Goods**  
**Meats**  
**Chicken & Turkey**  
**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
**Bath & Beauty Recipes**  
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**Houshold Tips & Tricks**  
**Cooking Tips**  
**Cleaning Tips**  
**Laundry Tips**  
**Home Remedies**  
**Pet Home Remedies**  
**Message Board**  
**Fancy Napkin Folds**  
**Ingredient Substitutions**  
**Measurement Equivalentents**  
**Measurement Conversion**  
**Temperature Conversion**  
**Meat Temperatures**  
**Candy Temperatures**

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# Muffuletta Pizza

**Serves : 16**  
**Prep. Time : 12:30**

**1/2 cup finely chopped celery**  
**1/3 cup chopped green olives**  
**1/4 cup chopped pepperocini peppers**  
**1/4 cup chopped cocktail onions**  
**1 clove garlic**  
**3 Tbls. extra virgin olive oil**  
**2 tsp. dry Italian salad dressing mix**   
**3 oz. salami slices - diced**  
**8 oz. shredded provolone cheese**  
**(2) 12" uncooked pizza crusts**   
**extra virgin olive oil**

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- Mix first 7 ingredients and chill overnight.
- Combine olive mixture, salami, and cheese.
- Top one dough crust with 1/2 of mixture.
- Drizzle with oil.
- Bake in 500 degree oven for 8-10 minutes or until crust is golden brown and cheese is melted.
- Remove from oven and cool on a wire rack for 2-3 minutes before cutting into wedges and serving.
- Repeat with other dough crust.

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Page

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Comments

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- Copycat Recipes
- Appetizers & Snacks
- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
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## Robbie's Kitchen

- Houshold Tips & Tricks
  - Cooking Tips
  - Cleaning Tips
  - Laundry Tips
  - Home Remedies
  - Pet Home Remedies
  - Message Board
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalentents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

# New York Style Pizza Dough

Serves : 16

Prep. Time : 2:00

- 1 1/2 cups warm water
- 2 1/2 tsp. granulated sugar
- 2 1/2 tsp. salt
- 1 Tbls. olive oil
- 4 1/2 cups all-purpose flour
- 1/2 tsp. active dry yeast
- 1/2 cup cornmeal
- sauce, cheese, and toppings of your choice

- In a large bowl, dissolve sugar and salt in water.
- Add oil and flour to bowl and stir with heavy spoon for 1 minute.
- Turn dough out onto a lightly floured surface and press into a circle.
- Sprinkle yeast evenly over dough and knead for 12 minutes.
- Divide dough into portions: 4 equal portions for calzones, 3 equal portions for 8" pizzas, 2 equal portions for 12" pizzas. (see NOTES)
- Place dough balls in a bowl, cover with plastic wrap, and allow to rise for 1 1/2 hours in a warm location.
- Place a dough ball on a lightly floured surface and sprinkle a light coating of flour on top.
- Working from the edges to the center, press dough into a circle.
- Preheat a pizza stone in a 500 degree oven for 1 hour.
- Coat a large cutting board with cornmeal and place the flattened dough onto the cornmeal.
- Spread sauce over crust and top with cheese and desired toppings.

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**-Gently shake the cutting board from side to side, assuring it isn't sticking to the board.**

**-For a calzone, fold the crust over in half.**

**-Slide the pizza/calzone from the cutting board directly onto the stone in the oven.**

**-Bake in 500 degree oven for 20-25 minutes, until crust is golden.**

**NOTES : Before allowing the dough to rise, you may place it in a plastic zipper bag and freeze. When ready to use, thaw at room temperature, then proceed with instructions.**

**(1) VISITOR COMMENT : "Thanks for the great recipe! We live in a rural area where there is no pizza delivery, so I usually make it myself. I've tried quite a few pizza dough recipes. The latest one I'd been using was okay, but the dough was so soft it was hard to work with..and it used 3/4 oz. of yeast. I was hesitant to try this recipe as it only uses 1/2 tsp. of yeast for the same amount of flour. I made 2 pizzas with the dough. They were the best I've ever made and everyone loved them. The dough was so easy to work with. I followed your tip and the dough slid right off the peel onto the stone. Thanks! I just threw out my other pizza dough recipes..this is the only one I'll be using."**

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**Chicken & Turkey**  
**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
**Bath & Beauty Recipes**  
**Submit Your Recipe**  
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**Household Tips & Tricks**  
**Cooking Tips**  
**Cleaning Tips**  
**Laundry Tips**  
**Home Remedies**  
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# Condiments

**Arby's® Sauce** - Easy to make - lasts for months.

**Barbecue Sauce like K.C. Masterpiece®** - Just like store-bought.

**Beer Barbecue Sauce** - Use to marinade, baste, or on the side.

**Black Bean Salsa** - Colorful and tasty, this can be served as a dip with tortilla chips, on tacos, or as a Southwest twist on burgers.

**Bleu Cheese Salad Dressing** - Creamy dressing with the tang of bleu cheese.

**Caesar Salad Dressing like The Outback's®** - Creamy Caesar dressing.

**Cajun Blackening Spice** - Use to coat chicken or fish.

**California Oil** - An alternative pizza sauce with a variety of spices.

**California Salad Dressing** - Simple creamy dressing for leaf or pasta salads.

**Carolina BBQ Rub** - Use as a dry rub on beef, chicken, lamb or pork.

**Cocktail Sauce** - Serve with your favorite seafood.

**Cooked Pizza Sauce** - Fast, easy, and flavorful.

**Fresh Roasted Tomato Sauce** - Fresh tomatoes, roasted, then prepared into a simple sauce to top your favorite pasta.

**Fresh Tomato Salsa** - Serve with tortilla chips and Margaritas.

**Fruited Curry Cheese Spread** - Serve with a variety of crackers.

**Garlic Dill Pickles**- Makes fresh, deli-style dill pickles for canning.

**Garlic Oil** - Simple recipe can be used for pizza, rolls, etc.

**Garlic Vinaigrette Dressing** - If you like garlic as much as I do, this dressing is pure heaven. I even use it to dip bread and pizza crusts in.

**Guacamole** - Great alone or as a condiment on your favorite Mexican dish.



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**Ingredient Substitutions**

**Measurement Equivalents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

**Candy Temperatures**

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**Heinz 57® Sauce** - Tastes the same, looks similar, costs less.

**Herbed Oil For Dipping Bread like Carrabba's®** - Dip your fresh baked bread in this savory oil for a simply tasty treat.

**Hollandaise Sauce** - A rich, creamy sauce made of butter, egg yolks, and lemon juice served over meat or vegetables, especially asparagus.

**Honey Mustard like Fuddrucker's®** - Submitted by a former employee.

**Honey Mustard Dressing like The Outback's®** - Extremely simple.

**Hot Mustard Sauce like McDonald's®** - Use for dipping chicken nuggets or as a condiment for anything from sandwiches to veggies.

**Italian Salad Dressing Mix like Good Seasons®** - Make ahead to use at your leisure.

**Jack Daniel's® Grill Glaze like T.G.I. Friday's®** - Brush over your favorite meat and grill!

**Japanese Salad Dressing** - Just like the stuff served at Japanese steak houses, it'll add an Oriental twist to any plain salad.

**Old Bay® Seasoning** - The all time classic Maryland spice no kitchen is complete without.

**Pizza Dipping Sauces like Papa John's®** - All 3 of your favorites.

**Raspberry Salsa** - Sweet alternative to plain salsa.

**Raspberry Vinaigrette Dressing** - Aged for maximum flavor.

**Salad Dressing like The Olive Garden's®** - Everyone's favorite salad brought home.

**Salsa** - All purpose condiment for any Mexican dish.

**Seasoned Salt like Lawry's®** - Just in case you run out, or just want to save money.

**Southwestern Oil** - An alternative pizza sauce or a flavored oil for cooking.

**Spaghetti Sauce** - Basic recipe. Can be made with/without beef. Low fat!

**Swedish Cranberry Jam (lingonsylt)** - In Sweden, cranberry jam is eaten as often as Americans use ketchup. You can use this fresh jam on toast, in cookies, or any way you please.

**Sweet & Sour Dipping Sauce like McDonald's®** - Use for dipping chicken nuggets, egg rolls, etc.

**Taco Seasoning like Taco Bell's®** - Make in quantity and store for future use.

**Tartar Sauce like McDonald's®** - Tangy sauce for your fish.

**Tartar Sauce like Red Lobster's®** - Unique recipe with shredded carrots.

**Thousand Island Salad Dressing** - Creamy, tangy dressing for salad or sandwiches.

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**Watermelon BBQ Sauce** - Sweet and smokey.

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

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## Arby's® Sauce

Serves : 16

Prep. Time : 0:20

1 cup catsup  
2 tsp. water  
1/2 tsp. garlic salt  
1/2 tsp. onion salt  
1/4 tsp. black pepper  
1/2 tsp. hot sauce

-Bring all ingredients to a boil, stirring constantly, then simmer for 8 minutes.

-Remove from heat, cool, cover, and refrigerate up to 2 months.

(4) VISITOR COMMENTS : "I tried your Arby's Sauce recipe and it is even better than the stuff u get from Arby's! Thanks I use it on eveything." | "don't try this st home, nasty, nasty" | "its so tasty to and so goooood" | "VERY GOOD SAUCE TRY IT YOU WILL LOVE IT"

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- [Appetizers & Snacks](#)
- [Pasta Dishes](#)
- [Desserts & Baked Goods](#)
- [Meats](#)
- [Chicken & Turkey](#)
- [Seafood & Fish](#)
- [Salads & Dressings](#)
- [Soup, Chili & Chowder](#)
- [Side Dishes](#)
- [Fruits & Vegetables](#)
- [Pizza Related Recipes](#)
- [Condiments](#)
- [Beverages](#)
- [Breakfast Foods](#)
- [Pet Treat Recipes](#)
- [Bath & Beauty Recipes](#)
- [Submit Your Recipe](#)
- [Recipe Message Board](#)

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- [Houshold Tips & Tricks](#)
- [Fancy Napkin Folds](#)
- [Ingredient Substitutions](#)
- [Measurement Equivalentents](#)
- [Measurement Conversion](#)
- [Temperature Conversion](#)
- [Meat Temperatures](#)
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# Barbecue Sauce like K.C. Masterpiece®

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Prep. Time : 1:00

Yield : 2 cups

- 2 cups water
- 3/4 cup light corn syrup
- 1/2 cup tomato paste
- 1/2 cup distilled white vinegar
- 3 Tbls. molasses
- 3 Tbls. packed brown sugar
- 1 tsp. liquid smoke
- 1/2 tsp. salt
- 1/4 tsp. onion powder
- 1/4 tsp. black pepper
- 1/8 tsp. paprika
- 1/8 tsp. garlic powder

-Bring all ingredients to a boil in a saucepan over medium-high heat, stirring constantly.

-Reduce heat and simmer, stirring occasionally, for 45-60 minutes, or until thickened.

-Remove from heat and allow to cool.

-Pour into a sealable container, cover, and keep refrigerated.

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- [Pasta Dishes](#)
- [Desserts & Baked Goods](#)
- [Meats](#)
- [Chicken & Turkey](#)
- [Seafood & Fish](#)
- [Salads & Dressings](#)
- [Soup, Chili & Chowder](#)
- [Side Dishes](#)
- [Fruits & Vegetables](#)
- [Pizza Related Recipes](#)
- [Condiments](#)
- [Beverages](#)
- [Breakfast Foods](#)
- [Pet Treat Recipes](#)
- [Bath & Beauty Recipes](#)
- [Submit Your Recipe](#)
- [Recipe Message Board](#)

## Robbie's Kitchen

- [Houshold Tips & Tricks](#)
- [Fancy Napkin Folds](#)
- [Ingredient Substitutions](#)
- [Measurement Equivalents](#)
- [Measurement Conversion](#)
- [Temperature Conversion](#)
- [Meat Temperatures](#)
- [Candy Temperatures](#)

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# Beer Marinade & Barbecue Sauce

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Prep. Time : 2:30

Yield : 3 3/4 cups

- 2 med. onions - minced
- 2 cloves garlic - minced
- 1 cup barbecue sauce
- 1 cup ketchup
- 2/3 cup beer
- 1/4 cup honey
- 2 Tbls. lemon juice
- 2 Tbls. red wine vinegar
- 2 Tbls. Dijon mustard
- 1 Tbls. Worcestershire sauce
- 1 tsp. hot sauce
- 1/2 tsp. ground black pepper

-Combine all ingredients and coat your favorite meat with marinade; allow to stand at room temperature for up to 2 hours or in refrigerator overnight.

-Remove meat from marinade; set aside.

-Bring marinade to a rolling boil over medium high heat, then reduce heat to low and simmer for 10 minutes, or until thickened.

-Use as sauce for basting or serving with grilled meat.

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Here's how it works: Open the can of beer and "dispose of" half of it in the manner of your choice. Into the remaining beer add your favorite wet or dry spices - don't worry, recipes are included. Then snap the baster onto the top of the can. Dial the desired flow from low to high depending on the thickness of your sauce and baste to your heart's content. Plastic with nylon bristles.





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- Copycat Recipes
- Appetizers & Snacks
- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
- Recipe Message Board

## Robbie's Kitchen

- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

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Printer-Friendly  
Page

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# Fresh Roasted Tomato Sauce

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Serves : 6-8  
Prep. Time : 2:15

- 2 Tbls. olive oil
- 6 ripe tomatoes - halved lengthwise
- salt and pepper - to taste
- 3 cloves garlic - minced
- 1/3 cup olive oil
- 10 fresh basil leaves - shredded

- Coat bottom of a baking dish with 2 Tbls. olive oil.
- Arrange tomato halves, cut side up, in pan.
- Sprinkle with salt and pepper, then press minced garlic into each tomato half.
- Drizzle 1/3 cup olive oil evenly over tomatoes.
- Bake in a 375 degree oven for 2 hours, basting every 1/2 hour with the drippings in the pan.
- Remove tomatoes from pan and chop into small pieces.
- Remaining in the pan should be some juices with burned bits. Scrape burned bits from the pan and mix into the other juices.
- At this point, you can either freeze sauce or serve tossed with cooked pasta.
- When serving, toss with shredded basil.

RECIPES USING PASTA SAUCE : Spaghetti Pie [\[REDACTED\]](#)  
 Spinach Lasagna [\[REDACTED\]](#) Cheese Stuffed Shells [\[REDACTED\]](#) Italian  
 Enchiladas [\[REDACTED\]](#) Stuffed Peppers [\[REDACTED\]](#) Veal Pasta  
 Ratatouille [\[REDACTED\]](#) Italian Meatballs [\[REDACTED\]](#) Black Bean  
 Lasagna [\[REDACTED\]](#) 5 Cheese Lasagna like Olive Garden's® [\[REDACTED\]](#)

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- [Houshold Tips & Tricks](#)
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# Fresh Tomato Salsa

Included in my new cookbook! [Click Here](#) to get your copy!

Submitted By : Jenny Slagstad

Serves : 10

Prep. Time : 3:15

- 6 med. firm tomatoes - chopped
- 2.25 oz. can black olives - drained, chopped
- 4 oz. can green chilies - drained, chopped
- 1 bunch green onions - chopped
- 3 Tbls. olive oil
- 1 Tbls. white vinegar
- 1 tsp. garlic salt
- salt and pepper - to taste

-Combine all ingredients, except salt and pepper, and marinate for 3-4 hours.

-Season with salt and pepper.

NOTES : Serve with tortilla chips and Margaritas [REDACTED].

RECIPES USING SALSA : Mexican Pizza like Taco Bell's® [REDACTED] Mexican Florentine Casserole [REDACTED] Mexican Meatloaf [REDACTED] Szechwan Oriental Shrimp [REDACTED] Southwestern Breakfast Frittata [REDACTED] 6 Layer Mexican Dip [REDACTED] Bill's Taco Bake [REDACTED] Baked Chicken Chimichangas like Chi-Chi's® [REDACTED] Chicken Quesadillas like Ruby Tuesday's® [REDACTED] Rice Picanté [REDACTED]

(1) VISITOR COMMENT : "this ones great... culd even add

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**some corn and black beans to it as well!"**

Hey, someone is floating in the salsa! This 6-1/2" ceramic bowl is the ultimate party accessory. Our happy little tuber is there to remind your guests to kick back and enjoy the refreshments, whether it's dip, candy or pretzels. It also provides an extra giggle while you munch down a bowl of cold cereal during Saturday morning cartoons.

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Pasta Dishes  
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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

# Fruited Curry Cheese Spread

Submitted By : Terry Mills

Preparation Time : 0:10

Serves: 12

8 oz. package cream cheese  
2 Tbls. sour cream  
2 tsp. curry powder  
1/2 cup raisins  
1/2 cup chopped walnuts OR pecans  
1/2 cup fruit chutney

-Mix all ingredients except chutney and form into a ball.  
-Pour chutney on top (it will run down the sides).

**NOTES:** Serve with a variety of crackers.

**(1) VISITOR COMMENT :** "This is an A+ recipe made with nonfat sour cream and nonfat cream cheese. I used it on homemade three seed bread served with a chicken/green veggie/grape salad."

Here are three chutneys that you'll truly relish. They are available in three different flavor combinations that will add zest, flavor and variety to ham, pork, poultry, lamb, venison and curried dishes. Contains no salt or preservatives. Made in Vermont. 9 oz. jar.

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Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Garlic Dill Pickles

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Recipe Created By : Robbie

Prep. Time : 0:35

1/2 cup kosher salt  
1 cup distilled vinegar  
4 1/4 cups water  
fresh pickling cucumbers - sliced OR whole  
4-6 cloves (per jar) garlic - peeled, chopped  
1 head (per jar) fresh dill - whole OR chopped  
1/4 cup (per jar) sliced banana peppers - optional  
10 (per jar) whole green peppercorns - optional

- Stir together salt, vinegar, and water until salt is dissolved; set aside.
- Tightly pack 1 qt. wide-mouth jars with sliced or whole cucumbers.
- Wedge garlic, dill, peppers, and peppercorns between cucumbers.
- Pour brine mixture into jar, leaving 1/4" space at the top.
- Cover tightly with lids.
- Place covered jars upright in a large pot, making sure not to stack them.
- Fill pot with water to cover jars and bring to a boil.
- Boil for 5 minutes, then remove pot from heat, placing it in the sink.
- Slowly run cool water into the pot. Doing this too quickly can make the jars crack.
- When the jars are cool enough to handle comfortably, remove from pot and store in a cool dry place.



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**Notes : Pickles will be ready to eat in 24 hours and are best if served chilled.**

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Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Garlic Vinaigrette Dressing

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**Recipe Created By : Mike Rice**

**Prep. Time : 0:05**

**Serves : 12-18**

**3 cups olive oil**  
**1 1/2 cups apple cider vinegar**  
**1/2 cup water**  
**1/4 cup powdered sugar - optional**  
**2 Tbls. dried oregano**  
**2-4 cloves garlic - pressed**  
**salt - to taste**

**-Pour all ingredients into a cruet and shake to mix.**  
**-Refrigerate at least 1 hour before serving.**

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Oil and vinegar together at last! The Salad Chef is designed to perfectly emulsify ingredients to prepare delicious salad dressings effortlessly. Pour ingredients into the carafe, activate the battery powered Salad Chef and watch as the ingredients become perfectly blended in seconds. Recipe carafe is marked with several popular dressing recipes, and amounts needed. Also includes recipe book with 10 additional recipes.

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- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
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- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
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# Guacamole

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Recipe Created By : Robbie

Serves : 6

Prep. Time : 0:30

- 3 med. avocados - peeled, seeded
- 1 med. tomato - peeled, chopped fine
- 1 sm. onion - minced
- 1 clove garlic - crushed
- 2 Tbls. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. ground cumin
- 4 drops hot sauce

- Using a fork or electric beaters, mash avocado.
- Stir in remaining ingredients.

**NOTES:** Serve with any Mexican dish, or just as a dip with tortilla chips. If your avocados are not soft, place them in a brown paper bag and hide the bag away in a cabinet for a day or two. That will ripen them up.

- RECIPES USING GUACAMOLE :** 6 Layer Mexican Dip  
 [redacted] Mexican Florentine Casserole [redacted] Tex-Mex Pizza  
 [redacted] Fajitas like Chili's® [redacted]

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**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
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# Beverages

## Non-Alcoholic Drinks

**Bananaberry Freeze like Applebee's®** - Frozen virgin drink with appealing and edible garnish.

**Frappuccino like Starbuck's®** - Frozen coffee drink with several flavor variations.

**Frosties like Wendy's®** - Chocolate milkshake identical to the restaurants'.

**Fruit Punch** - Easy, tasty, and classy. Makes enough for a crowd.

**Green Holiday Punch** - Non-alcoholic, caffeine-free lime punch, perfect for the holidays.

**Hot Chocolate Mix** - Makes a big batch to get you through the cold months of winter.

**Orange Julius®** - As close as you can get without their powdered mix.

**Orange Smoothie** - Cool, creamy orange drink.

**Sicilian Splash like The Olive Garden's®** - White grape juice and orange syrup make a fabulous non-alcoholic drink.

**Spicy Bloody Mary Mix like Mr & Mrs T's®** - Just like the stuff at the store.

**Strawberry Smoothie** - Refreshingly cool strawberry drink.

---

## Alcoholic Drinks

**Alabama Slammer** - Shooter with amaretto, vodka, Southern Comfort® and juices.

**Amaretto** - This makes an excellent gift presented in a decorative bottle.

**Bahama Mama** - Fruity, tropical mixed drink with the flavors of coconut, banana or melon, pineapple, orange, and cherry.

**Between The Sheets** - Mixed drink with rum, brandy, triple sec, and lime juice served up or on the rocks.

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[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

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**Blue Hawaiian** - Mixed drink with rum, blue curacao, pineapple juice, sweet and sour served over ice.

**Bourbon Slush** - Frozen fruity alcoholic smoothie.

**Colorado Bulldog** - Mixed drink with vodka, coffee liqueur, cream, and a splash of Coke® served over ice.

**Cosmo-Tini** - Mixed drink with Absolut Citron®, Cointreau®, and cranberry juice served up or on the rocks. Also called a Cosmopolitan.

**Dreamsicle** - Mixed drink with vodka, triple sec, orange juice, and cream served on ice. Tastes similar to the popular popsicle.

**Electric Peach Tea like Joe's Crab Shack's®** - Mixed drink with vodka, gin, rum, peach schnapps, sweet and sour mix, and Sprite® served on ice. A peachy variation of a long island iced tea.

**Flaming Dr. Pepper®** - Shot set on fire and dropped into a beer. Tastes just like Dr. Pepper®.

**Frozen Daiquiris** - Make it traditional (lime flavored), or try out the variations for strawberry, banana, melon, pineapple, and peach.

**Hot Toddy** - Hot mixed drink with bourbon, honey, and lemon. My grandma used to administer this as a cold remedy to my mom "back in the day".

**Hurricane** - Mixed drink made popular by Hard Rock Café® and a staple on the streets of New Orleans, it's made with light and dark rum, orange and pineapple juice, sweet and sour mix, and granadine.

**Irish Cream** - Simple, one-step recipe. Allow to sit for a week to let the flavors develop.

**Irish Cream II** - Another easy recipe, this one sits overnight, then is strained through a cheesecloth for a smooth, creamy result.

**Kahlua** - Make this coffee flavored liqueur at home and save money!

**Kami-Kazi** - Citrus shooter made 3 ways: classic, blue, and raspberry.

**Margarita Presidente like Chili's®** - Top shelf margarita.

**Mud Slide** - Creamy, chocolaty taste; packs a punch.

**Piña Colada** - Frozen alcoholic coconut and pineapple smoothie.

**Peppermint Schnapps** - This liqueur is so easy to make, you'll never have to buy it again!

**Perfect Margarita like Applebee's®** - Always a favorite.

**Sangria** - Dress up that boring red wine with fruit, juices, and other sweetness!

**Twisted Lemonade like Chili's®** - Thirst-quenching hard lemonade.

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**Meats**  
**Chicken & Turkey**  
**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
**Bath & Beauty Recipes**  
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**Recipe Message Board**  
**Robbie's Kitchen**  
**Household Tips & Tricks**  
**Fancy Napkin Folds**  
**Ingredient Substitutions**  
**Measurement Equivalents**  
**Measurement Conversion**  
**Temperature Conversion**  
**Meat Temperatures**  
**Candy Temperatures**

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Page**

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## Bananaberry Freeze like Applebee's®

**Serves : 2**

**2 cups ice**  
**1 ripe banana - peeled, reserve 2 thin slices for garnish**  
**3/4 cup strawberry daiquiri mix**  
**1/4 cup pina colada mix**  
**whipped cream - for garnish**  
**strawberry slices - for garnish**

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**-Puree ice, banana, daquiri mix, and colada mix in blender on high speed for 10-15 seconds until smooth.**

**-Pour into two wine glasses.**

**-Garnish with whipped cream, strawberries, and bananas.**

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- Appetizers & Snacks
- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
- Recipe Message Board
- Robbie's Kitchen**
- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures
- Robbie's Photo Album**
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## Starbuck's® Frappuccino®

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Serves : 4

Prep. Time : 0:15

3 oz. hot espresso

1/4 cup granulated sugar

2 1/2 cups milk - low-fat okay

1 Tbls. dry pectin

1 cup ice

1 Tbls. pectin OR 1 tsp. pectin + 1 tsp. arrowroot

-Stir sugar into espresso; cool mixture.

-Stir milk and pectin into espresso mixture until pectin is dissolved.

-Fill a glass with ice and either serve mixture over ice, or pour glass contents into blender and frappe for 30-45 seconds.

**VARIATIONS:** Mocha: + 1 pinch cocoa powder. Chocolate Brownie: + 1 pinch cocoa powder and 2 Tbls. chocolate chips. Orange Mocha: + 1 pinch cocoa powder and 2 Tbls. orange chocolate chips. Rumbuh: + 2 Tbls. crushed chocolate cookies.

**NOTES :** No espresso? Use coffee that has been run through coffee maker twice.

**(4) VISITOR COMMENTS :** "Even without the pectin it is great, almost better than the premade!" | "Just a few tid bits of info from a former Starbucks employee - the coffee in a frapp is actually double strength italian roast. And a different way to make double strength coffee is to use about 1 1/2 as much grinds, and only run it through once, it will keep your coffee maker

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**cleaner!" | "I love this recipe and can't wait to try it!" | "good recipe, I usually add vanilla ice cream to make it a bit creamier."**

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[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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[Printer-Friendly  
Page](#)

[E-Mail Recipe  
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# Wendy's Frosties®

**Serves : 2**

**Prep. Time : 1:05**

**1 cup milk - low fat okay**

**1/2 cup Nestle's Quik®**

**3 cups vanilla ice cream**

**-Allow ice cream to soften in refrigerator for 1 hour.**

**-Mix all ingredients in blender.**

**(4) VISITOR COMMENTS : "Now I don't have to go to Wendy's for this Thank You!!" | "Thanks so much for the recipe, I wish I had it 2 years ago when I was pregnant with my second baby. Wendy's made a fortune from me with my cravings!" | "WOW!!! this is a great recipe and now i can make frosties at home!" | "I always wanted to know how they made those things if they did not have that machine thank you so much for that great recipe! now I want to have too go to Wendys"**

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Meats  
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Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

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## Fruit Punch

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Recipe Created By : Robbie

Serves : 40

Prep. Time : 0:10

3 qts. orange juice  
2 qts. pineapple juice  
2 liters lemon-lime soda  
1/2 cup grenadine  
4 cups ice  
1 med. orange - sliced  
1 med. lemon - sliced  
1 med. lime - sliced

-Combine juices, soda, and grenadine in a punch bowl.  
-Add ice.  
-Lay slices of fruit on ice to garnish.

(5) VISITOR COMMENTS : "Excellent recipe. I made this Fruit punch for my son's first Bday and everyone enjoyed it and loved it! Thank you so much" | "This punch was the hit of the baby shower. I've since had several requests for the recipe. Thanks for a simple, easy recipe that tastes wonderful!" | "I just want to thank you for the recipe for fruit punch. I made it for a baby shower this past weekend and it was delicious." | "Served the punch at church continental breakfast. It received rave reviews. Everyone thought it was really wonderful. There were always people at the punch bowls. We have another event coming up at church later this month-I was asked to make that great punch again! Thanks for helping to make our event special and memorable and for making me look like a star!" | "This is a really easy and great tasting punch recipe. I help host

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weddings at our church and served this at the last wedding. Fantastic hit. The day of this wedding was really warm and it really hit the spot. Even had several gentlemen tell me that in the past they have steered away from punches served but told me this was a "keeper recipe". They came back for refills all afternoon. Must have passed this recipe onto 6 or more church members. Serving it again at the next wedding." | "Generally I don't drink fruit punch, but this recipe is awesome! Easy to make, not too sweet - it was a real hit at our holiday sing-a-long."

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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**Robbie's Kitchen**  
Houshold Tips & Tricks  
Cooking Tips  
Cleaning Tips  
Laundry Tips  
Home Remedies  
Pet Home Remedies  
Message Board  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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To A Friend

View Recipe's  
Comments

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## Green Holiday Punch

Submitted By : Michelle Reynoso

Serves : 6-8

Prep. Time : 0:15

4-5 large scoops lime sherbet

2 liters ginger ale

2-3 cups ice

1 lime - sliced, for garnish

- Place scoops of sherbet in a punch bowl; pour ice over top.
- Slowly pour ginger ale down the sides of the punch bowl.
- Gently swirl the bowl to mix.
- Lay lime slices on top.

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[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)  
**Robbie's Kitchen**  
[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)  
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**Pet Health**  
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## Hot Chocolate Mix

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 60

Prep. Time : 0:05

8 qt. box dry milk

16 oz. cannister chocolate milk mix

6 oz. cannister powdered coffee creamer

1/2 cup powdered sugar

-Combine all ingredients in a large sealable bowl.

-For one serving, measure 1/3-1/2 cup of mix into a coffee mug and fill with hot water.

Notes : Use French Vanilla, Hazelnut, or Irish Cream coffee creamer for a gourmet flavor.

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- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
- Recipe Message Board
- Robbie's Kitchen**
- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

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Page

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## Orange Julius®

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Recipe Created By : Robbie

Prep. Time : 0:15

Serves: 2

- 6 oz. can frozen concentrated orange juice
- 1 cup milk - low-fat okay
- 1 cup water
- 1/4 cup granulated sugar
- 1 tsp. vanilla extract
- 8 ice cubes

- Pour all ingredients, except ice cubes, in a blender.
- Blend, adding ice cubes one at a time, until smooth.

(17) VISITOR COMMENTS : "JUST LIKE STORE KIND!" | "Your recipe for Orange Julius is wonderful. Thank you I did a Yahoo search especially for this recipe, so this is my first visit. I will be visiting often. Thank you for your hard work. Maggie" | "OK, I'm now addicted to this recipe! Hope everyone tries it soon!!!" | "Thanks for the recipe you can substitute soy milk gals" | "I learned this recipe in a home economics class, but had lost it. When I found this one, it was just like the one I loved from school!" | "These were very easy to make and wonderful. My family loves them. No sooner did we get a batch made and the kids were asking for more. They sucked it right down. Thanks for the recipe." | "Deeeeeelicious! We use two cups of fresh strawberries, instead of orange juice; and one cup of vanilla/orange swirl ice cream, instead of milk. Thank you for the refreshing drink recipe." | "I Like it a bit more with honey instead of sugar- about 2 tablespoons- give it a try!" | "This is

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**EXACTLY like the original! I use Splenda instead of sugar. Thank you!" | "You can make it without sugar and it still tastes good. Also Put some vodka or Blue UV and it tatses even better" | "This tastes just like the kind at the mall! My husband went crazy and my 18 month old drank it down like candy!" | "MMM..just like I remembered them. After moving to the UK, I really missed these! Found your recipe site today and this is the first recipe I tried. Big hit with me and my 18 month daughter! I made a second batch lowering the amount of milk and adding live bio yogurt." | "Delicious! I am a foods teacher and I use this recipe in the beginning of all my trimesters the kids love it!" | "I've used 1/4 cup powdered milk and you get a similar result for the Orange Julius." | "What a great recipe! I actually substituted 2 ounces of the orange juice concentrate with pina colada mix, and it tasted so good!" | "i'm only 12 and not very good at recipies but this one is a sinch!" | "I convinced someone who worked at an Orange Julius to tell me what that 'secret white powder' was that they added to just about every drink. Incredible finely ground coconut was the secret all along. After hearing what the powder was, it almost made sense that it was in their drinks. How to obtain any, other than knocking over an Orange Julius stand, is beyond me. But for those of you with good food processors out there, the challenge is passed to you."**

Creating Kitchen Clones from America's Favorite Restaurant Chains

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[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
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[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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Page](#)

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# Orange Smoothie

**Serves : 2**

**4 cups ice**  
**1 cup water**  
**2/3 cup orange juice**  
**1/2 cup half and half**  
**3 Tbls. Tang® orange drink mix**

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**-Puree all ingredients in a blender until smooth and creamy.**

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[Copycat Recipes](#)  
[Appetizers & Snacks](#)  
[Pasta Dishes](#)  
[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
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[Houshold Tips & Tricks](#)  
[Cooking Tips](#)  
[Cleaning Tips](#)  
[Laundry Tips](#)  
[Home Remedies](#)  
[Message Board](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

## Sicilian Splash like Olive Garden's®

Serves : 1

4 ice cubes  
3 shots white grape juice  
1 1/2 shots orange torani syrup  
1 1/2 shots soda water  
1 lemon slice - for garnish

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**-Combine all ingredients in a tall fluted glass and garnish with lemon slice on rim.**

**NOTES : 1 shot = 1 oz.**

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[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

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[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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[Recipe Message Board](#)

## Robbie's Kitchen

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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# Bloody Mary Mix like Mr & Mrs T's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 16

Prep. Time : 0:10

46 oz. can tomato juice

1/4 cup lime juice

3 Tbls. juice from canned jalapenos

3 Tbls. white vinegar

2 Tbls. granulated sugar

2 tsp. prepared horseradish

1/4 tsp. salt

1/4 tsp. black pepper

1/8 tsp. onion powder

1 dash garlic powder

-Combine all ingredients.

-Store covered in the refrigerator.

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**Notes : To make a Bloody Mary, combine 3 parts Bloody Mary mix to 1 part vodka and pour over ice. For a Bloody Maria, substitute tequila for vodka. For a Bloody Bull, add 1 part beef broth.**

**(2) VISITOR COMMENTS: "It's pretty spicy hot. I liked it." | "23 years old and been drinking the mix since I was 10, im the biggest fan of bloody marys there is .....your a little heavy on the jap juice and the white vinegar.....its to thick also...I appreciate the effort but it needs tweaking"**

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**Soup, Chili & Chowder**

**Side Dishes**

**Fruits & Vegetables**

**Pizza Related Recipes**

**Condiments**

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**Pet Treat Recipes**

**Bath & Beauty Recipes**

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## **Robbie's Kitchen**

**Houshold Tips & Tricks**

**Fancy Napkin Folds**

**Ingredient Substitutions**

**Measurement Equivalents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

**Candy Temperatures**

## **Robbie's Photo Album**

## **Pet Health**

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**Printer-Friendly  
Page**

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# Strawberry Smoothie

**Serves : 2**

**1 cup water**

**1/4 cup granulated sugar**

**4 cups ice**

**4 lg. strawberries - frozen OR fresh**

**1/2 cup half and half**

**1 lemon - juice of**

**1/4 cup Hershey's® strawberry syrup**

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- Dissolve the sugar in the water.**
- Combine all ingredients in a blender and puree until smooth.**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

**Printer-Friendly  
Page**

**E-Mail Recipe  
To A Friend**

**View Recipe's  
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## Alabama Slammer

**Serves : 1**

**1/2 oz. amaretto**  
**1/2 oz. vodka**  
**1/2 oz. Southern Comfort®**  
**1/2 oz. grenadine**  
**1 splash cranberry juice**  
**1 splash orange juice**

**-Pour all ingredients into a shaker filled with ice.**  
**-Cover, shake, and strain into a 8 oz. rocks glass.**

**NOTES : 1 oz. = 1 shot.**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

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## Amaretto

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**Serves : 24**

**Prep. Time : 0:30**

**2 cups granulated sugar**  
**1 cup packed brown sugar**  
**2 cups water**  
**4 cups vodka**  
**1/4 cup almond extract**  
**4 tsp. vanilla extract**

**-Dissolve sugars in a water over medium heat.**  
**-Heat until boiling and all sugar is dissolved.**  
**-Remove from heat and allow to cool.**  
**-Add vodka, almond extract, and vanilla.**  
**-Store in a sealed decorative bottle.**

**NOTES : This makes an excellent gift presented in a decorative bottle.**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

[Printer-Friendly  
Page](#)

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## Bahama Mama

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**Serves : 1**

**Prep. Time : 0:05**

**ice**

**1 oz. rum - light, dark, OR 151 proof**

**1/2 oz. banana liqueur OR melon liqueur**

**1/2 oz. coconut rum**

**1/2 cup orange juice**

**1/2 cup pineapple juice**

**1 Tbls. grenadine**

**-Fill a pint glass with ice.**

**-Pour in remaining ingredients.**

**-Cover and shake.**

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**Notes : Garnish with fresh pineapple slice, orange slice, and/or cherry.**

**(1) VISITOR COMMENT : "These are excellent, they turn out tasting just like Red Lobster's Bahama Mama if you cut the pineapple juice to 1/4 cup"**

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

**Printer-Friendly  
Page**

**E-Mail Recipe  
To A Friend**

**View Recipe's  
Comments**

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## Between The Sheets

**Serves : 1**

**3/4 oz. light rum  
3/4 oz. brandy  
3/4 oz. triple sec  
4 oz. Rose's® lime juice  
twist of lime - for garnish**

**-Pour all ingredients into a shaker filled with ice.  
-Cover, shake, and strain into a 8 oz. rocks glass filled with ice  
OR a 10oz. highball glass without ice.  
-Garnish with lime twist.**

**NOTES : 1 oz. = 1 shot.**

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**Appetizers & Snacks**  
**Pasta Dishes**  
**Desserts & Baked Goods**  
**Meats**  
**Chicken & Turkey**  
**Seafood & Fish**  
**Salads & Dressings**  
**Soup, Chili & Chowder**  
**Side Dishes**  
**Fruits & Vegetables**  
**Pizza Related Recipes**  
**Condiments**  
**Beverages**  
**Breakfast Foods**  
**Pet Treat Recipes**  
**Bath & Beauty Recipes**  
**Submit Your Recipe**  
**Recipe Message Board**

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**Household Tips & Tricks**  
**Cooking Tips**  
**Cleaning Tips**  
**Laundry Tips**  
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**Pet Home Remedies**  
**Message Board**

# Breakfast Foods

**Banana Nut Bread** - Sweet bread to use up those over-ripe bananas.

**Banana Nut Bread II** - Another great recipe, this one uses cream cheese.

**Banana Nut Bread in a Jar** - Sweet bread baked into Mason jars slides out easily when ready to serve. Each jar serves 4.

**Banana Nut Muffins and Mini Loaves like Otis Spunkmeyer's®** - Moist muffins have a rich banana taste.

**Big Apple Pancake like Bickford's®** - Baked pancake topped with a sweet apple mixture.

**Biscuits like McDonald's®** - Quick and easy, makes great breakfast sandwiches and goes perfect with sausage gravy.

**Breakfast Casserole** - Eggs, bacon or sausage, potatoes, and cheese all in one convenient dish. Can be made at night, then baked the next morning.

**Breakfast Sausage** - Save money making this pork sausage at home with spices you probably already have in the cabinet.

**Cheerio® Bars** - Cereal on the go with added nutrients and flavor from peanut butter.

**Cinnamon Rolls like Cinnabon's®** - Heavenly sweet rolls.

**Corn Meal Mush** - Slice, fry, and serve like pancakes.

**Dried Beef Gravy** - Otherwise known as S\*\*t On A Shingle. Serve over toast or biscuits.

**Egg Pockets** - This satisfying breakfast, brunch, or lunch is great hot or cold. Crescent rolls stuffed with eggs, ham or bacon, onion, and seasoned with creamy ranch dressing.

**English Tea Scones** - Perfect for breakfast, brunch, or afternoon tea. Freezes well.

**French Toast** - Cheap and easy to make. Top with syrup or powdered sugar.

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**Ingredient Substitutions**

**Measurement Equivalents**

**Measurement Conversion**

**Temperature Conversion**

**Meat Temperatures**

**Candy Temperatures**

**Robbie's Photo Album**

**Pet Health**

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**Fried Apples like Cracker Barrel's®** - Bacon grease is their secret ingredient.

**Granola** - Baked wholesome breakfast or snack.

**Granola Bars** - Chock-full of nuts, raisins, coconut, oats and sweet flavorings to keep you going through the day.

**Hash Brown Casserole like Cracker Barrel's®** - Cheesy potato dish.

**Hearty Breakfast Cookies** - This is an easy recipe that can be made ahead of time and my kids really enjoy.

**Holiday Quiche** - Made with egg nog and other delicious ingredients, this is a sure pleaser for any Holiday meal, breakfast, brunch, lunch, or dinner.

**Homemade Donuts** - Simple spiced cake-like donuts.

**Hot Cross Buns** - Currants and raisins add a sweet touch to these yeast buns.

**Iced Cinnamon Rolls** - Easy and delicious.

**Pancakes like IHOP's®** - Simple recipe tastes just like the restaurant's feature dish.

**Praline Apple French Toast** - Extra-special French toast topped with an apple pecan glaze. Wonderful for brunch on Christmas, Thanksgiving, or any day.

**Pumpkin Pancakes** - Spiced pumpkin pancakes make a great festive breakfast.

**Sausage Gravy** - Serve this creamy, meaty gravy over biscuits or toast for a filling breakfast or dinner.

**Skip's One Pan Breakfast** - I have been cooking this breakfast for 30 years.

**Southwest Potato Frittata** - A medley of vegetables with potatoes, egg, and cheese make a filling one-dish meal.

**Southwestern Breakfast Frittata** - Skillet breakfast that has it all!

**Sunny Side Up Pizza** - Is it breakfast or dinner? Which ever you'd like!



**Sweet Baked French Toast** - This recipe has won many a picky eater over! It's not for dieters, but sure makes a terrific treat. The butter, brown sugar and cream come together to make French toast like you've never tasted before!

**Waffles like Waffle House's®** - Great plain or with pecans.

**Zucchini Bread** - Moist and flavorful, full of nutritious ingredients, this makes for a healthful breakfast or snack. Will keep in refrigerator for weeks and freezes well.

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

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Comments

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## Banana Nut Bread

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Submitted By : Mary Kolling

Serves : 12

Prep. Time : 1:30

1 3/4 cups all-purpose flour

1 1/4 tsp. baking powder

3/4 tsp. salt

1/2 tsp. baking soda

2/3 cup granulated sugar

1/3 cup shortening

2 eggs

2 Tbls. milk

1 cup mashed ripe bananas

1/4 cup chopped walnuts

-Combine flour, baking powder, salt, and baking soda; set aside.

-Beat together sugar and shortening with an electric mixer for 5 minutes, scraping sides of bowl often.

-Add eggs and milk, one egg/Tablesopoon at a time, while beating. Beat at medium speed for 1 minute.

-Alternate adding flour mixture and banana while beating at low speed until all is combined.

-Slowly stir in nuts.

-Pour into greased loaf pan and bake in a 350 degree oven for 60-65 minutes.

(16) VISITOR COMMENTS : "Dried. not sweet at all. My kids hated it, I had to throw away 3/4 of the loaf because no one would eat it" | "This receipe previously received a negative review, well the cook did something wrong, there is nothing

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wrong with this recipe. Absolutely delicious thank you. It was moist and just unbelievable, of course I do not own a mixer so we used a regular whisk and a potato masher but they worked great. It's a must try for rave reviews." | "Excellent old fashioned recipe. This recipe is very similar to the old family recipe I couldn't find when the bananas were ready to be used up. I added more bananas instead of the milk, and then even more bananas because I had more than a cup of them to be used up, and we like a lot of banana in our banana bread. BTW 2 3 cup of sugar in a loaf of bread is plenty sweet enough for bread, however, anyone knows just adding more sugar would make it sweeter. Perhaps we should be rating the cooks, not the recipes." | "lost my own recipe and this replacement is even better! thanks for saving the day. sunny in atlanta" | "good - i played around with the recipe a bit and found it was much better (moister) if you added an extra 1 2 cup bananas (about 4) and a little brown sugar (around 1 4 cup)" | "It was very good warm with butter but I did find it a bit thick and make some minor adjustments. Mix all dry ingredients together (minus the sugar) - mix all wet ingredients together with sugar replace milk with 1 3 cup water and cook for about 50 mins - add 1 2 tsp cinnamon too sprinkled on top. Came out great. You can also replace the shortening with butter. This base recipe helped me master it." | "just got the banana bread out of the oven. it was great. i didn't have any nuts so i used a cup of choc. chips. It was the best! Will make it again soon." | "the recipe is great. but you could add more bananas to give it more of a banana taste. but otherwise.. great!" | "Loved the recipe! Everyone in my family enjoyed it very much! I've made the banana nut bread with walnuts and without walnuts." "It was very good!" Thank you for the recipe!" | "My husband made this recipe but substituted the sugar with 1/2 cup g sugar and filled it up to 2/3 with brown sugar; he also used 1 stick of butter instead of the 1/3 cup shortening. IT WAS WONDERFUL !!!" | "My recipe for banana nut bread - substituted Bisquick for flour using 2 full cups (eliminated the baking soda and baking powder of course), used a little more sugar (used brown and white sugar) and used real butter, a very tiny amount of buttermilk and additional walnuts. Have been getting raves for years!" | "you are so right this is an old fashion recipe...the best. my grandmother had been making this since i was a baby and we all pass it down my family and friends love it.....i lost my original recipe but yours is similar i just add 1/4 tsp cinnamon and 1/4 c marachino cherries and still comes out

moist and great...and as for the first review i have to agree when i say it was the cook not the recipe you have to put your heart into these things to get it right...thanks for having this handy..." | "Thanks for recipe. I think this is the best banna bread recipe I have seen yet. Particularly with the additional comments to adjust the recipe . ( Brown Sugar is the key)!" | "This is not the best banana bread recipe. I thought it was dry and not very sweet. I don't think it's the cook. I have made banana bread many times before with other recipes and it turned out great I probably won't use this recipe again." | "The person who said this recipe was dry had to of made it wrong or possibly over cooked the bread. They may want to try and using applesauce instead of the oil/shortening, I have found this to be not only lower fat but much moister than other breads" | "this is an awesome recipe. For a first time baker of banana nut bread ( of anything actually) this recipe was a life saver. turned out moist, delicious, sweet, and just yummy. great while hot with butter. it even stacked up next to my mother-in-laws recipe. Which by the way, i was cooking this for, kinda of a test of my skills you can say. Thank you so much! will sooo use it again" | "I tried this recipe twice and unfortunately was very unimpressed. Neither my children, nor my husband were impressed either.. I found it to be a bit dry (i usually use close to 2 cups of mashed bananas) and I use butter instead of shortening. I did follow this recipe exactly."

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- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
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## Robbie's Kitchen

- Household Tips & Tricks
- Fancy Napkin Folds
- Ingredient Substitutions
- Measurement Equivalents
- Measurement Conversion
- Temperature Conversion
- Meat Temperatures
- Candy Temperatures

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## Pet Health

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Page

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To A Friend

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# Banana Nut Bread II

Recipe Submitted By : Karen

Prep. Time : 1:15

Serves : 8-10

- 2 1/4 cups flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 8 oz. cream cheese - softened
- 1 cup granulated sugar
- 1/4 cup margarine
- 1 cup mashed bananas
- 2 eggs
- 1 cup chopped nuts - optional

- Combine dry ingredients in a bowl.
- In a separate bowl, combine cream cheese, sugar, and margarine until all is blended.
- Combine bananas and eggs in a separate bowl.
- Combine all ingredients together in one bowl.
- Pour into a greased loaf pan and bake in a 325 degree oven for 1 hour or until toothpick inserted in center comes out clean.

(3) VISITOR COMMENTS : "This recipe was wonderful. The whole family enjoyed it, even my 2 year old!!" | "The only change I made to this recipe was to add 1 tsp. of vanilla and a tablespoon less flour. I'm wondering how it would taste if I used flavored cream cheese." | "What a great recipe. This bread was the most moist and tastiest ever. Thanks so much for the recipe."

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Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Banana Nut Bread in a Jar

Serves : 28

Prep. Time : 1:15

2 2/3 cups granulated sugar  
2/3 cup shortening  
4 eggs  
2/3 cup buttermilk  
2 cups mashed, ripe bananas  
1 tsp. vanilla  
3 1/2 cups all-purpose flour  
1/2 tsp. ground nutmeg  
1 tsp. ground cinnamon  
2 tsp. baking soda  
1 tsp. baking powder  
1 tsp. salt  
2/3 cup chopped nuts - optional

- In large bowl, cream sugar and shortening with electric mixer.
- Add eggs and mix well.
- Add buttermilk and vanilla and mix well.
- Combine dry ingredients in a separate bowl.
- Slowly mix dry ingredients into wet ingredients.
- Gently stir in mashed bananas and nuts.
- Grease (7) 1 pint wide-mouth canning jars with shortening.
- Pour 1 cup of batter into each jar.
- Set jars on a cookie sheet, spacing evenly.
- Bake in 325 degree oven for 45 minutes, or until a toothpick inserted in center comes out clean.
- Working quickly, wipe rim, place lid and ring on jar, and secure. Jars will seal quickly. Repeat with remaining jars.

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## Breakfast Casserole

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Recipe Created By : Robbie

Serves : 8

Prep. Time : 1:00

vegetable cooking spray

6 med. potatoes - baked, peeled, cubed OR

4 cups frozen country-style hash browns

1 med. onion - sliced

2 Tbls. butter OR margarine

2 tsp. seasoned salt

1 Lb. pork breakfast sausage - browned OR 1 Lb. bacon - fried, cubed

1 cup shredded cheddar cheese - low fat okay

12 eggs - beaten OR 3 cups egg substitute

salt and pepper - to taste

-Spray 13" X 9" X 2" baking dish with cooking spray. Set aside.

-Brown potatoes OR hash browns and onions in butter, seasoning with seasoned salt.

-Place potatoes and onions in baking dish.

-Sprinkle browned sausage OR crumbled bacon over potatoes.

-Sprinkle cheese over meat, then top with eggs.

-Season with salt and pepper.

-Bake in 350 degree oven for 30 minutes, or until eggs are set in the center.

NOTES : You can make this dish the night before (to the point of baking) and refrigerate until needed. Bake additional 10 minutes to compensate.

(2) VISITOR COMMENTS : "Thanks so much for this recipe. I have been looking for just such a recipe. Great site!" | "I'm so glad to find this recipe. I've been looking for one that I can feed to my kids, in-laws and grandkids during the holidays that is different than just the usual fare."

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Side Dishes  
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Beverages  
Breakfast Foods  
Pet Treat Recipes  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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### Pet Health

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Page

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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# Breakfast Sausage

Serves : 6-8

Prep. Time : 0:25

2 Lbs. ground pork  
1 Tbls. brown sugar  
2 tsp. dried sage  
2 tsp. salt  
1 tsp. pepper  
1/4 tsp. dried marjoram  
1/8 tsp. crushed red pepper flakes  
1 pinch ground cloves

-Combine all ingredients by hand in a bowl.  
-Form mixture into 1/4" thick patties.  
-Brown patties in a large skillet over medium high heat for 5 minutes on each side.

NOTES : Makes a great sausage gravy 

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Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
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## Cinnamon Buns like Cinnabon's®

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Serves : 12 - 15

Prep. Time : 4:00

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

- Dissolve yeast and 1 tsp. sugar in warm water; set aside.
- In a large bowl, mix 2/3 cup sugar, milk, 2/3 cup melted margarine, salt, and eggs; stir well and add to yeast mixture.
- Add half the flour and beat until smooth.
- Stir in enough of the remaining flour until dough is slightly stiff.
- Turn out onto a well-floured board and knead for 8 minutes.
- Place dough in a greased bowl, cover, and let rise in a warm place until doubled in size, 1 - 1 1/2 hours.
- Punch down dough and let rest for 5 minutes.
- Roll dough out on floured surface into a 15" X 20" rectangle.
- Brush 1/2 cup melted margarine over dough.
- Mix together 1 1/2 cups sugar and cinnamon; sprinkle over

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dough.

-Sprinkle with nuts, if desired.

-Roll up dough and pinch edge together to seal.

-Cut the roll into 12-15 slices.

-Coat bottom of a 13" X 9" X 2" baking pan with 1/2 cup melted margarine, then sprinkle with 1/3 cup sugar.

-Place cinnamon roll slices close together in pan.

-Cover pan and allow to rise in a warm place for 45 minutes.

-Bake in a 350 degree oven for 25-30 minutes, or until golden brown.

-Stir together 2/3 cup melted margarine, powdered sugar, and extracts.

-Stir in hot water, 1 Tbls. at a time, until glaze reaches desired spreading consistency.

-Spread prepared icing over slightly cooled rolls.

**(23) VISITOR COMMENTS :** "These can be a make-ahead.

Immediately after placing them in the prepared pans, cover with greased foil and freeze. The night before you want to serve them,

put them out on the kitchen counter before going to bed. The final rising will take place overnight and they will be ready to

bake in the am. As good as fresh. Great for Christmas morning."

| "AWESOME!!! Tastes even better than Cinnabon!" | "good but hard to make" | "INCREDIBLE - WORTH ALL THE TIME AND MESS!!!!" | "Just wanted to let you know that "these are

screamin' " according to my neighbor's son. Everyone loved them!!! Guess what the neighbors are getting for Christmas?!" |

"WONDERFUL Cinnamon roll recipe. This is the first time I've ever made any type of bread and it turned out great! The recipe

was easy to follow and very explanatory. To cut back a little of the fat in the recipe I used a non-stick baking spray instead of

butter in the baking sheet and also used a milk, powdered sugar, cinnamon and vanilla frosting rather than the butter cream

frosting suggested in your recipe. It is delicious!" | "better than the real thing. orgasmic well worth the rising and preparation

time.while your at it make 2 batchs as they will go lightening quick!" | "This is the best recipe I have ever tried. Time

consuming but well worth the wait." | "My husband made these, they were great. He is not really very "baking friendly" person

but his results were fantastic. His mother-in-law even want his recipe! It's a must try recipe." | "This recipe is the BEST! It is a

hit with everyone. Thanks to this recipe everyone thinks that I am an awesome baker and they all ask me to make it again for

them" | "Hey Robbie, not only is this recipe outrageous and delicious but checking out your "If this recipe interestes you, check out...." was very clever advertising! Just wanted to thank you for not only exciting the family's tastebuds with the recipe but for working my peripheral vision while visiting your site!" | "Great ! Can't make enough. The neighbors have standing orders everytime I make them." | "I made the Cinnabons Cinnamon Buns this morning and they're fantastic. I halved the recipe, and made the dough in our bread machine to simplify the process. I also used butter instead of margarine, and brushed the tops of the formed rolls with melted butter prior to baking. I'll most definitely make these again!" | "Fabulous cinnamon buns! They were so easy to make. Worth the time invested. Thanks for sharing this great recipe." | "I wanted to let you know that I tried freezing the dough and it did great! I fixed it thru the jelly roll stage and then froze it in 3 smaller rolls. I let it thaw in the refrigerator overnight and then took up the recipe with the final rise the next morning. It got rave reviews! Thanks for a great recipe." | "I loved this recipe! Better than Cinnabon's and SOOOO EASY! Prep time was really only 2 1/2 hours for me, and the dough is beautifully easy to work with! Thanks for sharing!" | "About 8:00pm last night, I got a craving for a Cinnabon. I'm fairly comfortable in the kitchen and have no fear of experimenting... so I decided to look online for a knock-off recipe of those scrumptious Cinnabons. The recipe on your Web site is one of the few that doesn't require a bread machine. I had so much fun making these! It's the first bread-like recipe I've ever tried. Kneading, punching it down...etc...was great fun for me. The cinnamon rolls turned out to be sooooo much better than Cinnabon's, though the recipe could feed a small army. :) My boyfriend was really in heaven with 'em as well." | "I made these cinnamon buns for Easter and everyone raved about how yummy they were, I for sure will keep this recipe and have already given the recipe to friends!" | "Thanks for the recipe. I had to find something quick because my mother in law didn't think I could make cinnamon rolls. My husband thinks I'm the cinnamon roll queen now. I make them in my breadmaker and I like to substitute part brown sugar in every step except the dough itself to add a caramely taste. YUM." | "A real 'TA DA' recipe. The ironic thing was that I made these because I always feel slightly sick after eating a whole Cinnabon, and I figured it was probably some chemical they used. But after eating a whole one of these, I felt exactly the same! I added some cream cheese to the frosting

because it was just a little too 'powdered sugar' tasting for me. Will make these again, and only eat them ½ at a time!" | "Excellent recipe. Thank you." | "I couldnt wait to cook these for my husband, but was VERY disappointed, the bread was very doughy and very hard. Followed the recipe very carefully." | "These were incredible!!! They are soooooo good, my family wont stop asking for them! I first made them in my foods and nutrition class and our teacher gave all of us your website. They are amazing, you have to make a couple batches if you want any for yourself!! Thanks so much!"

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Pasta Dishes  
Desserts & Baked Goods  
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Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Printer-Friendly  
Page

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# Corn Meal Mush

Recipe By : Mary Kolling

Prep. Time : 0:30

Serves: 8

6 cups water  
2 cups cornmeal  
2 cups cold water  
1/3 cup butter  
2 tsp. salt  
1 tsp. cinnamon  
flour - for coating  
1 Tbls. oil

- Bring water to a boil.
- Combine cornmeal, cold water, butter, salt, and cinnamon.
- Add to boiling water.
- Cook over medium heat, stirring constantly, until thick.
- Reduce heat and simmer, covered, stirring occasionally, for 10 minutes.
- Pour into greased loaf pan.
- Refrigerate overnight.
- Cut into 1/4" - 1/2" thick slices.
- Coat with flour.
- In frying pan, over medium heat, brown both sides in oil.

Notes: Serve with butter and maple syrup as you would pancakes.

(5) VISITOR COMMENTS : "This really is a great cornmeal mush recipe, I made it and while cooling on the kitchen table my son asked what it was , I told him and he sorta shrugged and walked away. The next morning I took it out of the fridge and



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**fried some up, the cinnamon is what gets the senses flowing,my son ask to try some and loved it! This is a great reciepe for mush!!" | "This is a great fried mush recipe!!!.... Well worth trying" | "Looks very good, I will try it for breakfast tomorrow!" | "When my Mom made this when we were kids, she always fried it in Bacon grease and served it with eggs and fried potatoes, a tall glass of cold milk and toast. You will feel good for most of the day." | "You must be Pennsylvania Dutch or have a source of their cooking. My ma used to make this but used a tin to refrigerate. She used a large can like tomatoes come in. In the morning I got to cut the bottom of the tin out and push out the mush and slice it. Thanks for stirring a pleasant memory. I'm going to try it."**

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

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## Dried Beef Gravy (S.O.S.)

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Recipe By : Mary Ann Valuska

Prep. Time : 0:20

Serves: 6

1/4 cup butter OR margarine

1/2 cup all-purpose flour

1 tsp. salt

1/4 tsp. black pepper

1 pint milk

4.5 oz. jar dried beef - sliced thin

2 Tbls. Worcestershire sauce

-Melt butter in a skillet.

-Stir in flour, salt, and pepper.

-Slowly stir in milk.

-Stir in beef and Worcestershire sauce.

-Simmer, stirring constantly, until thickened, 10-15 minutes.

Notes : Serve over toast or biscuits ██████████.

(10) VISITOR COMMENTS : "The truth of the matter is if you really like this recipe and love S.O.S. its only enough for about three servings....." | "As an alternative, when SOS became "same old stuff", our mess hall would substitute tomatoes (or tomato paste) for the dried beef. Gave it a very different taste without breaking much of the routine." | "Also GREAT served over home fried potatoes or hash browns." | "Hate to say it but this is chipped beef on toast not S.O.S. S.O.S. is made with ground beef and the Marine Corps makes the best there is." | "I agree, SOS is with ground beef and the USMC makes it the

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best." | "I served in the US Army from 1961 thru 1982 & S.O.S. was prepared in the mess halls using dried beef (like your recipe) until sometime in the 70's when they switched to using ground beef (cheaper, I suppose). I've heard that SOS also meant we are having the Same Old Stuff. It was served every morning in the 60's and at some time they moved it to Thursdays only. I liked "chipped creamed beef" (what this was called on the mess hall menu) served on toast and this is the way I remember it. I suspect the former marine served after 1970." | "I've seen all the recipes on S.O.S. and had eaten it until I began working shift work at a local plant where we cooked at night. I've heard my dad talk about it while he was in the Army and said he wanted nothing to do with it because that's all they ate. Mine is a different version which you would have to experiment with which I still do. I use ground beef, thin chopped celery, onions, and a can of cream of mushroom soup, seasoned with salt and pepper and sprinkle with sage to taste stewed around in a frying pan and served over toast." | "I use a nearly identical recipe except it calls for bacon grease instead of butter and no Worcestershire sauce." | "I have always made SOS (S--t on a Shingle) with ground beef. The first time I had it was in Nov 1954 in the US Air Force, and when I left the Air Force in 1966 they were still making it that way. My father used to make it with dried beef, but I never did. Perkins restaurant makes it with dried beef, and it was pretty good, so I decided to try it myself. I add 1 tsp soy sauce."

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Side Dishes  
Fruits & Vegetables  
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Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
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Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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## Egg Pockets

**Submitted By : Moni Clark**

**Serves 4**

**Prep time: 0:40**

**4 eggs - hard-boiled, peeled, chopped**  
**1/4 cup Kraft® Three Cheese Ranch Dressing**  
**1 pinch dried dill weed**  
**1 pinch dried parsley**  
**1/2 cup diced cooked ham OR bacon bits**  
**1 Tbls. minced onion**  
**1 pkg. Pillsbury® Crescent Rolls**

**-Stir together all ingredients, except crescent rolls.**  
**-Place 1/4 of the filling onto each crescent triangle; fold in edges to make a rectangle; pinch edges to seal.**  
**-Place on a greased cookie sheet, seam side down.**  
**-Bake in a 375 degree oven for 16-18 minutes, or until golden.**

**NOTES : Serve with ranch dressing for dipping.**

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Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
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## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page

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To A Friend

View Recipe's  
Comments

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## English Tea Scones

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 9-12

Prep. Time : 1:30

1/2 cup currants OR raisins  
1 egg - beaten  
1 Tbls. water  
1 pinch salt  
3 cups bread flour OR all-purpose flour  
1 1/2 Tbls. baking powder  
1 tsp. salt  
3/8 cup granulated sugar  
1/3 cup cold butter  
3 lrg. eggs  
3/8 cup evaporated milk  
bread flour OR all-purpose flour - as needed  
coarse sugar - as needed

-Soak currants or raisins in warm water for 10 minutes; drain and pat dry with paper towels; sprinkle with just enough flour to coat; set aside.

-Combine beaten egg, water, and a pinch of salt; set aside.

-Sift together flour, baking powder, 1 tsp. salt, and sugar in large bowl.

-Cut in the butter with pastry blender or fork until it resembles coarse bread crumbs.

-Stir in currants or raisins and coat thoroughly.

-Beat together 3 eggs and milk; add to flour mixture; stir to blend into a soft dough.

-Turn dough out onto a well-floured board. Dough will be very sticky.

-Cover dough with plastic wrap and allow dough to rest for 15

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minutes.

**-Gently knead dough and add enough flour, a little at a time, until it holds together without sticking to your fingers.**

**-Pat out dough 3/4" - 1" thick.**

**-Using 3" round biscuit cutter or glass that has been dipped in sugar, cut dough into rounds.**

**-Remove excess flour from top and bottom of rounds with pastry brush.**

**-Place on ungreased baking sheet.**

**-Brush each round with prepared egg wash and sprinkle with the coarse sugar.**

**-Bake in 375 degree oven for 12-17 minutes, or until light golden brown on top.**

**-Remove from baking sheet immediately to wire rack to cool.**

**NOTES : Freezes well. To warm frozen scones, bake in 325 degree oven for 15 minutes.**

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Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

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Page](#)

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To A Friend](#)

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## French Toast

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**Recipe Created By : Robbie**

**Prep. Time : 0:15**

**Serves: 3**

**2 eggs OR equivalent amount of egg substitute**

**1/2 cup milk - low fat okay**

**3 Tbls. all-purpose flour**

**1 tsp. vanilla extract**

**1/2 tsp. ground cinnamon**

**1 dash salt**

**6 slices bread**

**-Beat all ingredients, except bread, with electric mixer.**

**-Dip bread into egg mixture.**

**-Fry bread in skillet over medium heat for 2-3 minutes on each side.**

**Notes: Top with maple syrup, powdered sugar, or fruit and whipped cream.**

**(2) VISITOR COMMENTS: "I just love these!!!! Makes every day a happy, sunny sunday morning!" | "This recipe is a favorite of my kids and their friends. I found that the key ingredients are the vanilla and cinnamon. To make it even better, I use Texas Toast that is 1/3 thicker and more dense than**



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other breads."

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[Pet Home Remedies](#)

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[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

# Pet Treat Recipes

[Bacon Pet Biscuits](#)

[Better Breath Pet Biscuits](#)

[Cheesy Pet Biscuits](#)

[Feline Fishballs](#)

[Garlic Dog Biscuits](#)

[Holy Mackerel Cat Treats](#)

[Kitty Cookies](#)

[Liver Pet Brownies](#)

[Oatmeal Dog Biscuits](#)

[Pet Puffs](#)

[Veggie Thin Dog Biscuits](#)

[Wheat & Tomato Dog Biscuits](#)

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[O](#) ~ [P](#) ~ [Q](#) ~ [R](#) ~ [S](#) ~ [T](#) ~ [U](#) ~ [V](#) ~ [W](#) ~ [X](#) ~ [Y](#) ~ [Z](#) ~ [Numbers](#)

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**[Measurement Equivalents](#)**

**[Measurement Conversion](#)**

**[Temperature Conversion](#)**

**[Meat Temperatures](#)**

**[Candy Temperatures](#)**

**[Robbie's Photo Album](#)**

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[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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## Robbie's Kitchen

# Bacon Pet Biscuits

**3/4 cup bacon grease - divided**

**5 cups whole wheat flour**

**1 cup milk**

**1/2 cup beef broth**

**2 eggs**

**1/4 tsp. garlic powder**

**1 tsp. salt**

- Grease a cookie sheet with 1 Tbls. bacon grease.
- Combine remaining ingredients; mix well.
- Roll dough into 1/2" - 2" balls and place balls 1" apart on prepared cookie sheet.
- Bake in a 350 degree oven for 25-35 minutes.
- Allow to cool and dry on wire racks.

**(1) VISITOR COMMENT : "I made these and distributed them amongst our 4 legged friends, and ALL of the dogs loved them."**

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[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

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[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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## Robbie's Kitchen

# Better Breath Pet Biscuits

**2 cups brown rice flour**  
**1 Tbls. activated charcoal**  
**1 tsp. salt**  
**1/2 cup chopped fresh parsley**  
**1/3 cup chopped fresh mint**  
**3 Tbls. vegetable oil**  
**1 egg**  
**2/3 cup milk**

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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[Contact Me](#)

**-Combine flour, charcoal, and salt; set aside.**

**-Beat together parsley, mint, oil, and egg.**

**-Gradually add dry mixture to wet mixture while mixing.**

**-Stir in enough milk to make a thick, pasty dough.**

**-Drop dough by heaping Tablespoonfuls 2" apart onto a greased cookie sheet.**

**-Bake in a 400 degree oven for 15 minutes.**

**-Cool biscuits and store, covered, in the refrigerator.**

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[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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## Robbie's Kitchen

# Cheesy Pet Biscuits

**1 cup boiling water**

**1 cup rolled oats**

**1/3 cup margarine**

**1 cup shredded cheddar cheese**

**3/4 cup cornmeal**

**1/2 cup milk**

**1 egg - beaten**

**1 Tbls. granulated sugar**

**2 tsp. chicken OR beef bouillon granules**

**2 1/2 - 3 cups all-purpose OR whole wheat flour**

**-Stir together water, oats, and margarine; allow to sit for 10 minutes.**

**-Stir cheese, cornmeal, milk, egg, sugar, bouillon into oat mixture.**

**-Stir in flour, 1/2 cup at a time, mixing well after each addition, until a stiff dough forms.**

**-Turn dough onto a lightly floured surface and knead in remaining flour until dough is no longer sticky; knead a total of 4 minutes.**

**-Roll dough out to 1/2" thick.**

**-Cut shapes out of dough with a cookie cutter and place 1" apart on a greased cookie sheet.**

**-Bake in a 325 degree oven for 35-45 minutes, until golden brown.**



[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

-Allow to cool and dry on wire racks.

(1) VISITOR COMMENT : "I make organic dog food and cookies for my dog and find that you do not need sugar in them at all. Parsley in the cookies help the breath."

# Robbie's Recipes



[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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## Robbie's Kitchen

# Feline Fishballs

**8 oz. can tuna in oil - drained**

**2 oz. cooked herring - skin removed**

**3 baby carrots - boiled until tender, mashed**

**1 egg - beaten**

**3 Tbls. grated cheese**

**2 Tbls. whole grain bread crumbs OR rolled oats**

**2 Tbls. tomato paste**

**2 tsp. brewer's yeast - see NOTES**

**1/4 tsp. catnip**

**-Combine all ingredients; mix well.**

**-Roll dough into 1" balls and place balls 1" apart on a greased cookie sheet.**

**-Bake in a 350 degree oven for 15-20 minutes, until golden brown and firm.**

**-Allow to cool on wire racks.**

**NOTES : Brewer's yeast is an excellent source of essential fatty**

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

acids and B-Complex vitamins for a glossy coat and stable nervous system.

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[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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## Robbie's Kitchen

# Garlic Dog Biscuits

2 1/2 cups whole wheat flour

1/2 cup dry milk powder

1 tsp. brown sugar

1/2 tsp. salt

1/2 tsp. garlic powder

1/3 cup meat drippings

1 egg - beaten

1/2 cup ice water

-Combine flour, milk powder, brown sugar, salt, and garlic powder.

-Cut meat drippings into dry mixture until mixture forms coarse crumbs.

-Beat in egg with a fork.

-Slowly beat in water, adding just enough until mixture forms a ball.

-Turn dough onto a lightly floured surface and roll out to 1/2" thick

-Cut shapes out of dough with a cookie cutter and place on a greased cookie sheet.

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

**-Bake in a 350 degree oven for 25-30 minutes.**

**-Allow to cool and dry on wire racks.**

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# Robbie's Recipes



[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

# Holy Mackerel Cat Treats

1/2 cup canned mackerel - drained, crumbled

1 cup whole grain bread crumbs

1 Tbls. vegetable oil OR bacon grease

1 egg - beaten

1/2 tsp. brewer's yeast - optional, see NOTES

-Combine all ingredients; mix well.

-Drop dough by 1/4 teaspoonfuls 1" apart onto a greased cookie sheet.

-Bake in a 350 degree oven 8 minutes.

-Cool biscuits and store, covered, in the refrigerator.

**NOTES :** Brewer's yeast is an excellent source of essential fatty acids and B-Complex vitamins for a glossy coat and stable nervous system.

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

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# Robbie's Recipes



[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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## Robbie's Kitchen

# Kitty Cookies

**1 cup whole wheat flour**

**6 oz. can tuna in oil - undrained**

**1 Tbls. vegetable oil OR bacon grease**

**1 egg**

**-Combine all ingredients; mix well; add small amounts of water if mixture is too thick.**

**-Turn dough onto a lightly floured surface and roll out to 1/4" thick.**

**-Cut shapes out of dough with a cookie cutter and place 1" apart on an ungreased cookie sheet.**

**-Bake in a 350 degree oven for 20 minutes, or until firm.**

**-Allow to cool on wire racks.**

**(1) VISITOR COMMENT : "This recipe for cats is awesome!"**



[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

**You've really got cooking talent...MY CATS WILL LOVE THIS''**

# Robbie's Recipes



[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

# Liver Pet Brownies

**1 Lb. beef OR pork liver**

**1 cup all-purpose flour**

**1/2 cup corn meal**

**2 Tbls. garlic salt**

**1 Tbls. garlic powder**

- Puree all ingredients in a food processor or blender.**
- Pour mixture evenly onto a greased cookie sheet and press flat.**
- Bake in a 350 degree oven for 20 minutes, or just until no longer pink.**
- Cool completely before breaking into pieces.**

**Notes : Store in the refrigerator.**

**(1) VISITOR COMMENT : "The recipe is very easy and the dog loved them"**

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[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

# Robbie's Recipes



[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

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## Robbie's Kitchen

# Oatmeal Dog Biscuits

**1 1/2 cups hot water**

**1 cup rolled oats**

**1/3 cup margarine**

**1 Tbls. bouillon granules**

**3/4 cup dry milk powder**

**3/4 cup cornmeal**

**1 egg - beaten**

**3 cups whole wheat flour**

**-Stir together water, oats, margarine, and bouillon; allow to stand for 5 minutes.**

**-Stir in milk powder, cornmeal, and egg until combined.**

**-Stir in flour, 1/2 cup at a time, mixing well after each addition.**

**-Turn dough onto a lightly floured surface and knead for 4 minutes, adding more flour if necessary to make a stiff dough.**

**-Roll dough out to 1/2" thick.**

**-Cut shapes out of dough with a cookie cutter and place on a greased cookie sheet.**

**-Bake in a 325 degree oven for 50 minutes.**

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

-Allow to cool and dry on wire racks.

(0) VISITOR COMMENTS

# Robbie's Recipes



[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

# Pet Puffs

**1/4 cup warm water - 110 degrees**

**1 packet active dry yeast**

**1 1/2 cups whole wheat flour**

**1 cup all-purpose flour**

**1 cup dry milk powder**

**1 packet unflavored gelatin**

**1/4 cup vegetable oil OR bacon grease**

**1 egg**

**6 oz. can cat OR dog food**

**1/4 cup water**

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

**-Stir yeast into warm water; allow to rest for 5 minutes.**

**-Combine flours, milk powder, and gelatin; stir in remaining ingredients, including dissolved yeast.**

**-Drop dough by 1/2 teaspoonfuls 1" apart onto an ungreased cookie sheet.**

**-Bake in a 300 degree oven 25 minutes.**

**-Cool biscuits and store, covered, in the refrigerator.**

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# Robbie's Recipes



Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

## Pet Health

Pet Home Remedies

Pet Treat Recipes

Vaccinations

Parasites

Poisonous Plants

Chocolate & Dogs

## Robbie's Recipes

Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

# Veggie Thin Dog Biscuits

1 cube vegetable bouillon  
1/4 cup + 2 Tbls. boiling water  
1/4 cup vegetable oil  
1/4 cup shredded carrots  
1 1/4 cups all-purpose flour  
1/4 cup + 2 Tbls. dry milk powder  
1 tsp. brown sugar  
1/2 beaten egg

-Dissolve bouillon in boiling water; stir in oil, and carrot; set aside.

-Combine flour, milk powder, and brown sugar.

-Stir together dry mixture and wet mixture until combined.

-Form a well in the center of mixture; pour egg into well; stir to combine.

-Turn dough onto a lightly floured surface and roll out to 1/8" thick

-Cut shapes out of dough with a cookie cutter and place on an ungreased cookie sheet.

-Bake in a 300 degree oven for 15 minutes, turn with a spatula, and bake an additional 10 minutes.

-Allow to cool and dry on wire racks.

(1) VISITOR COMMENT : "Made these yesterday for my mothers dog, she loved them, just talked to my mother....she said she put "Ollies" breakfast out, went to the pantry, Ollie went beserk wagging tail( she knew veggie thins were in there) Mum didnt give her any told het to eat breakfast...lol dog refused went



[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

outside and pouted! Guess I have fulltime job now making veggie thins!"

Gourmet Cooking for Your Dog

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# Robbie's Recipes



[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Pet Health

[Pet Home Remedies](#)

[Pet Treat Recipes](#)

[Vaccinations](#)

[Parasites](#)

[Poisonous Plants](#)

[Chocolate & Dogs](#)

## Robbie's Recipes

[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

# Wheat & Tomato Dog Biscuits

**1/4 cup hot water**  
**8 chicken OR beef bouillon cubes**  
**1 packet active dry yeast**  
**2 cups all-purpose flour**  
**2 cups wheat germ**  
**1 1/2 cups whole wheat flour**  
**1 1/2 cups tomato juice**  
**1 tsp. granulated sugar**

- Dissolve bouillon in hot water.**
- Stir yeast into broth; allow to sit for 5 minutes.**
- Stir in remaining until well blended.**
- Divide dough into 3 equal portions.**
- Turn a portion of dough onto a lightly floured surface and roll out to 1/4" thick.**
- Cut shapes out of dough with a cookie cutter and place on a greased cookie sheet.**
- Repeat with remaining dough.**

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

[Robbie's Photo Album](#)

[Search This Site](#)

[Contact Me](#)

**-Bake in a 300 degree for 1 hour.**

**-Allow to cool and dry on wire racks.**

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# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

# Measurement Equivalents

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**1 Drop = 1/72 tsp. = 0.065 milliliters**

**1 Dash = 1/16 tsp. = 0.308 milliliters**

**1 Pinch = 1/8 tsp. = 0.616 milliliters**

**9.5 Drops = 2 Dashes = 1 Pinch = 1/8 tsp.**

**19 Drops = 4 Dashes = 2 Pinches = 1/4 tsp.**

**38 Drops = 8 Dashes = 4 Pinches = 1/2 tsp.**

**76 Drops = 16 Dashes = 8 Pinches = 1 tsp.**

**1 tsp. = 1/3 Tbls. = 1/64 Cup = 1/6 oz. = 4.93 milliliters**

**2 tsp. = 2/3 Tbls. = 1/32 Cup = 1/3 oz. = 9.86 milliliters**

**3 tsp. = 1 Tbls. = 1/16 Cup = 1/2 oz. = 14.79 milliliters**

**6 tsp. = 2 Tbls. = 1/8 Cup = 1 oz. = 29.57 milliliters**

**12 tsp. = 4 Tbls. = 1/4 Cup = 2 oz. = 59.15 milliliters**

**24 tsp. = 8 Tbls. = 1/2 Cup = 4 oz. = 118.29 milliliters**

**48 tsp. = 16 Tbls. = 1 Cup = 8 oz. = 236.59 milliliters**

**1 Cup = 1/2 Pint = 1/4 Quart = 1/16 Gallon = 8 oz. = .237 liters**

**2 Cups = 1 Pint = 1/2 Quart = 1/8 Gallon = 16 oz. = .473 liters**

**4 Cups = 2 Pints = 1 Quart = 1/4 Gallon = 32 oz. = .946 liters**

**8 Cups = 4 Pints = 2 Quarts = 1/2 Gallon = 64 oz. = 1.89 liters**

**16 Cups = 8 Pints = 4 Quarts = 1 Gallon = 128 oz. = 3.79 liters**

You only need these four "adjusta" measurers instead of drawers-full of measuring spoons and cups. Each has a slider that locks at the proper measurement and can be used with dry and wet ingredients. The set includes "Adjusta" cup, 1/2-cup scoop, tablespoon and teaspoon. Chrome-finished metal and black rubberized plastic. Dishwasher safe.

[Recipe Message Board](#)

[My Photo Album](#)

[Pet Health](#)

[Contact Me](#)

[Search This Site](#)

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

# U.S. & Metric Conversions

## METRIC TO U.S. CONVERSION

### LIQUID

1 ml = 0.033814 fluid ounces

1 ml = 0.061024 cubic inches

1 ml = 0.2029 teaspoons

1 ml = 0.0676 tablespoons

1 deciliter = 3.3814 fluid ounces

1 deciliter = 6.1024 cubic inches

1 deciliter = 20.29 teaspoons

1 deciliter = 6.76 tablespoons

1 deciliter = 27.05 drams

1 deciliter = 0.423 cups

1 deciliter = 0.845 gills

1 deciliter = 0.21134 pints

1 deciliter = 0.10567 quarts

1 liter = 33.814 fluid ounces

1 liter = 61.024 cubic inches

1 liter = 67.6 tablespoons

1 liter = 270.5 drams

1 liter = 4.23 cups

1 liter = 8.45 gills

1 liter = 2.1134 pints

1 liter = 1.0567 quarts

1 liter = 0.26417 gallons

1 liter = 0.029353 firkins

### DRY

1 liter = 1.8162 pints

1 liter = 0.9081 quarts

### WEIGHTS

1 gram = 0.035274 ounces

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[My Photo Album](#)  
[Pet Health](#)  
[Contact Me](#)  
[Search This Site](#)

**1 gram = 0.0022046 pounds**

**1 kg = 35.274 ounces**

**1 kg = 2.2046 pounds**

## **LENGTH**

**1 millimeter = 0.03937 inches**

**1 cm = 0.3937 inches**

**1 meter = 39.37 inches**

**1 meter = 3.281 feet**

**1 meter = 1.0936 yards**

# **U.S. TO METRIC CONVERSION**

## **LIQUID**

**1 teaspoon = 4.929 ml (milliliters)**

**1 tablespoon = 14.787 ml**

**1 dram = 3.6967 ml**

**1 fluid ounce = 29.57353 ml**

**1 cup = 236.59 ml**

**1 cup = 2.366 deciliters**

**1 cup = 0.2366 liters**

**1 gill = 118.294 ml**

**1 gill = 1.18294 deciliters**

**1 gill = 0.118294 liters**

**1 pint = 473.1765 ml**

**1 pint = 4.731765 deciliters**

**1 pint = 0.4731765 liters**

**1 quart = 9.4635 deciliters**

**1 quart = 0.94635 liters**

**1 gallon = 37.854 deciliters**

**1 gallon = 3.7854 liters**

**1 firkin = 34.069 liters**

**1 hogshead = 238.48 liters**

## **DRY**

**1 pint = 0.551 liters**

**1 quart = 1.101 liters**

**1 peck = 8.81 liters**

**1 bushel = 35.25 liters**

## **WEIGHT**

**1 ounce = 28.35 grams**

**1 pound = 453.59 grams**

**1 pound = 0.454 kg**

## **LENGTH**

**1 inch = 25.4 millimeters**

**1 inch = 2.54 cm**

**1 foot = 304.8 millimeters**

**1 foot = 30.48 cm**

**1 yard = 914.4 millimeters**

**1 yard = 91.44 cm**



# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

## Robbie's Recipes

### Copycat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

### Pet Treat Recipes

### Bath & Beauty Recipes

### Submit Your Recipe

# Temperature Conversion

Use this handy tool to calculate conversion,  
or use the chart below.

°F:

°C:

°C	0	10	20	30	40	50	60	70	80
°F	32	50	68	86	104	122	140	157	176
°C	90	100	110	120	130	140	150	160	170
°F	194	212	230	248	266	284	302	320	338
°C	180	190	200	210	220	230	240	250	260
°F	356	374	392	410	428	446	462	482	500

Digital Kitchen Scale/Thermometer/Timer

[Recipe Message Board](#)

[My Photo Album](#)

[Pet Health](#)

[Contact Me](#)

[Search This Site](#)

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

## Robbie's Recipes

### Copycat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

### Pet Treat Recipes

### Bath & Beauty Recipes

### Submit Your Recipe

# Candy and Meat Temperature Charts

## CANDY-MAKING CHART

Thread	begins at 230°	Makes a 2" thread when dropped from a spoon.
Soft Ball	begins at 234°	A small amount dropped into chilled water forms a ball, but flattens when picked up.
Firm Ball	begins at 244°	The ball will hold its shape and flatten only when pressed.
Hard Ball	begins at 250°	The ball is more rigid, but still pliable.
Soft Crack	begins at 270°	A small amount dropped into chilled water separates into threads that bend when picked up.
Hard Crack	begins at 300°	Separates into threads that harden and are brittle.
Carmelized Sugar	310° to 338°	Between these temperatures, it will turn dark golden, but will turn black at 350°.

All temperatures in Fahrenheit.

## MEAT TEMPERATURE CHART

Beef	Rare	120°-125°
	Medium Rare	130°-135°
	Medium	140°-145°
	Medium Well	150°-155°
	Well Done	160° and above

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[My Photo Album](#)  
[Pet Health](#)  
[Contact Me](#)  
[Search This Site](#)

<b>Lamb</b>	<b>Rare</b>	<b>135°</b>
	<b>Medium Rare</b>	<b>140°-150°</b>
	<b>Medium</b>	<b>160°</b>
	<b>Well Done</b>	<b>165° and above</b>
<b>Chicken</b>	<b>165°-175°</b>	
<b>Turkey</b>	<b>165°-175°</b>	
<b>Pork</b>	<b>150°</b>	
<b>All temperatures in Fahrenheit.</b>		

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods
- Cleaning Tips
- Laundry Tips
- Home Remedies
- Pet Home Remedies
- Message Board

### Ingredient Substitutions

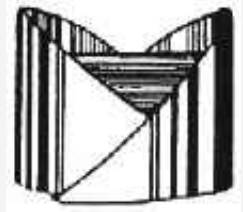
- Measurement Equivalents
- Measurement Conversions
- Temperature Conversions
- Candy/Meat Temperatures
- Learn Fancy Napkin Folds

## Robbie's Recipes

- Copycat Recipes
- Appetizers & Snacks
- Pasta Dishes
- Desserts & Baked Goods
- Meats
- Chicken & Turkey
- Seafood & Fish
- Salads & Dressings
- Soup, Chili & Chowder
- Side Dishes
- Fruits & Vegetables
- Pizza Related Recipes
- Condiments
- Beverages
- Breakfast Foods
- Pet Treat Recipes
- Bath & Beauty Recipes
- Submit Your Recipe
- Recipe Message Board
- My Photo Album
- Pet Health
- Contact Me
- Search This Site

# Napkin Folds

Click on the image of the fold you want to learn.



# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

## Recipe Message Board

# My Photo Album

# Pet Health

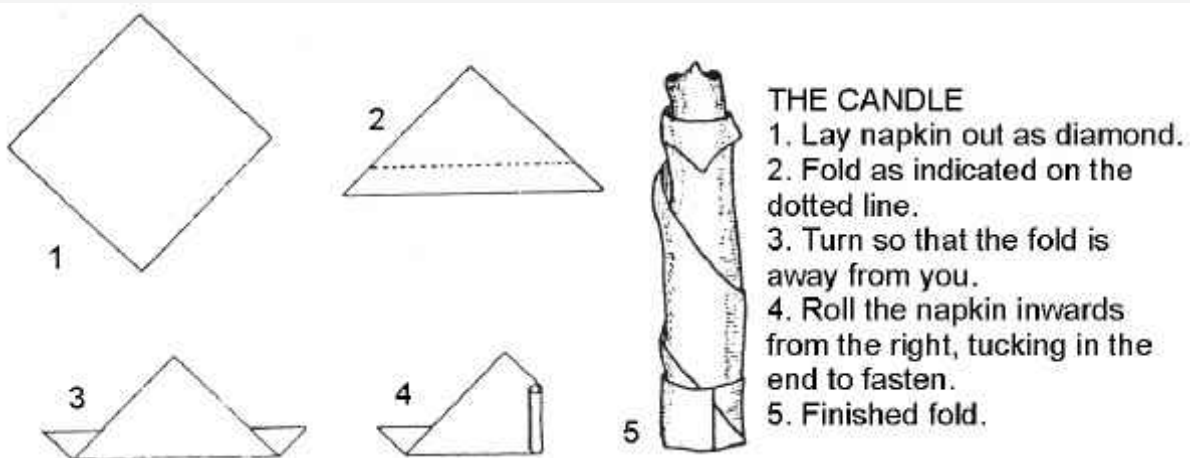
# Contact Me

# Search This Site

# Fancy Napkin Folds

# The Candle



### THE CANDLE

1. Lay napkin out as diamond.
2. Fold as indicated on the dotted line.
3. Turn so that the fold is away from you.
4. Roll the napkin inwards from the right, tucking in the end to fasten.
5. Finished fold.

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

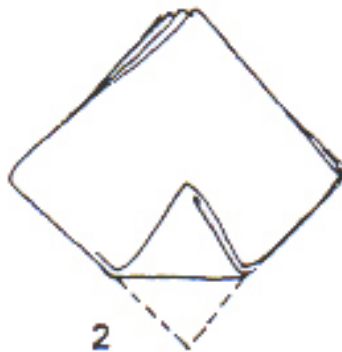
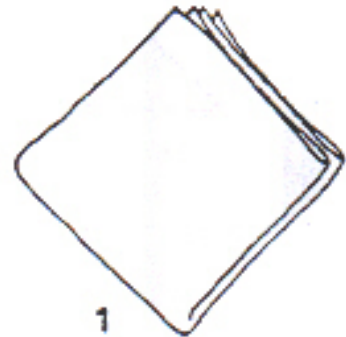
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## Fancy Napkin Folds

# Afternoon Tea

### AFTERNOON TEA

1. Fold napkin into quarters.
2. Turn up the bottom corner.
3. Fold into thirds.
4. Turn the napkin over and lay flat.



[Recipe Message Board](#)

[My Photo Album](#)

[Pet Health](#)

[Contact Me](#)

[Search This Site](#)



# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

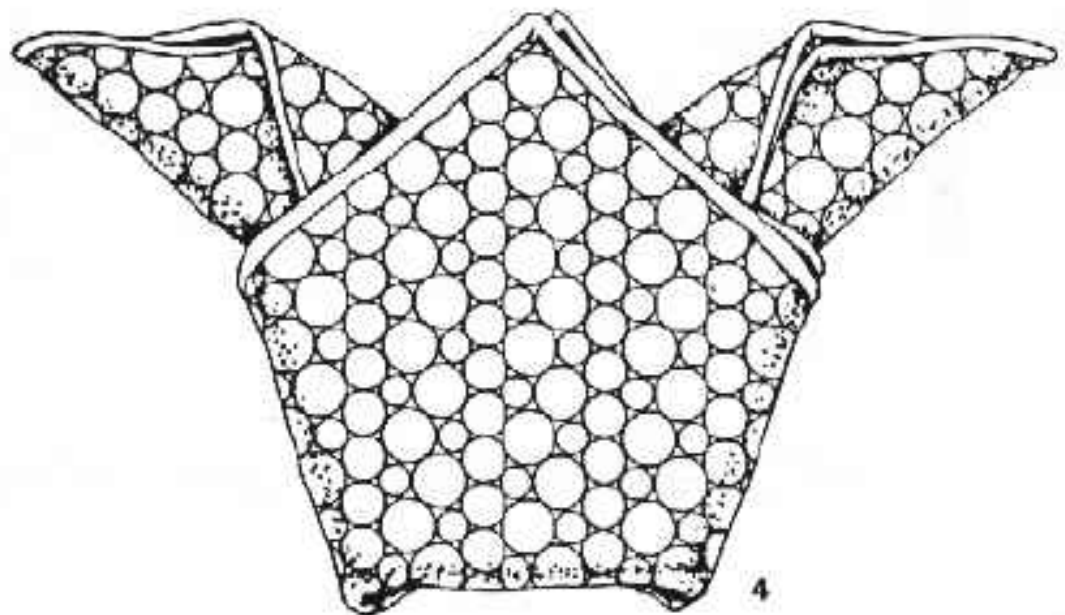
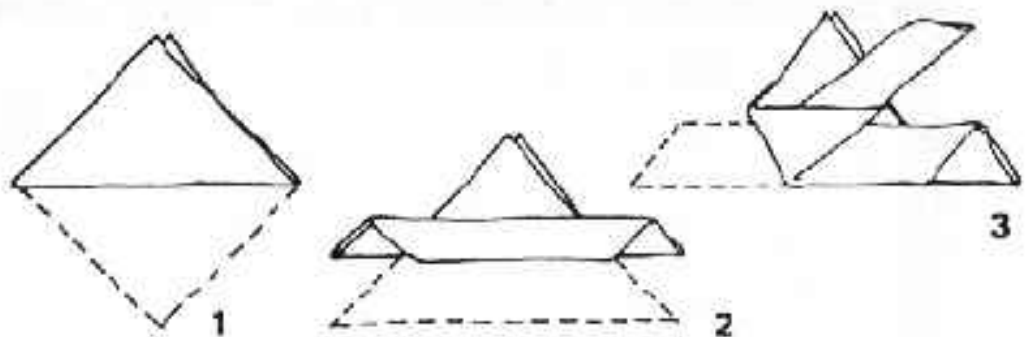
## Recipe Message Board

# Fancy Napkin Folds

# Ascot Tie

## THE ASCOT TIE

1. Fold the napkin in half diagonally.
2. Fold the bottom edge up by one quarter twice.
3. Fold the sides over.
4. Turn the napkin over and lay it flat.



[My Photo Album](#)

[Pet Health](#)

[Contact Me](#)

[Search This Site](#)

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

## Recipe Message Board

# My Photo Album

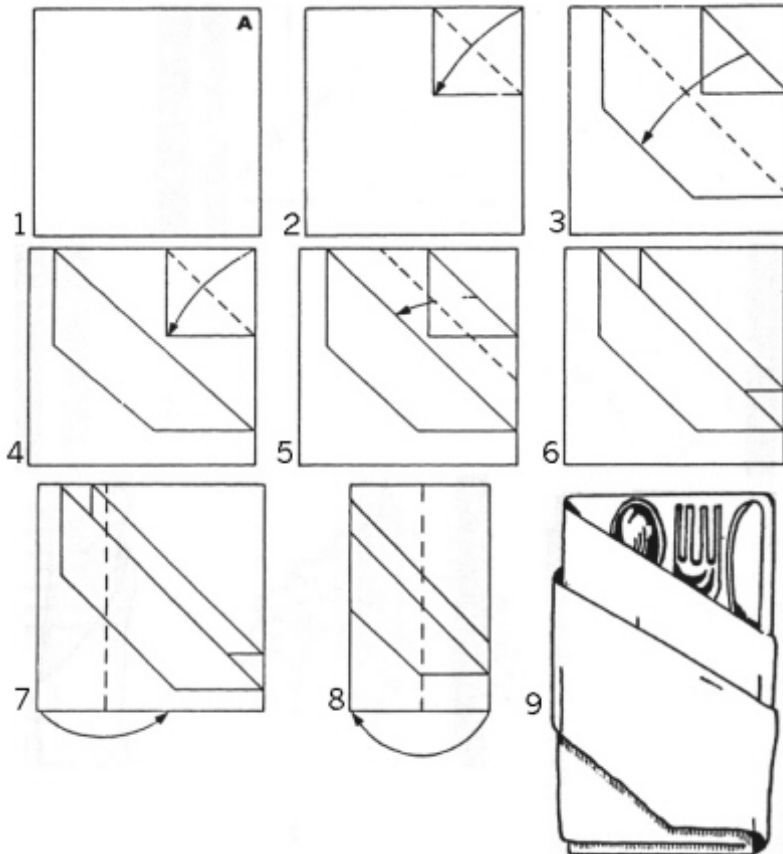
# Pet Health

# Contact Me

# Search This Site

## Fancy Napkin Folds

# Buffet Napkin



### BUFFET NAPKIN

1. Fold napkin in fourths, ensuring that the loose edges are at point A.
2. Fold down top flap as indicated.
3. Fold along dotted line.
4. Fold down second flap.
5. Fold second flap along dotted line.
6. Tuck second flap under first fold.
7. Fold napkin along dotted line putting fold underneath.
8. Fold napkin along dotted line.
9. Finished fold with silverware placed inside fold.

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

## Recipe Message Board

# My Photo Album

# Pet Health

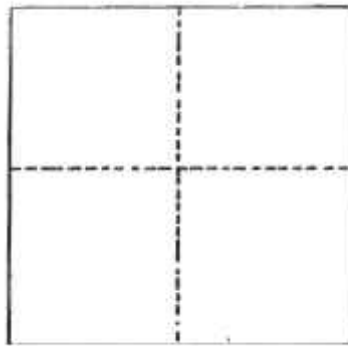
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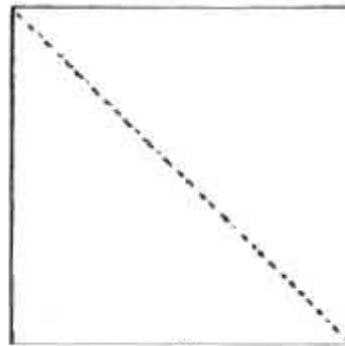
# Fancy Napkin Folds

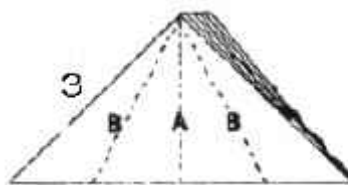
# Cock's Comb



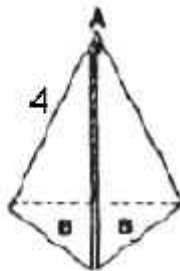
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6

## THE COCK'S COMB

1. Fold as indicated on dotted line.
2. Fold diagonally.
3. Turn napkin so that the points are away from you. Fold sides B along dotted line to meet at center A.
4. Turn points of B under.
5. Fold along the center line A and stand the napkin with fold uppermost.
6. Pull up the four pleats and arrange to produce finished fold.

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

## Recipe Message Board

# My Photo Album

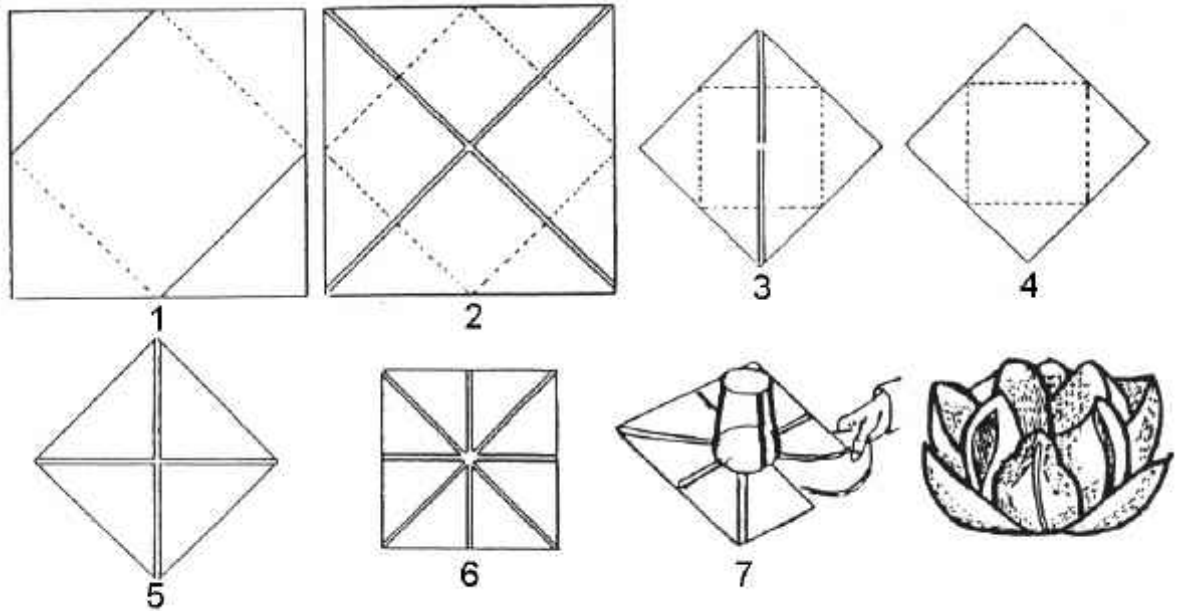
# Pet Health

# Contact Me

# Search This Site

## Fancy Napkin Folds

# The Rose



### THE ROSE

1. Lay napkin flat and fold along dotted lines.
2. Turn through 45 degree folds and fold along the dotted lines.
3. Turn again and fold on dotted lines.
4. Turn napkin over and fold on dotted lines.
5. Napkin after stage 4.
6. Place a cup over the points in the center.
7. Pull each of the 12 points gently away from underneath, taking opposite corners in turn.

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

## Robbie's Recipes

### Copycat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

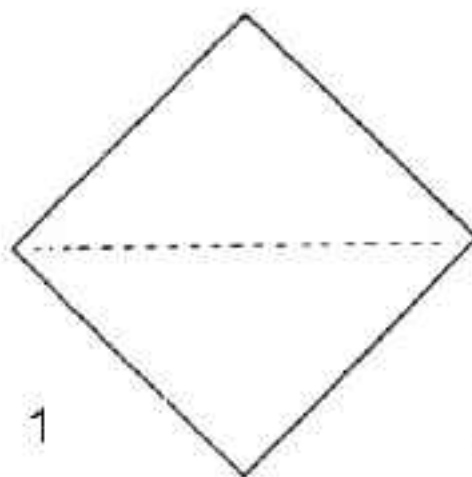
### Pet Treat Recipes

### Bath & Beauty Recipes

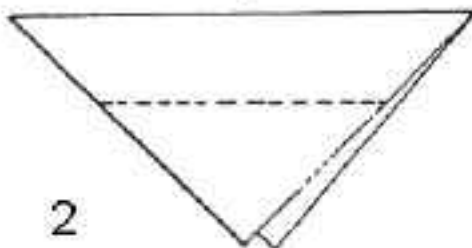
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## Fancy Napkin Folds

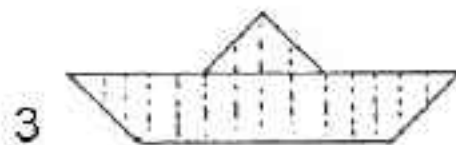
# Fleur de Lys



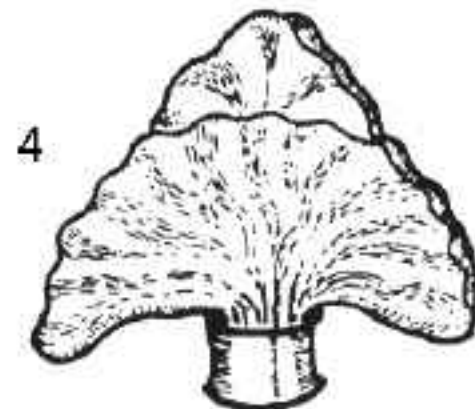
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### THE FLEUR-DE-LYS

1. Fold the napkin in half to form a triangle.
2. Fold the points to the rear along the dotted lines as shown.
3. Pleat the napkin right across from left to right.
4. Open out the pleats and arrange in a small glass or napkin ring.



[Recipe Message Board](#)

[My Photo Album](#)

[Pet Health](#)

[Contact Me](#)

[Search This Site](#)

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

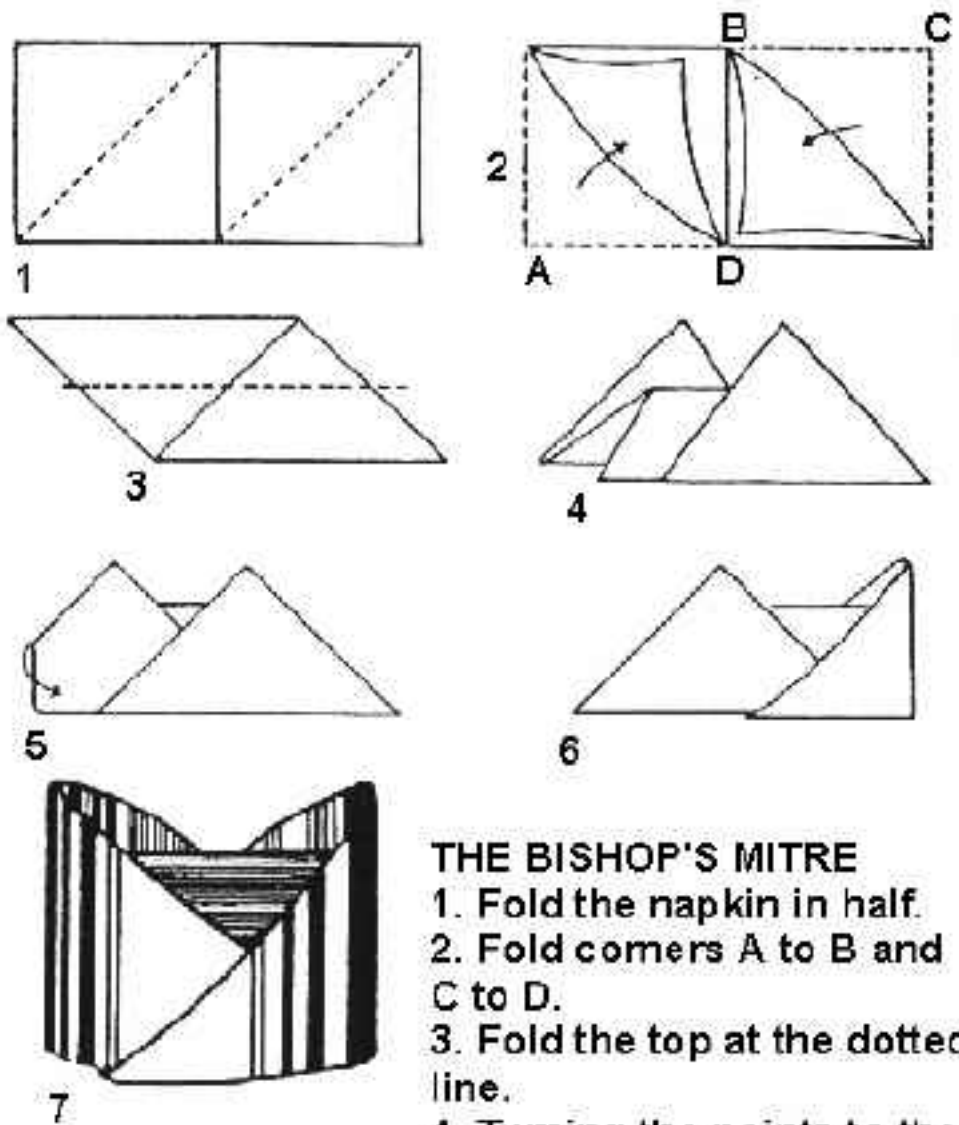
## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

# Fancy Napkin Folds

# The Bishop's Mitre



### THE BISHOP'S MITRE

1. Fold the napkin in half.
2. Fold corners A to B and C to D.
3. Fold the top at the dotted line.
4. Turning the points to the top, bring the left-hand corner around and tuck behind the front flap.
5. Napkin after stage 4.
6. Turn napkin around and repeat stage 4.
7. Finished fold.



[Recipe Message Board](#)  
[My Photo Album](#)  
[Pet Health](#)  
[Contact Me](#)  
[Search This Site](#)

## 7. Finished fold.

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

## Recipe Message Board

# My Photo Album

# Pet Health

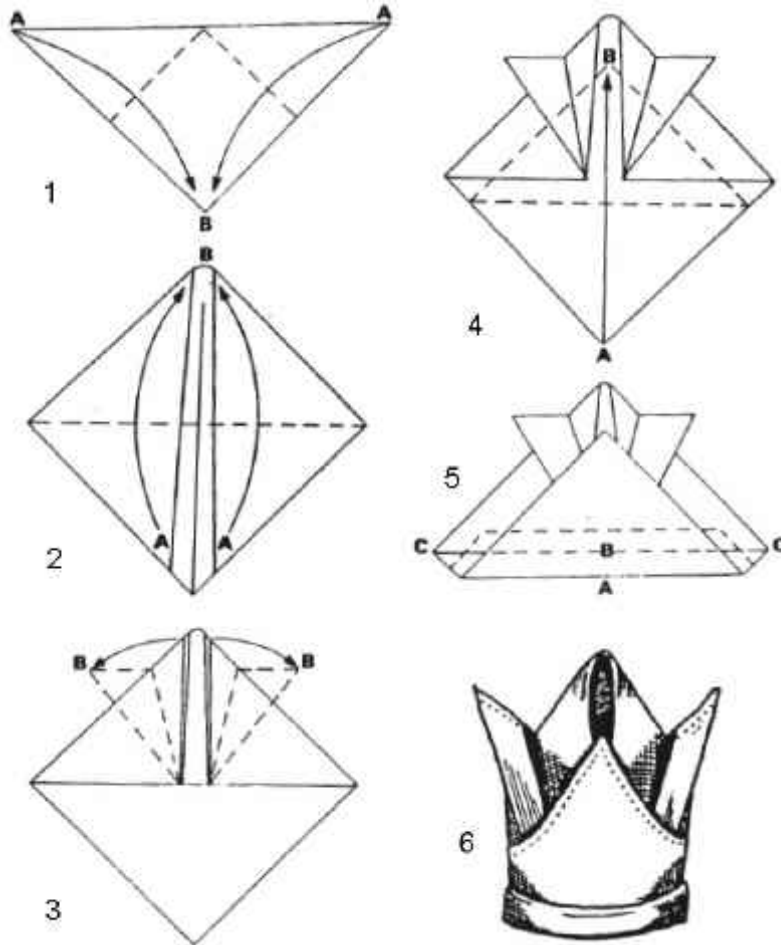
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# Search This Site

# Fancy Napkin Folds

# Viking Hat



### THE VIKING HAT

1. Fold the napkin in half diagonally then fold corners A to B.
2. Fold 2 flaps marked A up to B.
3. Fold the two flaps marked A out to the dotted lines at B.
4. Fold A to B ensuring that the fold falls along the bottom dotted line.
5. Fold bottom edge A along dotted line marked B, then tuck ends marked C around the back to make napkin stand up.
6. Finished fold.

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

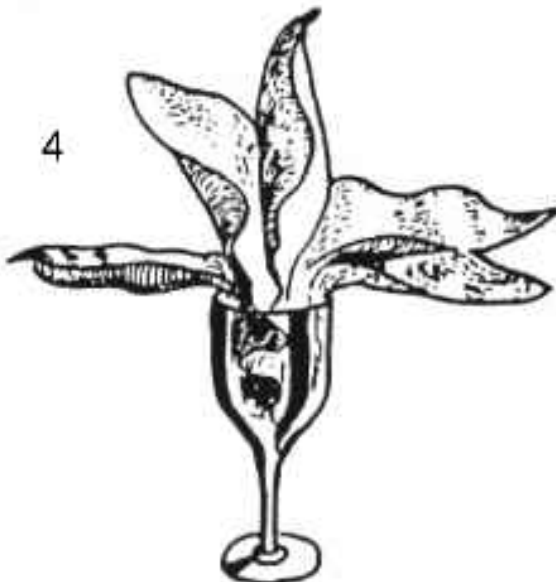
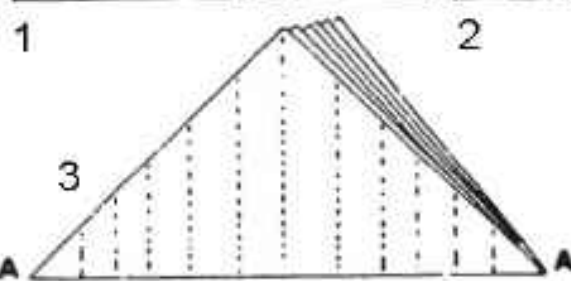
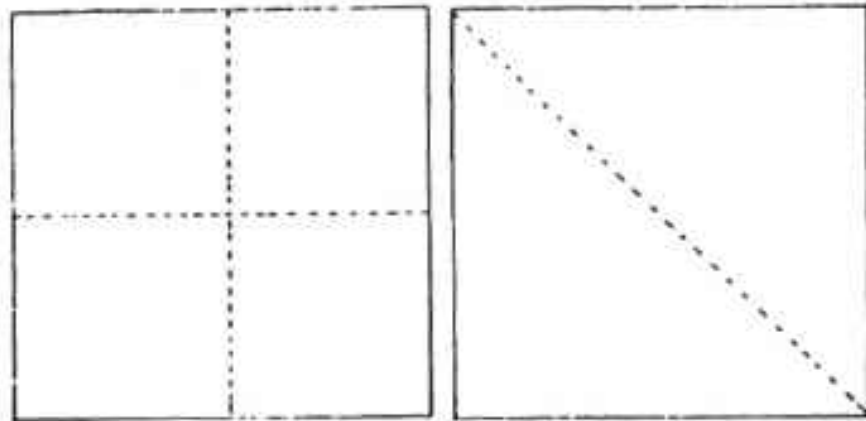
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## Submit Your Recipe

## Recipe Message Board

# Fancy Napkin Folds

# The Lily



## THE LILLY

1. Fold the napkin into fourths along the dotted lines.
2. Fold the napkin in half diagonally along the dotted line. Turn the napkin so that the base AA is towards you.
3. Pleat the napkin from left to right.
4. Set the napkin in a wine glass, open out the pleats, and arrange as shown.

[My Photo Album](#)

[Pet Health](#)

[Contact Me](#)

[Search This Site](#)

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

## Copycat Recipes

## Appetizers & Snacks

## Pasta Dishes

## Desserts & Baked Goods

## Meats

## Chicken & Turkey

## Seafood & Fish

## Salads & Dressings

## Soup, Chili & Chowder

## Side Dishes

## Fruits & Vegetables

## Pizza Related Recipes

## Condiments

## Beverages

## Breakfast Foods

## Pet Treat Recipes

## Bath & Beauty Recipes

## Submit Your Recipe

## Recipe Message Board

# My Photo Album

# Pet Health

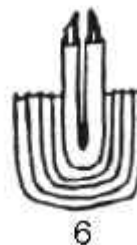
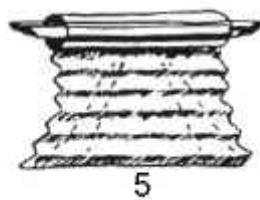
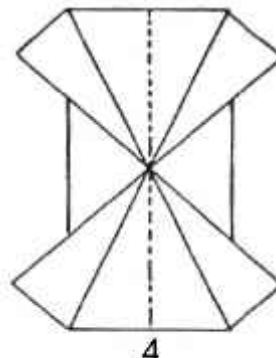
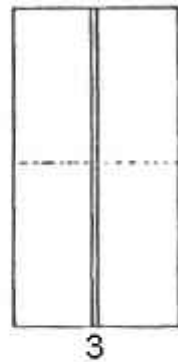
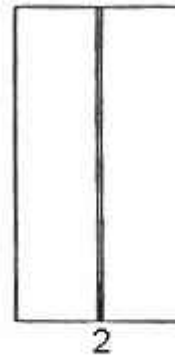
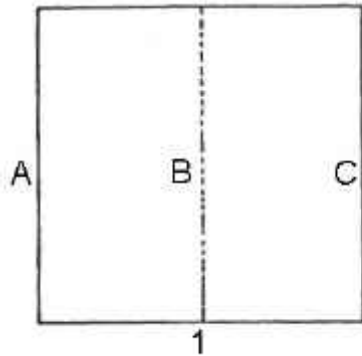
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# Search This Site

# Fancy Napkin Folds

# Candle Fan



- THE CANDLE FAN**
1. Lay the napkin flat.
  2. Fold edges A and C to center line B.
  3. Crease as shown by dotted line.
  4. Fold out the 4 corners diagonally.
  5. Tightly roll from the top to the center line. Pleat the remainder.
  6. Fold in half as shown.
  7. Arrange in glass.



## Robbie's Kitchen

### Household Tips & Tricks

#### Cooking Tips

Meat, Poultry & Seafood  
Fruits & Vegetables  
Desserts & Baked Goods  
Pizza & Pasta  
Misc. Ingredients  
Cooking Methods

#### Cleaning Tips

#### Laundry Tips

#### Home Remedies

#### Pet Home Remedies

#### Message Board

### Ingredient Substitutions

### Measurement Equivalents

### Measurement Conversions

### Temperature Conversions

### Candy/Meat Temperatures

### Learn Fancy Napkin Folds

## Robbie's Recipes

### Copycat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

### Pet Treat Recipes

### Bath & Beauty Recipes

### Submit Your Recipe

### Recipe Message Board

## My Photo Album

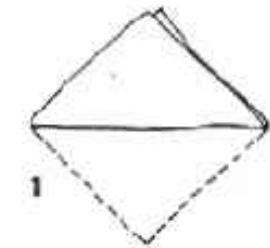
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## Contact Me

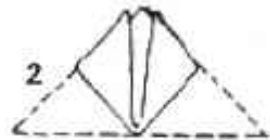
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## Fancy Napkin Folds

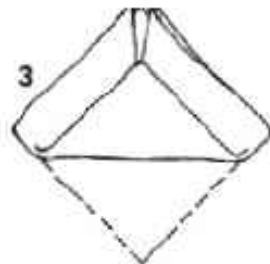
# The Bishop's Hat



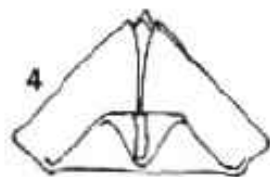
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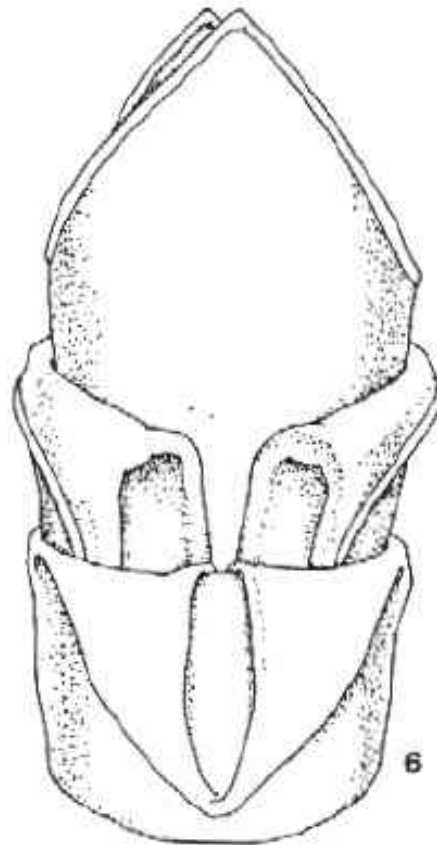
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### THE BISHOP'S HAT

1. Fold the napkin in half to form a triangle.
2. Fold the left and right corners up to meet at the top point, forming a diamond.
3. Fold the bottom corner up, leaving about 1 in. at the top.
4. Fold the corner back to the bottom edge.
5. Turn the napkin over and bring each of the sides back, tucking one into the other.
6. Stand the napkin upright and tuck each of the flaps into the cuff.

## Robbie's Kitchen

### Household Tips & Tricks

#### Cooking Tips

Meat, Poultry & Seafood

Fruits & Vegetables

Desserts & Baked Goods

Pizza & Pasta

Misc. Ingredients

Cooking Methods

#### Cleaning Tips

#### Laundry Tips

#### Home Remedies

#### Pet Home Remedies

#### Message Board

### Ingredient Substitutions

### Measurement Equivalents

### Measurement Conversions

### Temperature Conversions

### Candy/Meat Temperatures

### Learn Fancy Napkin Folds

## Robbie's Recipes

### Copycat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

### Pet Treat Recipes

### Bath & Beauty Recipes

### Submit Your Recipe

### Recipe Message Board

## My Photo Album

## Pet Health

## Contact Me

## Search This Site

## Fancy Napkin Folds

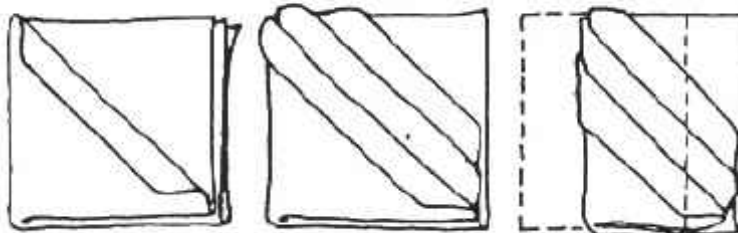
# Diagonal Stripe

### DIAGONAL STRIPE

1. Fold the napkin into quarters with the free corners at the top right.
2. Roll down the top flap halfway.
3. Tuck the second and third flaps under it, making three equal stripes.
4. Turn back the sides and lay the napkin flat. Insert a card or flower for decoration.



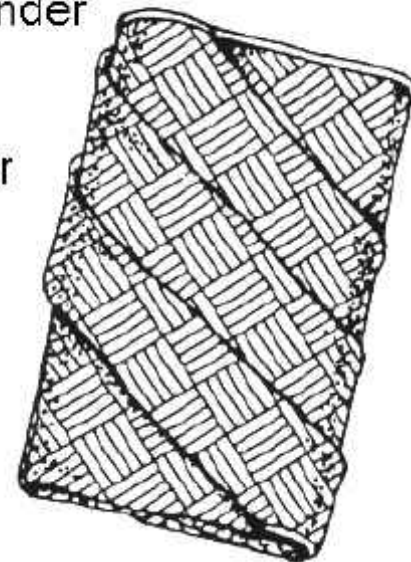
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4



# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

### Copycat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

### Pet Treat Recipes

### Bath & Beauty Recipes

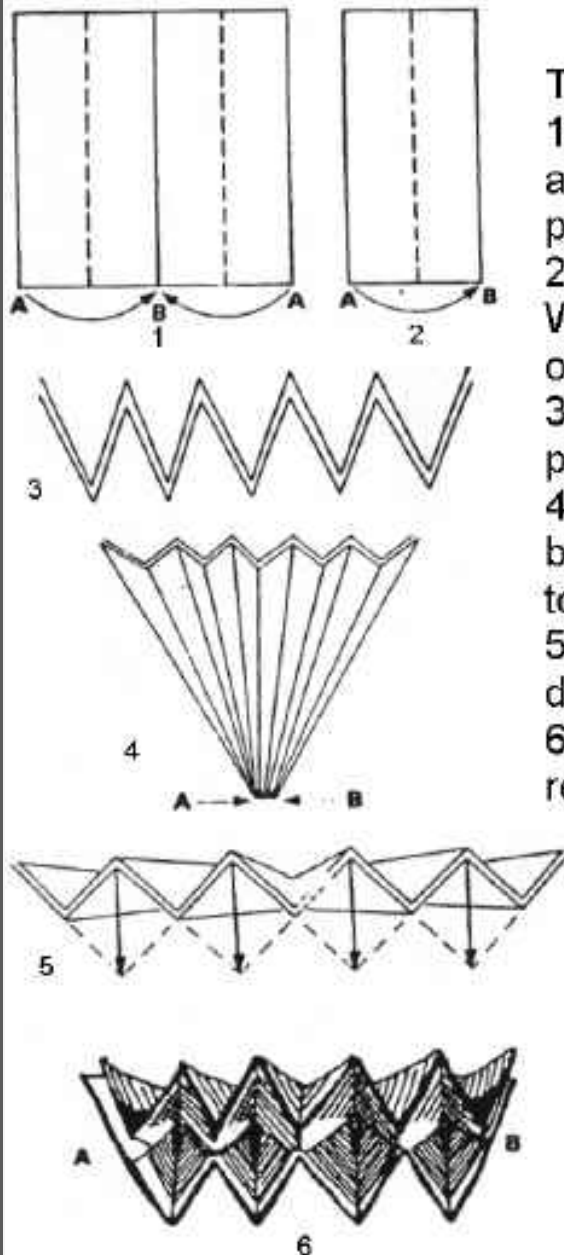
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# Fancy Napkin Folds

# Oriental Fan



### THE ORIENTAL FAN

1. Lay the napkin flat and fold along the dotted lines, bringing points A to B.
2. Fold A to B. This will give a W effect if viewed from the end of the napkin.
3. Pleat the napkin making 2 in. pleats.
4. Hold the napkin at the bottom bringing points A and B together.
5. Open the pleats and pull down one side.
6. Turn the napkin around and repeat stage 5.
7. Open the pleats into a fan shape and stand on table.





[My Photo Album](#)

[Pet Health](#)

[Contact Me](#)

[Search This Site](#)

# Robbie's Kitchen

## Household Tips & Tricks

### Cooking Tips

- Meat, Poultry & Seafood
- Fruits & Vegetables
- Desserts & Baked Goods
- Pizza & Pasta
- Misc. Ingredients
- Cooking Methods

### Cleaning Tips

### Laundry Tips

### Home Remedies

### Pet Home Remedies

### Message Board

## Ingredient Substitutions

## Measurement Equivalents

## Measurement Conversions

## Temperature Conversions

## Candy/Meat Temperatures

## Learn Fancy Napkin Folds

# Robbie's Recipes

### Copypat Recipes

### Appetizers & Snacks

### Pasta Dishes

### Desserts & Baked Goods

### Meats

### Chicken & Turkey

### Seafood & Fish

### Salads & Dressings

### Soup, Chili & Chowder

### Side Dishes

### Fruits & Vegetables

### Pizza Related Recipes

### Condiments

### Beverages

### Breakfast Foods

### Pet Treat Recipes

### Bath & Beauty Recipes

### Submit Your Recipe

### Recipe Message Board

# My Photo Album

# Pet Health

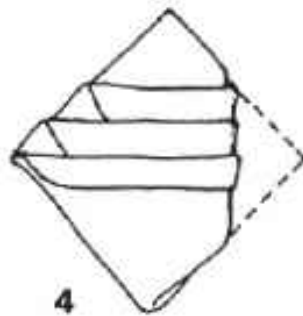
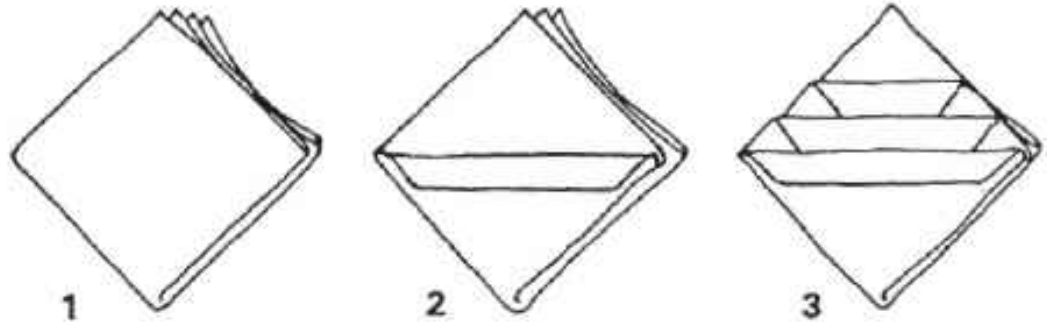
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# Search This Site

# Fancy Napkin Folds

# The Empire



### THE EMPIRE

1. Fold the napkin into quarters with the free corners at the top.
2. Fold the top flap down in quarters.
3. Fold down these second and third flaps and tuck them behind the first to make 3 equal bands.
4. Fold back the sides and lay the napkin flat.

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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Houshold Tips & Tricks

Cooking Tips

Cleaning Tips

Laundry Tips

Home Remedies

Pet Home Remedies

Message Board

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalentents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

## Bath & Beauty Recipes

**Anti-Aging Face Mask** - Look younger instantly!

**Apple Mask for Normal Skin** - Cool revitalizing mask.

**Banana Mask For Dry Skin** - Soothes dry skin.

**Blemished Skin Mask** - Weekly treatment for skin with spots.

**Fruit Salad Body Mask** - Softens and exfoliates the skin, leaving you feeling cool and clean.

**Green Ambrosia Body Scrub** - Beautiful body scrub to keep for yourself or to give as a gift.

**Homemade Scented Hair Gel** - All natural, but holds as well as store bought.

**Honey Lemon Face Scrub** - Great for blemished skin.

**Honey Lip Balm** - Slightly sweet, this nutrient rich lip balm will become your favorite!

**Hot Oil Hair Treatment** - While hair is conditioning, hop in the shower or bath. The warmer the oil stays, the better it works!

**Nail Strengthening Solution** - Helps to make your nails stronger and shinier.

**Nourishing Almond Oil Mask** - Pamper your face and neck with the nutrients it needs to look its best.

**Peach Tightening Mask** - Tightens up pores on face to create a smoother look.

**Refreshing Mint Mask** - Cool off and relax with this simple minty face mask.

**Revitalizing Avocado Hair Treatment** - Brings tired-looking hair back to life.

**Scented Bath Bombs** - Fizzes when dropped in water.

**Scented Bath Crystals** - This makes a wonderful gift when poured in a decorative glass bottle.

**Scented Bath Salts** - Another great gift idea.

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**Pet Health**

**Search This Site**

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**Split End Hair Repair** - Smooth down split ends with this simple conditioning mixture.

**Strawberry Drawing Mask** - Sit back and relax while this mask draws out oils and impurities.

**Strawberry Face Brightener** - Brightens up dull-looking skin.

**Therapeutic Lip Balm** - With Vitamin E and Camphor to sooth stressed lips.

**Ultimate Dry Skin Treatment** - Smooth onto face, neck, rough elbows and knees.

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Request Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Cooking Tips  
Cleaning Tips  
Laundry Tips  
Home Remedies  
Pet Home Remedies  
Message Board  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

## Anti-Aging Face Mask

**# Of Applications : 1**

**Prep/Application Time : 0:20**

**1/4 cup heavy whipping cream**

**1 med. banana - peeled**

**1 vitamin E capsule**

**-Mash together cream and banana.**

**-Stir in contents of capsule.**

**-Smooth onto face and neck.**

**-Leave on for 10-15 minutes.**

**-Wipe off with damp cloth.**

**NOTES : Look younger instantly!**

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**(4) VISITOR COMMENTS: "It's a very fruitful application. May I have some more?" | "nice" | "My face felt clean and smooth after this one!" | "Very nice recipe! I love this very mush!"**

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[Copycat Recipes](#)

[Appetizers & Snacks](#)

[Pasta Dishes](#)

[Desserts & Baked Goods](#)

[Meats](#)

[Chicken & Turkey](#)

[Seafood & Fish](#)

[Salads & Dressings](#)

[Soup, Chili & Chowder](#)

[Side Dishes](#)

[Fruits & Vegetables](#)

[Pizza Related Recipes](#)

[Condiments](#)

[Beverages](#)

[Breakfast Foods](#)

[Pet Treat Recipes](#)

[Bath & Beauty Recipes](#)

[Submit Your Recipe](#)

[Recipe Message Board](#)

## Robbie's Kitchen

[Houshold Tips & Tricks](#)

[Fancy Napkin Folds](#)

[Ingredient Substitutions](#)

[Measurement Equivalentents](#)

[Measurement Conversion](#)

[Temperature Conversion](#)

[Meat Temperatures](#)

[Candy Temperatures](#)

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## Pet Health

## Search This Site

[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

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Comments](#)

# Apple Mask For Normal Skin

**# Of Applications : 1**

**Prep/Application Time : 0:45**

**1 apple - quartered, cored**

**2 Tbls. honey**

**1/2 tsp. ground sage**

**-Chop apple in food processor.**

**-Add honey and sage to apple. Mix well.**

**-Refrigerate for 10 minutes.**

**-Pat mixture onto face with a light tapping motion, tapping until honey feels tacky.**

**-Leave on for 30 minutes.**

**-Rinse.**

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**(2) VISITOR COMMENT: "I tried it. It was ok. It wasn't that good it wasn't that bad either. I tend to like things that smell good, this didn't." | "BAD SMELL!!! thanks though from Liz + Em In the United kingdom. U made our sleepover a success!! "**



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[Copycat Recipes](#)  
[Appetizers & Snacks](#)  
[Pasta Dishes](#)  
[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)  
**Robbie's Kitchen**  
[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)  
**Robbie's Photo Album**  
**Pet Health**  
**Search This Site**

[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

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## Banana Mask for Dry Skin

**# Of Applications : 1**

**Prep/Application Time : 0:15**

**1/4 cup plain yogurt**

**2 Tbls. honey**

**1 med. banana**

**-Mash all ingredients together with a fork.**

**-Smooth onto face and neck.**

**-Leave for 10 minutes, then rinse off.**

**NOTES : Soothes dry skin.**

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**(2) VISITOR COMMENTS : "Works Great! Its tasty too!" |  
"it's very good for dry skin.i had it on my face and an excellent  
effect.thanks"**

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Bath & Beauty Recipes  
Submit Your Recipe  
Request Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Cooking Tips  
Cleaning Tips  
Laundry Tips  
Home Remedies  
Message Board  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures  
Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

## Blemished Skin Mask

# Of Applications : 1

Prep/Application Time : 0:15

1 tomato - chopped  
1 Tbls. instant oatmeal  
1 tsp. lemon juice

- Blend all ingredients just until combined.
- Apply to skin, making sure the mixture is thick enough to stay on blemished areas, such as cheeks, forehead, or chin.
- Add a bit more oatmeal to thicken the mask, if necessary.
- Leave on 10 minutes.
- Scrub off with a clean washcloth dipped in warm water.

(7) VISITOR COMMENTS : "I find that if you you use blended carrots instead of a tomato it works wonders" | "Worked awful! clogged my pores and made me brake out the next day" | "i think some people are either allergic to tomatoes or oatmeal...maybe that's why it didn't work" | "I hated it. I don't think you should ever try this again" | "i really liked it it made my skin feel so soft" | "I haven't tried this but I bought something at the store just like this - it worked! I am going to try it tonight" | "its really lumpy and doesnt stick to your skin. Ill never try it again"

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Houshold Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Robbie's Photo Album

## Pet Health

## Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

# Fruit Salad Body Mask

# Of Applications : 1

Prep/Application Time : 1:45

2 slices pineapple - rind removed  
1/2 med. honeydew melon - rind removed  
1 doz. green grapes  
1 med. banana - peeled  
1 med. pear - cored  
1 med. kiwi fruit - peeled

-Puree all ingredients in food processor. Mixture will be slightly lumpy.

-Refrigerate for 1 hour.

-Smooth onto body and/or face, leaving on for half an hour.

-Rinse off with tepid water.

NOTES : Softens and exfoliates the skin, leaving you feeling cool and clean.

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[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

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Comments](#)

[Copycat Recipes](#)  
[Appetizers & Snacks](#)  
[Pasta Dishes](#)  
[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)

## Robbie's Kitchen

[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalentents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)

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## Pet Health

## Search This Site

# Green Ambrosia Body Scrub

**Recipe Submitted By : Kevin Tallant**

**Prep. Time : 1:10**

**# of Applications : 10**

**1/4 cup uncooked white rice**  
**1/2 cup Epsom salts**  
**2 Tbls. oatmeal - ground in blender**  
**1/4 cup cornmeal**  
**1/8 cup glycerin**  
**5 drops baby oil**  
**1/2 bag green tea**  
**1 tsp. poppy seeds**  
**5 drops china rain essence oil**

**-Grind rice in the blender.**  
**-Combine all ingredients with a whisk.**  
**-Pour in bottles or Ziploc® bags to store.**

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures

## Robbie's Photo Album

## Pet Health

## Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

# Homemade Scented Hair Gel

# Of Applications : 40

Prep. Time : 0:50

1 cup water  
2 Tbls. flax seed  
2 drops scented oil - your choice of scent

- Combine water and seeds in a small saucepan.
- Bring to a boil then remove from heat.
- Allow to set for a half an hour.
- Strain through fine collander.
- When completely cooled, add scented oil.
- Transfer to a wide-mouthed jar with lid.

NOTES : Use as you would any hair gel product.

(3) VISITOR COMMENTS: "I was amased to come accrosds this natural hair gel..just wasn't expecting it ..I will keep you posted on how my kids like it,Thank-you." | "I've just made a batch of hair gel and it was not as I expected. I had trouble staining out the seeds after they were cooked and ended up using a strainer made of sockies.(the foot part of stockings/tights), It was very messey. I let it 'set' overnight and it was as I left it, like the consistancy of egg whites. I added some gelatine to it to thicken it up and it is just like jelly now. It is not at all like I expected it to turn out. I am just going to try it out on my guinia pigs... I mean kids." | "I make this hair gel (without the scented oil) every week and LOVE IT on my shoulder length curls. The first time I made it it was like egg whites and difficult to work with, but since then I have made it more viscous by not letting it sit for so long and straining it while it is still warm. This is the

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**best gel I've ever used on my hair."**

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures  
**Robbie's Photo Album**  
Pet Health  
Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

## Honey & Lemon Face Scrub

# Of Applications : 1

Prep/Application Time : 0:10

1 med. lemon - juice of  
2 Tbls. finely ground almonds  
1 Tbls. honey

- Combine all ingredients.
- Massage mixture into face and neck.
- Leave on for 5 minutes.
- Rinse off with warm water.

(3) VISITOR COMMENTS : "I use this without the almonds. It stung at first, but clears up your skin!" | "i used this recipe today...but a little variance. i had no fresh lemon so i used a tlbs. lemon juice and i used 3-4 tlbs. finely ground almonds to make it thicker so it wouldn't run. it made my skin very smooth but didn't instantly help out with small blemishes (not to be expected though). thanks a lot!" | "I tried this with a friend and we loved it. it made our skin soft and silky!"

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Copycat Recipes

Appetizers & Snacks

Pasta Dishes

Desserts & Baked Goods

Meats

Chicken & Turkey

Seafood & Fish

Salads & Dressings

Soup, Chili & Chowder

Side Dishes

Fruits & Vegetables

Pizza Related Recipes

Condiments

Beverages

Breakfast Foods

Pet Treat Recipes

Bath & Beauty Recipes

Submit Your Recipe

Recipe Message Board

## Robbie's Kitchen

Household Tips & Tricks

Fancy Napkin Folds

Ingredient Substitutions

Measurement Equivalents

Measurement Conversion

Temperature Conversion

Meat Temperatures

Candy Temperatures

## Robbie's Photo Album

## Pet Health

## Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

# Honey Lip Balm

# Of Applications : 100

Prep. Time : 0:15

2 Tbls. olive oil

1/2 tsp. honey

3/4 tsp. beeswax - grated

1/2 tsp. pure cocoa butter

flavored oil of your choice - to taste

1 vitamin E capsule

-In a small saucepan, heat oil, honey, wax and butter over low heat just until melted.

-Remove from heat and allow to cool for 2-3 minutes.

-Stir in flavoring and contents of vitamin E capsule.

-Pour into container(s) of your choice.

(6) VISITOR COMMENTS: "sounds great" | "HONEY KEEPS SEPERATING OUT OF THE MIXTURE ONCE IT'S IN THE JAR." | "Perfect for gifts and the holidays!!" | "Sucks, the consistancy is WAY too Soft like vasaline" | "IT WORKS PERFECT IT MADE MY LIPS SOFT" | "This recipe is great! I had a few mis-fires, in which the honey separated out in the jar or the consistancy was too soft. BUT: if made correctly and with the proper ingredients that doesn't happen. The honey separates out if you get the mixture too hot, and the consistancy is too soft if you don't use pure cocoa butter."

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Household Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures  
**Robbie's Photo Album**  
Pet Health  
Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

## Hot Oil Hair Treatment

# Of Applications : 1

Prep/Application Time : 0:25

2 Tbls. olive oil

1 Tbls. honey

- Combine oil and honey in small plastic sandwich bag.
- Fill a coffee cup with water and heat until almost boiling.
- Dip sandwich bag in water just until oil is warmed.
- Apply warm oil to dry hair, working from scalp to tips.
- Cover your head with a shower cap and leave for 15 minutes.
- Wash hair as usual.

**NOTES :** While hair is conditioning, hop in the shower or bath.  
The warmer the oil stays, the better it works!

**(3) VISITOR COMMENTS:** "it works try it. thank you" | "this recipe worked wonders for me, but would recommend adding a note that it could be doubled or tripled for those with long or thick hair." | "THIS WORKED GREAT! I HAVE DRY,DAMAGED FRIZZY HAIR. THIS RECIPE SEEMED TO TAKE MONTHS OF DAMAGE OFF MY HAIR."

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Copycat Recipes  
Appetizers & Snacks  
Pasta Dishes  
Desserts & Baked Goods  
Meats  
Chicken & Turkey  
Seafood & Fish  
Salads & Dressings  
Soup, Chili & Chowder  
Side Dishes  
Fruits & Vegetables  
Pizza Related Recipes  
Condiments  
Beverages  
Breakfast Foods  
Pet Treat Recipes  
Bath & Beauty Recipes  
Submit Your Recipe  
Recipe Message Board  
**Robbie's Kitchen**  
Houshold Tips & Tricks  
Fancy Napkin Folds  
Ingredient Substitutions  
Measurement Equivalents  
Measurement Conversion  
Temperature Conversion  
Meat Temperatures  
Candy Temperatures  
**Robbie's Photo Album**  
Pet Health  
Search This Site

Printer-Friendly  
Page

E-Mail Recipe  
To A Friend

View Recipe's  
Comments

Send Me Your  
Comments

## Nail Strengthening Solution

# Of Applications : 20-30

Prep/Application Time : 0:05

2 tsp. castor oil  
2 tsp. salt  
1 tsp. wheat germ oil

- Pour all ingredients into a sealable bottle.
- Before each use, shake well.
- Rub a small amount of the mixture into your nails.
- Leave on for 3-5 minutes.
- Wipe off with a cotton ball.

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[Copycat Recipes](#)  
[Appetizers & Snacks](#)  
[Pasta Dishes](#)  
[Desserts & Baked Goods](#)  
[Meats](#)  
[Chicken & Turkey](#)  
[Seafood & Fish](#)  
[Salads & Dressings](#)  
[Soup, Chili & Chowder](#)  
[Side Dishes](#)  
[Fruits & Vegetables](#)  
[Pizza Related Recipes](#)  
[Condiments](#)  
[Beverages](#)  
[Breakfast Foods](#)  
[Pet Treat Recipes](#)  
[Bath & Beauty Recipes](#)  
[Submit Your Recipe](#)  
[Recipe Message Board](#)  
**Robbie's Kitchen**  
[Houshold Tips & Tricks](#)  
[Fancy Napkin Folds](#)  
[Ingredient Substitutions](#)  
[Measurement Equivalents](#)  
[Measurement Conversion](#)  
[Temperature Conversion](#)  
[Meat Temperatures](#)  
[Candy Temperatures](#)  
**Robbie's Photo Album**  
**Pet Health**  
**Search This Site**

[Printer-Friendly  
Page](#)

[E-Mail Recipe  
To A Friend](#)

[View Recipe's  
Comments](#)

[Send Me Your  
Comments](#)

## Nourishing Almond Oil Mask

**# Of Applications : 1**

**Prep/Application Time : 0:20**

**1 egg**  
**1 tsp. almond oil**  
**1 splash half and half**

- Combine all ingredients.**
- Smooth onto face and neck.**
- Leave on for 15 minutes.**
- Rinse with cool water.**

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**(0) VISITOR COMMENTS**

# Peach Tightening Mask

**# Of Applications : 1**

**Prep/Application Time : 0:35**

**1 ripe peach - peeled, pitted**

**1 egg white**

- Whip peach and egg white together in a blender until smooth.**
- Gently pat mixture over face.**
- Leave on for 30 minutes.**
- Rinse off with cool water.**

**(3) VISITOR COMMENTS : "it is very very strong smell and unless you want to go around smelling like a peach I would not use this mask" | "Works like magic, straight away. I fully recommend!" | "I like this face mask. It worked great! Some people say it drips off real easy, but if you lay down with it for 15 minutes it will stay on for the rest of the time. I RECCOMEND it!"**

# Refreshing Mint Mask

**# Of Applications : 1**

**Prep/Application Time :**

**0:15**

**1 Tbls. ground spearmint  
leaves**

**1 Tbls. vegetable oil**

**1 Tbls. honey**

**-Puree ingredients in the  
blender for 2 minutes.**

**-Smooth onto clean face  
and neck, avoiding areas  
around the eyes.**

**-Leave on for 10 minutes.**

**-Rinse with cool water.**

# Revitalizing Avocado Hair Treatment

**# Of Applications : 1**

**Prep/Application Time : 0:25**

**1 med. avocado - peeled, pitted**

**2 Tbls. honey**

**-Mash together both ingredients in small bowl.**

**-Massage into hair.**

**-Leave in for 20-30 minutes.**

**-Wash hair as usual.**

**NOTES : Brings tired-looking hair back to life.**

**(6) VISITOR COMMENTS : "avocado is too expensive" | "excellent for curly/frizzy hair. Thanks. Nice moisturizer/conditioner." | "I noticed the comments that said that avacado is too expensive but I have spent way more on treatments that dont work half as good I thought it was worth the money!" | "I have wildy curly hair and this works great. Also it with mayo." | "This is really great on curly hair, brings out the shine and tames the frizz, Good price" | "An overripe avocado that you can't eat would probably work just as well."**

# Scented Bath Bombs

**# Of Applications : 6**

**Prep. Time : 0:20**

**1 1/2 cups baking soda**

**1/2 cup citric acid**

**8 drops essential oil - your choice of scent**

**1 tsp. sweet almond oil**

**2 drops food coloring - your choice of color**

**-Combine all ingredients.**

**-Press into oiled muffin tin or mold of your choice.**

**-Release from mold.**

**-Wrap in colored plastic wrap and tie with a ribbon.**

**NOTES : Fizzes when dropped in water. When selecting an oil for scent, read warnings about use. Some oils are not intended to have direct contact with skin.**

**(2) VISITOR COMMENTS : "To ensure your mold comes out okay you should rub the almond oil into your mold first before packing in the bath bomb. You should also leave them in the mold for 24 hours so they maintain their shape. They work really well and make for a lovely bath" | "IT is very dry when mixing, I ended up adding more oil."**



# Scented Bath Crystals

**# Of Applications : 4**

**Prep. Time : 0:05**

**1 cup Epsom salts**

**10 drops essential oil**

**1 drop food coloring**

**-Shake all ingredients in a Ziploc® bag until coated.**

**-Store in bottle or bag.**

**NOTES : This makes a wonderful gift when poured in a decorative glass bottle. When selecting an oil for scent, read warnings about use. Some oils are not intended to have direct contact with skin.**

**(3) VISITOR COMMENTS : "this is a wonderful idea for xmas gifts" | "Try using lavender essential oil. It's safe to use in direct contact with skin and is very relaxing, perfect for bath crystals" | "Wow! I can't thank you enough for your homemade recipe for bath Crystals...I tried it and love it. Sincere 'thank you' for sharing this with the world. Relaxxxxxing appreciation from Vancouver Island, British Columbia"**

# Scented Bath Salts

**# Of Applications : 8**

**Prep. Time : 0:05**

**1 cup coarse sea salt**

**10 drops essential oil - your choice of scent**

**1 tsp. avocado oil**

**-Mix all ingredients well.**

**-Store in bottle or bag.**

**NOTES : This makes a wonderful gift when poured in a decorative glass bottle. When selecting an oil for scent, read warnings about use. Some oils are not intended to have direct contact with skin.**

# **Chardonnay Mushrooms like Applebee's®**

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**Prep. Time : 0:10**

**Serves : 4**

**1/2 cup real butter**

**1/4 tsp. granulated OR powdered garlic**

**1/2 tsp. salt**

**1/4 tsp. black pepper**

**1 lb. fresh mushrooms - quartered**

**1/4 cup Chardonnay**

**2 Tbls. parsley flakes**

**-Sauté mushrooms and garlic in butter, stirring often, for 4 minutes, or until soft; season with salt and pepper.**

**-Turn off heat and immediately pour Chardonnay onto mushrooms.**

**-Add parsley and toss to coat.**

**NOTES : Serve over your favorite steak**

# **Cheesecake like Red Lobster's®**

**Included in my new cookbook! [Click Here](#) to get your copy!**

**Serves : 10**

**Prep. Time : 1:00**

**10 oz. box shortbread cookies - crushed**

**1/3 cup melted butter OR margarine**

**1/4 cup granulated sugar - divided**

**.25 oz. pkt. unflavored gelatin powder**

**1 lb. cream cheese - low-fat okay**

**8 oz. sour cream - low-fat okay**

**2 eggs**

**2 Tbls. real butter**

**2 Tbls. cornstarch**

**1 tsp. vanilla extract**

**-Combine cookie crumbs, butter, 1/4 cup sugar, and gelatin; press evenly into bottom of a greased 9" springform pan.**

**-Bake in a 350 degree oven for 8 minutes.**

**-With electric mixer, beat together cream cheese, sour cream, 1 cup sugar, eggs, butter, cornstarch, and vanilla until smooth.**

**-Pour mixture into prepared crust.**

**-Bake in a 350 degree oven for 30-35 minutes, or until a toothpick inserted in center comes out clean.**

**-Allow to cool for 20 minutes before cutting.**

- **Delicious. I love this cheesecake. Tastes even better than Red Lobsters**

# Chicken Bryan like Carrabba's®

**Serves : 6**

**Prep. Time : 0:55**

**1 Tbls. minced garlic**  
**1 Tbls. minced yellow onion**  
**2 Tbls. butter**  
**1/2 cup dry white wine**  
**1/4 cup fresh lemon juice**  
**2/3 cup cold butter - sliced**  
**1 1/2 cup chopped sun-dried tomatoes**  
**1/4 cup chopped fresh basil**  
**1/2 tsp. kosher salt**  
**1/2 tsp. white pepper**  
**6 boned, skinned chicken breast halves**  
**extra virgin olive oil - for brushing**  
**1/2 tsp. salt**  
**1/2 tsp. black pepper**  
**8 oz. caprino OR other goat cheese - room temperature**

**-Saute garlic and onion in 2 Tbls. butter in a large skillet over medium heat until tender.**

**-Stir wine and lemon juice into skillet, increase heat to medium high, and simmer to reduce by half.**

**-Reduce heat to low and stir in cold butter, one slice at a time.**

**-Stir in tomatoes, basil, kosher salt, and white pepper; remove from heat; set aside.**

**-Brush chicken breasts with olive oil and sprinkle with salt and black pepper.**

**-Grill chicken over hot coals 15-20 minutes, or until cooked through.**

**-A couple of minutes before chicken is done, place equal amounts of cheese on each breast**

**-Spoon prepared sun-dried tomato sauce over chicken.**

## **(5) VISITOR COMMENTS**

- This recipe was VERY close to Carrabas, the only problem I had was getting the right type of cheese. The caprino cheese I got was not as soft as the type served at the restaurant. Other than that, it was very delicious and similar to that of the restaurants.**
- Chicken Bryan Texas, is my favorite meal at Carrabas. This recipe was great!!! My friend was very impressed! The only thing I would do different is cut back on some of the sun dried tomatoes. It seemed like there were too many. This recipe is awesome! Thank you!**

- **It was my Birthday a week ago and I wanted to go out to Carrabbas for dinner but the only problem is that we have a large family(14) and if you ever been to Carrabbas you know how hard it is to get a set let alone trying to get a set for 14 at one table. So I got on line and typed in Chicken Bryan like Carrabbas recipe and your sight came up. I went to the store and bought everything to make the recipe. My husband had just bought a teck grill it is the same grill that out back uses to cook there food on. Well, anyway he bought some smoke wood chips and we fixed your recipe and all I can say is yummm. It was a hit with the whole family and I might add we all visited Carrabbas at least once a week if not more. Thank you again for the recipe.**
- **My boyfriend knew that Chicken Bryan was my favorite meal of all time and so I thought he was planning on taking me to Carrabbas for my birthday. However when I arrived home after work, he was busy in the kitchen making me my absolute favorite meal. He had never cooked anything for me before in the year and a half we have been together. The meal was amazing...even better than Carrabbas. He used Goat cheese as you had written as a substitute, and I thought that made all the difference...it was perfect, thank you! PS He is not much of a cook, so if he could make this meal...I think anyone is capable of making it! :)**
- **I must tell you the reason you are having a problem with the cheese is because you need buy a log of plain goat cheese. I have found the best taste/buy to be at Sams Club. They sell the large loaf for under \$4. The rest of the recipe sounds great. My version was a little different but I think I'll try yours.**

# Chicken Francese like Sbarro's®

**Serves : 5**

**Prep. Time : 0:30**

**5 boned, skinned chicken breast halves**

**5 eggs**

**3 oz. grated Romano cheese**

**1 tsp. dried parsley**

**1 pinch ground white pepper**

**all-purpose flour - for coating**

**1/8 cup olive oil**

**1 cup chicken stock**

**1 cup butter**

**2 lemons - juice of**

**-Pound chicken breasts flat and cut in half. Set aside.**

**-Whisk together eggs, Romano cheese, parsley, and white pepper. Set aside.**

**-Put flour in a shallow bowl. Set aside.**

**-In a skillet, heat oil over medium heat. Check temperature by dipping a corner of a chicken piece in oil. If it boils slowly, oil is ready.**

**-Coat both sides of a piece of chicken with flour.**

**-Coat chicken in egg mixture, allowing excess egg to drip off, then place chicken in hot oil.**

**-Repeat with remaining chicken.**

**-Fry each side of chicken until a light blond color.**

**-Remove chicken from pan and keep warm.**

**-In the skillet, bring chicken stock to a light boil.**

**-Add butter, stirring constantly, until melted.**

**-Add lemon juice and cook for 1 minute while stirring constantly.**

**-Pour sauce over chicken.**

**NOTES : Garnish with lemon slices and chopped fresh parsley.**

**(1) VISITOR COMMENT : "The chicken Francese was excellent. Thanks"**



# Chicken McNuggets like McDonald's®

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Serves : 4

Prep. Time : 1:45

- 1 cup all-purpose flour
- 2 tsp. salt
- 1/2 tsp. monosodium glutamate - optional
- 1/4 tsp. black pepper
- 1 tsp. onion powder
- 1/8 tsp. garlic powder
- 1 egg - beaten
- 1 cup water
- 1 lb. boned, skinned chicken breast

- Combine egg and water in a small bowl; set aside.
- Combine the flour, salt, monosodium glutamate, pepper, onion powder, and garlic powder in a large plastic zipper bag; set aside.
- Pound each of the breasts with a mallet to 1/4" thick, then cut to bite-sized pieces.
- Coat each chicken piece with the flour mixture by shaking in the plastic zipper bag.
- Remove and dredge each nugget in the egg mixture, coating well.
- Return each nugget to the flour mixture; shake to coat.
- Put nuggets, still in the bag, in the freezer for at least an hour.
- Cover and refrigerate remaining egg mixture.
- After freezing, repeat the above coating process.
- Deep-fry the nuggets, 8-10 at a time, in 375 degree oil for 10-12 minutes, or until browned and crispy.
- Drain on brown paper bags.

NOTES : Dip in barbeque , sweet and sour , hot mustard , or honey mustard sauce

## (1) VISITOR COMMENT

- These were really great. It's definitely worth it to make them as opposed to purchasing them.

# Chicken Quesadillas like Ruby Tuesday's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 1

Prep. Time : 0:45

1 boned, skinned chicken breast half  
Italian salad dressing - to coat [REDACTED]  
12" flour tortilla  
melted butter OR margarine - for coating  
1 cup shredded Monterey jack/cheddar cheese  
1 Tbls. diced tomato  
1 Tbls. diced jalapeno pepper  
Cajun seasoning - to taste [REDACTED]  
1/2 cup shredded lettuce  
1/4 cup diced tomato  
sour cream - for dipping  
salsa - for dipping [REDACTED]

-Place chicken breast in a bowl with enough Italian dressing to coat; allow to marinate 30 minutes in refrigerator.

-Grill marinated chicken until cooked through in a lightly oiled pan. Cut into 3/4" pieces and set aside.

-Brush one side of tortilla with butter and place in frying pan over medium heat.

-On one half of tortilla, add cheese, 1 Tbls. tomatoes, peppers, and Cajun seasoning (in that order). Make sure to spread to the edge of the half. Top with diced chicken, fold empty tortilla side on top, and flip over in pan so that cheese is on top of chicken.

-Cook until very warm throughout.

-Remove from pan to serving plate and cut into six equal wedges on one side of plate.

-On the other side put lettuce, topped with 1/4 cup tomatoes, and then topped with sour cream.

-Serve your favorite salsa in a small bowl on the side [REDACTED]

## (3) VISITOR COMMENTS

- Loved this recipe and will use it often
- My family loved this recipe. I have forwarded it to several friends. Instead of Italian salad dressing, we seasoned the meat with ground cumin.
- Great recipe. I made it for dinner Saturday and again for lunch on Sunday. I did make a few changes though... cut out the pepper (don't like them), used Newman's Own oil &

**vinegar dressing for the marinade (can't have sugar), added green onions and bacon. Also not quite sure about the Cajun spices. But over all if I didn't see your recipe I wouldn't have made it.**

# Chocolate Dream like Carrabba's®

**Serves : 9**

**Prep. Time : 1:30**

**1 box Duncan Hines® Fudge Brownie Mix**

**1/4 cup Kahlua**

**2 cups prepared chocolate mousse**

**2 cups real whipped cream**

**1 oz. semi-sweet chocolate shavings**

- Prepare brownie mix according to instructions on box, using the two egg recipe and substituting milk for the water.**
- Line (2) 9" X 9" X 2" baking pans with either parchment paper or wax paper.**
- Spray bottoms with non-stick cooking spray.**
- Pour equal amounts of batter into each pan.**
- Bake in a 325 degree oven for 25 minutes, or until a toothpick inserted in the center comes out clean.**
- Allow to cool completely.**
- Set one brownie pan aside; invert other pan and remove brownie in one piece; return to pan upside down; remove parchment paper.**
- Brush the brownie evenly with 1/2 the Kahlua; spread 1/2 the mousse evenly over the brownie; spread 1/2 the whipped cream over the mousse; sprinkle top evenly with chocolate shavings.**
- Remove second brownie from pan; brush with remaining Kahlua; place brownie on top of other brownie; spread remaining mousse evenly over the brownie; spread remaining whipped cream over the mousse.**
- Refrigerate until ready to serve.**

- **OMG Robbie, this was DECADEANT!!!! I live in Ontario, Canada and have no idea what Chocolate Dream like Carrabbas is supposed to taste or look like.....whatever it is....IT'S AMAZING!!! I made a few changes: I used Bailey's Irish Cream instead of Kaluha, made it 3 layers, and added chocolate curls to the top for appearance. I made it for a rather large crowd of critics (I'm always the one making the desserts so they are always expecting new and exciting things from me).....boy did I WOW them with this one!!!! A keeper and I will be sure to make this again and again...thanks so much!!!**
- **This looks like a great version of this, but I have done it the way they top it at our Carrabbas, which is just like you have it, with a chocolate ganache poured over it before serving. My recipe is very simple. Just melt some good quality semi-sweet chocolate chips by pouring hot (do not boil) whipping cream over them and whipping. Let cool before spooning over Chocolate Dream. I have also served this with ice cream instead of mouse.**

# Coconut Cream Cheesecake

like The Cheesecake Factory's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 12**

**Prep. Time : 3:00**

**2 1/2 cup grated fresh coconut**  
**1 cup whipping cream - scalded**  
**2 1/2 cups all-purpose flour**  
**1/3 cup cold butter - sliced**  
**4 tsp. granulated sugar**  
**20 oz. cream cheese**  
**1 1/2 cup granulated sugar**  
**4 eggs**  
**2 egg yolks**  
**2 1/2 Tbls. coconut liqueur**  
**1 tsp. fresh lemon juice**  
**1/2 tsp. vanilla extract**  
**1/2 tsp. almond extract**  
**1 cup sour cream**  
**1/4 cup cream of coconut**  
**1/2 tsp. coconut liqueur**  
**toasted coconut flakes - for garnish**

- Puree coconut and cream in a blender for 4 minutes; set aside to cool.**
- Cut butter into flour and 4 tsp. sugar until mixture resembles small crumbs.**
- Press evenly into bottom of a buttered 10" springform pan.**
- Bake in a 325 degree oven for 25 minutes, or until golden brown.**
- Cream together cream cheese and 1 1/2 cups sugar.**
- Stir in cooled coconut puree.**
- Slowly stir in eggs and yolks.**
- Stir in 2 1/2 Tbls. liqueur, lemon juice, and extracts.**
- Pour into prepared crust.**
- Bake in a 325 degree oven until sides of cake are dry and center is set, about 1 hour.**
- Allow cheesecake to cool for 30 minutes.**
- Beat together sour cream, cream of coconut, and 1/2 tsp. liqueur; spread over cheesecake.**
- Bake in a 325 degree oven for 10 minutes.**
- Allow cheesecake to cool for 30 minutes, then refrigerate for at least 4 hours.**
- Sprinkle coconut flakes over top before serving.**

**(1) VISITOR COMMENT : "I tried this recipe for Easter weekend. It's the best Coconut Cream Cheesecake I've every tasted and everyone at the table concurred. It certainly makes a lot...the next time I make it, I'll cut it in half. It's way too much for just my husband and me."**

Non-stick springform pan has a scratch resistant glass bottom that lets you bake, serve and cut on the same attractive platter! Dishwasher safe. 10" diam.

# **Crab Cakes like Joe's Crab Shack's®**

**Included in my new cookbook! [Click Here](#) to get your copy!**

**Serves : 4-6**

**Prep. Time : 0:25**

**1 egg yolk**

**1/3 cup mayonnaise**

**2 1/2 tsp. Worcestershire sauce**

**1 tsp. lemon juice**

**1 tsp. dry mustard**

**1 tsp. black pepper**

**1/4 tsp. crushed red pepper**

**1/4 tsp. Old Bay® seasoning**

**1/4 tsp. salt**

**1 1/4 cups fresh breadcrumbs**

**3 Tbls. chopped fresh parsley**

**1 Lb. crab meat**

**flour - to coat**

**-Beat together first 9 ingredients.**

**-Fold in breadcrumbs and parsley.**

**-Fold in crab meat.**

**-Form into 4-6 patties.**

**-Lightly coat patties in flour on both sides.**

**-Deep-fry crab cakes in 350 degree oil until browned.**



# Crab Rangoon like Cavanaugh's

Inn's®

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**Submitted By : Debbie Morgan**

**Serves : 6-8**

**Prep. Time : 1:00**

**1 tsp. butter OR margarine**  
**1/4 med. onion - minced**  
**(2) 8 oz. packages cream cheese - softened**  
**6 oz. can crab meat - drained**  
**1 cup shredded cheddar cheese**  
**1/2 tsp. garlic salt**  
**salt and pepper - to taste**  
**12 oz. package won-ton wrappers**  
**1 egg - beaten**

**-Sauté onion in butter until soft.**

**-Stir in cream cheese, crab, cheese, garlic salt, salt, and pepper; mix well.**

**-Put a scant Tablespoonful of filling on each wonton wrapper.**

**-Brush egg on the edges, fold over in a triangle shape, and seal edges.**

**-Freeze in plastic bag to prevent filling from seeping out when frying.**

**-Deep-fry rangoons in 375 degree oil, turning once, until golden brown.**

**-Drain on brown paper bags.**

**NOTES: If you do not freeze them first, you may loose filling when you cook them.**

**(3) VISITOR COMMENTS :** "I made the crab rangoon for an appetizer at a party. Everyone loved them. They were the first to go. Everyone loved them served with a Oriental sweet & sour sauce, with a (use sparingly) side of chinese hot mustard." | "I left out the cheddar cheese, added 1/4 tsp Worcestershire sauce and only used 1-8oz package of cream cheese. They were wonderful!" | "Try and use peanut oil just like they do in chinese places here. It works wonders and the crab rangoon is so much better."

# Creamed Spinach like Boston Market's®

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Serves : 6

Prep. Time : 0:35

- 3 Tbls. butter OR margarine
- 1/4 cup all-purpose flour
- 1/4 tsp. salt
- 1 cup whole milk
- 1/2 cup sour cream - low-fat okay
- 2 Tbls. butter OR margarine
- 2 Tbls. minced onion
- 1/4 cup water
- (2) 10 oz. boxes frozen spinach - thawed, chopped

- Over medium low heat, melt butter in a saucepan.
- Stir in flour and salt until creamed together.
- Stir in milk a little at a time.
- Increase heat to medium.
- Constantly stir with a whisk until mixture becomes thick and smooth.
- Remove from heat and set aside.
- Sauté onions in butter until transparent.
- Add spinach and water to pan, lower the heat, and cover.
- Stir several times until the spinach is almost completely cooked.
- When spinach is almost done, stir in prepared sauce and sour cream
- Stir well and simmer until completely blended.

## (12) VISITOR COMMENTS

- Thanks for the Creamed Spinach recipe. It was delicious.
- Love it,love it. I'm 1 of those strange people that love spinach, raw or cooked.
- I made the Creamed Spinach. It was delicious.I added a little more salt and a pinch of pepper. And one half teaspoon of sugar. A restaurant in our area makes it and adds jalapeno peppers to it. I tried adding the peppers the next time I made it and it as even better
- Thanks it will become a regular in my house.
- Hi...I made the spinach, it was great
- My kids loved it! They were convinced it was the real thing.
- This recipe was great, the only thing I added extra that gave it a good flavor was parmesan cheese. Thanks I have been looking for this recipe for ever.
- My sister-in-law prepared this recipe as one of her Thanksgiving side dishes and it was absolutely

**delicious. I will now add this to my recipe file also and share it with other spinach lovers!**

- I really enjoyed your Creamed Spinach Recipe, I did however, increase the salt to 1/2 tsp. and added 1/4 cup Parmesan cheese to it for a full bodied flavor. Thank you, I would have never been able to figure out the recipe on my own.**
- I have been trying and trying to find a spinach recipe that was to die for and to my delight I found your site. I make this once a week for the family and I even have used this same recipe for other veggies that needed a little twist.**
- Absolutely the best veggie dish I've ever made! My picky-eating kids even loved it. Thanks so much.**
- Absolutely the best creamed spinach recipe out there. I did add the parm. cheese and it made it that much more delicious. My husband couldn't get enough of it! Thank you!**

# Deep-Fried Ice Cream like El Torito's®

Serves : 4

Prep. Time : 4:30

20 oz. chocolate chip ice cream - low fat okay  
2 cups four-grain flake cereal - crushed  
1 1/2 Tbls. granulated sugar  
3 1/2 tsp. ground cinnamon  
2 eggs  
1 tsp. water  
(4) 8" flour tortillas  
vegetable oil - for frying  
cinnamon sugar - for garnish  
whipped cream - for garnish  
4 maraschino cherries - for garnish

-Form ice cream into 4 balls. Place in baking pan and freeze solid, 2 hours or longer.

-Mix cereal, sugar, and cinnamon. Divide equally between 2 pie plates or other shallow containers.

-Beat eggs with water.

-Roll each ice cream ball in cereal mixture and press coating into ice cream.

-Dip coated ball in egg wash, then roll in second container of cereal mixture. Again, press coating onto ice cream.

-Freeze coated ice cream balls solid, 4-6 hours.

-Shape each tortilla into hourglass form (with narrow waist) by cutting off curved slice from 2 opposite sides. One end will serve as base for ice cream. Other end will be decorative fan.

-Heat oil in wok or large deep-fryer.

-Place tortilla between 2 ladles or large spoons of different sizes (smaller ladle on top). Place tortilla so that base end is cupped in larger ladle to form basket, with back of upper fan supported by handle of larger ladle. Deep-fry until crisp.

-Drain and sprinkle with cinnamon-sugar. Set aside.

-Deep-fry frozen coated ice cream balls 30-45 seconds.

-Place each fried tortilla in large-stemmed glass, with fan part of tortilla standing vertically above glass. Set fried ice cream ball in base of tortilla.

Top with dollop of whipped cream and decorate with cherry.

# **Double Chocolate Fudge Coca-Cola® Cake**

**like Cracker Barrel's®**

**Serves : 18**

**Prep. Time : 1:25**

**1/2 cup butter**

**1 cup Coca-Cola®**

**1 oz. square semi-sweet baking chocolate**

**3/4 cup miniature marshmallows**

**2 1/3 cups all purpose flour**

**3/4 cup cocoa powder**

**1 1/2 tsp. baking powder**

**1 tsp. baking soda**

**1/2 tsp. salt**

**2 cup granulated sugar**

**1/2 cup shortening**

**1/2 cup vegetable oil**

**2 tsp. vanilla**

**2 eggs**

**3/4 cup buttermilk**

**1/2 cup butter**

**1/2 cup cocoa powder**

**1/4 cup Coca-Cola®**

**1/4 cup chocolate syrup**

**1 tsp. vanilla**

**3 cups powdered sugar**

- In a saucepan, bring butter, Coke®, and chocolate to a boil.**
- Remove from heat and stir in marshmallows until dissolved.**
- Set aside and allow to cool to room temperature.**
- In a bowl, combine flour, cocoa powder, baking powder, baking soda, and salt. Set aside.**
- With an electric mixer, beat together sugar, shortening, oil, and vanilla until fluffy.**
- Add eggs and buttermilk and beat until smooth.**
- Add 1/2 of the dry mixture into the wet mixture and beat until smooth, scraping the sides of the bowl often.**
- Add cooled Coke® mixture and beat.**
- Add remaining dry mixture and beat for 4 minutes. Batter will be thick.**
- Pour batter into a greased and floured 13" X 9" X 2" baking pan.**
- Bake on top rack of a 350 degree oven for 35-40 minutes, or until toothpick inserted in center comes out clean.**
- Cream butter with an electric mixer.**
- Add cocoa powder, Coke®, chocolate syrup, and vanilla and beat until smooth.**
- Slowly add powdered sugar, scraping the sides of the bowl often, while beating with the mixer.**
- If frosting seems dry, add small amounts of Coke® until you reach desired consistency.**
- Frost cake while warm.**

**NOTES : Serve topped with natural vanilla bean ice cream.**

# Electric Peach Tea like Joe's Crab Shack's®

**Serves : 1**

**1/2 oz. vodka**

**1/2 oz. gin**

**1/2 oz. rum**

**1/2 oz. peach schnapps**

**4 oz. sweet and sour mix**

**2 oz. Sprite®**

**1 orange wedge - for garnish**

**-Fill a pint glass with ice.**

**-Pour all ingredients into glass.**

**-Cover and shake.**

**-Garnish with an orange wedge on the glass rim.**

**NOTES : 1 oz. = 1 shot.**



# Étouffée like Joe's Crab Shack's®

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**Serves : 6**

**Prep. Time : 0:25**

**1 tsp. chopped garlic**

**3/4 cup diced onion**

**1/4 cup diced celery**

**1/2 tsp. salt**

**1/2 tsp. cayenne pepper**

**1/2 tsp. paprika**

**1/4 tsp. ground mustard seed**

**1/2 tsp. 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 Tbls. sliced green onions**

**1 Tbls. chopped fresh parsley**

**3 cups Rice Pilaf like Joe's Crab Shack's®**

**-Sauté garlic, onion, celery, and green pepper in butter until soft.**

**-Stir in spices, soups, water, and meat of your choice.**

**-Bring to simmer and continue cooking until meat is cooked through.**

**-Stir in green onion and parsley.**

**-Scoop 1/2 cup rice pilaf into center of 6 bowls or soup plates.**

**Pour étouffée over rice.**

# Fajitas like Chili's®

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**Prep. Time : 2:40**

**Serves: 4**

**1/4 cup lime juice**  
**2 Tbls. olive oil**  
**4 cloves garlic - crushed**  
**2 tsp. soy sauce**  
**1 tsp. salt**  
**1/2 tsp. liquid smoke**  
**1/2 tsp. cayenne pepper**  
**1/4 tsp. black pepper**  
**1 lb. boned, skinned chicken breasts OR sirloin steak**  
**2 Tbls. water**  
**1 tsp. soy sauce**  
**1/2 tsp. lime juice**  
**1 dash salt**  
**1 dash black pepper**  
**1 Tbls. olive oil**  
**1 lrg. Spanish onion - sliced thin**  
**1/2 green bell pepper - seeded, sliced thin**  
**1/2 red bell pepper - seeded, sliced thin**  
**1/2 yellow bell pepper - seeded, sliced thin**

**-Combine the lime juice, oil, garlic, soy sauce, salt, liquid smoke, peppers, and either the sirloin OR the chicken in a sealable plastic container, cover, and refrigerate for at least 2 hours, or overnight.**

**-Combine the 2 Tbls. water, soy sauce, lime juice, salt, and pepper; set aside.**

**-Grill meat over medium flame 4-5 minutes on each side.**

**-Cut meat into thin strips; set aside and keep warm.**

**-Cook onion and peppers in oil until brown. Remove from heat.**

**-Pour reserved liquid mixture over onions and peppers.**

**-Combine meat, onions, and peppers.**

**Notes : Serve wrapped in flour tortillas with shredded cheese, sour cream, diced tomatoes, and guacamole**

- I would have to say that this recipe makes better fajitas than Chili's does! The chicken fajitas at Chili's have always been my favorite, but now the ones I make at home are even better.
- All I can say is WOW!! We haven't tried this recipe yet with steak, but have already made the chicken fajitas TWICE in one weekend! I will never use packaged fajita mix again! We don't have a Chili's here in Canada, but these fajitas are just as good, if not better, than any restaurant I have ever been to!
- I think it's great... I make this at least once a week
- I tried this recipe both the original way written and with the water omitted as suggested in other reviews: Don't mess with this recipe! As written, this is a terrific marinade for fajitas! Increasing the lime juice or reducing the water only drowns out the smokey back-taste that makes this a winner. Just make those two dashes of smoke heavy-handed dashes. I've made fajitas using this recipe for flank steak and sliced peppers and onions with wonderful results. This is a keeper.
- These were realllllyyyyyy GREAT!!!!!! Definitely will make again...
- Great for marinating carne asada. I omitted the water and doubled the lime juice--perfect!
- EXCELLENTE!!! Oh man...I used this recipe to make steak and chicken for fajitas at my family BBQ this year and it was awesome! It took me a little longer to make it (maybe 20-25 minutes) because I scaled it up to 50 people, but I everyone liked the marinade on the meat so much that I ended up with a ton of leftover tortillas because everyone just ate the meat as a main dish instead of making fajitas. My wife has been bugging me ever since to make more.
- Thank-you so much for having this recipe! I had a dinner party and it was a hit. My guests could not believe how authentic everything tasted!
- thank you for the recipe. Best tasting fajitas we have ever had, especially at home :)
- This is not the authentic recipe! There is no lime juice in the recipe. There is no olive oil. There may not be liquid smoke. There is cream of tartar.
- This recipe sound very close to my favorite Fajita recipe, with the only exceptions being: 1- I use Mr. Yoshida's Gourmet Sauce in place of soy sauce, 2- I use a little Worcester Sauce and 3- some taco seasoning (or cumin) It Ranks up there with sex and chocolate!!
- I was searching the web and found your site and noticed the recipe for Chili's fajita's. I made these and followed the comments on the recipe by the person before me, and I must say, these were Super!!!! I would recommend this recipe to anyone who truly loves Tex-Mex Fajita's.
- I just made this for dinner tonight using sirloin steak. My son, 2 friends (all teenagers) & I ate it & LOVED it!!! The steak is very tender! I will make this many times again, sure to become a family favorite! Thanks!
- I love Chili's fajitas. That is one of my staples when we go there. I could never make

**mine to taste like theirs, but now I can. I mad the chicken and shrimp and it taste just like theirs. My whole family loved it. I realized the secret ingredient was the liquid smoke flavoring. Thanks again.**

The kit includes everything to get the party started: a savory Smoke Signals Marinade for soaking your sliced chicken or beef, a Fajita Skillet for cooking and serving, plus their Hellfire and Damnation Hot Sauce - if you dare!

# **Fettuccini with Chicken and Sun-Dried Tomatoes** like The Cheesecake Factory's®

**Serves : 2**

**Prep. Time : 0:30**

**1/4 cup sun-dried tomatoes**  
**1/2 cup boiling water**  
**2 boned, skinned chicken breast halves**  
**salt and pepper - to taste**  
**2 Tbls. olive oil - divided**  
**1 med. onion - chopped**  
**2 cups sliced mushrooms**  
**1 clove garlic - crushed**  
**1 Tbls. chopped fresh basil**  
**1 cup sour cream**  
**8 oz. fettuccini - prepared as directed**  
**1 Tbls. minced fresh basil**

- Rehydrate tomatoes in boiling water for 10 minutes; drain, reserving liquid; set aside.**
- Season chicken with salt and pepper on both sides.**
- Brown chicken in 1 Tbls. oil for 6 minutes on each side; set aside.**
- Saute onions in oil until tender.**
- Add mushrooms, garlic, basil, and tomatoes and saute for an additional 3 minutes.**
- Stir in sour cream, then slowly stir in enough reserved tomato water until desired consistency is reached.**
- Stir in cooked fettuccini.**
- Serve chicken breast over a bed of pasta and garnish with basil.**

# 5 Cheese Lasagna like Olive Garden's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 12

Prep. Time : 1:45

1/4 cup butter OR margarine  
1/4 cup all-purpose flour  
2 cups milk - low-fat okay  
1/4 cup oil-packed sun-dried tomatoes - minced  
1 Tbls. minced garlic  
3 1/2 cups ricotta cheese  
3 eggs  
1 cup grated Parmesan cheese  
1/2 cup grated Romano cheese  
1/2 tsp. salt  
1 tsp. black pepper  
12 lasagna noodles - prepared as directed, cooled  
4 cups shredded mozzarella cheese  
1 cup fontina cheese  
marinara/spaghetti sauce - to top ██████████  
grated Parmesan cheese - to top

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

## **(5) VISITOR COMMENTS**

- **This is the best lasagna ever! My whole family LOVED it**
- **My roommate and I love this...it's filling and suits the needs between guests who are omnivorous or herbivores and everyone gets full! We like to make this for ppl that are moving since it keeps so well and is good for replenishing those empty bellies! Thank you!**
- **My Girlfriend wanted to try cooking something new, so she made the 5 cheese Lasagna that is on your website, the one from Olive Garden. It was by far the most excellent lasagna I have ever eaten. Lasagna is my favorite food, and now I have a recipe that will be well used.**
- **It was awesome!**
- **My family enjoyed this recipe so much, they forced me into buying your cookbook. A truly wonderful lasagne!**

# French Onion Soup like T.G.I. Friday's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 0:35**

**2 Tbls. butter OR margarine**  
**4 med. white onions - sliced**  
**3 cups beef broth - low-fat okay**  
**1 1/2 cups water**  
**1 Tbls. cooking sherry - optional**  
**1 Tbls. Worcestershire sauce**  
**1/4 tsp. black pepper**  
**1 dash dried thyme**  
**1 cup sourdough OR French bread cubes - optional**  
**1/2 cup shredded provolone OR mozzarella cheese - optional**

**-Melt butter in saucepan over low heat.**  
**-Add onions and cook 20 minutes, stirring occasionally.**  
**-Add beef broth, water, sherry, Worcestershire sauce, pepper, and thyme to pot.**  
**-Increase heat and bring to boil, then reduce heat.**  
**-Cover and simmer for 5 minutes.**  
**-Divide into bowls.**  
**-Top with bread cubes, then cheese.**  
**-Broil until cheese is melted.**

## **(3) VISITOR COMMENTS**

- **I cooked this soup for fridays for three years and you need to add parm cheese to the soup and on top of the provolone cheese**
- **We recently had lunch at a Friday's in Winston Salem NC. I asked about the bread and was told it was French and the cheese was a Monterey Jack. Very good soup**
- **My husband and I make this at least once a month. It's quick and easy. Goes great with garlic bread.**



# **Fresh Banana Cream Cheesecake**

**like The Cheesecake Factory's®**

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 12**

**Prep. Time : 1:50**

**20 vanilla cream sandwich cookies**

**1/4 cup margarine - melted**

**24 oz. cream cheese - softened**

**2/3 cup granulated sugar**

**2 Tbls. cornstarch**

**3 eggs**

**3/4 cup mashed bananas**

**1/2 cup whipping cream**

**2 tsp. vanilla extract**

- Process cookies in a blender with pulses to finely chop.**
- Add margarine and process with pulses until thoroughly combined.**
- Press mixture into the bottom of a 10" springform pan; refrigerate.**
- Beat cream cheese with electric mixer until creamy.**
- Beat in sugar and cornstarch.**
- Beat in eggs, one at a time.**
- Beat in bananas, whipping cream, and vanilla.**
- Pour mixture into prepared crust.**
- Place pan on a cookie sheet and bake in a 350 degree oven for 15 minutes.**
- Reduce oven temperature to 200 degrees and bake an additional 75 minutes, or until center is almost set.**
- Allow to cool completely before removing rim of pan.**
- Refrigerate cheesecake, uncovered, at least 6 hours.**

### **(3) VISITOR COMMENTS:**

- This recipe was great! I would add something to the directions though. Before removing the pan, run a knife under warm water and then around the edge of the pan so that the cake doesn't stick.**

- **This recipe was great. I put in cool whip instead of whipping cream. It was gone in record time. Everyone loved it!**
- **I tried the Banana Cream Cheesecake recipe this weekend. This was the very first cheesecake I had ever made. The recipe was wonderful. It was very easy to follow and my friends thought it was absolutely great. Thanks for sharing.**

Non-stick springform pan has a scratch resistant glass bottom that lets you bake, serve and cut on the same attractive platter! Dishwasher safe. 10" diam.

# **Fried Apples like Cracker Barrel's®**

**Included in my new cookbook! [Click Here](#) to get your copy!**

**Serves : 6**

**Prep. Time : 0:25**

**1/4 cup bacon drippings OR real butter**

**6 tart apples - sliced**

**1 tsp. lemon juice**

**1/4 cup packed brown sugar**

**1/8 tsp. salt**

**1 tsp. ground cinnamon**

**1 dash ground nutmeg**

- In a large skillet, melt bacon drippings.**
- Place apples evenly over skillet bottom.**
- Sprinkle lemon juice over them, then brown sugar, then salt.**
- Cover and cook over low heat for 15 minutes until apples are tender.**
- Sprinkle with cinnamon and nutmeg.**

# **Fried Mozzarella like Olive Garden's®**

**Included in my new cookbook! [Click Here](#) to get your copy!**

**Serves : 8**

**Prep. Time : 0:30**

**1 Lb. block of mozzarella cheese  
2/3 cup all-purpose flour  
1/3 cup cornstarch  
2 eggs - beaten  
1/4 cup water  
1 1/2 cups Italian bread crumbs  
1/2 tsp. granulated garlic  
1/2 tsp. dried oregano  
1/2 tsp. dried basil**

**-Slice the block of cheese lengthwise into about 1/2" sections.  
Cut each section in half.**

**-Blend the flour with corn starch; set aside.**


**-Beat the eggs with water; set aside.**

**-Mix the bread crumbs, garlic, oregano, and basil; set aside.**

**-Dip cheese in flour, then in egg wash, and then coat with bread crumbs.**

**-Place carefully in 350 degree oil and deep-fry until golden brown.**

**-Drain on brown paper bags.**

**NOTES : Serve with your favorite warmed pasta sauce   
for dipping.**

**(1) VISITOR COMMENT : "It doesn't have a lot of preparation for this appetizer. That's what I like about usually when I come across good appetizers, they usually have a lot of prep. Thanx!"**

**Buy stock in your favorite food/beverage company! Makes great gifts!**

# Fried Shrimp like Sizzler's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 0:30**

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

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

**Notes : Serve with clarified butter with lemon or cocktail sauce.**

**(1) VISITOR COMMENT : "I just had to tell you how wonderful this shrimp turned out. There are no Sizzler's around here so I can't vouch for the comparison that way, but it was excellent! I grew up on the Gulf Coast of Texas, so I'm a bit fussy about my shrimp, but I'll be making this one again for sure!"**

Now you can make your favorite deep-fried foods at home without the mess or heavy smell. Deep fryers feature safety seal lids and cool-touch exterior walls. The frying basket can be raised and lowered with the lid closed so there's no splattering and a handy viewing window assures food is cooked to perfection! Replaceable anti-odor filters prevent release of oil vapors. "Easy-Clean Oil Drain System" simplifies emptying and recycling the oil. The large 2.2-lb. capacity has a nonstick interior. Also, the Deluxe model features an adjustable thermostat and digital timer.



# Hamburgers like White Castle's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Submitted By : Mary Kolling**

**Serves : 4**

**Prep. Time : 0:20**

**1/4 cup hot water**

**1/4 cup dry minced onion**

**3 oz. beef baby food**

**1 lb. lean ground beef**

**2/3 cup beef broth - low-fat okay**

**1 pkg. hot dog buns - buns cut in thirds**

**-Combine water and onion in cup and allow to soak for 10 minutes.**

**-Combine baby food, beef, and broth in bowl. Mix well.**

**-Form into 2 1/2" - 3" patties.**

**-Fry patties and onions together in skillet over medium heat until brown on both sides.**

**-Serve patties in section of bun and top with onions.**

## **(10) VISITOR COMMENTS**

- they smelled a bit at the beginning of cooking but by the end they just had the wonderful aroma of White Castle burgers...I thought the recipe was great....we can't get White Castle burgers in Canada so this was a god send! You must try it!**
- Hello, the hamburgers tasted ok close, To the real thing, im from MPLS and have eaten at White Castle before many times, But man do they skink up your home!!! LOL**
- I worked at White Castle in Detroit while in school. We did use dried onion flakes. Your recipes wasn't bad.**
- FROM PAST EXPERIENCE OF W.C THEY USE RECONSTITUTED ONIONS I.E. ONION FLAKES ADD WATER LET SIT 4 3-4 HRS AND SERVE**
- I used onion powder and salt and mixed them in with the hamburger meat and I thought it was a little closer to the real White Castle hamburgers. Use the onion powder and salt to taste. I thought this recipe was a close copy. try adding the onion powder and salt though.**
- I have tried this myself...but I used a straw to poke 5 holes in the meat and when I fried them...I only fry on one side because of the holes it cooks all the way and when you put bun on top of cooking hamburgers...you get the special taste of meat moisten into bun.**

- **I deliver everything WC uses from the Meat to the Ice melt they use on their driveways. They use 100% all beef patty's (with four holes in them) and dried onions, leave the onions in water for about 15 minutes then put them on a hot flat griddle then place the meat (frozen) on top of the spread out onions then put the buns on top of the meat till cooked. Put a sliced pickle and a little ketchup on it and close the bun and your done!**
- **another thing I do that makes it taste like the real thing is...I boil chicken liver and after its cooked I cream it and use it instead of beef baby food...if you that kinda of creamy side that is known to While Castles.**
- **INSTEAD OF USING HOT DOG BUNS, USE THE BUNS THAT ARE ALREADY COOKED. THE KIND THAT YOU FIND MOST OFTEN AROUND THANKSGIVING**
- **I USED GO EAT AT WHITE CASTLES AND THEY USED SHREDDED ONIONS, NOT DICED. THE ORIGINAL FLAVOR OF THE WHITE CASTLE BURGER MEAT. THE REST OF THE RECIPE IS THE SAME AS I FOUND ON YOUR SITE**

# Harvest Bay Mahi Mahi

## like Joe's Crab Shack's®

**Serves : 4**

**Prep. Time : 0:35**

**4 Mahi Mahi fillets**  
**1/2 cup garlic butter**  
**1/2 cup salad shrimp**  
**1/2 cup sliced mushrooms**  
**1 cup Alfredo sauce**  
**1/2 tsp. dill weed**

- Grill Mahi Mahi over a medium flame until cooked through and slightly browned.**
- Sauté shrimp and mushrooms in garlic butter for 2-3 minutes.**
- Stir in alfredo sauce and dill weed.**
- Pour sauce over Mahi.**

### **(1) VISITOR COMMENT**

- I would highly recommend this recipe! This was my first time making the Alfredo sauce for this recipe and it turned out FANTASTIC! The combination of Shrimp, Mushrooms and Mahi Mahi makes a delicious meal!**

# Hash Brown Casserole like Cracker Barrel's®

Included in my new cookbook! [Click Here](#) to get your copy!

Submitted By : Kiziki02@aol.com

Serves : 8

Prep. Time : 0:45

1/2 cup melted butter OR margarine  
1 tsp. salt  
1/2 tsp. black pepper  
1/4 cup minced onion  
1 can condensed cream of chicken soup  
8 oz. Colby cheese - grated  
2 lb. bag frozen shredded hash browns

- Spray 9" X 13" baking pan with non-stick cooking spray.
- Combine soup, margarine, salt, pepper, onion and cheese.
- Gently mix in the potatoes and pour into prepared pan.
- Bake in a 350 degree oven for 35-40 minutes.

## (11) VISITOR COMMENTS

- i LOVE this stuff... dlad to know its so easy to make.. thanks
- When I was in college, I traded a friend and former chef at Cracker Barrel my grandma's Snickerdoodle recipe for his hash brown casserole recipe. It is almost exactly like what you have here, except no butter, and he used 8 oz. sour cream. I like to use the diced potatoes that already come with peppers and onions. The texture is not quite the same, but they are still just as good, and you skip a step!
- We started putting all ingredients into a crock pot on high and then we let it cook for 3 hours. Very easy and delicious!! If we do bake the cheesy potatoes in an oven, we sprinkle the potatoes with crushed corn flakes mixed with margarine. yummy!!
- This is a delicious dish and everyone wants the recipe after they have tasted it. I make it a little differently. I mix all ingredients together and on top of the cheese layer I sprinkle two cups of crushed corn flakes and drizzle 1/4 cup butter over the corn flakes.
- Great recipe.....feeds lot of people delicious
- The Potatoes will not be done in an hour. It works much better if you thaw the potatoes first. I have made a similiar recipe & failed 3 times to get the potatoes done--then a friend told me to thaw the potatoes & bake 350 degrees 1 hr. & they were just right.
- This tasted great but I think that all of the ingredients should be mixed before baking. The layers didn't come out well the potatoes where dry on the bottom.

- **I have made this many times, I did not know that it was a CB menu item. I use the fresh hashbrowns and I have been adding a tub of cream cheese with chives to the ingred. I mix them all together before baking. A real favorite!!**
- **Cracker Barrel potatoes excellent for an Easter brunch with spiral ham, fruit, rolls, and dessert. Delicious recipe.**
- **We just got a Cracker Barrel in our area last year, and they don't have these on our menu. After reading your version of their recipe, I think I know why. We live near Pittsburgh, PA. There is a well known dish in our area called Pittsburgh potatoes, It started out at tailgate parties in the early 70s, when our Steelers were THE football team. Pretty soon everyone had the same recipe, everyone made them, they were so yummy! Our local recipe calls for the exact ingredients you list, except we thaw our hashbrowns first, and we mix the ingredients all together then put them in a buttered foil pan (for easy transport to the tailgate party!) and top them with crushed cornflakes and melted butter, bake them the same as you. There is a variation on our local recipe too, Greensburg is a town adjacent to Pittsburgh, and folks from there add 1/2 cup each finely chopped onion and green or red pepper, then put them in a crockpot for 6-7 hours on low. These are known as Greensburg potatoes. If your recipe is close to Cracker Barrel's, it's no wonder they don't serve it here, Pittsburgh potatoes can be found at LOTS of our local mom & pop restaurants.**
- **This recipe was a great hit at a bridal shower I just gave. Everyone asked for the recipe and there was not one bite left. I found it very easy to make and will make it again. It is a new family favorite.**

# **Herb Oil For Dipping Bread like Carrabba's®**

**Yield : 1/2 cup**

**Prep. Time 0:05**

**1 tsp. crushed red pepper**

**1 tsp. ground black pepper**

**1 tsp. dried oregano**

**1 tsp. dried rosemary**

**1 tsp. dried basil**

**1 tsp. parsley flakes**

**1 tsp. granulated garlic**

**1 tsp. minced garlic**

**1 tsp. kosher salt**

**1/4 - 1/2 cup extra virgin olive oil**

**-Combine all ingredients, except oil, on a deep plate or bowl.**

**-Pour olive oil over.**

**NOTES : Serve with fresh-baked bread for dipping.**

# Honey BBQ Wings like KFC's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 0:45**

**1 1/4 cup ketchup**

**1/3 cup white vinegar**

**1/4 cup molasses**

**1/4 cup honey**

**1 tsp. liquid smoke**

**1/2 tsp. salt**

**1/4 tsp. onion powder**

**1/4 tsp. chili powder**

**2 cups all-purpose flour**

**2 1/2 tsp. salt**

**3/4 tsp. black pepper**

**3/4 tsp. monosodium glutamate - optional**

**1 egg - beaten**

**1 cup milk**

**20 chicken wing pieces**

**-In a saucepan, bring ketchup, vinegar, molasses, honey, liquid smoke, salt, onion powder, and chili powder to a boil over medium heat, stirring constantly.**

**-Reduce heat and simmer, uncovered, for 15-20 minutes; set aside.**

**-In a small bowl, combine flour, salt, pepper, and monosodium glutamate; set aside.**

**-In a small bowl, combine egg with milk; set aside.**

**-Dip each wing in the flour mixture, then into the egg mixture, and back into the flour.**

**-Deep-fry the wings, 8-10 at a time, in 350 degree oil for 9-12 minutes, until light golden brown.**

**-Drain on brown paper bags.**

**-Brush the each wing with a light coating of sauce.**

**(0) VISITOR COMMENTS**

# Honey Mustard Dressing like The Outback's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 12

Prep. Time : 2:05

1 1/2 cups real mayonnaise

1/4 cup Grey Poupon®

1/2 cup honey

-Stir together all ingredients in a small bowl until smooth.

-Cover and chill for 1 hour before serving.

## (7) VISITOR COMMENTS

- I already have this recipe myself and it is excellent
- This recipe is sooo easy to make and tastes just like the real thing!!!
- I have been looking for this recipe for a long time! It's fabulous and so very simple.
- Everyone at my husband's work wanted this recipe after I sent some to a dinner the hospital had. This is great!!!
- Finally, a simple and delicious recipe that taste exactly like the real thing!!
- I'm a college kid that can't cook. Tastes great on my steak!
- Excellent and simple recipe. I've made it with spicy brown mustard also and it is fantastic!

**Buy stock in your favorite food/beverage company! Makes great gifts!**



# Honey Mustard like Fuddrucker's®

**Submitted By : A former Fuddrucker's employee**

**Serves : 16**

**Prep. Time : 0:05**

- 1 1/3 cups mayonnaise**
- 3 Tbls. prepared mustard**
- 3 Tbls. honey**
- 3 Tbls. vegetable oil**
- 1 Tbls. apple cider vinegar**
- 1 dash cayenne pepper**
- 1 dash onion powder**

**-Combine all in a bowl and store in refrigerator.**

# Hot Mustard Sauce like McDonald's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Prep. Time : 0:30**

**Yield : 1 2/3 cup**

**1/2 cup water**

**1/2 cup corn syrup**

**1/3 cup + 1 Tbls. distilled white vinegar**

**2 Tbls. ground mustard seed**

**1 Tbls. granulated sugar**

**1 Tbls. vegetable oil**

**4 tsp. cornstarch**

**1/2 tsp. turmeric**

**1/2 tsp. salt**

**10-14 drops hot sauce**

**-Bring all ingredients to a boil in a saucepan over medium heat, stirring constantly.**

**-Boil for 3 minutes, stirring constantly.**

**-Remove from heat and allow to cool.**

**-Pour into a sealable container, cover, and keep refrigerated.**

**(0) VISITOR COMMENTS**

# **Italian Salad Dressing Mix like Good Seasons®**

**Included in my new cookbook! [Click Here](#) to get your copy!**

**Serves : 20**

**Prep. Time : 0:50**

**1 tsp. minced carrot  
1 tsp. minced red bell pepper  
2 tsp. granulated sugar  
2 tsp. dry pectin  
1 tsp. salt  
3/4 tsp. lemon pepper seasoning  
1/4 tsp. garlic powder  
1/8 tsp. dried parsley flakes  
1/8 tsp. onion powder  
1/8 tsp. black pepper  
1 pinch ground oregano**

- Bake carrot and red pepper on a cookie sheet in 250 degree oven for 45-60 minutes, until completely dry, but not browned.**
- Combine all ingredients in a small bowl.**
- Store in a sealed container until needed.**

**Notes : To make dressing, shake together 1/4 cup white vinegar, 3 Tbls. water, and dressing mix. Add 1/2 cup vegetable oil and shake until well blended.**

**(1) VISITOR COMMENT : "I just wanted to let you know that we love this recipe! It tastes nearly the same as Good Seasons, and saves me a lot of money every week on dressing. We go through 5-6 bottles of this every week! Thank you so much!"**

# Lobster Fondue like Red Lobster's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 8

Prep. Time : 0:15

1 lb. processed cheese food - cubed

1/2 cup milk - low-fat okay

1/2 tsp. cayenne pepper

1/2 tsp. paprika

1 lobster tail - broiled OR

1/4 Lb. crawfish tail meat - broiled

1/2 cup chopped red bell pepper

2 Tbsp. fresh minced parsley

-Combine all ingredients except red pepper and parsley in a saucepan.

-Heat on medium-low heat, stirring constantly, until cheese has melted.

-When ready to serve, garnish with red bell pepper and parsley.

NOTES : Dip torn pieces of French or Italian bread in fondue.

## (6) VISITOR COMMENTS

- Great recipe , if you like seafood you will like this one and it is great to serve with all your guess.
- My older brother made this recipe for our Christmas Eve Buffet. It won the contest! He added shrimp to the mixture, a bit more cayenne and about a cup of white wine and it was EXCELLENT!
- I was thrilled to find this recipe. The nearest Red Lobster is 2 hours away. Being from Louisiana you have to put crawfish in it. Try it. You'll love it!
- I served this at Easter and it was completely gone. I suggest using more crawfish meat (12 oz). Delicious!
- This is the favorite meal for my 8 year old son at red lobster. I came across this recipe but added tiny shrimp & crab meat. It was great! Last time we were at R.L. my son told the waitress that my fondue was better than theirs. Thanks so much!!
- I just discovered your website & it is wonderful! The Red Lobster seafood fondue is one of my husbands' fav. dishes & he orders it every time we go there. He recently made a comment about craving it & said too bad I couldn't make it. He was very doubtful when I said that I would try to find a recipe for something similar & attempt to make it. I plan to make this for him & his family for a pre-Christmas dinner snack.

# **Macaroni & Cheese like Boston Market's®**

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 0:45**

**1/4 cup butter OR margarine**  
**1 Tbls. minced onion**  
**1/4 cup all-purpose flour**  
**2 cups milk**  
**4 oz. processed American cheese - cubed**  
**1 tsp. salt**  
**1 dash black pepper**  
**1/4 tsp. dry mustard**  
**1/4 lb. elbow macaroni - cooked al dente**

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

# **Mandarin Chicken Salad like Wendy's®**

**Included in my new cookbook! [Click Here](#) to get your copy!**

**Serves : 4-8**

**Prep. Time : 1:00**

**1/2 cup corn syrup**

**3 Tbls. distilled white vinegar**

**2 Tbls. pineapple juice**

**1 Tbls. packed light brown sugar**

**1 Tbls. rice wine vinegar**

**1 Tbls. soy sauce**

**4 tsp. granulated sugar**

**1 tsp. sesame oil**

**1/4 tsp. ground mustard seed**

**1/4 tsp. ground ginger**

**1/8 tsp. salt**

**1/8 tsp. paprika**

**1 dash garlic powder**

**1 dash black pepper**

**1/2 cup vegetable oil**

**1/2 tsp. sesame seeds**

**4 boned and skinned chicken breasts**

**vegetable oil - to coat**

**salt and pepper - to taste**

**1 lrg. head iceberg lettuce - chopped**

**4 cups chopped red leaf lettuce**

**1 can mandarin orange wedges - drained**

**1 cup rice noodles**

**1 cup roasted, sliced almonds**

- Combine all ingredients, except sesame seeds and oil, in a blender on high speed.**
- While blending, slowly add vegetable oil.**
- Add sesame seeds and blend for 2-3 seconds.**
- Pour dressing into a covered container and refrigerate until needed.**
- Rub each chicken breast with oil, then lightly salt and pepper each piece.**
- Grill over a medium flame until cooked through.**
- Dice cooked chicken and chill.**
- In 4 large salad bowls, layer (in order) iceberg lettuce, red leaf lettuce, chicken, orange wedges, rice noodles, and almonds.**
- Serve with prepared dressing to top.**

**(2) VISITOR COMMENTS : "This is so close to the actual recipe! It's wonderful." | "Loved it!!! If you had a star rating I would give it a five star...and so would my 3 yr. old grand daughter. We all loved it keep up the good work. Love your recipes!"**

# Margarita Presidente like

## Chili's®

**Serves : 1**

**crushed ice**

**1 1/4 oz. Sauza® Commemorativa Tequila**

**1/2 oz. Cointreau®**

**1/2 oz. Presidente® Brandy**

**1/3 cup sweet & sour mix**

**1 splash Rose's® lime juice**

**course salt**

- Fill a shaker with crushed ice.**
- Pour all ingredients into shaker.**
- Cover and shake.**
- Strain into salt-rimmed martini glasses.**

**NOTES : 1 oz. = 1 shot.**



**Serves : 4**

**Prep. Time : 1:45**

**4 beef steaks**

**1 cup beer**

**1 Tbls. packed brown sugar**

**1 tsp. seasoned salt**

**1/2 tsp. black pepper**

**1/2 tsp. monosodium glutamate**

**-Place your favorite cut of steak in a shallow pan, pour beer over, and marinate for 1 hour in refrigerator.**

**-Remove steak from beer.**

**-Combine dry ingredients and rub over steaks.**

**-Allow to marinate for 1/2 hour in refrigerator.**

**-Preheat a skillet or grill to medium high heat.**

**-Spray cooking surface with non-stick cooking spray and braise.**

## **(2) VISITOR COMMENTS**

- You really made my day with your Outback steak recipe. Everyone loved it. Passed it to my dad and they loved it (he didn't tell my mom that he soaked the steak in beer!).**
- This is a great recipe. I was task to grill 48 steaks for a Valentine Dinner for the church I attend. When the dinner was over, I was approached by the Pastor and invited to cook for all of his dinner parties. Along with his compliments, I was approached by many more members stating these were the best steaks ever in the history of the Valentines dinners. The comments were such as; that was the best spent \$15.00 per plate. Would you give me the recipe...Thanks for rescuing me on this one.**

# Meatballs like Carrabba's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 6-8**

**Prep. Time : 0:40**

**1 lb. ground beef**  
**1/2 lb. ground pork**  
**1/3 cup dry bread crumbs**  
**4 cloves garlic - minced**  
**2 eggs - lightly beaten**  
**1 sm. yellow onion - minced**  
**3 Tbls. grated Parmesan cheese**  
**3 Tbls. grated Romano cheese**  
**3 Tbls. minced fresh parsley**  
**3 Tbls. minced fresh basil**  
**salt and pepper - to taste**  
**1 cup olive oil**

**-Combine all ingredients, except olive oil, and form into 1 1/2" balls.**

**-Pour olive oil in a 13" X 9" X 2" baking dish and place meatballs on top; swirl pan around to coat meatballs in oil.**

**-Bake in a 400 degree oven for 20 minutes, or until golden brown.**

**-Drain on paper towels and stir into pasta sauce .**

**(1) VISITOR COMMENT : "Great! tasted incredible, made it for christmas!"**

**-Combine all ingredients, except olive oil, and form into 1 1/2" balls.**

**-Pour olive oil in a 13" X 9" X 2" baking dish and place meatballs on top; swirl pan around to coat meatballs in oil.**

**-Bake in a 400 degree oven for 20 minutes, or until golden brown.**

**-Drain on paper towels and stir into pasta sauce [REDACTED].**

**(1) VISITOR COMMENT : "Great! tasted incredible, made it for christmas!"**

# Mussels Marinara like Red Lobster's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 0:20**

**1 cup dry white wine**  
**1 cup canned diced tomatoes with juice**  
**2 Tbls. chopped fresh garlic**  
**2 Tbls. chopped fresh basil**  
**2 Tbls. chopped fresh parsley**  
**1 tsp. salt**  
**1/4 tsp. white pepper**  
**2 doz. blue mussels - scrubbed, rinsed**  
**1 Tbls. cornstarch**  
**cooked pasta of your choice**

**-In a large saucepan, bring wine, tomatoes, garlic, basil, parsley, salt, and pepper to a boil.**

**-Add mussels to pan, cover, and simmer for 6-8 minutes, until all mussels have opened.**

**-Stir in cornstarch and simmer until thickened, stirring constantly.**

**-Serve over warm pasta.**

## **(1) VISITOR COMMENT**

- **Cooking a cup of wine, tomatoes with juice, and the liquid given up by the mussels makes this recipe appear to be a soup-is it? The combination of ingredients sound good, but I guess I could add a couple of things and cook things down to make a sauce for pasta.**

# Neiman Marcus® Cookie Recipe

Included in my new cookbook! [Click Here](#) to get your copy!

**Recipe From : E-Mail Hoax**

**Serves : 112**

**Prep. Time : 0:40**

**5 cups oatmeal  
2 cups butter  
2 cups granulated sugar  
2 cups packed brown sugar  
4 eggs  
2 tsp. vanilla extract  
4 cups all-purpose flour  
1 tsp. salt  
2 tsp. baking powder  
2 tsp. baking soda  
24 oz. chocolate chips  
18 oz. Hershey® Bar - grated  
3 cups chopped nuts - your choice**

- Chop oatmeal in a blender for 20 seconds; set aside.**
- Cream together butter and sugars.**
- Beat eggs and vanilla into creamed sugars.**
- Combine flour, oatmeal, salt, baking powder, and baking soda.**
- Slowly beat dry mixture into wet mixture.**
- Stir in chocolate chips, grated chocolate, and nuts.**
- Roll dough into 1" balls and place 2" apart on an ungreased cookie sheet.**
- Bake in a 375 degree oven for 10 minutes.**

**ORIGINAL E-MAIL STORY :** "My daughter and I had just finished a salad at a Neiman-Marcus Cafe in Dallas and decided to have a small dessert. Because both of us are such cookie lovers, we decided to try the "Neiman-Marcus cookie." It was so excellent that I asked if they would give me the recipe and the waitress said with a small frown, "I'm afraid not but, you can buy the recipe." Well, I asked how much, and she responded, "Only two fifty, it's a great deal!" I agreed with approval, just add it to my tab I told her. Thirty days later, I received my VISA statement from Neiman-Marcus and it was \$285.00. I looked again and I remembered I had only spent \$9.95 for two salads and about \$20.00 for a scarf. As I glanced at the bottom of the statement, it said, "Cookie Recipe \$250.00". That was outrageous! I called Neiman's Accounting Dept. and told them the waitress said it was "two-fifty,"

which clearly does not mean "two hundred and fifty dollars" by any POSSIBLE interpretation of the phrase. Neiman-Marcus refused to budge. They would not refund my money, because according to them, "What the waitress told you is not our problem. You have already seen the recipe. We absolutely will not refund your money at this point." I explained to her the criminal statutes which govern fraud in Texas. I threatened to refer them to the Better Business Bureau and the State Attorney General Office for engaging in fraud. I was basically told, "Do what you want, it doesn't matter, we're not refunding your money." I waited, thinking of how I could get even, or even try and get any of my money back. I just said, "Okay, you folks got my \$250, and now I'm going to have \$250.00 worth of fun." I told her that I was going to see to it that every cookie lover in the United States with an e-mail account has a \$250.00 cookie recipe from Neiman-Marcus... for free. She replied, "I wish you wouldn't do this." I said, "Well, you should have thought of that before you ripped me off," and slammed down the phone on her. So here it is!!! Please, please, please pass it on to everyone you can possibly think of. I paid \$250 for this...I don't want Neiman-Marcus to ever get another penny off of this recipe..."

(8) VISITOR COMMENTS : "Whatever the story is...I have used this recipe many times and its always a big hit." | "I was wondering if this was a true story and if the recipe is for reals. On the top of this recipe it says, "Recipe from: E-Mail Hoax. Just curious. Also, did they served it on a fancy cookie plate or did they just put it in one of those waxed paper baggies? Maybe you were supposed to keep the \$250.00 plate that the cookie was served on! :) (Or the \$250.00 waxed paper baggy imported from Europe)!" | "This has to be the best tasting cookie recipe EVER!! Yum Yum!" | "It seem to be a fairly good chocolate chip oatmeal cookie recipe. I have used something similar for years, and have people yelling for more. Of course, I stole it from Quaker Oats, it was on the side of the container." | "I got this recipe almost a year ago. I tried it and made a few changes. I found 5 cups of oatmeal just a little much. I dropped it to 3 and for some THAT might still be to much. Try different amounts to your liking. The other change I made was to use peanutbutter chips OR butterscotch for HALF the chocolate chips (12 oz. chocolate chips and 12 oz. butterscotch (my favorite) chips) Give these different additions a try and make your own special cookie." | "In 1985 I worked for Mrs. Fields Cookies. A woman came in informing me she no longer had to buy our cookies because she now had the recipe. I explained to her that that was impossible as the recipe was a much guarded secret. kind of like CoCa Cola, no one person had the complete recipe. She said she had proof and showed me the exact recipe you have listed as Neiman Marcus! AND her story was the same. She tried to buy the recipe, got ripped off, yada yada yada....I doubt this recipe is any more Neiman Marcus's recipe than it is Mrs. Fields. People are so gullible!!!" | "The email may be a hoax, but the recipe is real... and it's yummy!!!" | "I always use an ice cream/cookie scooper to shape dough, works better."

# Old Bay® Seasoning

Included in my new cookbook! [Click Here](#) to get your copy!

**Prep. Time : 0:05**

**Yield : 1/4 cup**

**1 Tbls. ground bay leaves**  
**2 1/2 tsp. celery salt**  
**1 1/2 tsp. ground mustard seed**  
**1 1/2 tsp. black pepper**  
**3/4 tsp. ground nutmeg**  
**1/2 tsp. ground cloves**  
**1/2 tsp. ground ginger**  
**1/2 tsp. paprika**  
**1/2 tsp. red pepper**  
**1/4 tsp. ground mace**  
**1/4 tsp. ground cardamom**

**-Combine and store in an air-tight container.**

**Notes : Use on seafood, poultry, salads, meats, and more. Makes delicious steamed crabs and shrimp. Try it on French fries with vinegar.**

**RECIPES USING OLD BAY®: Blue Crab Dip like Joe's Crab**

**Shack's® [REDACTED] Crab Cakes [REDACTED] Crab Cakes II [REDACTED]**

**Cilantro Vegetable Soup [REDACTED] Seafood Au Gratin [REDACTED]**

# Onion Ring Loaf

like Tony Roma's® & Damon's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 1:15**

**5 med. white onions - sliced**

**1 cup milk**

**3 eggs - beaten**

**salt - to taste**

**2 cups powdered pancake mix**

**parsley sprigs - for garnish**

**-Separate onions into rings.**

**-Combine milk, eggs and salt to taste in mixing bowl.**

**-Soak onion rings in mixture 30 minutes.**

**-Place pancake mix in shallow bowl.**

**-Remove onion rings from milk mixture then dip in pancake mix.**

**-Deep-fry rings in 375 degree oil until golden brown.**

**-Drain fried onion rings on paper towels.**

**-Pack fried onion rings loosely, without pressing, into 8" X 4" loaf pan.**

**-Bake in a 400 degree oven for 10-15 minutes.**

**-Turn onto serving plate and garnish with parsley.**

**(4) VISITOR COMMENTS : "ONE OF THE VERY BEST THANKS WOULD HIGHLY RECOMMEND." | "searched all over for a recipe like this...glad i found it...thank you...I'm going to make it tonight.." | "you are a genius, my boyfriend absolutely loves this recipe" | "Thank you so much for the Damon's Onion Loaf recipe. I am pregnant and CRAVING this one, and there isn't a Damon's anywhere near by."**



# Oreo Cheesecake like The Cheesecake Factory's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 12**

**Prep. Time : 2:40**

- 2 Tbsp. melted butter**
- 1 1/2 cups Oreo Cookie® crumbs**
- 1 1/2 Lbs. cream cheese**
- 1 cup granulated sugar**
- 5 lrg. eggs**
- 1/4 cup all-purpose flour**
- 2 tsp. vanilla extract**
- 1/4 tsp. salt**
- 8 ozs. sour cream**
- 5 Oreo Cookies® - coarsely chopped**
- 10 Oreo Cookies® - coarsely chopped**

**-Mix melted butter with Oreo® crumbs and press into bottom and sides of a buttered spring form pan.**

**-Cover and set aside.**

**-Beat cream cheese with an electric mixer until light and fluffy.**

**-Gradually add sugar while beating with the mixer.**

**-Add eggs, one at a time, while beating with the mixer.**

**-Add flour, vanilla, and salt, while beating with the mixer.**

**-Add sour cream while beating with the mixer.**

**-With a spoon, stir in 5 chopped Oreos®.**

**-Pour mixture into pan with crust and sprinkle with 10 chopped Oreos®.**

**-Bake on the top rack of a 325 degree oven for 75 minutes.**

**-Prop open the oven door and let cheesecake sit in cooling oven for 1 hour.**

**-Remove from oven and allow to cool before refrigerating.**

**-Refrigerate overnight.**

**NOTES : All ingredients should be at room temperature before preparing for best results.**

The springform pan made better! Non-stick springform pan has a pretty scratch resistant glass bottom that lets you bake, serve and cut on the same attractive platter! 10" diam.

# Big Peanut Butter Cookies like

GrandMa's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 16**

**Prep. Time : 0:45**

- 1/2 cup shortening**
- 1/2 cup peanut butter**
- 1 1/4 cups packed dark brown sugar**
- 1 egg**
- 1 tsp. vanilla extract**
- 3/4 tsp. salt**
- 1 1/2 cups all-purpose flour**
- 2 tsp. baking soda**

**-Cream together shortening, peanut butter, brown sugar, egg, vanilla, and salt.**

**-Combine flour and baking soda.**

**-Slowly beat dry mixture into wet mixture.**

**-Roll dough, 3 Tbls. at a time, into balls and press to 1/2" thick on an ungreased baking sheet.**

**-Bake in a 275 degree oven for 18-20 minutes. Do not to overcook.**

**(1) VISITOR COMMENT : "The peanut Butter Cookies were okay, but I would recommend using less salt."**

Now you can give the world famous Mrs. Fields tin with 6, 1-dozen or 2-dozen cookies of the flavor or combination you specify. Each tin arrives bursting with all-natural, wholesome ingredients you'll love.

# Applebee's® Perfect Margarita I

Serves : 1

1 1/2 oz. Cuervo® Gold OR 1800 tequila

3/4 oz. Cointreau®

3/4 oz. Grand Marnier®

1/2 oz. lime juice

2 oz. sour mix

-Mix all ingredients and pour into chilled glass.

NOTES : 1 oz. = 1 Shot

# Applebee's® Perfect Margarita II

Submitted By : Tony U

Serves : 1

1 1/4 oz. Cuervo® Gold OR 1800 tequila

3/4 oz. Cointreau®

3/4 oz. Grand Marnier®

1 oz. lime juice

3 oz. sour mix

1 oz. simple syrup

-Mix all ingredients and pour into chilled glass.

NOTES : This is the recipe I was given from an ex-employee of Applebees®.

## (3) VISITOR COMMENTS

- A little too much orange, in our opinion. Next time we're going to reduce the orange liquor to 1oz total. Otherwise this tasted very close!
- THE BEST margarita!! I had one at Applebee's last night--looked up the recipe this morning, and am enjoying one as I type this!
- Thank you. I also had my first last nite. I'm on the way to the liquor store to stock up!!

# **Pollo Rosa Maria like Carrabba's®**

**Serves : 4**

**Prep. Time : 0:40**

**4 boned, skinned chicken breast halves**

**4 slices prosciutto ham**

**1/2 cup fontina cheese**

**1/2 cup clarified butter (see NOTES)**

**3 cloves garlic - minced**

**1/2 sm. yellow onion - chopped**

**1/4 cup dry white wine**

**1 cup sliced mushrooms**

**4 Tbls. butter**

**1/2 tsp. salt**

**1/2 tsp. white pepper**

**1/2 cup chopped fresh sweet basil**

**1 lemon - juice of**

**-Butterfly chicken breasts and grill over hot coals for 3-5 minutes per side, or until cooked through.**

**-Remove from grill and allow to cool.**

**-Holding a breast in your hand, opened like a taco shell, stuff each breast with one slice of prosciutto and 1/8 cup fontina cheese.**

**-Secure breasts closed with toothpicks. Set aside and keep warm.**

**-In a large skillet over medium heat, saute garlic and onion in clarified butter until tender.**

**-Deglaze pan with wine.**

**-Add mushrooms, butter, salt, and pepper and saute 1-2 minutes, or until mushrooms are tender.**

**-Stir in basil and lemon juice.**

**-Top stuffed chicken with prepared sauce.**

**NOTES : To make clarified butter, melt butter over low heat; remove from heat and let sit until the milk solids settle to the bottom; skim the clear butter from the top; discard sediment.**

# Pot Roast like Shoney's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 8**

**Prep. Time : 5:30**

**2 Tbls. butter OR margarine**  
**3 lbs. rump roast - trimmed of fat**  
**2 stalks celery - chopped**  
**1 lrg. onion - chopped**  
**3 cloves garlic - minced**  
**1/2 tsp. parsley flakes**  
**1/2 Tbls. dried thyme**  
**2 cups beef broth - low-fat okay**  
**20 whole peppercorns**  
**1 whole bay leaf**  
**1/2 Tbls. salt**  
**2 carrots - sliced**  
**2 potatoes - peeled, cubed**  
**1/2 tsp. salt**  
**1/3 cup all-purpose flour**

**-Brown roast in butter in Dutch oven, then remove meat from Dutch oven.**

**-Sauté in celery, onion, garlic, parsley, and thyme in Dutch oven for 5 minutes, then return meat to Dutch oven.**

**-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.**

**-Remove roast from Dutch oven.**

**-Strain stock into bowl; discard vegetables.**

**-Using 2 forks, shred roast into bite-size pieces.**

**-Pour reserved stock over beef in Dutch oven.**

**-Add carrots, potatoes, and salt to Dutch oven and bake in a 325**

**degree oven for 45 minutes.**

**-Drain stock from Dutch oven and add enough beef broth to stock to make 3 cups.**

**-Whisk stock and flour together in saucepan and simmer until thick.**

**-Pour gravy over meat and vegetables.**

**Notes : The leftovers make delicious sandwiches.**

**(2) VISITOR COMMENTS : "This is a wonderful recipe. I made it for sandwiches and didn't bother with the vegetables. A very easy and fool proof recipe." | "I have used this recipe for the last 3 years, I usually use whatever cut of roast that is most affordable, and always have great results, although... I do caution never leave out actual celery stalks... it is the key to really tender meat. My step mom can't cook, and she makes this roast to perfection every time as well. Kudos.."**

**This tender, tasty roast is precooked and seasoned just right!**

# **Pumpkin Pie like The Cheesecake Factory's®**

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 8-12**

**Prep. Time : 3:30**

**1 1/2 cups all-purpose flour**  
**1/4 cup cold butter - cubed**  
**1/4 cup cold shortening - cubed**  
**1 1/2 tsp. granulated sugar**  
**5 Tbls. cold water**  
**3 lrg. eggs - lightly beaten**  
**2 cups canned pumpkin**  
**1 3/4 cups whipping cream**  
**3/4 cup packed dark brown sugar**  
**1/4 cup granulated sugar**  
**2 Tbls. all-purpose flour**  
**1 Tbls. molasses**  
**1 1/2 tsp. ground cinnamon**  
**1 tsp. ground ginger**  
**1/4 tsp. ground nutmeg**  
**1/4 tsp. ground cloves**  
**1/4 tsp. salt**

- Blend together flour, butter, shortening, and sugar with hands until mixture resembles small crumbs.**
- Add water and toss until mixed through.**
- Form the dough into a ball, then knead for 30 seconds.**
- Dust dough with flour, wrap in plastic wrap, and refrigerate for at least 1 hour.**
- Roll out dough to an 11" circle; place in a 9" pie plate; trim off all but 1" of excess dough from sides of pie plate; fold remaining excess under crust and pinch to seal.**
- Prick bottom of shell with fork and refrigerate for 1 hour.**
- Weight crust with beans or pie weights and bake in a 375 degree oven for 10 minutes.**
- Remove weights and bake an additional 5 minutes.**
- Gently beat together remaining ingredients and pour into prepared crust.**
- Bake in a 375 degree oven for 40 minutes, or until set.**

# **Rice Pilaf like Joe's Crab Shack's®**

**Serves : 6**

**Prep. Time : 0:30**

**1 2/3 cups water**

**1 Tbls. butter**

**1 bay leaf**

**1/4 tsp. white pepper**

**1 1/3 cups rice**

**1 tsp. butter**

**1/4 cup chopped celery**

**1/4 cup chopped onion**

**1/4 cup chopped red bell pepper**

**1/2 tsp. minced garlic**

**-Bring first 4 ingredients to a boil in a saucepan.**

**-Add rice, cover and cook until rice is tender and water is absorbed, about 20 minutes.**

**-Sautee celery, onion, peppers, and garlic in butter until tender.**

**-Stir sautéed vegetables into rice.**

**-Remove bay leaf before serving.**



- Bring first 4 ingredients to a boil in a saucepan.**
- Add rice, cover and cook until rice is tender and water is absorbed, about 20 minutes.**
- Sautee celery, onion, peppers, and garlic in butter until tender.**
- Stir sautéed vegetables into rice.**
- Remove bay leaf before serving.**

#### **(0) VISITOR COMMENTS**

# Rigatoni Campagnolo

like Carrabba's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 1:00**

**1/2 Lb. Italian sausage**

**1/4 cup extra virgin olive oil**

**1/2 cup minced yellow onion**

**1 med. red bell pepper - julienne**

**2 cloves garlic - minced**

**1/4 cup dry white wine**

**4 cups canned whole peeled tomatoes - minced, undrained**

**1 pinch crushed red pepper**

**salt and pepper - to taste**

**1 Lb. Rigatoni pasta - cooked al dente**

**1/4 cup grated fresh Pecorino Romano cheese**

**2 Tbls. torn fresh basil leaves**

**4 oz. Caprino cheese OR other goat cheese - crumbled**

**-Remove sausage from the casing and break into chunks.**

**-Cook sausage in olive oil over medium heat until browned slightly.**

**-Add onion and peppers saute until softened.**

**-Add garlic and cook for 1 minute.**

**-Add wine and allow to simmer for 3 minutes.**

**-Add tomatoes and red pepper; season with salt and pepper.**

**-Bring to a boil over high heat, stirring constantly.**

**-Reduce heat to medium-low and simmer until thickened.**

**-Stir in pasta, Romano, and basil and simmer for 3 minutes.**

**-Portion onto plates and top with the crumbled goat cheese.**

# Salad

## like The Pasta House's®

**Submitted By : Debbie Smearman**

**Prep. Time : 0:45**

**Serves: 6-8**

**1 head iceberg lettuce - torn**  
**1/2 head romaine lettuce - torn**  
**1 can/jar artichoke hearts - drained**  
**1 cup red onion - sliced thin**  
**1 cup pimento**  
**2/3 cup olive oil**  
**1/3 cup red wine vinegar**  
**1 tsp. salt**  
**1/4 tsp. black pepper**  
**2/3 cup grated Parmesan cheese**

- Toss together lettuce, artichoke hearts, onion, and pimento in large salad bowl and set aside.**
- Combine remaining ingredients in a container with a tight lid. Shake vigorously until well-blended.**
- Pour dressing onto salad and toss until well covered.**
- Refrigerate for 30 minutes prior to serving to marinate.**

**NOTES: Don't know how far reaching this chain is - but it's a Midwest favorite!**

**(3) VISITOR COMMENTS : "Haven't thought about this salad in years!! I used to work at the Pasta House in Missouri and now I have the recipe. Thanks so much!" | "Thanks for the great St.**

# Samoa Cookies like the Girl Scout's®

**Serves : 36**

**Prep. Time : 0:45**

- 1 box shortbread cookies**
- 6 Tbls. butter**
- 1/2 cup granulated sugar**
- 1/2 cup light corn syrup**
- 1/2 cup sweetened condensed milk**
- 1/2 tsp. vanilla**
- 4 cups toasted coconut**
- 1 cup chocolate chips**

- Place each shortbread cookie in cup of a greased muffin tin.**
- In 2-quart saucepan over medium-low heat, combine butter, sugar and corn syrup. Heat to a full boil, stirring constantly with a wooden spoon. Boil 3 minutes, stirring constantly.**
- Slowly pour in sweetened condensed milk, stirring constantly.**
- Continue cooking over low heat until candy thermometer reaches 220-228 degrees. Remove from heat.**
- Stir in vanilla. Beat until creamy.**
- Immediately stir in toasted coconut and mix well.**
- Spoon mixture by teaspoonfuls over shortbread cookies.**
- Cool completely.**
- Remove cooled cookies from muffin tin onto waxed paper.**
- Melt chocolate chips and drizzle thinly in stripes over cookies and let chocolate harden at room temperature.**
- Store in airtight container.**

**(1) VISITOR COMMENT : "YUM!!!! Next time I'll try less coconut and thin out the chocolate."**

# **Santa Fe Stuffed Chicken like Applebee's®**

Included in my new cookbook! [Click Here](#) to get your copy!

**Prep. Time : 2:00**

**Serves : 4**

**8 boned, skinned chicken breast halves**  
**8 oz. block Monterey jack cheese - divided**  
**1 cup Italian bread crumbs**  
**1 1/2 Tbls. grated Parmesan cheese**  
**1/2 tsp. salt**  
**1/2 tsp. ground cumin**  
**1/2 tsp. black pepper**  
**1/2 cup melted butter OR margarine**  
**1 Tbls. butter OR margarine**  
**1 Tbls. all-purpose flour**  
**1 cup milk**  
**1 sm. red bell pepper - seeded, diced**  
**1 sm. green bell pepper - seeded, diced**

**-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.**

**-Cut half of the cheese block into 8 slices; grate the remaining cheese and set aside.**

**-Wrap each flattened chicken breasts around a slice of cheese; secure with wooden picks or uncooked spaghetti noodles.**

**-Combine the bread crumbs, Parmesan cheese, salt, cumin, and pepper.**

**-Roll the secured chicken pieces in the melted butter and then in the bread crumb mixture.**

**-Place chicken breasts in a 13" X 9" X 2" baking dish, being careful not to crowd them.**

**-Drizzle remaining butter over the breasts.**

**-Refrigerate for 1 hour or freeze to bake later (baking time will be increased by about 5-10 minutes).**

**-Bake in a 400 degree oven for 25-30 minutes, or until chicken is cooked through.**

**-Melt butter in saucepan, stir in flour, whisk in milk, then bring to a simmer.**

**-Stir in grated cheese, reduce heat, and simmer until thick, stirring constantly so the cheese doesn't burn.**

**-Place chicken on plates, pour sauce over, and top with diced peppers.**

# Seafood Salad like Golden Corral's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 8**

**Prep. Time : 0:05**

- 1/2 lb. imitation crab meat - shredded**
- 1 cup cooked salad shrimp**
- 1 cup diced celery**
- 1/2 cup mayonnaise - low-fat okay**
- 1/4 cup sliced whole green onion**
- 1 Tbls. lemon juice**
- 3 hard-boiled eggs - peeled, chopped**

- Mix all ingredients together.**
- Refrigerate for at least 1 hour.**

**Notes : Can be served either as a salad, on lettuce, or on split croissants.**

**(3) VISITOR COMMENTS : "The manager of the Golden Corral that used to be in Ankeny, Iowa told me the ingredients were: flaked crab meat, chopped green pepper, chopped onion, and mixed with Hidden Valley dressing and mayo. Maybe they use different ingredients in different restaurants, but I've used this recipe for years and it tastes exactly like what they served there." | "I have worked at two Golden Corrals and we do NOT use eggs in ours. Visitor number ones example was right on the**

# Seafood Stuffing like Joe's Crab Shack's®

Serves : 6

Prep. Time : 0:25

1/4 cup margarine  
1/2 bunch celery - trimmed, diced  
3 lrg. onions - diced  
1 1/2 Tbls. minced garlic  
1/2 Lb. Pollock fillets  
1/2 Lb. salad shrimp - chopped  
1 oz. shrimp base  
1/4 tsp. cayenne pepper  
1/4 tsp. white pepper  
2 cups unseasoned croutons  
1/4 cup seasoned bread crumbs  
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.

NOTES : Joe's Crab Shack® uses this stuffing to make their Crab Balls (roll stuffing into 1" balls, roll in flour, and deep-fry until brown), their Crab Stuffed Shrimp (peel and devein uncooked shrimp, slice down middle the opposite site you deveined, lay shrimp cut side up in a small oven-proof dish, press 1 Tbls. stuffing into each shrimp cut, brush with melted butter, and bake in 375 degree oven for 15-20 minutes or until browned), their Stuffed Shrimp Embrochette , and their Stuffed Mushrooms

# Seasoned Salt like Lawry's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Prep. Time : 0:05**

**Yield : 1/4 cup**

**2 Tbls. salt**

**2 tsp. granulated sugar**

**1/2 tsp. paprika**

**1/4 tsp. turmeric**

**1/4 tsp. onion powder**

**1/4 tsp. garlic powder**

**1/4 tsp. cornstarch**

**-Combine and store in an air-tight container.**

**RECIPES USING SEASONED SALT : Hearty Beef Stew**

**Breakfast Casserole Party Chex® Mix**

**Philly Cheese Ball White Chili Marinated Steak**

**like The Outback's® City "Chicken" Tender BBQ**

**Pork Ribs**



# Shake'N'Bake like Kraft's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4-8**

**Prep. Time : 0:05**

**1/2 cup + 1 Tbls. crushed corn flakes**

**2 tsp. all-purpose flour**

**1 tsp. salt**

**1/4 tsp. paprika**

**1/4 tsp. granulated sugar**

**1/4 tsp. garlic powder**

**1/4 tsp. onion powder**

**-Combine all ingredients in a large Ziploc® bag and shake to mix.**

**DIRECTIONS FROM BOX : Shake moistened chicken, 1-2 pieces at a time, in shaker bag with coating mixture. Discard any remaining mixture and bag. Bake in 400 degree oven, on ungreased or foil-lined cookie sheet, until cooked through - BONE-IN: 45 minutes BONELESS: 20 minutes.**

# Shortbread Cookies

like the Girl Scout's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 18-24**

**Prep. Time : 2:00**

**1/2 cup butter-flavored shortening**  
**1 cup powdered sugar**  
**1/2 tsp. vanilla extract**  
**1/4 tsp. salt**  
**2 Tbls. beaten egg**  
**1/2 tsp. baking soda**  
**2 Tbls. buttermilk**  
**1 1/2 cups all-purpose flour**  
**1/8 tsp. baking powder**

- Cream together shortening, sugar, vanilla, and salt.**
- Add egg and beat until fluffy.**
- Add baking soda and beat for 20 seconds**
- Add buttermilk and beat for 30 seconds.**
- Combine flour and baking powder.**
- Slowly beat dry mixture into wet mixture.**
- Roll dough into a ball, cover with plastic wrap, and chill for 1 hour.**
- Roll dough out on a well-floured surface to 1/8" thick.**
- With a cookie cutter or glass, cut circles out of dough.**
- Arrange cookies on an ungreased cookie sheet.**
- Bake in a 325 degree oven for 12-15 minutes, until golden brown.**

# **Shrimp Diablo like Red Lobster's®**

**Serves : 6**

**Prep. Time : 29:30**

**3 Lbs. large, uncooked, unpeeled shrimp**

**milk - for soaking**

**1 cup unsalted butter - not margarine**

**1 jar BBQ Sauce - Red Lobster® uses Kraft®**

**1/2 cup catsup**

**1/4 cup hot sauce**

**1 Tbls. ground black pepper**

**-Wash shrimp in cool water and remove heads if needed.**

**-Soak shrimp in milk overnight.**

**-Mix sauces and pepper in a sauce pan and stir until boiling.**

**-Remove from heat and refrigerate for at least four hours.**

**-Drain milk from shrimp, place them in a baking pan, and cover evenly with the sauce.**

**Let stand 1 hour.**

**-Bake uncovered in a 450 degree oven for 15 minutes (less time for smaller shrimp).**

# Soft Pretzels like Auntie Anne's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 8-12

Prep. Time : 2:00

1 1/2 tsp. active dry yeast  
1/2 tsp. brown sugar  
1 dash salt  
1 1/2 cups 110 degree water  
4 cups bread flour  
1/2 tsp. baking soda  
2 tsp. warm water  
1 cup melted butter  
toppings (see NOTES)

- Combine first 4 ingredients; let sit 5 minutes.
- Stir flour to mixture and knead for 5 minutes.
- Place dough in a lightly greased bowl, cover with a damp towel, and allow to rise in a warm place for 1 hour.
- Divide dough into 8-12 equal-size pieces; roll each piece into a rope; shape each rope into a pretzel.
- Stir baking soda into warm water; dip pretzels into mixture; lay coated pretzel onto a lightly greased cookie sheet.
- Bake in a 550 degree oven for 8 minutes, or until golden brown.
- Brush melted butter onto hot pretzels.

NOTES : For salted pretzels, sprinkle with coarse salt or Kosher salt. For cinnamon-sugar pretzels, stir 2 Tbls. honey into melted butter before brushing on pretzels, then sprinkle with a mixture of 1/2 cup granulated sugar and 1 tsp. ground cinnamon. For Parmesan pretzels, sprinkle with a mixture of 1/4 cup grated Parmesan cheese and 1 tsp. garlic salt; serve with marinara sauce.

## (9) VISITOR COMMENTS

- excellent, the whole family loved this one!
- it's a very substantial and sensational recipe!
- Please add bread flour has high protein content makes dough stronger for handling. House flour might fail. Thanks.
- The pretzels were just right. I made them for our preschool kids in the shape of the letter "X" which they are studying this week. There aren't many snack that start with "X"!!!! Thank you for this recipe.

- **It is very difficult to dip pretzels in 2 teaspoons of water. I had to use about 2 cups. These are great while they're hot but don't try to save them for the next day.**
- **this recipe is great!! don't skimp on the butter**
- **I'm sorry. Although these were pretzels, I didn't feel like these were very much like Auntie Anne's.**
- **Love the recipe and have made several times. Thanks.**
- **I'm so glad I finally found a recipe for these pretzels. They are my favorite! I never leave the mall without buying them for my family. I'm going to try it right away. Thank you!**

The Kidfts Pretzel Making Kit makes a unique gift or a great party activity. Form the dough into classic pretzel knots or make fun shapes, even your initials! Kids love creating in the kitchen; it is both educational and fun. It's also a great way to share quality time together and instill a love of cooking at an early age. Our baking kits include an adult high quality pan, first quality ingredients and wonderful accessories that kids can use to give them years of baking joy.

# Spinach and Artichoke Dip like Houston's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 12

Prep. Time : 0:40

**(2) 10 oz. boxes frozen spinach - thawed**

**1/4 cup real butter**

**1 Tbls. minced fresh garlic**

**2 Tbls. minced onion**

**1/4 cup all-purpose flour**

**1 pint heavy cream**

**1/4 cup chicken stock**

**2 tsp. fresh lemon juice**

**1/2 tsp. hot sauce**

**1/2 tsp. 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**

**-Strain spinach and squeeze through a cheesecloth to remove as much liquid as possible; mince; set aside.**

**-In heavy saucepan over medium heat, sauté garlic and onions in butter until golden, about 3-5 minutes.**

**-Stir in flour and cook for 1 minute.**

**-Slowly whisk in cream and stock and continue cooking until boiling.**

**-Once boiling, stir in lemon juice, hot sauce, salt, and Romano cheese; stir until cheese has melted.**

**-Remove from heat and allow to cool for 5 minutes.**

**-Stir in sour cream, then fold in dry spinach and artichoke hearts.**

**-Sprinkle cheddar evenly over top.**

**-Microwave to melt cheese and serve OR portion and microwave to order.**

**Notes : Serve with tortilla chips for dipping and sour cream and salsa**

## **(15) VISITOR COMMENTS**

- I must admit that I was a little hesitant when I saw the Tabasco sauce and lemon juice in the recipe, but when I actually tried it, it tasted exactly like the dip from the restaurant. Thank you so much!!! This recipe is excellent!**
- Fabulous dip, great at parties! It tastes the same as the restaurant version. I do not recommend reheating.**

- Absolutely fabulous recipe...I've made it about three times to several different people, and each time I make it people automatically assume I am a fantastic cook, when actually I just follow directions real well. I brought it to a potluck once and it was literally gone in about 15 minutes. Great job!
- Great recipe ,can't taste any difference.
- OK, so the popular restaurant declines to give the specific recipe. But Alan Thomas, general manager of the Houston's in Austin, says the main ingredients are: Garlic and onions (white) sautéed in olive oil, fresh chicken stock, Heavy cream, Sour cream, Spinach (fresh or frozen), Artichokes (canned, not marinated), Reggiano Parmigiano cheese, Tabasco, Monterey Jack cheese
- What a great recipe! The dip was the hit of my birthday party. I left out the steaming of the spinach and just baked the whole thing at 350 for about 20 minutes. I also added 1 chopped red bell pepper with the spinach (for color), and I followed the Houston's managers secret and used canned artichokes. I'll definitely use this recipe for my next party! Thanks!
- Just a note to say thanks. I'm threw a 60th Birthday party for my mom and 40 guests, I needed a good appetizer and tried yours for Spinach Artichoke Dip. I don't eat spinach, however the dip was unbelievable. I highly recommend this, it is inexpensive and simple to make. I didn't even screw it up!
- I do want to comment that I too love Houston's Spinach Artichoke Dip and guessed all the ingredients while dining and begged to see if I was missing anything - CHICKEN STOCK! I knew I was missing something - couldn't tell you quantity I cook by sight and personal preference, which means I triple all of the garlic and use real butter and cream...anyways.
- I really love this recipe, I have tried A LOT of spinach dip recipes in the past and this is by far the easiest and best tasting, (which is hard to find). It was great to find this. Thanks a bunch.
- I first tried Houston's dip 8 years ago in DC and was so sad when they closed the g-town location, but your recipe has satisfied my craving!!! thanks so much...also i added a bit of chicken stock and used Monterey jack instead of white cheddar...i shared this with all my college friends and they agreed that it is almost the real thing!! thanks again
- I made it and it turned out almost perfect. I forgot to buy heavy cream so I just used whole milk. I also only had Parmesan instead of Pecorino Romano. Regardless, it was wonderful. I am not one of these people that says it is wonderful because it tastes good, it has to taste just like the restaurant. As soon as I looked at your recipe I had a feeling it was the one because it was so different from the rest I had seen. Anyway, thanks again for the recipe.
- I tried the recipe and it was great. It tasted just like the real thing. I also used a few of the tips from the Houston's manager including the chicken stock, and sautéing the garlic and onions in olive oil, and canned instead of marinated artichoke hearts. I made it two days in a row, since my family ate it all on the first day and the ingredients provided enough for two batches. This receipt is the best.
- Thanks, I've been making this recipe for 6 months now. It's only consumed occasionally due to the artery hardening capabilities. It is the best, I often serve it in a hollowed out King's Hawaiian bread bowl baked for 30 mins or so. The removed bread can be cut into pieces and baked with the dip.
- multiplied by 5 times for a reception. got many many raves about it. best anyone had had. thanks. id cut down on butter next time. had to drain some of the butter off.

- **I really love this dip. I have gone to other restaurants and none of them compare to Houston's recipe. When a girlfriend of mine told me about this website I was too excited to see if this recipe was there. I found it and I LOVE IT. My husband loves it and our 2 1/2 year old son loves it also. I fix it all the time and it is quick and easy. We would have to travel 3 hours to go to the nearest Houston's restaurant to get some of this dip. Now I can fix it any time that I want to. Thanks for the recipe and this is not the last recipe that I will make from this site.**



# Spinach Pizza like Applebee's®

**Prep. Time : 0:40**

**Serves : 3**

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

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

# Seafood Stuffed Mushrooms

## like Joe's Crab Shack's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 8**

**Prep. Time : 0:25**

**16 lrg. mushroom caps**

**1 recipe Seafood Stuffing like Joe's Crab Shack's®**

**1 cup Alfredo sauce**

**1/4 cup grated Parmesan cheese**

**garlic toast - for dipping**

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

# Stuffed Shrimp Enbrochette

like Joe's Crab Shack's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Serves : 4**

**Prep. Time : 0:30**

**20 jumbo raw shrimp - peeled, deveined**

**1 recipe Seafood Stuffing like Joe's Crab Shack's®**

**10 jalapeno slices - halved**

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

**1 Lb. raw thin-sliced bacon**

- Slice shrimp down the middle of the opposite side you deveined.**
- Lay shrimp cut side up and press 1 tsp. prepared stuffing into each shrimp cut.**
- Place a piece of cheese over the stuffing on each shrimp.**
- Wrap each stuffed shrimp in a strip of bacon.**
- Thread 5 shrimp on a bamboo skewer; repeat with remaining shrimp.**
- 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.**

## **(0) VISITOR COMMENTS**

These plump shrimp are perfect for grilling, shrimp cocktails, and other favorites like butterfly shrimp, shrimp scampi or shrimp de Jonghe. For your convenience, our shrimp comes peeled, deveined, and with the tails off.

# **Sweet & Sour Dipping Sauce like McDonald's®**

**Included in my new cookbook! [Click Here](#) to get your copy!**

**Prep. Time : 0:30**

**Yield : 7/8 cup**

**1/4 cup peach preserves**

**1/4 cup apricot preserves**

**2 Tbls. light corn syrup**

**2 Tbls. water**

**1 1/2 Tbls. distilled white vinegar**

**1 1/2 tsp. cornstarch**

**1/2 tsp. soy sauce**

**1/2 tsp. prepared mustard**

**1/4 tsp. salt**

**1/8 tsp. garlic powder**

**-Puree all ingredients in a blender until smooth.**

**-Bring mixture to a boil in a saucepan over medium heat, stirring constantly.**

**-Boil for 5 minutes, stirring constantly.**

**-Remove from heat and allow to cool.**

**-Pour into a sealable container, cover, and keep refrigerated.**

# Sweet Spanish Corn Cake like Chi-Chi's®

Included in my new cookbook! [Click Here](#) to get your copy!

Serves : 8

Prep. Time : 1:20

1/2 cup butter OR margarine - softened  
1/3 cup cornmeal OR masa harina (see Notes below)  
1/4 cup water  
10 oz. bag frozen corn - thawed, coarsely chopped  
1/3 cup granulated sugar  
3 Tbls. yellow cornmeal  
2 Tbls. heavy whipping cream  
1/4 tsp. baking powder  
1/4 tsp. salt  
sliced chili peppers - for garnish  
chopped fresh parsley - for garnish

- Beat butter with an electric mixer until fluffy.
- Gradually beat in cornmeal or masa harina, then water, then corn.
- In a separate bowl, combine sugar, cornmeal, cream, baking powder, and salt; stir into corn mixture.
- Spread in a greased 8" X 8" X 2" baking pan and cover with aluminum foil.
- Place batter-filled pan in a larger baking pan and pour boiling water half way up the side of the smaller pan.
- Bake in a 350 degree oven for 50 minutes, or until set in center.
- Remove smaller pan from water, uncover, and let stand 15 minutes.
- Sprinkle with chilies and parsley, if desired.

Notes : Masa harina is a type of corn flour available in specialty food stores and many supermarkets.

## (2) VISITOR COMMENTS

- You asked for comments so here it goes....this recipe is awesome...one suggestion...chopped cilantro goes MUCH better with it than parsley. It's also quite good with some sour cream on the side. :)
- This recipe is TERRIFIC! Taste just like Chi-Chi's. My family loved it!!

# Tartar Sauce like McDonald's®

Included in my new cookbook! [Click Here](#) to get your copy!

**Yield : 1 cup**

**Prep. Time : 0:05**

**1/2 cup Miracle Whip® - low-fat okay**

**1/4 cup Vlasic® Dill Relish**

**12 capers - optional, minced**

**2 tsp. dried minced onion**

**2 tsp. milk**

**1 tsp. parsley flakes**

**1/2 tsp. lemon juice**

**1/8 tsp. granulated sugar**

**-Combine all ingredients in a sealable container.**

**-Cover and refrigerate for at least 1 hour before using.**

# **Tiramisu like Olive Garden's®**

**Serves : 12**

**Prep. Time : 2:20**

**(1) 10" X 3" prepared sponge cake**

**2 1/2 oz. strong black coffee**

**2 1/2 oz. rum**

**1 1/2 Lbs. mascarpone cheese - room temperature**

**1 1/2 cups powdered sugar**

**cocoa powder - for garnish**

# Twisted Lemonade like Chili's®

**Serves : 1**

**crushed ice**

**1 shot vodka**

**1/2 shot triple sec**

**sweet & sour mix - as needed**

**1 lemon wedge - for garnish**

- Fill a pint glass with crushed ice**
- Pour vodka and triple sec into glass.**
- Fill to brim with sweet & sour mix.**
- Garnish with lemon wedge.**

**NOTES : 1 shot = 1 oz. Add a splash of cranberry juice to make this a pink lemonade twist.**