

Happy Holidays! *2010*

*Thanks to all our friends and
colleagues who shared their time and talents in
2010 to help Meriden and
Wallingford become a safer and healthier place to
live and work.*

*We hope that you will enjoy this year`s Mock-
tails and More recipes. Have a safe and healthy
holiday season.*

*For more recipes and information, please check
our website at www.mawsac.org*

*We wish you and your family a safe and healthy
holiday season and
prosperous New Year,*

Marlene and Christelle

Coquito

INGREDIENTS

30 ounces coconut milk

14 ounce condensed milk

1/2 cup water

1/2 teaspoon ground cinnamon

Pinch of salt

mix all ingredients in a blender and enjoy!

Pour into a bottle and refrigerate well. Make ahead for richer flavor. Serve in small glass-ware.

For a sweeter taste—substitute the condensed milk with sweetened condensed milk and omit the water. You can also add a scoop of vanilla ice cream for a rich taste.

Marissa Cardona

Community Organizer

Universal Healthcare Foundation

Children First Initiative

Bellini

1/4 cup chilled peach juice or peach nectar

1/2 cup chilled, sparkling white grape juice

Lime or lemon twist

Fill champagne flute halfway with peach juice. Gently stir in grape juice. Garnish with twist and serve.

Cathy Battista

President, CT Family Resource Center

Pretty Petal Punch

Pink rose petals

**64– ounce carton guava juice (substitute
Passion Orange Guava)**

Frozen ice cube or shaped mold, heart

2 liter bottle ginger ale

**Pour the guava juice and ginger ale into
a large punch bowl. Add enough ice
cubes to cover surface, and float rose
petals on top.**

Makes 20 servings

Marlene McGann

MAWSAC, Executive Director

Blackberry Dandy

1 cup lemonade, made from concentrate

**2 cups canned or frozen blackberries
with juice**

1 cup club soda

1/2 cup sugar

1 qt ginger ale, chilled

Garnish: lemon twists

**Combine all ingredients except ginger ale
in a blender, and blend for 20 seconds or
until smooth. Place some ice cubes in
frosted tankards, and add the blender
mixture until they are half filled. Fill
tankards with ginger ale, stir, and serve
topped with lemon twist.**

Serves: 8 tankards

Peter and Sharon Burch

MAWSAC Webmaster



Bora Bora

10 cl (3.38 oz) Pineapple juice
6 cl (2 oz) Passion fruit juice
1 cl (.33 oz) Lemon juice
1 cl (.33 oz) Grenadine syrup

Prepare in a blender or shaker, serve in a long drink glass on the rocks. Garnish with 1 slice of pineapple and one cherry.

Craig Turner

Wallingford Youth and Social Services

Pina Colada Slushie

1 can frozen Pina Colada mix
1 can of water

Put the frozen mix and can of water into a blender. Fill with ice and blend to a slush. Pour into a fancy glass with or without fun straws and enjoy on a hot day or special holiday celebration!

Karen Roesler

Director of the Meriden Public Library

The Green Lantern

**1 cup packed parsley sprigs
1/2 teaspoon grated lime zest
1 cup cold water
1/2 cup fresh lime juice
1/2 cup sugar
1 (10 ounce) bottle club soda**

Puree all ingredients except club soda in a blender 1 minute. Strain through a fine-mesh sieve into a large glass measure. Serve over ice and top off drinks with club soda.

***Catherine F. Abercrombie
State Representative
83rd District***





The Boston Cooler

The Boston Cooler is a classic alcohol-free beverage that originated in Detroit's Boston Boulevard. This pre-rootbeer float drink is still available in some Detroit restaurants.

Ingredients:

- one scoop vanilla ice cream
- 2 cups ginger ale

Recipe:

Scoop ice cream into glass. Pour ginger ale over ice cream.

Serve:

Highball glass

Frank Lewandowski
MAWSAC Board President

Black Bean 'n Olive Salsa

Ingredients:

1 cup canned black beans, drained, rinsed and divided

1 jar (16 oz.) Thick 'N Chunky Salsa

3/4 cup coarsely chopped pitted black olives

1/2 cup whole kernel corn

1 Tbsp. Chopped cilantro or parsley

2 cloves, garlic, minced

2 tsp. Fresh lime juice

1 box Wheat Thins Snack Crackers

Mash 1/2 cup of the beans in medium bowl with fork. Add salsa, remaining 1/2 cup beans, olives, corn, cilantro, garlic and lime juice; mix well. Cover.

Refrigerate at least 1 hour for flavors to blend.

Serve with crackers

***Nan Despres
Volunter Program Coordinator
City of Meriden***





Sangria Punch

**4 cups cold reduced
calorie cranberry
juice cocktail**

**1 cup cold orange
juice**

**1 tbsp. fresh lime
juice**

**3/4 cup Country Time Lemonade or Pink
Lemonade Flavor Drink Mix**

3 cups cold club soda

2 oranges, sliced

2 limes, sliced

**Mix first 4 ingredients in large glass, or plas-
tic pitcher; stir until mix is dissolved.**

Refrigerate until ready to serve.

Stir in club soda and fruit. Serve over ice.

Special Extra:

Add 1 cup mixed berries with the sliced fruit.

Substitute:

**For a change of pace, substitute orange juice
for the cranberry juice cocktail.**

Mark Benigni

Superintendent of Meriden Schools



Runner's Mark

serve in
Old-Fashioned Glass

4 oz V8 vegetable juice
2 drops Tabasco sauce
2 drops Lemon juice
1 dash Worcestershire sauce

Combine ingredients in an
old-fashioned glass over ice. Stir, and
garnish with celery or scallion

Donn Friedman
MAWSAC Treasurer
Meriden Adult, Continuing
and Vocational Education

Pink Grapefruit Merryrita

Ingredients

Serves 6

2 tablespoons colored sanding sugar

1 lime

**6 teaspoons pomegranate syrup or
grenadine**

1 1/2 cups pink grapefruit juice

Directions

Place sanding sugar in a shallow dish or plate. Slice six thin rounds from the middle of lime; set aside. Rub lime wedge around rims of six glasses; dip each rim in sugar to coat. Pour 1 teaspoon pomegranate syrup into bottom of each glass. Place grapefruit juice and 2 cups of ice cubes in a blender. Process on high speed until ice is crushed. Pour frozen mixture into glasses, and stir to combine with syrup. Garnish with reserved lime rounds, and serve immediately.

Beth Vumbaco

Meriden Health Department



Zabaione Fresco

6 eggs
6 teaspoons powdered sugar
6 cups half and half
3 teaspoons flavored extract (almond, lemon, or orange)

Beat eggs with sugar until light and creamy. Add in half and half and beat again. Stir in one of the flavors. Sprinkle with nutmeg or cinnamon to serve. Makes 12 1/2 cup servings.

Marcia Trotta

Glazed Pecans

1/2 cup unsalted butter
1/4 cup light corn syrup
2 T. water
1 tsp. salt
1 lb. Pecan halves

Preheat oven to 250°. Combine all ingredients except pecans in small saucepan. Bring to boil. Place pecans on cookie sheet and pour mixture over and toss. Bake for 1 hour, stirring every 10 minutes. Let pecans cool well before storing in airtight container. This is a great hostess gift during the holidays!

Judi Gallagher
Gallagher Travel Shoppe
Catholic Charities

Roasted Pepper and Basil Skewers

Ingredients:

**1 pkg. (16 oz.) part skim Mozzarella Cheese,
cut into 16 cubes**

16 fresh basil leaves

**2 roasted yellow peppers, each cut into 8
small squares**

16 cherry tomatoes

1/3 cup Italian Vinaigrette Dressing

**Thread all ingredients except dressing onto 16
small wooden skewers or toothpicks. Place in
shallow dish. Add dressing; turn skewers to
evenly coat ingredients with dressing.**

**Let stand at room temperature 20 minutes to
marinate, turning occasionally.**

**Remove skewers from marinade just before
serving; discard marinade.**

Alta Nickodemski

MAWSAC B.A.B.E.S. Volunteer



Holiday Delight

1/2 cup orange juice
1/4 cup frozen strawberries
1/4 cup cranberry juice
1/4 cup half & half
1/2 of a banana

1. Process the ingredients in a blender. Pour into a tall glass and serve!

June Hadley
MAWSAC B.A.B.E.S. Volunteer

Hot Winter Punch

3 cups apple juice
3 cups orange juice
6 cups cranberry juice
3/4 cup maple syrup
2 tsp. powdered sugar
1 1/2 tsp. ground cinnamon
1/4 tsp. ground cloves
3/4 tsp. ground nutmeg
Cinnamon sticks (optional)

Combine all ingredients, except the cinnamon sticks in a very large heavy pan. Bring to a boil and turn to simmer for a few minutes. Put in a crock pot on the lowest setting to keep it toasty warm. Put a cinnamon stick in each cup as a garnish. Serves 20

Mary Meah
MAWSAC B.A.B.E.S. Volunteer

**&
MORE**

now for a few appetizers



Panettone Bread Pudding

Cube panettone into 1" cubes and spread into a lightly buttered 13 x 9 pan.

In large bowl whisk together:
8 eggs 1 1/2 cups whipping cream
2 1/2 cups whole milk
1 1/4 cup sugar

Pour egg mixture over panettone cubes, pressing down till all cubes are well soaked—let sit for 30 minutes.

Pre-heat oven to 350° Bake 45 minutes
Method:

Sauce:
1/2 cup whipping cream
1/2 cup whole milk
3 tbs. sugar
1/8 cup flavoring
2 tsp. cornstarch
(Mix above 2 ingredients together)

Combine all in saucepan, medium heat, bring to boil, stirring frequently—re-heat and pour over each serving portion.

Shirley Rizzo
MAWSAC B.A.B.E.S. Volunteer

***Chipotle Apricot Cream
Cheese Spread***

1 pkg. (8 oz.) cream cheese, softened
1/2 cup apricot preserves
1 chipotle pepper in adobo sauce, finely
chopped
2 Tbsp. water
1 green onion, finely chopped
Ritz crackers

Spread cream cheese onto bottom of pie
plate.

Cook preserves, peppers and water in
saucepan on medium-low heat 5 minutes or
until preserves are melted, stirring
occasionally. Stir in onions; spread over
cream cheese.

Serve with crackers.

***Pam White
Marketing Graphics &
Promotional Advertising***

Philadelphia and Fruit Topped RITZ

5 RITZ Crackers
2 Tbsp. Philadelphia Cream Cheese
Spread
1/2 cup sliced fresh fruit, such as
strawberries, kiwi, apple and pineapple

Spread crackers with cream cheese
spread; top with fruit.

***Barbara Shahbaz
Marketing Graphics &
Promotional Advertising***



Peppermint Float Punch

**1 gallon vanilla ice cream, room temperature
Peppermint extract to taste
Green food coloring (optional)
3 to 4 (liter-size) bottles 7-up**

If you can find peppermint ice cream substitute it for the vanilla ice cream and omit the peppermint extract.

**To serve, mix ice cream with peppermint extract and green food coloring in a punch bowl. (Very carefully add peppermint extract. one drop at a time - a little goes a long way.)
Add 7-Up to ice cream mixture.**

NOTE: You can keep adding 7-Up to the punch if you need more volume.

***Kathy Neelon
Wallingford Public Schools***



Praline Pecans

**1 cup sugar
1 cup packed brown sugar
1/2 cup water
2 tablespoons honey
1/2 teaspoon ground cinnamon
3 teaspoons vanilla extract
1/4 teaspoon rum extract
3 cups pecan halves**

Directions:

In a heavy saucepan, combine the sugars, water, honey and cinnamon. Bring to a boil over medium heat; do not stir. Cook over medium heat until a candy thermometer reads 240 degrees F (soft-ball stage). Remove from the heat; add extracts Cool to lukewarm without stirring.

Beat with a mixer for 2-3 minutes or until creamy. Stir in pecans until coated. Turn onto waxed paper (mixture will be sticky); separate large clumps. Cool for several hours or until dry and sugary. Store in an airtight container.

Maureen Bilger
MAWSAC B.A.B.E.S. Volunteer

Apple Cheese Salad

4 dessert apples
Juice of 1 lemon
2 oz. Chopped dates
4 oz. Cream cheese
2 oz. Chopped walnuts
Seasoning

Directions:

Core but do not peel apples. Cut each apple in 3 thick slices and sprinkle with lemon juice. Mix cheese with nuts and dates, season well. Spread on slices of apple and garnish with whole nuts.

***Michelle Bourdeau
Girls Inc.***



Pumpkin Cream Cheese Roll Up

Grease jelly roll pan, line with wax paper, grease wax paper.

Sift together:

3/4 cup flour

1 tsp. baking powder

2 tsp. cinnamon

1 tsp. pumpkin pie spice

1/2 tsp. nutmeg

Beat together:

3 eggs and 1 cup sugar, and

Beat In: 2/3 cup canned pumpkin

Stir in dry ingredients all at once.

Pour in prepared jelly roll pan, spread evenly, sprinkle with finely chopped nuts and bake at 375 for 15 minutes. Invert onto clean dampened cloth (be sure damp cloth is dusted with confectioners sugar). Roll up cloth with cake and let stand to cool 1/2 hour or longer. Unroll when cooled and spread entire top with cream cheese filling as follows:

Cream Cheese Filling:

1 cup confectioners sugar

1 tbs. butter/oleo

1 8-oz package cream cheese

1 tsp. vanilla

Beat until smooth and spread on unrolled pumpkin bread. Roll up, refrigerate or freeze, slice to serve.

Shirley Rizzo

MAWSAC B.A.B.E.S. Volunteer



White Chocolate Gorp

**2 pounds white chocolate
6 cups crispy rice cereal squares, e.g. Rice
Chex
3 cups toasted oat cereal
2 cups thin pretzel sticks
2 cups cashews
1 (12 oz.) package mini candy-coated
chocolate pieces**

Directions:

Melt chocolate in a large saucepan over low heat or in microwave just until soft. Stir until melted. Combine all the other ingredients in a big roaster pan or bowl. Stir chocolate into mixture. Turn out on waxed paper and let cool. Of course anything you like can be added or substituted- but this recipe is a great combination!

***Christelle Aubé*
MAWSAC**

Coquito without alcohol

Ingredients:

**2 cans of coconut cream
1 can condensed milk
1 can evaporated milk
1/2 quart regular milk
4 egg yolks
1 tsp. of vanilla extract
Ground cinnamon**

Directions:

Blend egg yolks and condensed milk. Bring to a boil, stirring occasionally. Gradually add evaporated and regular milk. Bring to a second boil, stirring occasionally. Remove from heat. Add vanilla, stir. Allow to cool.

Serve very cold, preferably without ice in small cups. Sprinkle ground cinnamon on top. Sip and enjoy.

A more conservative approach is not to include egg yolks.

***Annette Loomis*
*MAWSAC Volunteer***



Hot Mushroom Dip

4 slices bacon
8 oz pkg. mushrooms, sliced
1 medium onion, chopped
1 clove garlic, minced
2 T. flour
1/4 tsp. salt
1/8 tsp. pepper
8 oz. cream cheese, cut in small pieces
2 tsp. Worcestershire sauce
2 tsp. Soy sauce
1/2 cup sour cream

Fry bacon and dice into small pieces. Sauté onions, mushrooms and garlic in bacon fat until tender. Mix in flour, salt and pepper. Add cream cheese. Cook until cream cheese is melted. Add sour cream and diced bacon. Serve with breadsticks or other dippers. (I make this ahead and reheat in oven at 350 or microwave until bubbly.)

Judi Gallagher
MAWSAC Secretary
Gallagher Travel Shoppe



Fresh Corn Salsa

4 tomatoes (1 1/2 lb) chopped
1 cup cooked fresh corn kernels
1/4 cup finely chopped red onions
1/4 cup chopped fresh cilantro
1 jalapeno pepper, chopped
1/4 cup Zesty Italian Dressing

Combine all ingredients except dressing in a large bowl.

Add dressing; mix lightly

Makes 3 cups or 24 servings.

Dee Hanson
MAWSAC B.A.B.E.S. Volunteer

Barefoot Contessa-style Ham & Cheese Puffs

Ingredients:

1 package of frozen puff pastry

1 tbs. Dijon mustard

1/4 lb ham sliced thinly

1/4 Swiss cheese sliced thinly

Egg wash

Open package of defrosted puff pastry and place one sheet on a floured board. Flour rolling pin and roll out the pastry to make it a bit thinner. Spread the Dijon mustard with a brush over the pastry and then cover with the ham slices and then the Swiss cheese slices. Leave 1 inch along the edges to secure the pastry topper. Place the pastry on parchment paper-lined baking sheet. Place another sheet of pastry on the floured board and roll to the size of the one with the ham and cheese. Beat 1 egg with water and brush the egg wash along the edges of the pastry. Place the rolled sheet over the pastry with ham and cheese. Press down and make sure that all the air is removed. Press the edges with the tines of a fork to seal. Brush the top with egg wash and create 3 slits in the top with a knife to allow steam to escape. Bake in a pre-heated 375 ° oven for 15-20 minutes. Cool on a rack and slice into 1 inch squares.

***Lynn Faria
MAWSAC Vice President
MidState Medical Center***





Gridiron Party Pizzas

**1 can (6 oz.) tomato paste
2 tablespoons finely chopped onion or sliced green onion
1 tablespoon water
1 1/2 teaspoon dried oregano leaves
1/2 teaspoon dried basil leaves
1/4 teaspoon garlic powder
Dash of pepper
36 Town House crackers
36 slices pepperoni
1 cup (4 oz.) shredded mozzarella cheese**

Directions:

In a small bowl stir together paste, onion, water, oregano, basil, garlic powder and pepper. Spread on one side of each cracker, completely covering cracker. Arrange, tomato side up, on baking sheet.

Top with pepperoni slices. Sprinkle with cheese. Broil 4-5 inches from heat for 1 to 2 minutes or until cheese melts.

***Gary Redman
Wallingford Police Dept. Youth Div.***

Cabbage Salad

**Brown 2-3 tablespoons of butter
2 pkgs. Ramen noodles
1/2 bag sliced almonds
Sesame seeds
1 head of napa cabbage**

Dressing:

**2 tablespoons soy sauce
1/2 cup olive oil
1/2 cup sugar
1/4 cup cider vinegar**

(Heat to boiling, let cool)

**Keep all three separate until ready to eat,
then mix some of each.**

***Winifred Carroll
American Heart Association***



Tips For Party Givers

- * Always provide non-alcoholic beverages. Did you know that one in three adults say that they prefer a non-alcoholic drink?**
- * Permit each person to comfortably say no to a drink with alcohol.**
- * Assume responsibility for the safety of anyone who exhibits signs of intoxication. Offer rides home or arrange safe transportation.**
- * Stay alert yourself so you can be a good host/hostess.**
- * Provide snacks and food to accompany drinks, but remember salty foods encourage more drinking.**
- * Wine and beer can be as potentially dangerous as other alcoholic drinks.**
- * Stop serving drinks one hour before the end of the event. Serve coffee, non-alcoholic beverages and desserts instead. Coffee does nothing to counteract the effect of too much alcohol, but does give your guest time to process the alcohol, and gives you a chance to see if anyone needs your help before heading home.**

***For more recipes and information,
please check our website
www.mawsac.org***

Mocktails

Festive holiday drink recipes

from our friends....