

How to Make an Aperol Spritz

The classic Aperol Spritz ratio is 3-2-1, which means you will need 3 parts Prosecco, 2 parts Aperol, and 1 part soda water. With this ratio, your cocktail is flavorful, not too bitter, and not too sweet.

To make an Aperol Spritz, add your Aperol, Prosecco, and soda water to a wine glass filled with ice. **I add the Aperol first, then the Prosecco, and finally, the soda water.** Then, garnish with a fresh slice of orange. When making your Aperol Spritz, you can give the cocktail a gentle stir, but be careful not to overdo it so that you do not deflate the bubbles from the Prosecco.

Reduce the Aperol and increase the Prosecco for less bitterness. For lower alcohol content, reduce the Prosecco and Aperol a little and increase the soda water. If you love the bitterness, and want more, try making a Campari Spritz.

You Will Need

3 ounces (90ml) Prosecco, *look for Brut (dry) Prosecco*

2 ounces (60ml) Aperol

1 ounce (30ml) soda water, club soda, or sparkling water

Orange slices

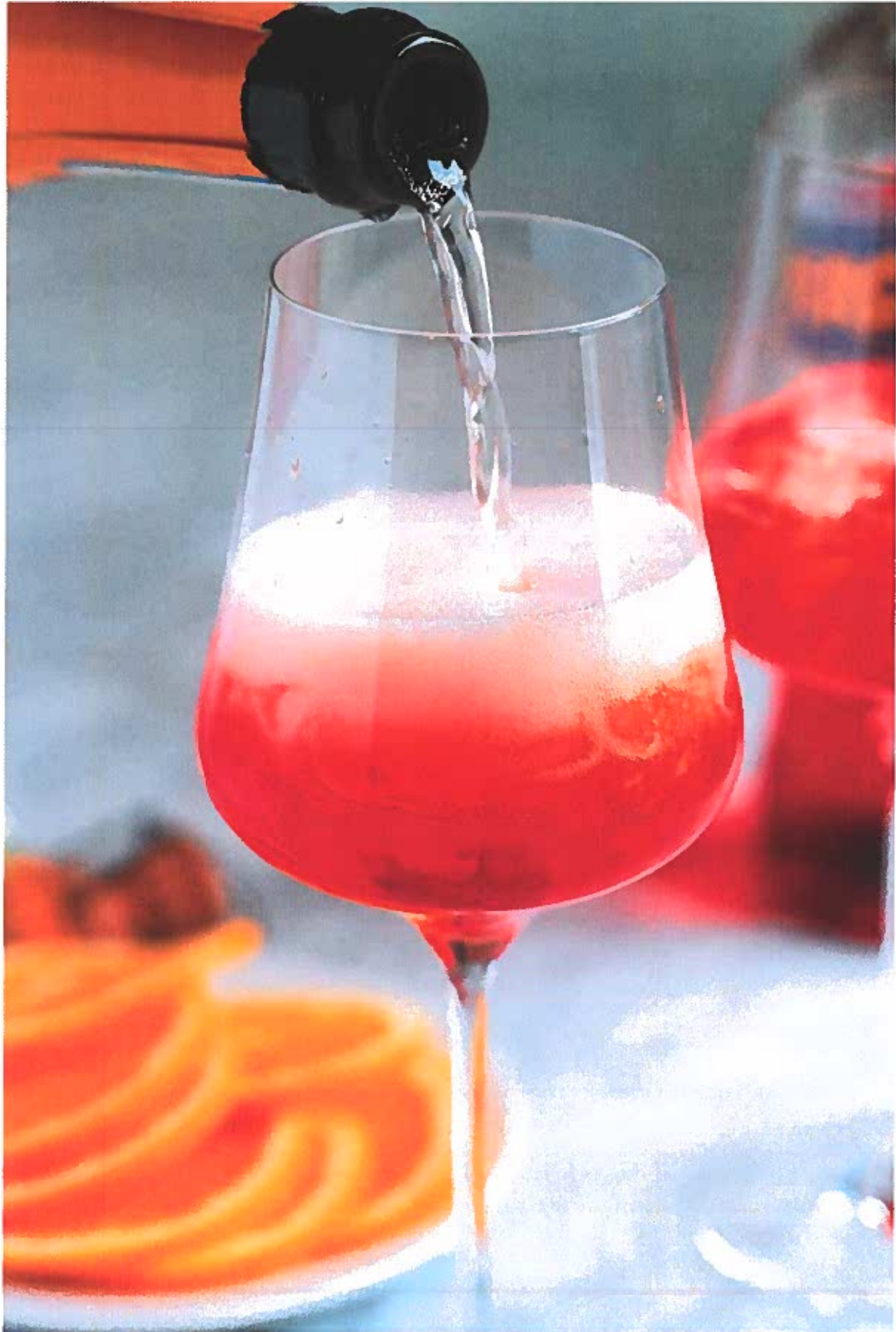
Directions

1 Fill a wine glass halfway with ice and add the Aperol. Slowly stream in the Prosecco and soda water. The cocktail should mix by itself as you pour in the Prosecco, but you can use a long spoon and gently swirl around the glass to combine.

2 Slide in an orange slice and enjoy!

Adam and Joanne's Tips

- **Prosecco:** We recommend mid-range Brut or extra Brut Prosecco. Sweeter styles will make the cocktail too sweet.
- **Soda water:** Use soda water, club soda, or your favorite sparkling water. I love club soda since it has a little salt added, which I think makes this cocktail taste even better.
- **Adjusting to your tastes:** Aperol tastes bittersweet. If you find the bitterness overwhelming, reduce the Aperol slightly and increase the Prosecco. For a less boozy cocktail, reduce the Prosecco and Aperol and increase the soda water.





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Recipe Grapefruit Cake

**Hollywood Brown Derby
Disney-MGM Studios**

DINING

The Menu!

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Disney's Hollywood
Studios
Epcot
Magic Kingdom

Resort Hotels

Downtown Disney

Blizzard Beach
Typhoon Lagoon

Other Orlando
Locations
Disney's Vero Beach
Disney's Hilton Head

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Character Dining

--Character Meals
--Character Meal
Locations

Restaurants At-a-Glance

All-You-Can-Eat
Meals
Animal Kingdom
Boardwalk Area
Disney's Hollywood
Studios
Epcot
Magic Kingdom
Resort: Counter
Service
Resort: Table Service

Dinner Shows

Hoop-dee-Do Musical
Revue
Polynesian Spirit of
Aloha Dinner Show

Special Dietary Needs

Celiac Sprue
Food Allergies
Kosher
Low Carb
Other Special Diets
Vegetarian/Vegan
--Parks Counter Service
--Parks Table Service

--Resorts Table Service
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Vegetarian Dining
--Meet the Authors of

Yield: 4 to 6 portions

Ingredients:

1 1/2 cups sifted cake flour
3/4 cup sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup water
1/4 cup vegetable oil
3 eggs (separated)
3 tablespoons grapefruit juice
1/2 teaspoon grated lemon rind
1/4 teaspoon cream of tartar

Method:

1. Preheat oven to 350° F. Sift together flour, sugar, baking powder, and salt into mixing bowl. Make a well in center of dry ingredients.
2. Add water, oil, egg yolks, grapefruit juice, and lemon rind. Beat until smooth.
3. Beat egg whites and cream of tartar separately, until whites are stiff but not dry.
4. Gradually fold egg whites into the cake batter, folding gently with a rubber spatula until just blended. Do not stir the mixture.
5. Pour into an ungreased 10-Inch cake pan. Bake at 350° degrees for 25 to 30 minutes, or until cake springs back when lightly touched with a finger. Invert pan on cake rack until cool. Run spatula around edge of cake. Carefully remove from pan. With a serrated knife, gently cut layer in half.

Grapefruit Cream Cheese Frosting

Ingredients:

2 six-ounce packages of cream cheese
2 teaspoons lemon juice
1 teaspoon grated lemon rind
3/4 cup powdered sugar (sifted)
6 to 8 drops yellow food coloring
1 one-pound can grapefruit sections (well-drained), reserving 2 tablespoons of juice
OR 3 fresh grapefruits, peeled, sectioned, and drained, reserving 2 tablespoons of juice.

Method:

1. Let cream cheese soften at room temperature. Beat cheese until fluffy.
2. Add lemon juice and rind.
3. Gradually blend in sugar. Beat until well blended. Add food coloring.
4. Add reserved grapefruit and blend into frosting.
5. Divide the frosting evenly into two bowls. Roughly chop 2/3 of the grapefruit sections and add them to half the frosting. Spread this mixture on the bottom half of cake. Top with several grapefruit sections. Cover with second layer of cake. Frost

top and sides. Garnish with remaining grapefruit sections.

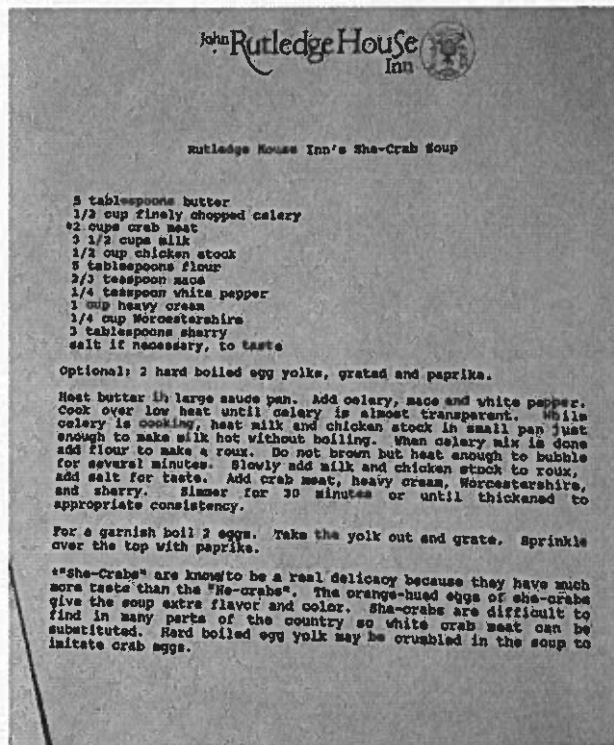
ORIGINAL SHE-CRAB SOUP RECIPE

Culinary Recipe From The Past

Source: Charming Inns

Date: February 12, 2013

The Original She-Crab Soup Recipe



This is the John Rutledge House Inn classic She-Crab Soup Recipe, as it was submitted to a Historic Hotels of America cookbook in the early 1990's. In Charleston, the She-Crab Soup is seen on many restaurant menus, but the very first bowl was whipped up at the Rutledge House.

In the 1920s, Charleston's mayor Robert Goodwyn Rhett resided here at 116 Broad Street. Mayor Rhett was expecting a visit from President William Taft during his tour of Charleston. Wanting to do something special for the President, Mayor Rhett asked his butler, William Deas, to "dress up" their typical crab soup. His presidential variation featured orange crab eggs, giving the soup bright color and great taste. Thus began a legacy and practical rite of passage for Charleston foodies.

As this recipe (which has been slightly altered since its original) notes, She-Crabs (aka roe-carrying female crabs) are known to be real delicacy because they have much more taste than their male counterpart, He-Crabs. The orange-hued eggs of she-crabs give the soup extra flavor and color. She-crabs are difficult to find in many parts of the country, so white crab meat can be substituted. Hard boiled egg yolk may be crumbled in the soup to imitate crab egg

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John Rutledge House Inn's She-Crab Soup Recipe

5 tablespoons butter
1/2 cup finely chopped celery
2 cups crab meat
3 1/2 cups milk
1/2 cup chicken stock
5 tablespoons flour
2/3 teaspoon mace
1/4 teaspoon white pepper
1 cup heavy cream
1/4 cup Worcestershire
3 tablespoons dry sherry
Salt if necessary, to taste
Optional: 2 hard boiled egg yolks, grated + paprika

Heat butter in large sauce pan. Add celery, mace and white pepper. Cook over low heat until celery is almost transparent. While celery is cooking, heat milk and chicken stock in small pan just enough to make milk hot without boiling. When celery mix is done, add flour to make a roux. Do not brown but heat enough to bubble for several minutes. Slowly add milk and chicken stock to roux, add salt for taste. Add crab meat, heavy cream, Worcestershire, and sherry. Simmer for 30 minutes or until thickened to appropriate consistency. For a garnish boil 2 eggs. Take the yolk out and grate. Sprinkle over the tops with paprika.

Come fall, enjoy a bowl of She-Crab Soup at the Rutledge House just as President Taft did. The beautiful, historic Signer's Ballroom opens up for a formal tea party on November 16th, where Mr. Deas' She-Crab Soup will be served alongside English-inspired tea items. Guests can make it a weekend affair with the Steeping in History Package, or just join in on the fun in the afternoon! Get the full details and join the 250th anniversary celebration.

<https://www.historichotels.org/us/hotels-resorts/john-rutledge-house-inn/restaurants/original-she-crab-soup-recipe.php>

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Charleston Benne Wafers

Filled with toasted sesame seeds, **Charleston Benne Wafers** are an iconic sweet treat from the Lowcountry region of South Carolina. Bake up a batch today!

Prep Time 25 minutes mins

Cook Time 10 minutes mins

Refrigeration Time 30 minutes mins

Total Time 1 hour hr 5 minutes mins

Servings: 72 wafers

Calories: 33kcal

Author: David

Ingredients

- 1 cup sesame seeds
- 1 cup light brown sugar
- 4 Tbsp unsalted butter room temperature
- 1 large egg
- ½ tsp vanilla extract
- ½ cup all-purpose flour
- ¼ tsp salt
- ¼ tsp baking soda

Instructions

1. Preheat oven to 350°F.
2. Line 2 baking sheets with parchment paper; set pans aside.
3. Using a large, dry skillet, add the sesame seeds and place over medium heat. Cook, stirring constantly, for 4-5 minutes, or until seeds begin to turn light golden brown. Remove from heat and set seeds aside.
4. Using an electric mixer, cream together brown sugar and butter until light and fluffy (~2-3 minutes on medium speed.)
5. Add egg and vanilla extract; stir until well combined.
6. Add flour, salt and baking soda; stir until well combined.
7. Add toasted sesame seeds; stir until well combined.

8. {Optional} Chill dough in refrigerator for 30 minutes. This will make it easier to drop the dough onto the baking pans.
9. Drop ½-tsp balls of dough 1" apart on prepared pans. (Tip: For an easier method, transfer dough into a piping bag and pipe small amounts of dough onto pans.)
10. Bake for 8-10 minutes, or until golden brown.
11. Remove from oven and let cool completely before serving or packing into an air-tight container.

Nutrition

Calories: 33kcal | Carbohydrates: 4g | Protein: 1g | Fat: 2g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 4mg | Sodium: 14mg | Potassium: 16mg | Fiber: 1g | Sugar: 3g | Vitamin A: 23IU | Calcium: 24mg | Iron: 1mg

Charleston Benne Wafers <https://spicedblog.com/charleston-benne-wafers/>



Icelandic Rye Bread (Rúgbrauð)

kingarthurbaking.com

⌚ PREP: 10 mins ⌚ COOK: 2 hrs 25 mins 🍞 Bread

This dense, mildly sweet, hearty rye bread is ubiquitous in its native Iceland, where it's traditionally sliced very thin and served with smoked, cured, or pickled foods. That said, it's also delicious with a simple smear of salted butter. Since it's leavened with baking powder and baking soda (not yeast), it's simple to throw together: no kneading, no rising, just mix, bake, and enjoy.

Ingredients

4 1/2 cups King Arthur Organic Medium Rye Flour

2 teaspoons table salt

1 tablespoon baking powder

3/4 teaspoon baking soda

2 cups buttermilk (whole rather than reduced fat)

1/2 cup honey

1/2 cup molasses

Directions

1. Preheat the oven to 325°F with a rack in the center position.
2. Weigh your flour or measure it by gently spooning into a cup, then sweeping off any excess. In a large bowl, whisk together the flour, salt, baking powder, and baking soda.
4. In a separate bowl, whisk together the buttermilk, honey, and molasses.
5. Pour the wet ingredients into the dry ingredients, stirring to combine.
6. Transfer the batter to a lightly greased 9" pain de mie (pullman) pan and smooth the top. Lightly grease the lid, and place the lid on the pan.
7. Bake the bread for 2 hours. Turn off the oven and remove the lid from the pan. Leave the loaf in the turned-off oven for another 15 minutes, then remove from the oven and turn out of the pan onto a cooling rack.
8. Cool completely before slicing thinly and serving with butter or your favorite savory toppings. Pickled

herring and smoked salmon are traditional, but cheese (anything from salty aged to soft mild) certainly wouldn't be amiss, either. Store leftover bread tightly wrapped at room temperature for several days. Freeze for longer storage.



Rúgbrauð Icelandic Rye Bread

mountaincravings.com

👤 1 Servings ⌚ PREP: 10 mins ⌚ COOK: 8 hrs

🍞 Bread

Rúgbrauð is a traditional Icelandic dark rye bread, sweet and hearty with a rich history but impossibly simple to make.

Ingredients

2 1/3 cups dark rye flour

1 1/2 t kosher salt

1 cup whole wheat flour

1 1/2 cups buttermilk (whole not reduced fat)

3 t baking powder

3/4 cup golden syrup

1/2 t baking soda

Directions

1. Preheat oven to 200°F/93°C.
2. Combine dry ingredients thoroughly.
3. Slowly add buttermilk and syrup. Dough will be very wet and sticky; stir only until combined.
4. Pour dough in a greased loaf pan and cover tightly with aluminum foil.
5. Bake at 200°F/93°C for 8 hours.
6. Turn the warm loaf onto a kitchen towel and wrap until cooled, so a hard crust doesn't form.
7. Slice thinly and serve with lots of butter.

Nutrition Info

157 calories



Spinach Artichoke Dip California Pizza Kitchen

SPINACH ARTICHOKE DIP

Makes 8 to 10 servings

A vast majority of CPK employees list this dip as their own and their customers' favorite appetizer. If you like, try serving it with wedges of our fresh-baked focaccia (page 90) in place of the tortilla chips.

$\frac{1}{4}$ CUP OLIVE OIL

2 TABLESPOONS UNSALTED BUTTER

$\frac{1}{2}$ CUP DICED WHITE OR YELLOW ONION,

CUT INTO $\frac{1}{8}$ -INCH DICE

$1\frac{1}{2}$ TABLESPOONS MINCED GARLIC

$\frac{1}{2}$ CUP ALL-PURPOSE FLOUR

$1\frac{1}{2}$ CUPS CHICKEN STOCK

(PREFERABLY HOMEMADE)

$1\frac{1}{2}$ CUPS HEAVY CREAM

$\frac{1}{4}$ CUP FRESHLY GRATED PARMESAN
CHEESE

2 TABLESPOONS DEHYDRATED CHICKEN
STOCK BASE OR CRUMBLED BOUILLON
CUBES

$1\frac{1}{2}$ TABLESPOONS FRESHLY SQUEEZED

LEMON JUICE

1 TEASPOON SUGAR

$\frac{1}{4}$ CUP SOUR CREAM

12 OUNCES FROZEN SPINACH, DEFROSTED,
DRAINED, WRUNG OUT BY HAND, AND
COARSELY CHOPPED

6 OUNCES CANNED ARTICHOKE BOTTOMS,
DRAINED AND CUT INTO $\frac{1}{8}$ -INCH SLICES

1 CUP FINELY SHREDDED MONTEREY
JACK CHEESE

$\frac{3}{4}$ TEASPOON TABASCO SAUCE

BLUE AND WHITE CORN TORTILLA CHIPS

1 In a large saucepan, warm the olive oil and butter together over medium heat. When the butter has melted, add the onion and cook, stirring occasionally, until wilted, 3 to 4 minutes. Stir in the garlic and cook 2 to 3 minutes longer, stirring frequently and stopping before the onion and garlic brown.

2 Sprinkle the flour and continue cooking, stirring continuously, until the mixture turns a golden-blond color, 10 to 15 minutes. Then, whisking continuously, slowly pour in the stock until it is smoothly incorporated. When the mixture begins to simmer, stir in the cream. Let it return to the simmer. Remove from the heat, add the Parmesan, chicken base or bouillon cubes, lemon juice, and sugar, and stir until thoroughly blended.

3 Add the sour cream, spinach, artichoke bottoms, Monterey Jack cheese, and Tabasco sauce, and stir until the ingredients are thoroughly combined and the cheese has melted. Transfer to a warmed serving bowl and serve immediately, accompanied by blue and white corn tortilla chips.

Postluck Party Tip

Heather Bonestell, a server at the Palm Springs CPK, always gets a laugh and an order for the Spinach Artichoke Dip when she tells her customers: "If I'm going to a party and have to bring an appetizer, I just bring this dip. I put it in my own serving dish, and I tell people that I made it. Well, I *did* heat it up!"

Seafood Paella

Serves 2

Ingredients

4 whole shrimp

(Using extra shrimp instead) 120g squid, cut in thin rings

120g of rice, preferably use the bomba variety, if not substitute it for any risotto rice

1 slice of lemon rind

1 clove of garlic

half a teaspoon saffron powder

80g chopped white onion

80g chopped red peppers

80ml fresh tomato puree

$\frac{3}{4}$ glass of dry white wine

500ml fish broth

1 tsp salt

30ml extra virgin olive oil

Turn the paella pan onto a low/medium heat level.

Generously drizzle most of the olive oil into the pan saving a quarter for later.

Add the whole garlic clove and the lemon rind until they both turn a golden color, remove both ingredients from the pan setting the garlic clove to one side for later.

Sear all of the shrimp for 30 seconds on each side.

Using the back of a wooden spoon, press down firmly on the heads of the shrimps until all of the liquid (corral) is released, allow this to caramelize in the pan, 30 seconds.

Remove all of the shrimp and place them onto a plate.

Add a little more olive oil into the pan and cook the squid rings for a total of 30 seconds all over, continue by removing the squid and any juice left in the pan placing them on the same plate as the shrimp.

To begin the sofrito add a little more olive oil into the pan, place in the chopped onions and fry them until golden, at the same time finely mince the garlic clove to add it to the onions.

Once the onions and garlic have reached the desired caramelization, set them aside in a corner of the pan.

Place the red peppers into the centre of the pan, add a drizzle of olive oil and cook them until they reach a charred colour, 8 to 10 minutes cooking time.

At this stage mix all of the vegetables together in the pan and continue cooking them until they are dark in colour, constantly move your ingredients around to evenly distribute the heat.

Deglaze the pan using the white wine, when the alcohol has evaporated add in the tomato puree and allow the mixture to reduce until it reaches a jam like texture.

In order to bloom your spices make a small well in the centre of the mixture, add in a tbsp of olive oil and place the saffron powder into it, the spices will begin to bubble, when they have reached bubbling point in the centre incorporate them well into the sauce.

At this stage add in all of the rice ensuring it is fully mixed into the sofrito, cook in the sauce for a further 2 minutes.

Place the entirety of the fish broth into the pan, mix well and slowly so as not to lose any from the sides, take the temperature up to a medium heat. Season to taste.

Begin stirring the mixture by making small circular motions across the circumference of the pan, bringing it into the centre and picking up any bits that are stuck to the bottom. After four minutes of constant stirring the mixture will become thick and gelatinous in texture, this indicates that the starch has been successfully extracted, if the mixture has not reached this thickness continue stirring it for another two minutes.

Remove the spoon, using the handles, keep the pan firmly on the stove top and shake it slowly, do this for 60 seconds until the mixture is evenly spread out across the pan.

In order to achieve the crispy layer of rice "socarrat" leave the pan on the stove on a medium heat level, the smoke released from the centre of the pan will indicate that the rice is caramelizing properly, when the smoke begins to smell like burnt toast -approx. 2 minutes- and then turn the power off.

Place the seafood very delicately on top of the rice, do not press any of the ingredients into the rice or mix the rice anymore, add the remaining juice saved from the squid.

Cook the paella in the oven at 200 degrees celsius or 395 degrees Fahrenheit for 15 minutes.

Drizzle olive oil and serve.