WPL Cookbook Club

Comfort Foods

Thank you to everyone who shared their favorite dessert recipes this month!
Below are the recipes we discussed. Enjoy!

Next Club Date:

March 18, 12 PM

Soup Recipes

Susan's Chocolate Fettuccini with Peas, Prosciutto, and Mascarpone Cream

From Giada De Laurentiis

Chocolate Fettuccine with Peas and Pancetta

Recipe courtesy of Giada De Laurentiis

Show: Giada at Home **Episode:** Black and White

Level: Intermediate
Total: 1 hr 20 min
(includes chilling time)
Active: 50 min
Yield: 4 to 6 servings

Ingredients:

Chocolate Pasta Dough:

- 2 cups cake flour
- 3/4 cup all-purpose flour, plus more for dusting
- 1/4 cup unsweetened cocoa powder, plus more for dusting
- 1/8 teaspoon kosher salt
- 4 large egg yolks, at room temperature
- 1/4 cup extra-virgin olive oil

Chocolate Fettuccine with Peas:

- 1/2 cup (4 ounces) mascarpone, at room temperature
- 1/4 cup freshly grated Parmesan
- 1/2 teaspoon pure vanilla extract
- Salt
- 1 teaspoon vegetable oil
- 8 ounces pancetta, finely diced
- 3 tablespoons unsalted butter, at room temperature
- 2 tablespoons fresh sage leaves (about 10 leaves)
- 1/2 cup frozen petite peas, thawed
- One 2-ounce block bittersweet chocolate

Directions:

1 For the chocolate pasta dough: Place the cake flour, all-purpose flour, cocoa powder, salt and egg yolks in a food processor. Pulse to combine. With the machine running, gradually add the oil, and then 1/3 to 1/2 cup water until the mixture forms a dough (the dough should stick together if pinched between your fingers). If necessary, add additional water, 1 teaspoon at a time, if the dough is too dry.

2 Place the dough on a lightly floured surface. Gather the dough into a ball and knead until smooth, about 5 minutes. Cover with plastic wrap and refrigerate for 30 minutes.

3 Cut the dough into quarters and press flat. Run each piece of pasta dough several times through a pasta-rolling machine, adjusting the setting each time until the pasta is about 1/8 to 1/16 inch thick. Cut the pasta into fettuccine noodles. Coat the cut pasta with cocoa powder to prevent sticking.

4 For the chocolate fettuccine with peas: In a small bowl, combine the mascarpone, Parmesan and vanilla and set aside.

5 Bring a large pot of salted water to a boil over high heat. Add the vegetable oil.

6 Place a large nonstick skillet over medium-high heat. Add the pancetta to the skillet and cook, stirring frequently, until golden and crisp, 6 to 8 minutes. Using a slotted spoon, remove the pancetta and drain on a paper-towel-lined plate. Add the butter and stir over medium heat until melted. Reduce the heat and simmer until frothy. Continue to cook until the butter has a nutty aroma and turns a caramel color, about 3 minutes. Add the sage leaves and cook until they are browned and toasted, about 2 minutes. Remove the fried sage to a paper-towel-lined plate. Keep the pan over low heat, stir in the peas and cook until they are warmed through, 2 to 3 minutes.

7 Meanwhile, add the pasta to the boiling water and cook until tender but firm to the bite, stirring occasionally, 2 to 3 minutes. Drain the pasta. Add the pasta, pancetta and most of the sage leaves to the skillet and toss gently to coat with the browned butter and peas.

8 To serve, add a dollop of the mascarpone mixture. Gently run a vegetable peeler over the chocolate to create chocolate curls. Sprinkle the curls over the pasta along with a few fried sage leaves.

Susan and Amy's Ground Beef Chili with Chocolate and Peanut Butter

From New York Times. This is the first time we had two participants make the same recipe!

T Cooking

Ground Beef Chili With Chocolate and Peanut Butter

By Aaron Hutcherson

YIELD 4 to 6 servings

TIME 1 hour

Making use of a well-stocked pantry, this weeknight chili takes inspiration from the flavor profile of mole negro, an Oaxacan sauce made with chiles and chocolate that traditionally takes a full day to make, but results in a pot full of depth and nuance in less than an hour. It relies upon ground beef or turkey, and uses canned chiles in adobo, paprika and ancho chili powder for heat, plus a mix of warm spices, chocolate in two forms, and a little bit of peanut butter to round it out. In essence, this recipe is another variation of the combination of sweet and heat.

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 medium yellow onion, diced (about 8 ounces)
- 2 teaspoons kosher salt, plus more as needed
- 3 canned chiles in adobo, finely chopped
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoons smoked paprika
- 2 teaspoons ancho chile powder
- 1 ½ teaspoons dried oregano, preferably Mexican
- 1 ½ teaspoons ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- 2 pounds ground beef or ground dark turkey
- 1 (15-ounce) can petite diced tomatoes

PREPARATION

Step 1

Heat oil in a large pot or Dutch oven over medium. Add onion and salt and cook, stirring occasionally, until onion starts to soften and become translucent, about 5 minutes.

Step 2

Add chiles, cocoa powder and spices, and cook, stirring frequently, until fragrant, 1 to 2 minutes.

Step 3

Add ground meat and cook, breaking apart with a wooden spoon and stirring occasionally, until cooked through, 5 to 7 minutes.

Step 4

Add tomatoes and their juices, beer and stock to the pot and bring to a boil over high heat. Reduce the temperature to a simmer, and cook for 15 to 20 minutes until the flavors meld a bit.

Step 5

Reduce heat to low (if not already there), then stir in the beans, chocolate and peanut butter until beans are warmed through and chocolate has melted, about 5 minutes. Season to taste with salt and serve with tortilla chips, cheese, avocado or whatever toppings you

1 cup stout beer

1 cup unsalted or low-sodium beef stock or chicken stock

2 (15-ounce) cans pinto beans, rinsed

4 ounces good dark chocolate, chopped

2 tablespoons smooth peanut butter

Any combination of tortilla chips, shredded cheese and diced avocado, for garnish (optional)

desire.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

Karen B.'s Short Rib Tacos

From Taste of Home

Ingredients

- 2 tablespoons canola oil
- 6 bone-in beef short ribs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 medium carrots, finely chopped
- 1 small yellow onion, finely chopped
- 2 tablespoons baking cocoa
- 1 can (15 ounces) tomato sauce
- 1 bottle (12 ounces) dark beer or beef broth
- Water, optional
- 12 corn tortillas (6 inches), warmed
- 3/4 cup pico de gallo
- 3/4 cup queso fresco or crumbled feta cheese

Directions

- **1.** Preheat oven to 325°. In an ovenproof Dutch oven, heat oil over medium-high heat. Sprinkle beef with salt pepper; brown in batches. Remove with tongs.
- **2.** Reduce heat to medium. Add carrots and onion to drippings; cook, stirring frequently, until starting to brown minutes. Add cocoa; toast, stirring frequently, until aromatic, 1-2 minutes. Add tomato sauce and beer, stirring loosen browned bits from pan. Bring to a boil; simmer 2-3 minutes.
- **3.** Return ribs to pan; add water, if necessary, to cover. Bake, covered, until meat is tender, 2-1/2 to 3 hours. move from oven; drain, reserving juices. When cool enough to handle, remove ribs from pan and remove mea bones; discard bones. Shred meat with 2 forks. Skim fat from reserved juices. Return meat and juices to Dutc heat through. Serve on tortillas with pico de gallo and queso fresco.

Karen T.’s Caribbean Pot Roast

From Taste of Home

- 2 medium sweet potatoes, cubed
- 2 large carrots, sliced
- 1/4 cup chopped celery
- 1 boneless beef chuck roast (2-1/2 pounds)
- 1 tablespoon canola oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon brown sugar
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- 3/4 teaspoon ground coriander
- 3/4 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/8 teaspoon ground cinnamon
- 3/4 teaspoon grated orange zest
- 3/4 teaspoon baking cocoa
- 1 can (15 ounces) tomato sauce

Directions

- **1.** Place potatoes, carrots and celery in a 5-qt. slow cooker. In a large skillet, brown meat in oil on all sides. T meat to slow cooker.
- **2.** In the same skillet, saute onion in drippings until tender. Add garlic; cook 1 minute longer. Combine the flou ar, brown sugar, seasonings, orange zest and cocoa. Stir in tomato sauce; add to skillet and heat through. Po beef.
- **3.** Cover and cook on low until beef and vegetables are tender, 6-8 hours.

Lyn’s Chili Chocolate Covered Potato Chips

From My Food Story

Chilli Chocolate Covered Potato Chips

Chilli Chocolate Covered Chips - This sweet, salty snack is super addictive, and sure to be a crowd pleaser!

Course: Snacks & Appetizers Cuisine: American
Keyword: chilli chocolate, Chocolate, chocolate potato chips, potato chips Prep Time: 2 minutes
Cook Time: 2 minutes Total Time: 4 minutes Servings: 4 portions Calories: 466kcal
Author: Richa

Ingredients

- 100 g Chocolate (Milk/Dark)
- 250 grams Salted Potato Chips
- Chilli Flakes for sprinkling

Instructions

1. Chop the chocolate up in a microwave safe bowl. Microwave on full power for 1 minute. Pause at 30 secs and whisk lightly using a fork and repeat after 30 secs. The chocolate should have melted after 1 minute. If not, microwave for another 15-20 secs, making sure not to burn, just melt.
2. Use thick potato chips like Lays because the thin ones tend to get soggy.
3. Dip each chip about half way through in the melted chocolate.
4. Place them on a tray lined with parchment or butter paper. Sprinkle the chocolate covered part with chili flakes.
5. Place them in the refrigerator for 15 minutes till they are completely dry and the chocolate has hardened. Devour.

Nutrition

Calories: 466kcal | Carbohydrates: 47g | Protein: 5g | Fat: 31g | Saturated Fat: 8g | Sodium: 304mg | Potassium: 1099mg | Fiber: 4g | Sugar: 13g | Vitamin C: 12mg | Calcium: 21mg | Iron: 2mg

Lyn’s Salted Chocolate– Roasted Cashews

From Savory Simple

Salted Chocolate-Covered Roasted Cashews

These Salted Chocolate-Covered Roasted Cashews have only 3 ingredients and are a simple, delicious party snack!

Cook Time	Total Time
15 mins	15 mins

Course: Dessert, Snack Cuisine: American Keyword: roasted cashews Servings: 8 servings
Calories: 331kcal Author: Jennifer Farley

Ingredients

- 2 cups unsalted cashews, raw or roasted
- 8 ounces bittersweet chocolate, chopped
- 1 teaspoon smoked or regular sea salt (I used Maldon Smoked Sea Salt)

Instructions

1. If using raw cashews, preheat the oven to 350 degrees F. If using pre-roasted cashews you can skip this step. Spread the cashews in a single layer on a foil-covered baking sheet and roast until well toasted, approximately 5-7 minutes. Shake the baking sheet periodically for even roasting and keep an eye on them to make sure they don't burn. Allow them to cool.
2. In a double boiler, melt the bittersweet chocolate, stirring until smooth. Remove the chocolate from the double boiler and stir the cashews directly into the chocolate until well covered. You can also drizzle the chocolate over the nuts on the baking sheet for less coverage.
3. Spread the chocolate covered cashews evenly across the baking sheet (make sure it's still covered in foil for easy clean-up). Spread them out if possible.
4. Sprinkle the sea salt evenly over the nuts. Place them in the refrigerator until the chocolate hardens back up. Break up the nuts into small clusters.

Notes

I recommend starting with raw cashews for best results.

Nutrition

Calories: 331kcal | Carbohydrates: 25g | Protein: 8g | Fat: 23g | Saturated Fat: 10g | Sodium: 34mg | Potassium: 392mg | Fiber: 2g | Sugar: 11g | Vitamin C: 0.3mg | Calcium: 98mg | Iron: 2.5mg

Robin’s Slow Cooker Black Bean Chili

From Kitchn

INGREDIENTS

2 tablespoons olive oil
1 large onion, diced
1 medium red bell pepper, cored, seeded, and diced
3 cloves garlic, minced
2 tablespoons unsweetened natural cocoa powder
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon cayenne pepper
1 pound dried black beans
1 (28-ounce) can diced fire-roasted tomatoes
5 cups (40 ounces) low-sodium vegetable broth
Green onions, green parts only, thinly sliced
Chopped fresh cilantro

INSTRUCTIONS

Heat the oil in a large skillet over medium heat until shimmering. Add the onion and bell pepper and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic, cocoa powder, chili powder, cumin, salt, pepper, and cayenne. Stir until combined and cook for 2 minutes. Transfer to a 6-quart or larger slow cooker.

Robin’s Spicy Chocolate Bean Dip

From Savory Spin

Ingredients

2 tablespoons olive oil

1 medium onion chopped

1 1/2 cups vegetable broth

1 tablespoon tomato paste

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon paprika

1 teaspoon chili powder

1 teaspoon red pepper flakes, can be omitted it you don't like it too spicy

1 teaspoon salt, adjust to your taste

1 1/2 cups black beans, canned or soaked and cooked

1 ounce dark chocolate, 100% cacao

1 teaspoon honey

Robin’s Spicy Chocolate Bean Dip

From Savory Spin

Ingredients

2 tablespoons olive oil

1 medium onion chopped

1 1/2 cups vegetable broth

1 tablespoon tomato paste

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon paprika

1 teaspoon chili powder

1 teaspoon red pepper flakes, can be omitted it you don't like it too spicy

1 teaspoon salt, adjust to your taste

1 1/2 cups black beans, canned or soaked and cooked

1 ounce dark chocolate, 100% cacao

1 teaspoon honey

1 cup diced tomatoes

2 tablespoons fresh lime juice

To garnish - Sambol olek, cheese, chives or any of your preferences.

Instructions

Add the onions into a pan with the olive oil and let cook for about 15 minutes, stirring frequently

Pour in the vegetable broth and bring to a slow simmer (about 2 minutes)

Add in the tomato paste and spices and salt and stir till well incorporated

Add the black beans, dark chocolate, honey, lime juice and tomatoes and let cook for about 10 minutes - or till excess liquid is absorbed

Top with sambol olek, cheese and chives and enjoy

Any leftovers can be thinned down with water and enjoyed as a soup!

Amy's Extra Links

Guy's Ranch Kitchen Chocolate Lover's Supper (Includes the white chocolate whipped potatoes we discussed!)

https://www.foodnetwork.com/shows/guys-ranch-kitchen/episodes/chocolate-lovers-supper

Free Downloadable Vintage Cookbooks

https://www.southernliving.com/news/vintage-cookbook-download-nicole-di-bona-peterson-advertising-cookbook-collection?did=600650-20210122&utm_campaign=sl-whats-cooking_newsletter&utm_source=southernliving.com&utm_medium=email&utm_content=012221&cid=600650&mid=49368016510