



**D\*mn that's good**

Favorite recipes of the Estipona Group | 2017



Welcome to the holiday cookbook you didn't even know you needed. Or wanted, for that matter. At the Estipona Group, one of the ways we bond as a team is over food – whether it's during our weekly team meeting catered by Divine Plate, or simply playing our daily guessing game called, "What's in Nicole Dion's Tupperware?" Which made us think: Let's bring our appreciation for food to you, our friends.

So from our tables to yours, here are some of our favorite recipes to enjoy during the holidays or anytime. All we ask is that you enjoy. Oh, and if you want to spread the food love, find the entire (shareable) digital cookbook at [EstiponaGroup.com/nomnomnom](http://EstiponaGroup.com/nomnomnom).

(That's three "nom"s: nomnomnom. Got it? Good.)

Happy holidays from the Estipona Group!

Thinking of trying out one of our recipes? Take a pic and tag #EstiponaNomNomNom

Go ahead: It's the gift that keeps on giving!



**ESTI  
PONA  
GROUP**

# TERRI'S ARTICHOKE HEART DIP

I love artichokes and just about any food with artichoke in it as an ingredient.

I have been making this dip for at least 19 years. I know this because the original recipe is written on a thank you note card from my wedding stationery.

This is a family favorite, so chances are if you come to one of my parties, this dip will be served.

Terri Ogden



## Ingredients:

- 1 jar/can marinated artichoke hearts (12 oz or 14½ oz)
- ½ cup light mayo OR plain yogurt (I prefer using an olive oil mayo)
- ⅓ teaspoon garlic powder OR 1 tablespoon Garlic Festival Garli Ghetto Cheesy Garlic Sprinkle
- Paprika (season to taste)
- 1 package Neufchâtel cheese or cream cheese – softened
- ¼ to ½ teaspoon dill weed (depending on how much you like dill)
- ½ cup grated parmesan & romano blend cheese
- ½ cup shredded/shaved parmesan cheese + extra for topping
- 1 quart baking dish OR 1 sourdough bread boule hollowed out to make a bowl

## Directions:

- Preheat oven to 350 degrees.
- Drain oil from artichoke hearts and chop.
- Add artichokes to mixing bowl with neufchâtel cheese, mayo and parmesan cheeses and mix.
- Stir in garlic and dill weed.
- Transfer to baking dish or bread bowl. (If using baking dish, I usually spray with olive oil to prevent sticking.)
- Sprinkle with paprika to liking and top with extra parmesan.
- Bake uncovered for 30 minutes or until bubbly.
- Serve warm with sourdough bread, crackers, veggies or whatever you like to use as a vehicle for your dip.

# Mikalee's Naughty Elf Jello Shots

Mikalee Byerman

## Naughty or Nice? You're Covered.

I adore cuddling by a warm fire with my Jello shots. LOL JK, but this is a fun holiday party treat – or just a yummy way to make dealing with extended family during gatherings a little more fun! I absolutely hated Jello as a child (texture issues – I mean, it *jiggles*), but adding champagne and vodka somehow helped me face that fear.

### Ingredients:

- 3 cups champagne
- ½ cup simple syrup (DIY if you don't have it – only takes sugar and water!)
- ½ cup vodka
- 4 packages unflavored powdered gelatin

### Directions:

1. Line a 9x13 baking dish with plastic wrap.
2. In a mixing bowl combine simple syrup and vodka; sprinkle gelatin slowly on top of the mixture, using a fork to mix for about a minute or until the consistency is like a soft gel.
3. In a sauce pan bring champagne to a low boil. Remove from heat, and add it to the gelatin mixture. Set aside and let cool.
4. Pour gelatin mixture into the pan, and chill for 4 hours, or overnight. Cut into squares, sprinkle with sparkling sugar, garnish with a raspberry (now it's health food!) and serve.

### Nice Elf Jello Shots

1. Open Jello box. Make according to directions. Serve.



# Ed's Famous Egg Rolls



## Egg Rolls (aka Lumpia in Filipino)

Egg rolls are a mainstay of Filipino celebrations, especially during the holidays. When we first started the company, we gave our clients fresh, hot egg rolls as holiday gifts — it was an instant hit. As our business grew, making egg rolls for dozens of valued clients became unwieldy, so we evolved our tradition. Sharing this family recipe is the next best thing to cooking for all of you.

Serves 6 people

### Ingredients:

- 1 lb ground pork
- 16 oz can of water chestnuts
- 5 green onions
- 4 carrots
- 8 cloves of garlic
- 11 oz spring roll shells (8" size found at your local Asian store)
- 1 egg (white only)
- sweet chili sauce

### Seasoning:

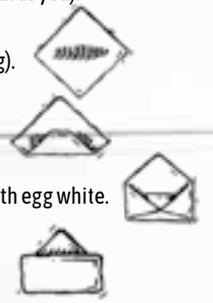
- 6 tablespoons black pepper
- 3 tablespoons salt
- 4 tablespoons garlic powder

### Preparation:

1. Shred water chestnuts and carrots in a food processor.
2. Dice green onions (greens only).
3. Mince garlic cloves.
4. Mix well all the ingredients and seasonings in a medium bowl.
5. In a small bowl, place egg white only.

### Wrapping Instructions:

1. Cut spring roll shells into equal quadrants.
2. Peel one wrapper and place flat on a plate (make sure one corner is pointed towards you).
3. Place filling diagonally on the wrapper (approximately 2 tablespoons of filling).
4. Fold bottom corner over filling; roll snugly half-way to cover the filling.
5. Fold in both sides snugly against the filling; moisten edges of the last flap with egg white.
6. Roll up wrap and seal top corner; lay flap-side down until ready to cook.



### Cooking Instructions:

1. Heat vegetable oil in a deep fryer or deep pan. Wait for oil to reach 350 degrees.
2. Carefully place egg rolls in the fryer and make sure it evenly cooks to a golden brown color (usually when cooked, the egg rolls will float above the surface of the oil).
3. Let cool for 5 minutes.
4. Dip into sweet chili sauce and enjoy.

# Raj's

## Gujarati Indian-Style Egg Curry

Eggs are a useful source of protein, iodine and essential vitamins and are almost indispensable to the cook.

This egg curry recipe is quick, simple, nutritious and a delight to taste buds. Great for breakfast, lunch or dinner!

Rajesh Bhimani

### Dive In to an Authentic Indian Favorite.

#### Ingredients:

- 4 hard-boiled eggs (See Note 1)
- 2 tablespoons coconut oil
- 1 teaspoon mustard seeds
- 1 small stick of cinnamon
- 3 pods cardamom
- 5 peppercorns (lightly smashed)
- 2-3 chilies (green, slit lengthwise)
- 1 teaspoon finely chopped ginger
- 7 cloves garlic (smashed and roughly chopped)
- 2 onions (large, finely chopped)
- 3 tomatoes (large, finely chopped)
- ½ teaspoon turmeric powder
- 1 teaspoon coriander powder
- ½ teaspoon red chili powder
- ¼ cup tamarind water (See Note 2)
- Salt to taste

#### Directions:

1. In a large pan, heat coconut oil and add mustard seeds, cinnamon, cardamom, peppercorns and green chilies. Once everything starts spluttering, add ginger, garlic and onions.
2. Cook till the onions turn soft and translucent and add tomatoes, turmeric powder, coriander powder, chili powder and salt. Let the tomatoes cook till they are pulpy, and then add tamarind water.
3. Stir and bring this to a boil. Simmer till the gravy reduces slightly and becomes thicker. This will take about 5 minutes. At this point, add some water as needed to adjust the consistency.
4. Adjust seasoning, add curry leaves. Stir a few times, without letting it come to a boil and switch off the flame. Drop the eggs in the curry, and cover and let it sit for 5 minutes before serving.

#### NOTES

**Note 1:** To hard boil eggs perfectly, add eggs to a pot and fill it with water till it covers the eggs. Bring to a boil and switch off the flame. Cover and let sit for 12 minutes. Transfer to a vessel and place in cold water.

**Note 2:** To make tamarind water, add a small, bite-sized ball of tamarind to warm water and let it sit for 10 minutes. Mash with your hands and use the paste/water in the curry.

# Paige's

Roasted

Butternut  
Squash  
Soup



Paige Galeoto

**Soup is the perfect food group in any season. This is an ideal fall/winter soup, taking advantage of locally grown ingredients and getting the kitchen nice and toasty when it's chilly outside. If you want a "skinny" version of this recipe, substitute... screw that, use butter, use cream, live a little!**

#### **Ingredients:**

- 6 tablespoons chopped onion
- 3 tablespoons olive oil (divided)
- 2 tablespoons butter
- 6 cups peeled and cubed butternut squash
- 3 cups vegetable broth
- ½ teaspoon ground cayenne pepper (or smoked cayenne)
- ½ teaspoon dried marjoram
- ¼ teaspoon ground black pepper
- More cayenne pepper to taste (optional)
- 2 tablespoons cream cheese
- ¼ cup cream
- Croutons, feta for garnish

#### **Directions:**

1. Preheat oven to 400 degrees.
2. In a saucepan, sauté onions in butter and olive oil until tender.
3. Coat squash in one tablespoon olive oil, spread on baking sheet and sprinkle with cayenne. Cook until tender (20-30 min).
4. Place squash, onions, broth, remaining spices, cream cheese and cream in a food processor or use immersion blender.
5. Return to saucepan and heat through. Do not allow to boil.
6. Serve with homemade croutons and a sprinkle of feta.

# Brian's Roasted Sweet Potato Salad with Warm Chutney Dressing

Brian Raszka

## Salad:

- 4 medium-sized sweet potatoes, peeled and cut into 1-inch pieces
- 5 tablespoons olive oil
- 1 tablespoon finely chopped fresh rosemary
- 1 teaspoon salt, plus more as needed
- 1 teaspoon freshly ground black pepper, plus more as needed
- ½ teaspoon ground cumin
- ½ teaspoon ground ginger
- 1 cup raw green pumpkin seeds (also known as pepitas)
- 1 cup dried cranberries
- 1 cup chopped scallions (green and white)
- 1 cup julienned roasted red pepper

Make it.  
Eat it.  
Repeat  
as necessary.

## Dressing:

- 6 tablespoons balsamic vinegar
- ⅓ cup mango chutney or a jelly/jam of your choice
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 garlic cloves, minced
- ¼ cup olive oil

## Directions:

Make the salad: Preheat oven to 425 degrees.

In a roasting pan, combine the potatoes, 3 tablespoons of the olive oil, rosemary, salt, pepper, cumin and ginger. Stir to combine and bake until the potatoes are fork-tender and golden brown, about 25 to 30 minutes.

Meanwhile, heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat. Add the pumpkin seeds and cook, stirring, until toasted. Transfer the seeds to a plate and season with salt and pepper.

In a small bowl, combine the cranberries, scallions, and red pepper and set aside.

Make the dressing: Prepare the dressing by combining all the ingredients (except for the olive oil) in a small saucepan and heat. Remove from heat and whisk in the olive oil.

Assemble salad by gently tossing the roasted potatoes with the red pepper mixture. Add enough of the dressing to coat, and garnish with toasted pumpkin seeds. Serve with extra dressing on the side.





# Bruce's Sugar Plums

*Like fine wine, these treats get better as they age. The longer they stay in the fridge, the more the flavors develop. Make big batches just before Thanksgiving and serve them right through your New Year's Eve parties.*

#### Ingredients:

- ¼ cup honey
- 2 teaspoons grated orange peel
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground allspice
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 1 (6-oz) pkg. chopped walnuts
- 1 (5-oz.) pkg. dried cherries
- 1 cup pitted dates
- Unsweetened cocoa or raw sugar

#### Directions:

1. In medium bowl, stir together honey, orange peel, cinnamon, allspice, nutmeg and ginger.
  2. Place walnuts in food processor; pulse until finely chopped; add to honey mixture.
  3. Pulse cherries in food processor until finely chopped, add to honey mixture.
  4. Repeat with dates. (Nuts and fruit also can be chopped by hand.)
  5. Roll mixture into 1-inch balls. (Spray hands with nonstick cooking spray to make rolling easier.)
  6. Roll in cocoa or sugar. Place in container, separating layers with parchment paper. (Store in refrigerator.)
- Makes 36 sugar plums

# Jackie Shelton's



## CHICKEN POT PIE



They'll think  
you made it!  
(Cuz you did)

### Ingredients:

- 1 pound skinless, boneless chicken breast halves – cubed (If you get grossed out from cutting up raw meat, you can buy this already cubed. Sweet!)
- In a hurry? Just use half a bag of frozen veggies of your choice
- Not in a hurry? Use the fresh veggies you like, including:
  - 1 cup fresh sliced carrots
  - 1 cup green peas
  - ½ cup sliced celery
  - ½ cup green beans
  - ½ cup chopped bell peppers
  - ½ cup chopped onion, unless, like me, you hate onions. Then leave this part out. You can get the oniony taste with onion salt if you must. Ooh, or those frozen onion cubes work well, too!
- ¼ teaspoon lemon pepper
- 1 can cream of celery soup
- 2 (9-inch) unbaked pie crusts

*That moment when your computer (with recipe) is in one room and you're cooking in another, so instead of going back and forth, you just put stuff in the pan and see what happens. You present it to your family and everyone declares you the best chicken pot pie maker ever. So, you go with it.*

### Preparation:

1. Preheat oven to 425 degrees.
2. Put bottom pie crust in a pie pan so it naturally forms to the shape of the pan as it warms up to room temperature, while you're preparing everything else.
3. Cook the chicken in a frying pan with butter or olive oil. Season with lemon pepper.
4. If you're using fresh veggies, cook them in a separate pan until tender. If using frozen, you can just dump the bag in with the cooked chicken.
5. Once the chicken is cooked through, add the vegetables to the pan. Then add the can of celery soup. Mix up until everything is yumilicious.
6. Place the chicken mixture in the bottom pie crust. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
7. Bake in preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

**Tip:** Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

# NICOLE'S



# 3-INGREDIENT COOKIES

I saw this recipe on the Busy Girls Eat Clean Instagram during a time when I was changing up my diet. They are so easy to make and very satisfying. I like to make them for parties, potlucks, BBQs and such that I'm invited to. They are a big hit with adults and kids alike.

## Ingredients:

- 2 bananas
- 1 cup quick rolled oats
- $\frac{1}{8}$  cup dark chocolate chips

## Directions:

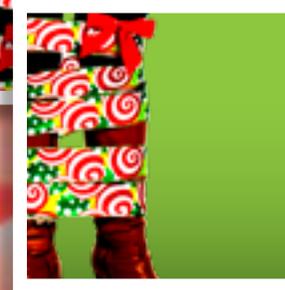
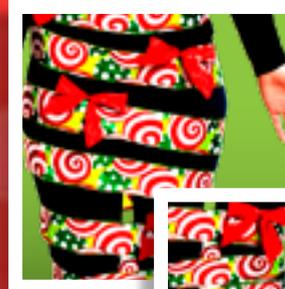
1. Use a fork to mash bananas, add oats and chips.
2. Mix, mix, mix. Drop spoonfuls on a baking sheet and bake at 350 degrees for 10 minutes.
3. Store in a container in the fridge.





# NICOLE'S BUTTONS & BOWS

Nicole Duxbury



## Ingredients:

2 cups Bisquick baking mix  
 $\frac{2}{3}$  cup cream (can also use half & half or any kind of milk)  
2 tablespoons sugar  
1 teaspoon nutmeg  
 $\frac{1}{8}$  teaspoon cinnamon  
1 egg, lightly beaten  
 $\frac{1}{4}$ - $\frac{1}{3}$  cup butter, melted  
 $\frac{1}{2}$  cup sugar

## Directions:

1. Preheat oven to 400 degrees. Mix dry ingredients, add cream and egg. Stir with a spoon (no mixer needed) until just combined.
2. Turn onto a floured board—dough will be sticky—add more Bisquick and knead a bit to mix in and get to less sticky consistency.
3. Roll out dough to  $\frac{1}{2}$  inch thick, cut with a floured donut cutter (or you can improvise by using a glass or round cookie cutter and a smaller one to cut out a center hole).
4. Remove center hole or “buttons” and place on cookie sheet; take remaining donut-shape and twist once to make a “bow” and place on cookie sheet.
5. Bake 10-12 minutes; bottoms will begin to lightly brown, and that's okay.
6. Remove from oven and dip tops in melted butter, then in sugar.
7. These are best eaten right away. ;)
8. Makes approximately 10 buttons and 10 bows.

Created by my great grandmother, this recipe has been a Christmas morning tradition for decades. My sisters and I look forward to these pastries every year, and they are one of my favorite parts of holiday feasting!

# NICKIE'S ROASTED VEGETABLE MONOLITH



Nickie Price

THEY'RE  
MONSTROUSLY  
TASTY!

#### Ingredients:

1 large eggplant, sliced ½-inch thick  
1 large red onion, sliced ¼-inch thick  
1 large zucchini and/or yellow squash  
sliced lengthwise ¼-inch  
1 potato, sliced ¼-inch thick  
8 Roma tomatoes  
1 cup ricotta  
4 cloves garlic, mashed  
1 fresh mozzarella ball, sliced ½-inch thick  
sea salt and pepper  
olive oil  
rosemary sprigs

This tower of roasted veggies is an homage to my mom, who was raised in a vegetarian family. As a kid, I remember there was always an abundance of vegetables at meals or various veggie stews accompanied by crusty bread and olive oil. This oven-based recipe takes a bit of time, but is truly worth the effort. Have fun and bon appétit!

#### Directions:

1. Preheat oven to 400 degrees.
2. Brush vegetable slices with olive oil, and season with sea salt and pepper. In batches, roast vegetables for 5-20 minutes (depending on the vegetable).
3. Mix garlic into ricotta.
4. Starting with the eggplant as the base of each tower, layer ricotta, onion, potato, zucchini, mozzarella, and end with the tomato. Place a skewer through the center of each tower down to the base to keep it in place (the skewer will stay in place while cooking).
5. Place each tower on its own foil square on a baking sheet and roast for 12-15 minutes, or until cheeses are melted.
6. Use the skewer and foil to transfer to plate, removing foil. Remove skewer and place a sprig of rosemary on top.

Yields 8

# Dani's Roasted Brussels Sprouts



Dani Rawson

## Brussels Sprouts You'll Crave. Honest!

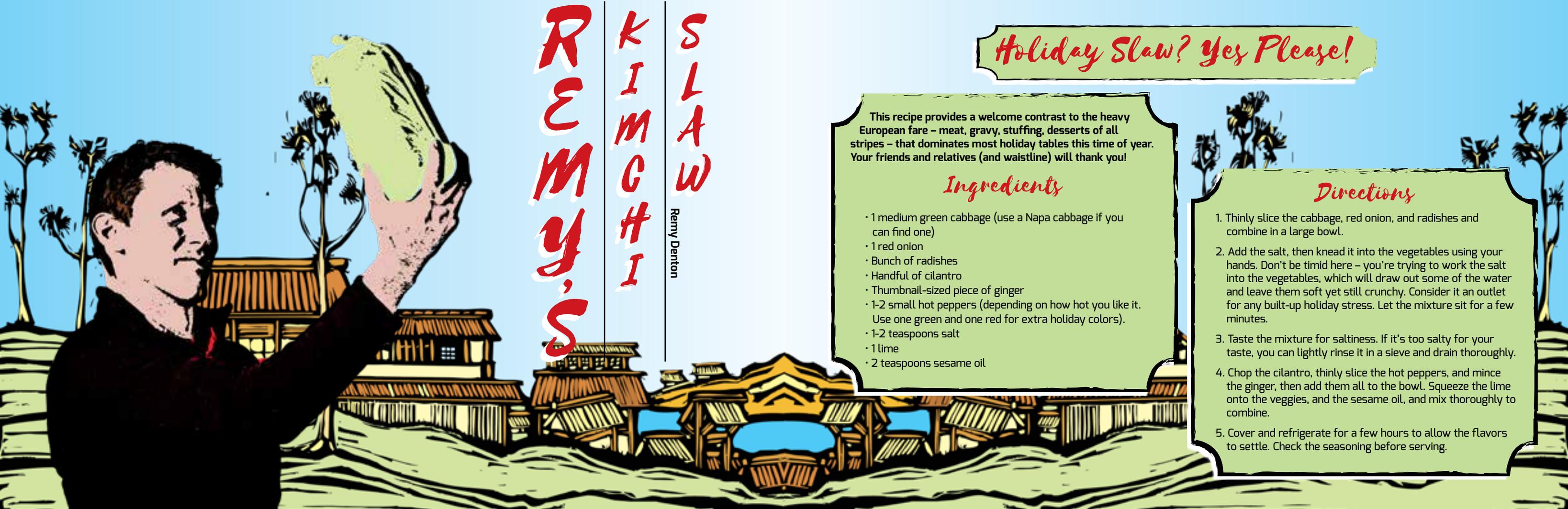
I love food, plain and simple. I'll eat (or at least try) anything. So, when my mom whipped up these bad boys for Thanksgiving a few years ago, I tried them, and I loved them. As she says, "you add a little garlic and butter (and cheese), and you can eat just about anything."

### Ingredients:

- 2 oz prosciutto, cut into small pieces (you can use bacon too!)
- 2-3 tablespoons melted butter
- 12 oz Brussels sprouts, ends trimmed and yellow leaves discarded
- ½ cup parmesan
- 2 cloves garlic
- Salt to taste
- 3 dashes ground black pepper

### Directions:

1. Preheat oven to 400 degrees.
2. Add a little bit of melted butter to a skillet, sauté the prosciutto until crispy.
3. Using the spatula, pushing prosciutto to one side of skillet, add remaining butter and sauté the garlic until aromatic and slightly browned.
4. Add Brussels sprouts and stir to combine.
5. Add salt and black pepper. If it's too dry, add another tablespoon melted butter.
6. Sprinkle parmesan on top and throw the skillet in the oven. Roast for 8-10 minutes.
7. Eat 'em up! (After they've cooled down a bit though. No mouth burns here.)



# REMY'S KIMCHI SLAW

Remy Denton

## Holiday Slaw? Yes Please!

This recipe provides a welcome contrast to the heavy European fare – meat, gravy, stuffing, desserts of all stripes – that dominates most holiday tables this time of year. Your friends and relatives (and waistline) will thank you!

### Ingredients

- 1 medium green cabbage (use a Napa cabbage if you can find one)
- 1 red onion
- Bunch of radishes
- Handful of cilantro
- Thumbnail-sized piece of ginger
- 1-2 small hot peppers (depending on how hot you like it. Use one green and one red for extra holiday colors).
- 1-2 teaspoons salt
- 1 lime
- 2 teaspoons sesame oil

### Directions

1. Thinly slice the cabbage, red onion, and radishes and combine in a large bowl.
2. Add the salt, then knead it into the vegetables using your hands. Don't be timid here – you're trying to work the salt into the vegetables, which will draw out some of the water and leave them soft yet still crunchy. Consider it an outlet for any built-up holiday stress. Let the mixture sit for a few minutes.
3. Taste the mixture for saltiness. If it's too salty for your taste, you can lightly rinse it in a sieve and drain thoroughly.
4. Chop the cilantro, thinly slice the hot peppers, and mince the ginger, then add them all to the bowl. Squeeze the lime onto the veggies, and the sesame oil, and mix thoroughly to combine.
5. Cover and refrigerate for a few hours to allow the flavors to settle. Check the seasoning before serving.

# Andy's

## CORN PUDDIN'

Andrew Johnson

### The Proof Is in the Puddin'.

My mom made this on rare, special occasions. When I got my very first real job and own place after college, her gift to me was a small recipe box of all my favorite dishes growing up. She had this filed under "vegetables," but clearly it should be under "desserts."

#### Ingredients:

3 tablespoons butter  
2 tablespoons sugar  
2 tablespoons flour  
1 teaspoon salt  
3 eggs  
2 cups corn (frozen, not fresh,  
preferred to retain the  
historical ambience)  
1½ cups milk



#### Directions:

Blend butter, sugar, flour and salt. Add the eggs, beating well. Stir in the corn and milk. Pour ingredients into a buttered casserole dish and bake 45 minutes at 350 degrees. Stir once halfway through cooking. When done, the pudding will be golden brown and a silver knife inserted will come out clean. Serves 4 to 6.



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