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### **Spaghetti Sauce**

1 lb. Hamburger  
2 14-oz. cans tomatoes  
2 6-oz. tomato paste  
1 Tbl. Instant onion  
2 bay leaves  
1 tsp. basil, dry  
1 tsp. garlic salt  
1 Tbl. Dried parsley flakes  
¼ tsp. oregano  
¼ tsp. pepper

Brown meat; drain. Add remaining ingredients; simmer 30 minutes at 225°.

### **Basic Tomato Sauce**

2 cups canned Italian-style plum tomatoes or 2 lbs. Fresh plum tomatoes  
¼ cup olive oil  
½ cup chopped onion  
½ cup chopped carrot  
½ cup chopped celery  
1 clove garlic, minced  
Salt to taste  
½ tsp. sugar (optional)

If using fresh tomatoes, peel, seed, and quarter them. Place in a covered pot and cook over medium heat for 10 minutes (not necessary for canned tomatoes). Heat oil in a saucepan and lightly brown onion, carrot, celery and garlic. Stir in tomatoes, salt to taste and sugar. Simmer gently for about 30 minutes or until thick. Puree in food processor or blender, return to pan, and reheat before serving or preserving.

### **Fresh Basil and Tomato Sauce**

1 to 1 ½ cups cleaned, washed, and chopped fresh basil leaves  
2 cups peeled, seeded, and chopped fresh or canned Italian-style plum tomatoes (drain canned variety)  
4 tsp. minced garlic  
½ cup olive oil  
Salt and freshly ground black pepper to taste

Combine basil, tomatoes, and garlic in a saucepan and cook in olive oil over medium heat for about 15 to 18 minutes. Add salt and pepper to taste. Remove from heat. Cook pasta according to directions; drain and pour into heated bowl. Toss with the sauce and serve immediately.

## **Basic White Sauce**

To Make:	<u>¾ cups</u>	<u>1 ½ cups</u>	<u>2 ¼ cups</u>	<u>3 ¾ cups</u>
Milk	1 cup	2 cups	3 cups	5 cups
Butter	2 Tbl.	4 Tbl.	6 Tbl.	10 Tbl.
Flour	2 Tbl.	4 Tbl.	6 Tbl.	10 Tbl.
Salt to taste				

Bring milk almost to a boil; set aside. Melt butter in a medium saucepan. When butter foams, stir in flour. Let mixture bubble gently over low heat 1 to 2 minutes, stirring constantly. Do not let mixture brown. Whisk in milk all at once. Whisk until smooth. Season with salt. Simmer 3 to 5 minutes, whisking constantly until sauce has a medium-thick consistency. Reduce or increase cooking time for a thinner or thicker sauce. If not using immediately, rub surface of sauce with ½ Tbl. Softened butter to prevent a skin from forming.

## **White Sauce**

2 Tbl. Butter  
2 Tbl. Flour  
1 tsp. salt  
¼ tsp. white pepper  
2 cups milk

Melt butter in saucepan over medium-high heat. Tilt pan and stir in flour and seasonings. Blend well. Add milk slowly and stir briskly with wooden spoon or wire whisk. Cook and stir continually over medium heat until boiling and thickened. Remove from heat and use as described in various recipes.

## **Pesto Sauce**

2 cups firmly packed fresh basil leaves, washed and drained  
¼ cup pine nuts  
3 cloves garlic, peeled  
¾ cup freshly grated Parmesan cheese  
½ cup olive oil

Place basil, pine nuts and garlic in blender or food processor and puree (or pound in mortar until pureed). Blend in cheese. Slowly add oil until well mixed.

NOTE: To keep sauce from darkening until serving time, pour a thin layer of olive oil over the top of the sauce and store in refrigerator for up to three days.

### **Butter Sauce**

½ cup sweet butter, melted  
1 cup freshly grated Parmesan cheese  
Salt and freshly ground black pepper to taste

Cook pasta according to directions;  
drain and transfer to heated serving bowl.  
Mix butter with the pasta. Add ½ the cheese and  
season with salt and pepper to taste.  
Serve immediately. Sprinkle remaining cheese  
on individual pasta.

### **Eggplant Sauce**

1 medium-sized eggplant (about 1 lb.), pared and cut  
into 1" cubes  
2 Tbl. Flour  
½ cup olive oil  
½ cup sliced onion  
2 cups fresh peeled and quartered plum tomatoes or 1  
1-lb. Can Italian-style plum tomatoes, quartered, and  
drained  
6 oz. tomato puree  
½ tsp. salt  
1 tsp. dried basil  
Freshly ground black pepper to taste  
¼ tsp. sugar  
Freshly grated Parmesan cheese

### **Mushroom Sauce**

¼ lb. Bacon or salt pork, diced  
½ lb. Fresh mushrooms, sliced  
¼ cup sliced green onions  
1 6-oz. can tomato paste  
1 cup water  
½ tsp. dried basil  
½ tsp. dried oregano  
½ tsp. sugar  
¼ tsp. salt  
Freshly ground pepper to taste

In a 4-qt. saucepan, cook diced bacon or pork over medium heat until  
browned, stirring frequently. Drain off excess fat. Add mushrooms  
and onion; cook until mushrooms are softened and lightly browned,  
stirring frequently. Reduce heat and stir in tomato paste, water,  
herbs, sugar, salt and pepper. Cover and simmer gently 10 minutes.  
Remove cover and continue to simmer over low heat until sauce  
thickens, about 30 minutes longer, stirring occasionally. Serve over  
cooked spaghetti or other noodles with Parmesan cheese.

Sprinkle eggplant cubes with flour and toss to coat well; set aside. In a 4-qt.  
saucepan heat oil and add prepared eggplant cubes. Brown lightly, stirring  
frequently. Remove to absorbent paper to drain. Place onion in pot, adding more oil  
if necessary, and cook until lightly browned. Stir in tomatoes, tomato puree, salt,  
basil, pepper and sugar. Boil gently, uncovered, for 20 minutes, stirring  
occasionally. Add eggplant and boil gently, covered, 15 to 20 minutes longer, or  
until eggplant is fork tender. Serve over cooked spaghetti or other pasta with  
Parmesan cheese.

### **Pasta in Shrimp Sauce**

¾ lb. Cooked shrimp  
¼ lb. Feta cheese  
¼ cup chopped fresh dill  
¼ cup olive oil  
2 Tbl. Fresh lemon juice  
1 Tbl. Fresh chopped oregano

Combine above in large serving bowl. Since this is a no-cook sauce, it is advisable to have ingredients at room temperature. Sauce should be ready to pour over hot pasta. Use a pound of pasta for this recipe.

### **Lemon Parsley Marinade**

¼ cup chopped fresh parsley  
½ cup chicken broth  
½ cup lemon juice  
4 slices lemon, halved  
¼ tsp. pepper  
3 Tbl. Vegetable oil

In medium bowl combine all marinade ingredients. Use to marinate 2 ½ to 3 lbs. of chicken pieces. Cook as desired, basting occasionally with marinade.

### **Herb Wine Marinade**

⅔ cup white wine  
1 tsp. tarragon leaves  
¼ tsp. rosemary leaves, crushed  
¼ tsp. thyme leaves  
2 Tbl. Vegetable oil  
1 Tbl. Minced fresh garlic

In medium bowl combine all marinade ingredients. Use to marinate 2 ½ to 3 lbs. of chicken pieces. Cook as desired, basting occasionally with marinade.

## **TGI Friday's Jack Daniels Grill Glaze**

This versatile sweet-and-slightly spicy sauce can be ordered on salmon, baby back ribs, steak, chicken, pork chops...even on chicken wings (but only if you know to order it that way, since that one isn't on the menu). This recipe tells you how to make a clone that tastes virtually identical to the original glaze that you can use it to top your favorite meat, but if you're grilling, be sure to use the sauce just before taking the meat off the flame, since it is very sweet and will quickly burn. Serve extra on the side.

1 head of garlic  
1 Tbl. olive oil  
2/3 cup water  
1 cup pineapple juice  
1/4 cup teriyaki sauce  
1 Tbl. soy sauce  
1 1/3 cups dark brown sugar  
3 Tbl. lemon juice  
3 Tbl. minced white onion  
1 Tbl. Jack Daniels Whiskey  
1 Tbl. crushed pineapple  
1/4 tsp. cayenne pepper

Cut about 1/2" off of top of garlic. Cut the roots so that the garlic will sit flat. Remove the papery skin from the garlic, but leave enough so that the cloves stay together. Put garlic into a small casserole dish or baking pan, drizzle olive oil over it, and cover with a lid or foil. Bake in a preheated 325° oven for 1 hour. Remove garlic and let it cool until you can handle it. Combine water, pineapple juice, teriyaki sauce, soy sauce, and brown sugar in a medium saucepan over medium/high heat. Stir occasionally until mixture boils then reduce heat until mixture is just simmering. Add remaining ingredients to pan and stir. Squeeze the sides of the head of garlic until the pasty roasted garlic is squeezed out. Measure 2 tsp. into the saucepan and whisk to combine. Let mixture simmer for 35 to 45 minutes or until sauce has reduced by about 1/2 and is thick and syrupy. Make sure it doesn't boil over.

Don's notes: Omit the JD if desired (the alcohol burns off in any case).

### **Caesar Dressing**

1 large head Romaine lettuce  
1 clove garlic  
½ cup olive oil  
1/4tsp. dry mustard  
1 ½ tsp. Worcestershire sauce  
1/8 tsp. anchovy paste  
2 Tbl. Parmesan cheese  
1 egg  
2 Tbl. Lemon juice  
¼ tsp. ground pepper

Add all ingredients except lettuce to blender, blend for a few seconds until smooth. Serve over chilled Romaine lettuce.

### **Honey French Dressing**

½ tsp. dry mustard  
½ tsp. paprika  
2 Tbl. Lemon juice  
¼ cup rice vinegar  
2 small cloves garlic, sliced  
¼ cup honey  
½ cup salad oil

Combine in jar and shake vigorously.  
Refrigerate. Serve over fruit salad or lettuce.

### **French Dressing**

1 cup tomato soup  
1Tbl. White sugar  
2/3 cup brown sugar  
2/3 cup canola oil  
½ cup catsup  
3 Tbl. Lemon juice  
¼ cup vinegar  
1 tsp. salt  
1 tsp. paprika  
1 tsp. dry mustard  
1 small grated onion  
1 clove grated garlic  
½ cup mayonnaise

Combine in jar and shake vigorously. Refrigerate.

