

## **Show #62. Comfort Food**

### **Comforting Caramel Brownies**

1 ½ cups (¾ lb.) butter  
3 c sugar  
5 large eggs  
1 tbsp vanilla  
1 tsp salt  
1 tsp baking powder  
2 c all purpose flour  
1 c unsweetened cocoa  
14 ounces (40 – 50) square caramel candies, such as Kraft or See's, unwrapped

- 1) In a 3-4 quart pan over medium-high heat, melt butter, stirring occasionally, about 4 minutes. Remove from heat.
- 2) Stir in sugar, then eggs and vanilla, until blended. Stir in salt and baking powder. Add flour and cocoa and stir until batter is smooth.
- 3) Butter a 12 x 20 inch piece of foil. Line a 9 x 13 inch pan with foil, buttered side up, letting foil hang over pan ends. Scrape batter into pan. Evenly space caramels over batter.
- 4) Bake brownies in a 325 degree oven just until a toothpick inserted in the center (not in a caramel) comes out clean, 55 to 60 minutes. Let cool
- 5) Lift brownies with foil from pan to a counter. Peel backsides of foil. With a long, hot knife, cut between caramels into 35 squares; occasionally rinse knife in very hot water and wipe clean.

Makes 35 squares

### **Old Fashioned Chicken Noodle Soup**

16 cups canned low-salt chicken broth  
1 3 ½ lb chicken, cut into 8 pieces (hint: try a roasted chicken from the deli of your grocery store)

½ cup chopped onion  
2 carrots, peeled, thinly sliced  
2 celery stalks, sliced

2 tablespoons (¼ stick) butter  
1 cup sliced mushrooms  
1 tbsp fresh lemon juice  
1 oz dried wide egg noodles  
½ cup finely chopped fresh parsley  
3 whole peppercorns  
2 sprigs fresh tarragon

Combine chicken broth and chicken in heavy large pot. Bring to boil. Reduce heat; cover partially and simmer until chicken is cooked through, about 20 minutes. Using tongs, transfer chicken to large bowl. Cool chicken and broth slightly.

Discard skin and bones from chicken. Cut chicken meat into bite-size pieces and reserve. Spoon fat off top of chicken broth.

Return broth to simmer. Add onion, carrots and celery. Simmer until vegetables soften, about 8 minutes. (can be prepared 1 day ahead. Cover chicken meat and broth separately and refrigerate. Bring broth to boil before continuing.)

Melt 2 tbsp butter in heavy large skillet over medium-high heat. Add mushrooms and sauté until they begin to brown, about 5 minutes. Stir in lemon juice. Add mushrooms to broth; stir in noodles, parsley and reserved chicken. Simmer until noodles are tender, about 5 minutes. Season soup to taste with salt and pepper.

Serves 12.

### **Mom's Meat Loaf with Roasted Peppers**

2 lbs ground sirloin or turkey  
1 lb bulk Italian sausage or ground pork  
2 carrots, peeled and grated (about 1 ¼ c)  
1 large onion, grated or finely chopped  
1 c chopped flat-leaf parsley  
1 c soft fresh bread crumbs  
¾ c plain yogurt

2 large eggs, beaten  
2 tsp ground allspice or coriander  
2 tsp kosher salt  
1 tsp freshly ground pepper  
1 12 oz jar roasted red peppers  
½ c chili sauce (such as Heinz)

1. Preheat the oven to 400 degrees. Place all ingredients except roasted peppers and chili sauce in a large bowl. Use your hands to mix together lightly; don't over mix or the meatloaf will be tough.
2. Rinse roasted peppers and dry on paper towels. Slice lengthwise into ½ inch wide strips. Divide meat mixture into 4 equal parts. Press a quarter of the mixture into an 8 x 4 x 2 ½ inch loaf pan. Arrange half of the pepper strips in the center, lengthwise, leaving a ½ border all around. Press another quarter of meat mixture on top and shape into a rounded loaf, about ½ inch from sides of pan. Repeat with remaining meat mixture in and peppers in a second loaf pan.
3. Spread chili sauce on tops of both loaves. Bake 15 minutes; reduce heat to 375 degrees and bake 30 to 35 minutes longer, or until a meat thermometer placed in the center registers 160 degrees. Pour off and discard the fatty liquid surrounding loaves and set aside to rest 10 minutes before slicing into 1 inch thick slices. (For sandwiches, chill loaf until firm for slicing.)

Makes two 6-serving loaves

### **Mac and Cheese**

3 cups halved cherry tomatoes  
¼ tsp black pepper  
3 oz sourdough bread, torn into pieces  
1 tsp butter, melted  
12 oz large elbow macaroni (or macaroni of your choice)  
2 cups (8ounces) shredded extra sharp cheddar cheese  
¼ c egg substitute  
1 ½ tsp kosher salt  
¼ teaspoon ground red pepper  
1(12 oz can) evaporated low-fat milk  
cooking spray

1. Preheat oven to 375 degrees.
2. Place tomatoes in a 13 x 9 inch baking dish coated with cooking spray. Sprinkle with black pepper. Bake at 375 degrees for 30 minutes or until browned, stirring occasionally.
3. While tomatoes cook, place bread in a food processor, pulse 2 times or until crumbly. Toss crumbs with melted butter. Sprinkle the crumbs on a baking sheet, and bake at 375 degrees for 12 minutes or until golden stirring frequently.
4. Cook macaroni in boiling water 7 minutes, drain. Return macaroni to pan, place over medium low heat. Add cheese and remaining ingredients, cook 4 minutes or until cheese melts, stirring constantly. Stir in tomatoes. Sprinkle each serving with about 3 tablespoons breadcrumbs.

Makes 8 1-cup servings