



# *The Gourmet Glindas*

*Rita Janda Mary Danna*

*Dorian Hemington Liz Yee*

*February 12, 2025*

*"Dancing Thru Life"* Princess Kiss Cocktail

1 can frozen pink lemonade

1 can milk

1 can vodka

1 ½ cans crushed ice

Place all ingredients in a blender for 30 seconds or until well blended.

## **"I'M NOT THAT GIRL" - Glinda's Magic Mushrooms**

### **Most Delicious Stuffed Mushrooms**

Stuffed mushrooms are always a holiday favorite appetizer. They're the perfect cheesy mushroom bite with hints of onion, herbs, and crunchy pecans.

Prep Time 15 minutes mins

Cook Time 25 minutes mins

Total Time 40 minutes mins

Course: Appetizer

Cuisine: American

Servings: 10 servings

### **Equipment**

- Baking Sheet Pans My favorite sheet pans!
- Zwilling Chef's Knife The chef's knife I love to use.

### **Ingredients**

- 20 baby bell or cremini mushrooms
- 2 tablespoons butter
- 2 garlic cloves minced
- ½ medium onion finely diced
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 ounces cream cheese softened
- ½ cup freshly grated parmesan cheese grated
- ½ cup whole pecans roughly chopped
- ¼ cup finely chopped fresh parsley plus more for garnish

### **Instructions**

1. **Prep the mushrooms.** Preheat oven to 400°F (200°C). Grease a baking sheet with a little olive oil. Remove the stems from the mushrooms, finely chop them, and set aside.
2. **Cook the mixture.** Melt the butter in a medium skillet over medium heat. Add the chopped mushroom stems and cook for 5 minutes, or until most of the moisture is gone. Add the onion, garlic, salt, and pepper, and cook for another 1 to 2 minutes, until the onion has softened. Transfer the mushroom mixture to a mixing bowl, and let it cool slightly.
3. **Mix the filling.** To the mixing bowl, add the cream cheese, parmesan (reserve 1 tablespoon), parsley, and pecans (reserve 1 tablespoon). Stir until well combined.
4. **Stuff mushrooms.** Fill mushroom caps with the cheese filling, and evenly sprinkle the tops with the reserved parmesan and chopped pecans.
5. **Bake mushrooms.** Bake for 20 to 25 minutes, or until the top is golden and the mushrooms are slightly soft. Garnish with extra parsley to serve.

### **Notes**

- **Avoid wet and soggy mushrooms** by either chilling the filling before stuffing, or using a wire rack on top of the baking sheet to allow the mushroom juices to drain away as they cook.
- **While it's tempting to pack as much filling as possible, don't overdo it.** Stuff the mushrooms just until they're slightly heaping—this ensures even cooking and avoids spilling since mushrooms will shrink slightly as they cook.
- **Add more flavor into the filling** by adding chopped sundried tomatoes, olives, crispy bacon bits, or other fresh herbs like chives, thyme, or rosemary.
- **Make ahead tip for the holidays:** You can assemble stuffed mushrooms up to 12 hours before you plan to serve them. Just store them in the fridge in an airtight container, then pop them in the oven right before you're ready to eat. Note—you may need to add a few extra minutes to the baking time since they'll be chilled.

### **Nutrition**

Calories: 168kcal | Carbohydrates: 5g | Protein: 4g | Fat: 16g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 34mg | Sodium: 135mg | Potassium: 307mg | Fiber: 1g | Sugar: 2g | Vitamin A: 574IU | Vitamin C: 3mg | Calcium: 74mg | Iron: 1mg

## **Pink Princess Dip**

### **Ingredients**

- 2 whole small or 1 large red or yellow beets
- 4 cloves whole of garlic omit if not preferred
- 2 cups cooked chickpeas drained + rinsed\*
- ¼ cup tahini sesame seed paste
- 2 tablespoons almond butter
- 1 tablespoon white miso paste
- juice of 1/2 a lemon
- 2 tablespoons balsamic vinegar optional
- ½ cup olive oil+ more for drizzling
- salt and pepper to taste
- toasted sesame seeds + toasted pine nuts + fresh dill for topping

### **Beet Green Pesto**

- 1 ½ cups raw beet greens finely chopped
- 3 tablespoons toasted pine nuts finely chopped
- 3 tablespoons parmesan or nutritional yeast
- 2 tablespoons olive oil
- salt + pepper to taste
- pinch of crushed red pepper flakes

### **How to make**

1. Preheat the oven to 425 degrees F. Wrap the beets and garlic cloves (if using) in a piece of tin foil. Place the beets on a baking sheet and roast for 45 minutes to 1 hour or until soft. Allow the beets to cool and then peel/rub the skin away. Remove the skins of the garlic cloves.
2. To the bowl of a food processor, add the chickpeas, tahini, almond butter, miso paste, crushed red pepper flakes and lemon juice. Puree the mixture until smooth, scraping down the sides if necessary. Add 1/3 cup water and puree until smooth. Add the roasted beets and garlic. If using, stream in the balsamic vinegar. With the machine running stream in the olive oil until smooth and creamy. I like to let my machine run a good 5 minutes (scraping down the sides once or twice) to ensure a really smooth and creamy hummus. If the hummus is too thick for your liking, thin with water or extra olive oil, adding about 1 tablespoon at a time until your desired consistency is reached. Taste and season as desired with salt + pepper. To serve, top the hummus with pesto (recipe below). Sprinkle with toasted seeds and dill. Drizzle with olive oil. The hummus will keep for 1 week, covered in the fridge.

### **Beet Green Pesto**

1. Combine all the ingredients in a bowl and stir to combine. Taste and adjust salt + pepper to your liking.

## **“No One Mourns the Wicked” - Slow Roasted Beets & Toasted Walnuts, Goat Cheese, Green Apples with Arugula & Mixed Greens - Serves 4**

- 4 to 5 medium beets
- extra virgin olive oil, for drizzling
- 2 cups salad greens, arugula or spring mix
- ½ shallot, thinly sliced
- ½ green apple, thinly sliced
- ¼ cup toasted walnuts
- 2 ounces goat cheese, torn
- Microgreens, optional
- Balsamic Vinaigrette
- Flaky sea salt
- Freshly ground black pepper

Preheat the oven to 400°F.

1. Wrap each beet in a piece of aluminum foil and drizzle generously with olive oil and pinches of salt and pepper. Place the beets on a baking sheet and roast for 40 to 90 minutes, or until soft and fork-tender. The time will depend on the size and freshness of the beets. Remove the beets from the oven, remove the foil, and set aside to cool. When they are cool to the touch, peel the skins. I like to hold them under running water and slide the skins off with my hands.
2. Let the beets cool and chill them in the fridge until ready to use.
3. Slice the beets into ¼-inch-thick rounds. Assemble the salad with the greens, shallots, apples, beets, walnuts, cheese, and microgreens, if using. Drizzle with balsamic vinaigrette. Season with flaky sea salt and pepper and serve.

### **Balsamic Vinaigrette**

- ¼ cup balsamic vinegar
- 1 teaspoon honey or maple syrup
- 1 garlic clove, grated
- 2 teaspoons Dijon mustard
- ½ teaspoon sea salt
- Freshly ground black pepper
- 6 tablespoons extra-virgin olive oil

1. In a small bowl, whisk together the vinegar, honey, garlic, mustard, salt, and several grinds of pepper.
2. Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified. Alternatively, combine everything in a jar with a tight-fitting lid and shake to combine.

Note: You can roast the beets and make the dressing up to 2 days in advance and store them in the fridge. Assemble the salad just before serving.



**"POPULAR" from the HEART of GLINDA LAND**  
**Slowly Braised Beef Short Rib Ragu**

Author: Jess Larson Prep Time: 25 minutes Cook Time: 3 hours

Total Time: 3 hours 30 minutes Yield: serves 10-12 1x

## Description

Beef short ribs slowly braise until fall-apart tender with simple vegetables, fresh herbs, tomatoes, and red wine, creating a hearty, and boldly flavored ragu. Toss it into pappardelle or any pasta you love or serve it atop polenta or gnocchi. Slowly Braised Short Rib Ragu is the ultimate Italian comfort food meal!

Check the Recipe Notes, below, for Oven-Braised, Slow Cooker and Instant Pot directions, as well as make-ahead and freezing instructions.

## Ingredients

*for the Slowly Braised Short Rib Ragu sauce:*

- 4 pounds English cut beef short ribs
- 3 tablespoons olive oil, divided
- 3 large carrots, peeled and diced
- 1 large yellow onion, finely diced
- 1 stalk celery, finely diced
- 8 cloves garlic, finely chopped or grated
- 6 ounces tomato paste
- 1 cup dry red wine
- one (1) 0.75-ounce package fresh "poultry herb blend" (or approx. 2 sprigs fresh rosemary, 4 sprigs fresh sage leaves and 12 sprigs fresh thyme)
- 2 bay leaves
- optional: 1 parmesan rind*
- 14 ounces crushed tomatoes
- 2 cups low-sodium beef broth/stock or water
- kosher salt and ground black pepper, to season

*for Short Rib Ragu pasta:*

- 24 ounces pappardelle or pasta of choice, such as casarecce, bucatini, or gnocchi
- ½ cup heavy cream
- ½ cup grated parmesan
- for serving, as desired: grated parmesan, finely chopped fresh herbs, etc.

## Instructions

### *Braised Short Rib Ragu Sauce:*

- 1** Brown the short ribs: Add the olive oil to a large, heavy-bottomed pot (I use a 5-qt Dutch oven) over medium-high heat. Use paper towel to pat the surface of the beef short ribs as dry as possible. Generously season the short ribs with 1 heaping tablespoon kosher salt and ground black pepper as desired. Once the oil in the pot is shimmering hot, carefully add in the seasoned short ribs. Work in batches, as necessary, to avoid overcrowding the pot (which prevents browning). Cook for 3-4 minutes per side, until nicely browned. Transfer the browned short ribs to a plate and set aside. Repeat, as necessary, with the remaining short ribs. Once all of the short ribs are browned, carefully drain off all but 2 tablespoons drippings from the pot. Set aside and discard once cooled. Returning the pot to medium heat.
- 2** Brown the soffritto: Add the soffritto (carrots, onion, and celery) to the same pot used to brown the short ribs, seasoning with 1 teaspoon kosher salt and ground black pepper as desired. Stir to combine and cook, stirring occasionally, until the soffritto is deeply browned, 15-20 minutes.
- 3** Add aromatics. Add the garlic to the pot with the soffritto. Stirring constantly, cook until fragrant, 1-2 minutes. Add the tomato paste to the pot, stirring to coat the soffritto. Cook 2-3 minutes, until browned.
- 4** Deglaze: Increasing the heat to medium-high, pour the red wine into the pot. Stir constantly, using a wooden spoon to scrape up any browned bits that may have formed at the bottom of the pot. Cook for 3-4 minutes, until the wine is almost completely absorbed into the soffritto.
- 5** Build and simmer the short rib ragu: Tie the herbs together using kitchen twine (or finely chop if you do not have twine), then add to the pot with the bay leaves and parmesan rind (if using). Add the crushed tomatoes, beef broth/stock (or water), and browned short ribs from Step 1. Stir to combine. Bring the mixture to a boil. Reduce heat to a low. Cover and simmer, stirring occasionally, for 2 1/2 – 3 hours, or until the short ribs are fall-apart tender. If the ragu begins to reduce too much (i.e. it loses too much of its liquid too quickly), feel free to add in a splash more water and/or reduce the heat further. [gallery columns="2" size="full" ids="22122,22127"]
- 6** Finish the braised short rib ragu: Carefully transfer the short ribs to a plate or cutting board. At this point, you can remove and discard the spent herbs, bay leaves, and parmesan rind from the pot, as well. Use tongs or 2 forks to shred the short ribs into bite-sized pieces, discarding the bones as you go. Return the shredded short ribs to the pot with the ragu. Stir to combine. At this point, you can cool and store for later use (see Recipe Notes for storage and freezing directions), or proceed with making the short rib ragu pasta (below).

### *Short Rib Ragu Pasta:*

- 1** Boil the pasta: Bring a large pot of salted water to a boil. Add the pasta and cook, stirring occasionally, until the pasta is cooked to al dente according to package directions. Carefully dip a liquid measuring cup into the pot, reserving about 1 cup of the starchy pasta water, and set aside. Carefully drain the pasta – do NOT rinse it!
- 2** Finish the short rib ragu sauce: Meanwhile, as the pasta boils, bring the braised short rib ragu up to a simmer. Stir in the heavy cream and parmesan cheese. Continue to simmer over low heat, stirring occasionally.
- 3** Short rib ragu pappardelle: Add the cooked pasta to the pot with the braised short rib ragu sauce, tossing to coat. The short rib ragu should evenly coat the pasta. Add in some of the reserved pasta water if the ragu needs to

*"Defying Gravity"*  
Frozen Strawberry Dessert

Crust:

1 cup flour

¼ cup light brown sugar

½ cup butter

¼ teaspoon salt

½ cup walnuts, chopped

Mix dry ingredients together, blend in butter, mix in nuts. Press in 9x13 pan. Bake at 375 degrees for 9 to 13 minutes, not too brown. While still warm, crumble and press into 9 inch pie pan. Pats sides and bottom of pan.

Filling:

½ cup sugar

1 cup whipping cream

1 Tablespoon lemon juice

1 teaspoon vanilla

2 egg whites

1-16 oz package frozen

Dash of salt

strawberries, thawed

Beat egg whites until stiff and mix in the sugar and salt. Whip cream, add vanilla. Fold together egg whites, whipped cream, lemon juice and thawed strawberries. Put into prepared crust. Freeze. When time to serve, garnish with a dollop of whipped cream and a sliced strawberry. Serves 8 to 10.