

# World Cities of Sport



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## **CARDIFF COOLER WITH EARL GREY TEA**

### Ingredients

5 oz. Cold-brewed or cooled Earl Grey Tea

1 oz. Dry Gin

2 ½ oz. Lemonade

Fresh mint leaves

Thinly sliced cucumber

Lemon slice

Sliced or halved strawberries

### Directions

First, brew the Earl Grey tea and allow it to cool for an hour.

Pour the Earl Grey tea and dry gin into a shaker with ice. Give the mixture a good shake, before straining into a glass of your choice.

Add rock or crushed ice and garnish with cucumber, lemon, mint and strawberries



## Mini Dodger Dogs in a Puff Pastry Blanket

Serves 16

### Ingredients

- 1 pound package frozen puff pastry
- flour , for dusting
- 1 egg , beaten
- 8 uncooked jumbo all-beef kosher hot dogs or chicken sausage , cut in half lengthwise
- 2 tablespoons smoky or grainy mustard
- small handful fresh herbs , such as thyme, marjoram, or chopped rosemary
- kosher salt

### Instructions

1. Preheat oven to 400° F.
2. Defrost puff pastry according to package instructions. Roll the pastry out on a floured counter to a rectangle of about 19" x 12". Cut the large rectangle in half lengthwise, then cut both smaller rectangles into eight equal sections down to 16 rectangles total.
3. Spread a small amount of mustard on top  $\frac{1}{3}$  of each pastry rectangle. Lay a half of a hot dog or sausage on the mustard and sprinkle with herb of choice. Brush the other end of the rectangle with a little of the beaten egg and roll the sausage up in the pastry, sealing the ends. Put the sausage rolls in the refrigerator for 15-20 minutes for the pastry to chill.
4. Remove from the refrigerator and prick the tops with a fork, brush with the rest of the beaten egg, sprinkle with kosher salt and bake in the oven for 25 to 30 minutes, or until the pastry has turned a golden brown and looks crisp. Remove from the oven and serve warm or at room temperature with more mustard.

## MELBOURNE REBELS ROCKET SALAD

4 servings

### Ingredients

4 cups rocket arugula leaves, washed and dried

1 cup grated Parmesan cheese

1 cup pear, ½ large pear, thinly sliced

Juice of ½ large lemon, about 2 tablespoons

2 tablespoons olive oil

2 teaspoons maple syrup

A good pinch of sea salt and pepper

### Directions

Add rocket leaves to a large salad bowl

Shave or grate Parmesan cheese over the top

Slice half a pear into thin little strips or cubes

Add the dressing ingredients straight over the top just before serving: lemon juice, maple syrup, olive oil, sea salt and pepper.

Toss everything together and serve

## Cincinnati Skyline Chili

serves 8

2 lbs. lean ground beef  
4 cups water  
8 oz. tomato sauce  
6 oz. tomato paste  
1 large white onion (about 2 cups), finely chopped  
6 garlic cloves, minced  
2 Tbsp. chili powder  
1-2 tsp. dried oregano  
1 tsp. ground cumin  
1 tsp. ground cinnamon  
1 tsp. smoked paprika  
2 tsp. kosher salt  
1/2 tsp. allspice  
1/2 tsp crushed red pepper  
1/4 tsp. black pepper  
1/4 tsp. ground cloves  
2 Tbsp. Sherry vinegar, or apple cider vinegar  
1 Tbsp. Worcestershire sauce  
2 tsp. brown sugar  
2 bay leaves

1. In large pot or Dutch oven, combine beef and water. Use a potato masher, whisk or fork to break up the meat into very fine pieces until you essentially have a slurry of meat water.
2. Add everything else. Stir well to combine.
3. Turn heat to medium-hot and bring to a boil. Reduce to low and simmer for 2 hours until thick, stirring occasionally.
4. Cool to room temperature and refrigerate overnight or 1-2 days.
5. Scrap off any fat that rose to the top. Reheat.

Serve over spaghetti.

3-Way – topped with shredded mild or medium cheddar cheese

4-Way – topped with above plus chopped white onions

5-Way – topped with above plus kidney beans

Always serve with Oyster crackers on the side.

Always end the meal with a York Peppermint Patty

Alternative as a Coney:

Serve chili over a hotdog in a bun. Top with cheese, onions, or beans.

## History of Skyline Chili

There are several Chili Parlors in Cincinnati started by the Greek immigrants who modified original Greek chili of their homelands to the tastebuds of the large German population.

Skyline started on Price Hill on the west side with a view of downtown Cincinnati – hence the name. There are several other parlors and Skyline was not the first, but is the most well known. Skyline is also my favorite.

The chili has a mixture of spice and sweet and is rumored to contain chocolate as the mystery ingredient. According to a food etymologist from Cincinnati, who interviewed every chili parlor in Cincinnati and northern Kentucky, every one of them said they absolutely do not use chocolate.

All chili parlors keep their recipes secret. There are many recipes out there, but they are all only a best guess.

## **The Referees Favorite Frozen Fluffy Strawberry Pie**

2 ½ cups lightly toasted coconut

1/3 cup butter

1 (3-ounce) package, cream cheese, softened

1 (14-ounce) can sweetened condensed milk

2 ½ cups fresh or frozen unsweetened thawed strawberries, mashed or pureed  
(about 1 ½ cups)

3 Tablespoons lemon juice

1 cup (1/2 pint) whipping cream, whipped

Additional fresh strawberries for garnish

In a large saucepan, melt butter and stir in toasted coconut. Mix well. Press into bottom and up sides of 9-inch pie plate. Chill. In large bowl, beat cream cheese until fluffy, beat in sweetened condensed milk. Stir in pureed strawberries and lemon juice. Fold in whipped cream. Pour into coconut crust (mixture should mound slightly). Freeze 4 hours or until firm. Before serving, garnish with additional fresh strawberries if desired. Return leftovers to freezer.

Tip: one (9 inch) baked pastry shell can be substituted for the coconut crust.