



**COOKBOOK**

**ik5**  
THE HOME TEAM

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## LORI MATSUKAWA'S SIMPLE SOMEN SALAD

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*This is a cold noodle salad made from Somen, a thin, Japanese wheat noodle you can easily find at your supermarket.*

- 1 box Somen noodles  
(There are usually four bundles of noodles per box.)
- 1/2 c. white vinegar
- 1/2 c. sesame seed oil
- 1/2 c. soy sauce

Garnish: chopped green onion, thin scrambled egg strips, sesame seeds (toasted)

Add noodles to large pot of boiling water according to directions on box. Do not overcook. Rinse noodles in cold water, drain. Mix together vinegar, sesame seed oil and soy sauce. Pour over noodles and chill.

Just before serving, garnish with green onion, egg strips (just fry scrambled eggs into thin, pan-sized patty, then slice into strips) and sesame seeds.

Lori Matsukawa co-anchors the weekend editions of **KING 5 News** and co-hosts **Celebrate The Differences**.



## LOU GELLOS' WALLA WALLA POTATO SALAD

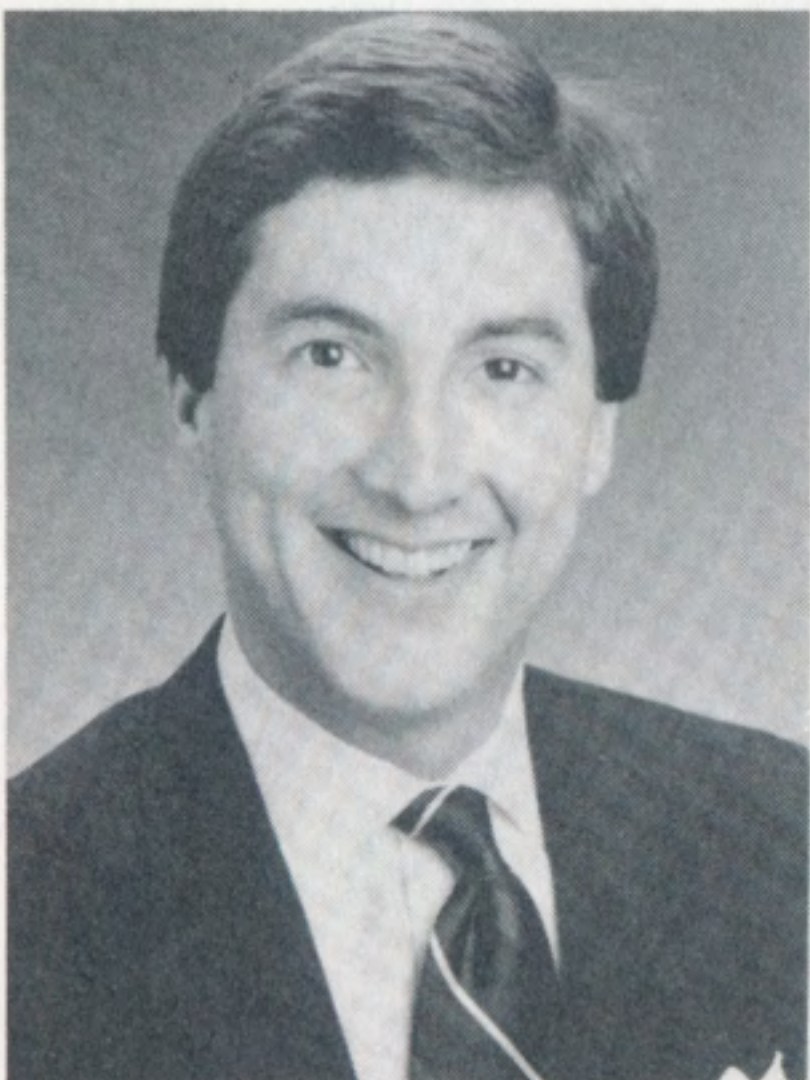
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*The apple and soy sauce sound like strange ingredients, but they really make this salad special!*

- 3 lbs. red new potatoes
- 1 large Walla Walla Sweet onion
- 1 c. thinly sliced celery
- 1 large Golden Delicious apple
- 12 green olives, sliced
- 1/2 c. chopped sweet pickle
- 1-1/2 c. mayonnaise
- 1 tsp Dijon mustard
- 1 T. vinegar
- 2 T. soy sauce
- Salt and pepper to taste

In pan, place potatoes in 1 inch of boiling water. Cover and steam until tender. Drain and cool. Dice potatoes and put them in a large bowl. Cut onion in quarters and slice thinly. Add to potatoes along with celery, apple, olives and pickles. Stir together with mayonnaise, mustard, vinegar and soy sauce.

Spoon over potatoes and mix gently. Season with salt and pepper. Refrigerate for 2 hours, or overnight.



Lou Gellos is the sportscaster for the weekend editions of **KING 5 News**.

## **SHELLY MONAHAN'S PASTA SALAD**

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*Great for those hot days of summer!*

Boil package of pasta. (I use the package of curly noodles that are all different colors.)

Cut the following ingredients into small pieces:

- 1 green pepper
- 1 red pepper
- 1 Walla Walla Sweet onion
- 1 bunch little green onions
- 2 carrots
- 1 can black olives
- 10 cherry tomatoes
- Fresh broccoli florets
- Dry salami
- Provolone cheese

Mix noodles and all the above ingredients together. Pour in one large bottle of your favorite Italian dressing. Mix in one cup of fresh grated Parmesan cheese. Then enjoy!



Shelly Monahan is the weather forecaster for the weekend editions of **KING 5 News**.

## ENRIQUE CERNA'S MARVELOUS MANDARIN SALAD

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- 8 romaine lettuce leaves
  - rinsed, patted dry and torn into bite-sized pieces
- 1 11-oz. can mandarin orange segments
  - drained and juice reserved
- 1/2 c. pecan pieces
- 1/2 c. herbed croutons (optional)

### Dressing:

- 2 tsp Dijon mustard
- 2 T. olive oil
- 1/4 tsp salt
- 1/2 tsp freshly ground black or white pepper

Place lettuce in a large salad bowl and top with mandarin oranges and pecan pieces.

Dressing: Add 3 T. reserved mandarin orange juice into small bowl. Mix in mustard, olive oil, salt and pepper. Mix well. Pour over salad and toss to coat. Add croutons, if desired.



Enrique Cerna is a reporter for *Evening* and co-hosts *Celebrate The Differences*.

# JOHN KEISTER'S SPINACH-APPLE TOSS

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- 1 lb. spinach
- 2 tart red apples
- 8 slices bacon, crispy fried and crumbled
- 2/3 c. mayonnaise
- 1/3 c. frozen orange juice concentrate (thawed)

Wash spinach, remove stems and tear leaves into bite-size pieces, dry. Quarter, core and slice unpared apples into large salad bowl. Add spinach and bacon; toss. Mix mayo and orange juice concentrate. Spoon over salad.



John Keister is host of KING 5's *Almost Live!*

## JOYCE TAYLOR'S CAESAR SALAD

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- 1 T. anchovy paste
- 1 T. Dijon mustard
- 2 T. balsamic vinegar
- 1 T. pressed garlic

Combine the above ingredients in a bowl. Add:

- 1 or 2 drops of Tabasco
- 1/2 c. fresh lemon juice (more if you like)

Stir, then add:

- 1/2 c. olive oil. Stir.

Add one or two heads of fresh Romaine lettuce, and toss with 1/2 to 1 c. of Parmesan cheese.



Joyce Taylor co-anchors **KING 5 Morning News** and **KING 5 News at Noon**.



## DAVID KERLEY'S SUMMER FRITTATA

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*This is a great summer brunch dish. You can substitute your favorite vegetables.*

- 5 eggs
- 1/2 c. sour cream
- 1 T. parsley
- 1/4 tsp pepper
- 1/2 T. dill
- dash cayenne
- 1 c. broccoli in bite size pieces
- 2 small zucchini or 1 large (julienne)
- 1 small yellow onion (diced)
- 4 green onions (chopped)
- 1 carrot (grated)
- 8-9 mushrooms (sliced)
- 1 tomato
- 1/3 lb. Swiss or Cheddar cheese
- 1/8 lb. Parmesan

Mix first 6 ingredients in bowl and set aside. Saute vegetables in a tablespoon of butter and table-  
spoon of olive oil, with some garlic.  
Put vegetables in baking dish and pour  
egg mixture over. Cover with mixed  
cheeses. Bake at 375 degrees F for  
20-30 minutes. Garnish with sliced  
tomato. Serve with Canadian bacon.



David Kerley co-anchors the weekend editions of **KING 5 News.**

## CLIFF LENZ'S CHEESE SOUFFLE

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*This is my grandmother's souffle recipe and it takes the terror out of souffle baking!*

- 2 c. finely diced white soft bread
- 1/2 c. grated Cheddar cheese
- 2 c. milk
- 4 eggs - beaten separately (whites whipped)
- 2 T. butter
- 1 tsp salt
- 1/2 tsp paprika
- 1/2 tsp mustard

Soak bread in milk. Mix egg yolks, cheese, seasoning and melted butter. Fold into bread/milk mixture. Fold in egg whites. Place pan or casserole in pan of water and bake at 350 degrees F for 40-50 minutes.

A cream sauce with shrimp, ham or chicken served over this souffle is delicious!



Cliff Lenz is the host of *Music Magic*.

## **RICH MARRIOTT'S CHEESY, CRISPY FISH**

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*This recipe requires little preparation time, and my kids will even eat it!*

- 6 fillets of white fish - about 2 lbs. (preferably orange roughey)
- 2 c. bread crumbs - pre-packaged crumbs work well, but for lower fat make your own out of toast
- 1/4 c. margarine
- 1/8-1/4 c. Parmesan cheese

Melt the margarine. Dip the fish in the margarine then roll it in the bread crumbs. Place coated fillets in a non-stick cooking dish. Sprinkle on some extra bread crumbs and then sprinkle Parmesan cheese over the top. Bake at 350 degrees F for 15-20 minutes or until the fish flakes.

If the recipe is a little bland for your taste, try sprinkling on a little cayenne pepper to spice it up.

Meteorologist Rich Marriott is featured on  
**KING 5 Morning News** and **KING 5 News at Noon.**



## DENNIS BOUNDS' IT LOOKS LIKE LASAGNA, BUT IT'S NOT

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- 1 lb. hamburger
- 32 oz. jar spaghetti sauce
- 7 oz. box mixed macaroni
- 1 pkg shredded Mozzarella cheese
- 8 oz can sliced mushrooms (drained)
- 1 pkg pepperoni (8-10 slices)

Brown hamburger and drain. Add spaghetti sauce. Prepare macaroni according to package directions and drain.

Mix mushrooms, spaghetti sauce and macaroni together in a baking dish. Top with cheese and pepperoni.

Cover with foil and bake at 350 degrees F for 20 minutes.

Remove foil cover and bake 10 more minutes. Remove from oven and let stand for 10 minutes before cutting.



Dennis Bounds co-anchors **KING 5 Morning News** and **KING 5 News at Noon**.

## **BARRY JUDGE'S SHRIMP MOUSSE**

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- 1 can tomato soup
- 1/4 c. cold water
- 1 c. mayonnaise
- 1 can crab meat
- 2 cans tiny shrimp
- 1/4 c. onion, chopped
- 1/2 c. celery, chopped
- 1/2 c. green pepper, chopped
- 1 pkg unflavored gelatin
- 1 8 oz. pkg cream cheese (room temperature)

Heat soup to boiling. Dissolve gelatin in cold water and add to soup. Mix cream cheese with mayonnaise. Add soup and beat with rotary beater. Add seafood and chopped vegetables. Pour into round mold and chill. Put on platter and serve with crackers.



Barry Judge co-anchors **KING 5 News** at 5:00 and 11:00 p.m.

## TONY VENTRELLA'S ZABAIONE

*This dessert is often served warm, but is quite good cold.*

4 egg yolks  
4 tsp sugar  
1/4 c. Marsala

In a stainless steel or copper mixing bowl, using a wire whisk, blend egg yolks and sugar. Stir in Marsala. Place bowl over a pan of hot but *not boiling* water and whisk until very thick. Pour into serving glass and serve at room temperature.

Variation: Fold whipped cream into chilled zabaione. Layer bottom of serving glass with fresh raspberries, strawberries, or sliced peaches, pour in zabaione and top with fruit.



Tony Ventrella is the sportscaster for **KING 5 News** at 5:00, 6:30 and 11:00 p.m.

# JEFF RENNER'S BOUNTIFUL HOT FUDGE SUNDAE PIE

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*Don't even ask about the calories...you don't want to know!*

## CHOCOLATE COOKIE CRUMB CRUST

- 1-1/4 c. fine chocolate wafer crumbs
- 1/4 c. finely ground toasted nuts
- 3 T. sugar
- 6 T. unsalted butter, melted

## HOT FUDGE SAUCE

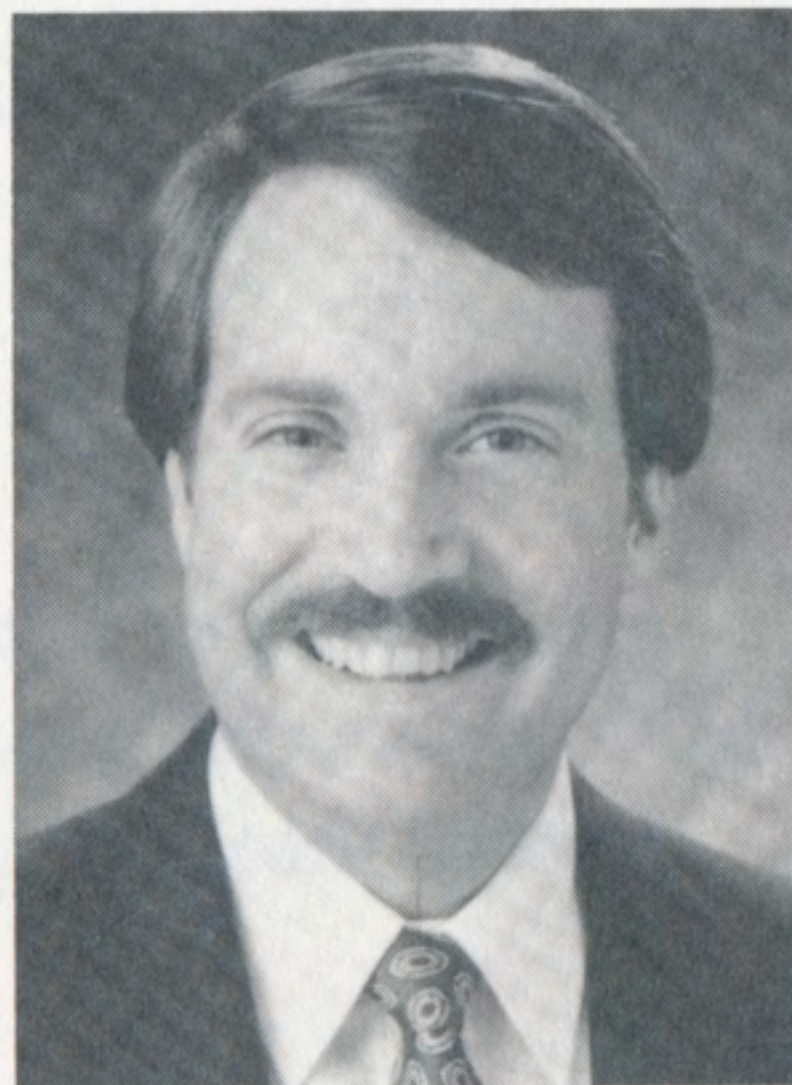
- 1 c. sugar
- 3/4 c. unsweetened cocoa powder, sifted
- 1 tsp instant coffee powder
- 1 c. whipping cream
- 1/4 c. unsalted butter, melted

## FILLING

- 1 quart rich vanilla ice cream, softened
- 1 quart rich chocolate ice cream, frozen
- 1/2 c. whipping cream, whipped
- Coarsely chopped nuts
- Maraschino cherries

Recipe on next page.

Meteorologist Jeff Renner is featured on **KING 5 News** at 5:00, 6:30 and 11:00 p.m.



FOR CRUST: Combine crumbs, nuts and sugar in small bowl and mix well. Pour melted butter over mixture and toss lightly until well blended. Press mixture evenly into bottom and up the sides of a 9-10 inch pie plate. Cover with plastic wrap and chill for 30 minutes.

FOR SAUCE: Combine sugar, cocoa and instant coffee in medium saucepan. Add 1/2 cup whipping cream and blend to a smooth paste. Add remaining cream, blending well. Cook over medium heat, stirring constantly, until sugar is completely dissolved. Add butter and cook until mixture is smooth and thickened, about 5-8 minutes. Keep warm.

FOR FILLING: Spread half of softened vanilla ice cream evenly over crust and freeze. Then drizzle half of fudge sauce over top and freeze. Spread remaining vanilla ice cream over fudge, returning to freezer to firm. Then cover with scoops of chocolate ice cream. Drizzle with remaining fudge sauce, cover with whipped cream, chopped nuts and cherries. Enjoy.



## **BEST FOODS® RECIPES**

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### **CREAMY CHEDDAR BROCCOLI**

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1/3 c. BEST FOODS® Real, Light or Cholesterol Free  
Reduced Calorie Mayonnaise

1/3 c. milk

1 c. shredded Cheddar cheese

1/8 tsp. pepper

1 pkg (10 oz) frozen broccoli cuts or florets  
(thawed, drained)

In microwavable 1-quart casserole combine mayonnaise, milk, cheese and pepper; stir in broccoli. Microwave uncovered on High (100%) 3 minutes. Stir. Microwave 2 minutes longer or until heated through. Stir and serve. Makes 4 servings.

Stir-In idea: Add 1 cup cubed, cooked chicken or turkey with the broccoli.

### **CILANTRO-LIME GRILLING SAUCE**

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1/3 c. BEST FOODS® Real, Light, or Cholesterol Free  
Reduced Calorie Mayonnaise

1/4 c. chopped fresh cilantro

1-1/2 T. fresh lime juice

In small bowl combine mayonnaise, cilantro and lime juice. Brush on chicken, fish or vegetables before grilling or broiling. Brush on remaining sauce during cooking. (Discard leftover sauce.) Makes about 1/2 cup.

## **MEXICAN CHOCOLATE CAKE**

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- 12 oz. semisweet chocolate, melted
- 4 eggs, separated
- 3/4 c. sugar
- 1 c. BEST FOODS® Mayonnaise (room temperature)
- 3/4 c. ground almonds
- 1/4 c. flour
- 1/4 c. coffee flavored liqueur
- Confectioners sugar

Line bottom of 9-inch springform pan with waxed paper. Lightly grease waxed paper and side of pan. Melt chocolate; cool to room temperature.

In large bowl with mixer at high speed, beat egg yolks. Gradually add sugar and beat until light, about 4 minutes. Add mayonnaise; beat 1 minute. Add chocolate; beat 1 minute longer. Stir in ground almonds and flour until blended. Stir in liqueur.

In medium bowl, using clean beaters, beat egg whites until stiff; fold into batter. Pour into prepared pan. Bake in 350 degree F oven 55 minutes or until firm.

Cool in pan on wire rack 10 minutes. Remove sides of pan; cool 30 minutes longer. Invert onto wire rack; remove bottom of pan and waxed paper. Cool completely. Sprinkle with confectioners sugar. If desired, serve with whipped cream.



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