



*ifood.tv cookbooks*  
Christmas edition

**25 Delicious  
Recipes**

**Holiday  
Cookies**

Page 30

**5 Best Holiday  
Kitchen Tools**

Page 12

**Fun  
Christmas  
Snacks**

Page 7

*ifood.tv cookbooks:*

Christmas edition

# MENU CARD

## COCKTAILS

Kahlúa Peppermint Mocha Hot Cocoa	5
Holiday Egnog	5
Ginger Green Tea Toddy	6
Mulled Cider	6

## Fun Christmas Snacks 7

## APPETIZERS

Real Texas Jalapeño Party Meatballs	9
No Fry Tostones	10
Super Living Green Soup	10
Pretty Party Salmon	11

## 5 Must-Have Tools for Your Holiday Kitchen 12

## SIDES

Acai Bowls	14
Raw Organic Holiday Stuffing	14
Cranberry Apple Sauce Bowls	15
Christmas Cabbage Slaw Recipe	15

## Holiday Gift Baskets 16





# Happy Holidays!

## ENTREES

- 18 Beef Wellington
- 19 Manbque Octoburger
- 20 Blood Orange Beef Stew with Butternut Squash
- 21 Holiday Baked Ham
- 22 Miso Braised Char Siu Pork

## DESSERTS

- 24 Chocolate Covered Figs
- 25 Honey, Peanut Butter & Chocolate Popcorn
- 25 Holiday Toffee
- 26 Dark Fruitcake
- 27 Holiday Chocolate Soufflé
- 27 Raw Chocolate Coconut Balls
- 28 Healthy Maple Flavored Butternut Custard with Pecans
- 29 Flaky Peanut Brittle

## 30 **Holiday Cookies**



# Cocktails



# Cocktails

## *Kahlúa Peppermint Mocha Hot Cocoa*

### Serves 1

2 parts Milk  
1 part Drinking Chocolate  
1 part Kahlúa Peppermint Mocha

### Directions



Bring milk to a simmer. Whisk in drinking chocolate. Simmer for 30 seconds while stirring. Add Kahlúa Peppermint Mocha.

Garnish with peppermint stick and marshmallows.

Recipe By [Peppermint Mocha Kahlúa](#)



## *Holiday Eggnog*

### Serves 6

2 cups sugar  
4 cups half-and-half  
1 ¼ cups milk  
6 egg yolks, lightly beaten  
1 ¼ cups bourbon, divided  
2 cups whipping cream, whipped  
Freshly grated nutmeg or ground nutmeg (optional)

### Directions

Combine first 4 ingredients in a saucepan; cook over medium-low heat, stirring constantly, until mixture reaches 160°. Stir in ¾ cup bourbon.

Cool; cover and chill. Combine chilled mixture and remaining ½ cup bourbon in a punch bowl. Gently stir in whipped cream; sprinkle with nutmeg, if desired. Serve immediately. Cover; refrigerate 2 to 6 hours for flavors to blend.

Recipe By [SouthernCrockpot](#)



# Cocktails



## Ginger Green Tea Toddy



### Serves 1

Fresh ginger  
8 oz Hot green tea  
1.25 oz of brandy  
1 tbsp honey  
Thin slice of lemon for garnish

### Directions

Cut off two thin slices of ginger. Trim off their skin with knife. Place ginger in mug or cup.

Pour green tea over ginger slices. Pour in a shot of brandy. Add honey. Top off with lemon.

Stir and let it steep for a minute. Enjoy!

Recipe By: [Anthony](#), host of the [Art of the Drink](#).

## Mulled Cider

### Serves 4

2 quarts apple cider  
 $\frac{3}{4}$  to 1 cup Lemon Juice  
1 cup firmly packed light brown sugar  
8 whole cloves  
2 cinnamon sticks  
 $\frac{3}{4}$  cup rum, optional  
Additional cinnamon sticks, optional

### Directions

In large saucepan, combine all ingredients except rum and additional cinnamon sticks; bring to a boil. Reduce heat; simmer uncovered 10 minutes.

Remove spices; add rum just before serving if desired.

Recipe By: [American Foodie](#)



## Fun Christmas Snacks



Try some of these fun and kid friendly snacks for your next Holiday party.

### **Snowman Eggnog:**

Paint the inside of a large glass bowl with melted orange and black chocolate coating, to make eyes, a carrot nose and a mouth. Fill the bowl with eggnog and serve.

### **Red and Green Popcorn:**

Cook popcorn and then divide it into two piles on a cookie sheet. Drizzle some red food coloring on one pile, and green food coloring on the other. Mix well, and voila! A healthy, festive Christmas snack.

### **Christmas Tree Finger Food:**

Cut a roll of French bread into 2 inch slices. Spread a spoon of salsa or marinara sauce on each slice. Take a broccoli floret and spear one of its ends with a toothpick. Stick 4 to 5 of these broccoli toothpicks on the bread and then sprinkle some grated white cheese on it. Bake if you prefer. A beautiful winter landscape, with forests and snow, is ready in seconds to be served.

### **Banana Snowmen:**

Blend a few bananas with some milk and a few drops of vanilla extract. Freeze this blend and then scoop out a few spheres with a melon baller or ice cream scoop. Stack three balls together with the help of a toothpick to make a snowman. Make eyes and nose with raisins. Use a dash of chocolate frosting for the mouth. To make the scarf, use red licorice string. Add a top hat made of licorice and serve.

### **Christmas Tree Dip:**

This healthy kids' Christmas snack looks beautiful and tastes great. Make a Christmas Tree out of your kid's favorite dips. Spread it out on a large plate and adorn it with healthy and colorful vegetables, like carrots, broccoli, red and green peppers, celery and cherry tomatoes.



# Appetizers



# Appetizers



## Real Texas Jalapeño Party Meatballs



### Serves 10

1 lb Hamburger Meat  
1 package Sloppy Joe mix  
1 Egg  
1 bottle Heinz Chili Sauce  
1 large jar Grape Jelly or Jam  
¼ cup Jalapeños, minced

### Directions

Mix your Sloppy Joe Mix and egg thoroughly to the hamburger. Form little bite sized meatballs for your appetizer. Place them on an olive oil coated cookie sheet and put them in the refrigerator for at one hour.

Take the meatballs out of the refrigerator and preheat the oven to 400F degrees. Bake them for 15 minutes. Halfway through, turn them over just to get them golden brown on all sides. Take the meatballs out of the oven.

Mix the chili sauce with the grape jam or jelly in a pot or slow cooker. Put the slow cooker on high because we want the jelly to dissolve.

Add fresh minced Jalapeños. Add meatballs and turn it down to low. Cook for several hours. Remove and serve with toothpicks.

You can bring the meatballs to a party in a crock pot and you can leave the crock pot plugged in so the meatballs stay hot and warm.

Recipe By: [Ramona Werst](#), owner of [Real Texas Blog](#)



# Appetizers

## No-Fry Tostones

### Serves 4

2 large green plantain  
1 tablespoon garlic powder  
1 tablespoon onion powder  
4 cups chicken broth (low-sodium, fat-free)  
salt

### Directions

Preheat oven to 400 degrees

Peel the plantains and cut cross wise into 1" slices.

Bring chicken broth to a boil in a large pot. Add garlic and onion powder into the pot. Add the plantains, reduce heat to medium and simmer for 15 minutes, or until plantains are very tender. Drain in a colander.

Place plantains on cutting board, cover with plastic wrap and flatten to a thickness of approximately ¼ inch with a rolling pin or a meat tenderizer. Remove the plastic wrap and lightly spray the top of the plantains with olive oil spray.

Place the oiled side on a nonstick baking sheet. Spray the other side of the plantains with olive oil and sprinkle with salt to taste.

Bake for 15 to 20 minutes, turning once, or until crisp and golden brown. Serve with mojo as a dipping sauce.



Recipe By: [Juan Montalvo](#), a personal chef who runs [The Hungry Cuban Personal Chef Services](#)

## Super Living Green Soup

### Serves: 2

1 bunch Swiss chard  
¼ bunch cilantro  
2 baby bok choy  
1 glove garlic

### Directions

A bright green soup for the holidays. Put all ingredients through juicer, and enjoy. You just feel yourself getting brighter when you eat this soup.



TheSolutionsDoc.com  
photographed by Indrekphoto.com

Recipe By: [Blythe Metz](#) who created [The Solutions Interactive Documentary Series](#)



## Pretty Party Salmon



### Serves 20

#### For pistachio mayonnaise:

2/3 cup shelled, salted pistachios  
1 cup mayonnaise  
1 tablespoon lemon juice

#### For salmon:

Olive oil  
2 1/2 lb. salmon fillet  
1 cup dry white wine  
1 lemon, sliced  
Leaf lettuce for garnish  
About 1/2 of an English (seedless) cucumber, thinly sliced  
About 6 red radishes, thinly sliced  
Good crackers or thin slices of baguette

### Directions

Preheat oven to 350 degrees.

Make pistachio mayonnaise: Finely chop pistachios in coffee grinder or food processor. Place in small bowl and stir in mayonnaise and lemon juice. Cover and refrigerate.

Drizzle a little olive oil in large roasting pan. Place salmon in pan pour white wine over. Arrange lemon slices on top. Bake 25 minutes, or until salmon is cooked through. Allow to cool in pan and discard lemon slices.

Transfer salmon to serving platter that has been lined with lettuce (to prevent breakage, cut in half width-wise and transfer in two pieces). Spread top with pistachio mayonnaise.

Starting at the tail end, arrange a row of cucumber slices in an overlapping scale pattern. Then arrange a row of radish slices. Repeat until entire salmon is covered in 'scales'.

Refrigerate no more than 3 hours before serving (so vegetables don't get soft). Offer with crackers or baguette slices.

Recipe by [Robin Benzle](#), who produces [Chow Time](#) and a series of travel videos.





# 5 Must-Have Tools for Your Holiday Kitchen

By Susan Pittser

It is so hard to choose favorites, but these are some of the most essential items I use heavily during the holidays in my kitchen. Hope these great tools help you make great memories to cherish with your families! You can find these and other great kitchen products at [StorageSecrets.com](http://StorageSecrets.com).

## The Tupperware Thatsa Bowl



One of my all time favorites, this versatile bowl brings back fond memories of helping my Grandmother bake. This super size 32 cup bowl is perfect for mixing up batters and dough. It's also great for bringing big batches of salads or other goodies to parties. The loop handle allows you to really get in and mix while keeping the bowl stable in your hands.

## The Tupperware Silicone Spatula

These spatulas are sturdy enough to stir while you are mixing and are great for scraping every last drop of batter out of the bowls. These are also great because they are heat resistant up to 400 degrees Fahrenheit, so there's no danger of finding a reshaped kitchen tool when you are working with hot liquids.



## The Tupperware Quick Chef



This Quick Chef is a non-electric food processor perfect for chopping and whipping up nuts, fruits and vegetables, puddings and more. I love the quick and easy clean up; just rinse with a little swish of soap and water! The only hard part is making sure my youngest daughters take turns spinning and chopping. They love to help in the kitchen and it is so much fun making memories!

## Tupperware Measuring Cups and Spoons

Unlike most measuring tools, these have a  $\frac{2}{3}$  and  $\frac{3}{4}$  and all those sizes in-between basic measurements! This cuts out the guesswork. The measuring spoons also have a flat surface on the handle, which allows them to rest on a flat surface with no spills. You can pull off just the spoon you want to use, so you don't have to wash the complete set of spoons every time you measure.



## Tupperware Silicone Wonder Mat



This mat is wonderful for baking cookies and making drop candies. It is a great surface for cooling and resting food, since it won't stick to this silicone mat and glides off perfectly time after time! You can also use it in the oven up to 425 degrees.

sides



## Acai Bowls

### Serves 4

1 cups Acai juice (or 1 cup apple juice & 2 tbsp Acai powder)

½ cup frozen cherries

½ cup frozen blueberries

2 tablespoons flax seeds

¼ cup sliced fresh strawberries

½ cup diced fresh peaches

1 sliced fresh banana

1 cup granola

honey (optional to drizzle over the top)

### Directions

In a high speed blender combine Acai juice, flax seeds, frozen cherries and blueberries. Blend on high to a sorbet consistency, making sure that all flax seeds are no longer visible. Top with strawberries, peaches, bananas and granola. Drizzle with honey and serve.

Recipe By: [Joy Houston](#), of the [Delicious Revolution](#) which teaches people how to incorporate more raw foods.



## Raw Organic Holiday Stuffing

### Serves 4

2 Organic Asian Pears

1 Organic Mango peeled

½ Cup Ground Raw Organic Golden Flax Seeds

1/3 Cup Soaked Raw Organic Sunflower Seeds

A few pieces of peeled and chopped Organic Butternut or Spaghetti Squash

Finely Chopped Organic Basil and Rosemary

Finely Grated Raw Organic Yams (optional)

Large Grated Organic Zucchini

A few Organic Cherry Tomatoes halved

1/3 Cup Chopped Raw Organic Pine Nuts (Or Brazil Nuts)

5 Tablespoons of Organic Olive Oil

3 Tablespoons of Miso Master Organic Chickpea Miso

Sea Salt to taste

Some Organic Pomegranate

1/3 Cup Chopped Raw Organic Walnuts



### Directions

Chop the first three ingredients into small cubes then mix the rest of the ingredients in a large bowl and serve. Now that you are eating living foods you are truly connecting with the special forces and miracles in the universe with health benefits that you have to experience.

Recipe By Celebrity Eco Chef [Bryan Au](#), specializing in healthy eco green Raw Organic Cuisine. Visit [his site](#)

# Sides



## Cranberry Apple Sauce Bowls

**Serves 4**

1 12 oz bag of fresh cranberries  
2 heaping tablespoons grated orange zest  
¼ cup white sugar  
2 cups water  
1 peeled green apple chopped  
½ tsp. vanilla  
½ tsp. cinnamon  
2 tablespoons cornstarch  
¾ cup orange juice

### Directions

Combine cranberries, zest, sugar, water, apples, vanilla & cinnamon. Bring to a boil and then reduce heat to medium for 10 minutes. Dissolve the cornstarch in the orange juice. (DO NOT add corn starch to hot mixture by itself.) Add orange juice and cornstarch to mixture. Cranberry sauce will thicken like a syrup in about 20 minutes at low/medium heat.

Refrigerate once cooled. I do not recommend doubling this recipe. Make 2 separate batches if you need more sauce, then combine when cooled.

Recipe By [Monica](#), Host of Fun Food with Monica in New York City. Visit her [website](#) for more information.



## Christmas Cabbage Slaw Recipe

**Serves 4**

2 cups finely shredded green cabbage  
2 cups finely shredded red cabbage  
1 cup jicama strips  
¼ cup diced green bell pepper  
¼ cup thinly sliced green onions with tops  
¼ cup vegetable oil  
¼ cup lime juice  
¾ teaspoon salt  
1/8 teaspoon freshly ground black pepper  
2 tablespoons coarsely chopped cilantro leaves

### Directions

Combine cabbages, jicama, bell pepper and onions in large bowl. Whisk oil, lime juice, salt and black pepper in small bowl until well blended. Stir in cilantro. Pour over cabbage mixture; toss lightly.

Cover; refrigerate 2 to 6 hours for flavors to blend.





## Holiday Gift Baskets



Gift baskets are a great way to give your loved ones personalized and useful presents for the holidays. Here are some tips for personalizing your gift baskets.

### Healthy Food Baskets

Fill your food basket with healthy snacks. Instead of adding sugar coated goodies, include some fresh or dried fruits. Try adding juicy oranges, fresh apples, yogurt covered almonds, herbal tea, or organic crackers.

### Homemade Foods

This adds a personal touch to any Christmas food gift basket. You can create homemade cookies, brownies, cakes, breads, or pies. If you don't want to bake, you can make your own roasted almonds or candied walnuts.

### Wine

Wine adds variety and a touch of class to a food basket. Include a great red or white wine, and pair it with some great cheese, nuts, or crackers.

### Chocolate

No one says no to chocolate! You can include chocolate covered cherries, chocolate chip cookies, chocolate covered nuts or raisings, chocolate bars, simple chocolate candies, chocolate frosted cakes and even chocolate drinks.

### Decorations

Always remember to decorate your gift baskets! Wrap them with colorful ribbons and cellophane, and attach a candy cane or a small Christmas tree ornament. You can also attach a Christmas greeting card to make it more personalized.



# Entrees



# Entrees

## Beef Wellington

### Serves 4.

*½ of a 17.3-ounce package Pepperidge Farm® Puff Pastry Sheets (1 sheet), thawed*  
*1 beef tenderloin (2 to 2 ½ lbs)*  
*ground black pepper (optional)*  
*1 egg*  
*1 tbsp water*  
*1 tbsp butter*  
*2 cups mushrooms, finely chopped*  
*1 medium onion, finely chopped (about ½)*  
*flour for rolling*

### Directions

Take out a package of Pepperidge Farm® Puff Pastry Sheets and remove one from the box. Let it thaw on the counter for 40 minutes - or overnight in the fridge. Return the second to the freezer. Preheat the oven to 425°F.

Place the beef tenderloin into a lightly greased roasting pan. Season it with black pepper, if desired. When the oven reaches temperature, roast the tenderloin for 30 minutes or until a meat thermometer reads 130°F.

Cover the pan and refrigerate the meat for an hour to cool.

Reheat the oven to 425°F.

Make an egg wash by beating an egg with a tablespoon of water in a small bowl using a fork or whisk.

Heat one tablespoon of butter in a medium skillet over medium-high heat. Add the mushrooms and onion and cook until the mushrooms are tender and all the liquid is evaporated, stirring often. Let the mushrooms cool.

Lightly flour your work surface. Unfold one pastry sheet and roll it into a rectangle about 4 inches longer and 6 inches wider than the beef. Brush the pastry sheet with the egg mixture.

Spoon the mushroom mixture onto the pastry sheet to within one inch of the edges. Place the beef in the center of the mushroom mixture, fold the pastry over the beef and press to seal.

Place the Wellington, seam-side down onto a baking sheet. Tuck the ends under to seal. Brush the pastry exterior with the egg wash.

Bake the Wellington for 25 minutes or until the pastry is golden brown and a meat thermometer reads 140°F.

Recipe By: [Holiday Kitchen](#), which produces food and cooking videos on their [website](#)





## Manbque Octoberburger



### Serves 4.

1 lb ground beef (should yield 3 burgers)  
½ c cup chopped peanuts  
¼ lb smoked gouda, cubed  
2 cups white sugar  
1 cup packed brown sugar  
1 cup corn syrup  
1 cup evaporated milk (optional)  
1 pint heavy whipping cream  
1 cup butter  
1 ¼ teaspoons vanilla extract  
6 slices vanilla apples per burger

### Directions

For the Vanilla Apples

Add a tablespoon of butter to a sauté pan, add apple slice to butter, then add ½ tsp of cinnamon. Sauté until apple is tender, then add a ½ tsp of vanilla and mix with apples

For the Caramel

Grease a 12x15 inch pan.

In a medium-size pot, combine sugar, brown sugar, corn syrup, evaporated milk, whipping cream, and butter. Monitor the heat of the mixture with a candy thermometer while stirring. When the thermometer reaches 250 degrees F (120 degrees C) remove the pot from the heat.

Stir in the vanilla. Transfer mixture to the prepared pan and let the mixture cool completely. When cooled, cut into squares. You'll need about ¼ c for re-melting and incorporation into the burgers. The rest? Caramel-eating contest.

Assembling the MANBQUE Octoberburger

Combine beef and smoked gouda with ¼ c of melted caramel. Shape into patties. Encrust patties on both sides with chopped peanuts.

Sear on a grill (2 min per side over med-hi to high heat) and finish in a 450 degree oven, until desired temperature is achieved.

Recipe By: By [Manbque](http://Manbque.com), an organization of grilling enthusiasts. Visit [Manbque.com](http://Manbque.com) for more information.



# Entrees

## Blood Orange Beef Stew with Butternut Squash

### Serves 4

¼ c olive oil	¼ tsp red pepper flakes
1 small onion -diced	3 whole cloves
5 large garlic cloves	1 tsp sea salt
2 lb organic Chuck Roast -cut into 1 ½ inch cubes	¼ tsp black pepper - freshly grated
2 lb organic Butternut Squash cut into 1 ½ inch cubes	1 ½ tbsp balsamic vinegar
4 blood oranges	2 bay leaves
1 large carrot or 2 smaller ones -sliced into ½ inch rounds	nut meg -freshly grated
6 thyme sprigs	¼ c Italian parsley - chopped
	3 tbsp all purpose flour
	¾ tsp sweet paprika
	3 cups water -filtered



### Directions

Mix the flour and paprika together in a plastic bag. Season the beef with the sea salt and black pepper and transfer them to the plastic bag. Toss everything together to coat.

Heat up 2 tablespoons of the olive oil in a cast iron dutch oven over medium flame. Add the garlic cloves and sear until golden on both sides. Transfer to a bowl. Shake any excess flour from the beef and sear each cube for a couple of minutes until golden brown at the edges. Work in batches so you don't overcrowd the pot and add 1 tablespoon of olive oil in between batches if necessary. Transfer them all to the bowl with the garlic and cover with plastic wrap to keep warm.

Add one more tablespoon of olive oil to the pot and sauté the onion with a pinch of sea salt until translucent. Add the red pepper flakes and cook one more minute.

Meanwhile save two strips of orange peel from the blood oranges and zest the rest and reserve. Squeeze 1 cup of juice from the oranges and add it to the pot together with the balsamic vinegar. Using a silicone spatula make sure to scrape all the brown bits from the bottom. Add the bay leaf, cloves, thyme sprigs and orange peels and allow to simmer for 3 minutes.

Add the beef cubes with all the juices and the garlic back to the pot and stir to combine. Add the water and bring to a simmer. Cover with a tight lid and transfer to a 350 F degrees oven. Let it cook for 2 hours.

Add the butternut squash and carrots to the pot, give it a good stir, cover tightly with the lid and let cook in the oven for an additional 45 minutes or until the meat and vegetables are tender.

Discard the bay leaf and thyme sprigs and gently stir in ½ teaspoon of the reserved orange zest. Serve hot sprinkled with the parsley and a pinch of freshly grated nutmeg and bruschetta.

Recipe By: [Ciao Florentina](#), who documents her food adventures on [CiaoFlorentina.com](#)



## Holiday Baked Ham

### Serves 4.

- 1 bone-in smoked ham (8 ½ pounds)
- 1 can (20 ounces) Sliced Pineapple in Syrup or Juice
- 1 cup apricot preserves
- 1 teaspoon dry mustard
- ½ teaspoon ground allspice
- Whole cloves
- Maraschino cherries

### Directions

Preheat oven to 325°F.

Remove rind from ham. Place ham on rack in open roasting pan, fat side up. Insert meat thermometer with bulb in thickest part away from fat or bone. Roast ham in oven about 3 hours.

Drain pineapple; reserve syrup. In small saucepan, combine syrup, preserves, mustard and allspice. Bring to boil; continue boiling, stirring occasionally, 10 minutes.

Remove ham from oven, but keep oven hot. Stud ham with cloves; brush with glaze. Using wooden picks, secure pineapple and cherries to ham. Brush again with glaze.

Return ham to oven. Roast 30 minutes longer or until thermometer registers 160°F (about 25 minutes per pound total cooking time). Brush with glaze 15 minutes before done. Let ham stand 20 minutes before slicing.

Recipe By: [HolidayCooking](#)



## Miso Braised Char Siu Pork

### Serves 4

3 lbs. Sterling Silver Pork- 1 inch cubed (Belly or Shoulder cut)  
6 tbsp. Char Siu glaze (found in most Asian stores/Chinatown)  
5 cups Miso Broth (preferably red miso- dried mix is ok)  
Canola Oil  
Salt & White Pepper to taste  
Cilantro (for garnish)



### Directions

To start the Char Siu Pork, in a medium sized shallow pot, heat your miso broth to a simmer.

Season the pork with salt and pepper. In a large non-stick sauté pan on high heat, add few tbsp of canola oil to brown pork until a deep color crust has formed.

Transfer pork to the miso broth pot and let cook on a medium simmer for 30 minutes or until fork tender. Drain any excess broth from the pork and transfer back to the large non-stick sauté pan over medium-high heat with a few tbsp of canola oil.

Add char siu glaze to the pork. Keep the pork moving as the glaze will reduce and form a caramelized coating. When the glaze starts to sizzle and bubble, some slight browned or darkened colors are desired. Once this type of caramelization has been achieved, it is a few short moments away from burning.

Reserve on a plate to let rest and cool slightly.

Recipe By: [Hawaiian Grown TV](#), a food lifestyle TV show along with [Hawaiian Grown Kitchen](#).



# Desserts



## Chocolate Covered Figs

### Serves 8

16 oz Fresh Figs  
¼ cup Chopped Pistachios  
1 cup Chocolate Chips  
1 tablespoon coarse sea salt



### Directions

Wash the fresh figs and pat dry with paper towels; set aside. Make sure there is no water on the fruit.

Line a baking sheet with waxed paper, and sprinkle some chopped pistachios on top of the wax paper.



In a microwave-safe bowl, melt chocolate chips. Microwave for 30 seconds, then check and stir. Repeat that step again one more time. If the chocolate hasn't completely melted place it back in the microwave for 10-20 seconds. Remove the container from the microwave and stir the chocolate until it's completely melted.

To start dipping the Figs, hold from the stem and dip the chocolate until it's ¾ covered. You may have to twist and turn your figs around in the bowl to cover them. With the side of the bowl gently scrape off any excess chocolate and place on the pistachio covered wax paper. Continue to repeat the dipping until all the figs are covered in chocolate.

Once All the figs are covered with chocolate, sprinkle them real well with the chopped pistachios and a tiny pinch each of the coarse sea salt. Place them in the refrigerator for 20 minutes to let the chocolate harden. Bring them out of the refrigerator and serve them! Enjoy!

Recipe By: [Tara](#), who publishes recipes on her blog [The Saucy Mouth](#)



# Desserts



## Honey, PB & Chocolate Popcorn

Serves 24

3 tbspcanola oil  
1/2 cup popcorn kernels  
1 cup sugar  
1 cup honey  
1 cup light peanut butter  
1 tbspcanola oil  
2/3 cup raisins  
1/2 cup semi-sweet mini chocolate chips  
1 tbspcanola oil

### Directions

Pour canola oil into 4 qt. pot. Add popcorn, cover with lid left slightly ajar to allow steam to escape. Place pot over high heat. Cook popcorn until popping sounds slow. Remove from heat. Pour into large bowl.

Combine sugar, honey and peanut butter in large microwavable bowl. Stir ingredients together. Microwave on high power for 1 minute. Stir ingredients, and microwave 1 - 1 1/2 minutes more. Stir in vanilla. Pour over popcorn and mix well. Press popcorn mixture into lightly oiled 9 x 13 pan. Press raisins into mixture. Melt chocolate chips in microwave, on high power, about 1 minute. Stir to finish melting chips. Stir in hazelnut spread. Drizzle chocolate mixture over popcorn mixture and refrigerate to harden chocolate. Cut into squares to serve.

Recipe By [Manitoba Canola Oil Growers](#) whose [website](#) provides great recipes using Canola Oil.

## Holiday Toffee

Serves 6

1 1/3 cup sugar  
1 cup butter  
3 tablespoons water  
1 tablespoon light corn syrup  
1/2 cup pecans  
6 ounces chocolate chips  
1/2 cup almonds  
saucepan, cookie sheet

### Directions

Cook the first 4 ingredients in a saucepan over Medium-low heat to hard crack stage using a candy or sugar thermometer (Tip: it should be stringy and about the color of a brown paper bag.) Stir in pecans.

Pour batch onto parchment paper (cookie sheet) and sprinkle with chocolate chips. When the chips begin to melt, spread over entire pan with the back of a cold spoon. The chocolate should smoothly layer the batch. Sprinkle with almonds.

Allow to cool at room temperature for 20 minutes, then allow for complete setting in the fridge for at least 30 additional minutes or until hard. Finally, break into pieces by hand or knife.

Recipe By [Zuzy Martin Lynch](#) who runs [Cooking for the Clueless](#).



# Desserts

## Dark Fruitcake

Serves 8

2 cups candied fruit	1/2 cup golden raisins
1/2 cup black raisins	3/4 cup spiced apple cider
1/2 cup white sugar	1 cup dark brown sugar
1/2 cup molasses	1 stick butter
1/2 tsp Allspice	1 tsp Cinnamon
1/2 tsp Cardamom	1/4 tsp Cloves
1/4 tsp Nutmeg	1/2 tsp ground ginger
3 cups all-purpose flour	1/2 tsp baking powder
1/2 tsp salt	2 tsp Vanilla
4 eggs	2 tbsps unsweetened cocoa



### Directions

The day before – Chop candied fruit and raisins into small pieces and soak them in 1/4 cup of spiced apple cider overnight.

Baking day:

Preheat oven to 300 degrees. Roll the soaked fruit in 1/2 cup of flour. This helps prevent the fruit from sinking to the bottom while it is baking.

Spray small loaf pans with non-stick spray. Line pans with wax paper, making sure paper sticks over the rim of the pan about 1/4 inch. Lightly spray the paper in the pan and sprinkle paper very, very lightly with baking powder.

In a large bowl, mix together flour, cocoa, baking powder, salt and spices in large bowl. Set aside. In a mixer, cream butter, vanilla, brown sugar, white sugar and eggs. Stir in molasses, the rest of the apple cider and mix thoroughly. Slowly add flour mixture and combine until batter is well blended.

Pour the fruit in last and manually mix it in until fruit is well absorbed into flour mixture. Pour into pans until 2/3 full spreading batter carefully and evenly. Bake for 1 to 1.5 hours. Check for doneness with sharp knife. If knife comes out clean, cake is done.

Using Cognac to age fruitcake (optional):

Soak cheesecloth with cognac and wrap each fruit cake in cheesecloth, then wrap in foil. Moisten the cheesecloth with additional cognac every couple of days for about a week (or more) to flavor and preserve the cake

You can also puncture COOLED cake with skewer and pour cognac into it, then wrap with cheesecloth and foil. It is not advisable to wrap foil directly over fruitcake.

Recipe By: [Connie](#), who runs the [Himalayan Boot Camp](#).



# Desserts



## Holiday Chocolate Soufflé

### Serves 6

6 ounces chocolate  
1 tbsp cocoa powder  
1 tbsp hot water  
¼ cup heavy cream  
3 egg yolks  
1 tbsp flour  
6 egg whites  
Butter and sugar for greasing ramekins

### Directions

Melt chocolate over double boiler. Dissolve cocoa powder in hot water. Add cocoa powder mixture to melted chocolate. Add heavy cream to melted chocolate.

Be sure the chocolate mixture has cooled to room temperature. Add egg yolks to melted chocolate. Add flour to melted chocolate

Whip egg whites to stiff peaks. Fold whipped whites into chocolate mixture

Butter and sugar 6 small ramekins. Fill ramekins with soufflé batter. Bake at 400F until they rise over the tops of the cups and crust forms on top, for about 40 minutes.

Recipe By [Chef Todd Mohr](#), who teaches [Web Cooking Classes](#).

## Raw Chocolate Coconut Balls

### Serves 30

1 jar soy, almond or cashew nut butter, creamy  
1 cup of raw cacao nips  
1 cup chia seeds, whole  
1 cup coconut flakes (low fat option preferable)

### Directions

With a spoon, scoop out 1 tbsp (can be approximate) nut butter and roll in a ball with your hands (you can use gloves to keep hands clean). With all 3 toppings mixed together in a one bowl, roll the nut butter ball into the mixture until it is covered completely. Set each ball on wax paper. Can be served immediately. Refrigeration will make these more solid if desired. If more sweetness is desired, you may mix agave, stevia or honey into the nut butter to taste. Additional options: may add chopped nuts or rolled oats to the nut butter to create a more solid texture, otherwise these are very creamy and delicious.

Recipe By: [Dashama](#), author, Yoga teacher, and [lifestyles coach](#).



## Healthy Maple Flavored Butternut Custard with Pecans

### Serves 8

1 butternut squash, halved length-wise, seeds removed, sprayed with cooking spray, placed face-down on rimmed baking pan  
2 teaspoons low-fat plain yogurt (can use vanilla if sweeter custard is desired)  
4 eggs or 1 cup egg substitute  
¼ cup lite or sugar free maple syrup or maple flavored syrup  
1 teaspoon salt  
½ to 1 teaspoon pepper  
½ cup pecan halves  
cooking spray

### Directions

Preheat oven to 400 degrees with rimmed baking pan inside. Spray both sides of squash with cooking spray (any preferred flavor will do) and place, cut sides down on preheated, rimmed baking pan. Place in oven and reduce heat to 300 degrees. Bake until fork tender, about an hour or until the edges of cut side of squash begin to brown, caramelizing.

Remove from pan when done to allow to cool. When cool enough to handle, use a spoon to remove all that gorgeous meat from the skin of squash, puree in a food processor or beat with hand mixer until very smooth. (I use Cuisinart kitchen appliances) You will need 2 cups for this recipe and can put the remainder in a zippered bag and freeze for later use.

Put squash and all ingredients except pecans in a bowl, whisking well until smooth and eggs are completely mixed in.

Pour into a 6 cup or bigger, shallow glass or ceramic baking dish that has been sprayed with cooking spray. Put this dish into a larger baking dish or oven safe skillet, half filled with hot water. Bake for 55 to 65 minutes at 300 degrees, until custard has just set and a knife inserted just off-center comes out clean. Top with pecan halves in a pretty pattern, with about 2 per serving. Makes 6 servings. Cool a bit before cutting.

Recipe By Linda Brewer, a writer for [various publications](#).





## *Peanut Brittle*

### **Serves 6**

3 cups Sugar  
1 cup corn syrup  
½ cup water  
3 (Heaping) cups raw peanuts  
1 teaspoon salt  
2 teaspoons baking soda  
3 tablespoons butter



### **Directions**

Prepare a buttered surface to pour your mixture out on to when complete

Boil Sugar, Syrup, and water until a thread spins. You can check it by holding it over a plate or pan dip the spoon in and watch to see if the drops become like a thread..when it spins small threads from your spoon, then add the peanuts and stir continuously and cook until the mixture becomes a gold color.

I normally do this by dabbing a tiny drop on something white (napkin, paper, plate etc) and then keep track as I go when I think it might be golden to check to see how it has progressed in the color.

When it is the golden color, take off the stove and add butter salt and soda mixing quickly as it will begin to foam...pour onto a buttered board or surface and let cool

Break into pieces! YUM! Homemade peanut brittle! Be sure to store this in an airtight Tupperware container to retain freshness and crunch

*Recipe By: [Susan Pittser](#) who has a recipe blog and is an expert in [home storage products](#).*





## Holiday Cookies

What's Christmas without your favorite Christmas Cookies? Here are some great ideas for decorating your festive cookies this year. Homemade cookies are a great holiday gift for loved ones of all ages.

### **Stacked Tree Sugar Cookies:**

Roll out your basic sugar cookie dough into a flat sheet about 1/8 inches thick. With a cookie cutter, cut out stars of various sizes. Bake and cool. Frost the cookies with green icing and stack on top of each other to create Christmas trees.

### **Candy Canes:**

Use your basic sugar dough recipe, but replace one half of the vanilla with peppermint extract. Divide dough into two piles, and mix red food coloring into one pile. Wrap both dough with wax paper and chill for a couple of hours. Then roll both piles of dough into six inch long ropes. Twist red and plain ropes together and bake.

### **Peppermint Pinwheels:**

Use the same dough as the candy cane cookies. Divide dough into two portions. Mix one with green food coloring, and the other with red. Chill dough, and then roll each color into a long rectangle about a 1/4 inch thick. Place the green rectangle on top of the red, and roll into a log. Slice off 1/2 inch thick cookies from this log and bake.

### **DECORATING TIPS:**

Paint cookies with egg yolk or a mixture of water and corn syrup. Simply mix in a few drops of food coloring to get the desired shades.

Melted white or dark chocolate is also great for dipping and frosting cookies.

Decorate cookies with candies such as red licorice, peppermints, m&m's, Hershey's kisses, or jelly beans.

For a healthy twist, use dried fruits such as cherries, cranberries or apricots to decorate your cookies. You can also use coconut shavings or orange and lemon zest.





[ifood.tv](http://ifood.tv) is a place to make friends, chat about food, learn about cooking traditions and satisfy your culinary curiosity.

Originally founded by a couple of foodies, we've now grown into a site with over 4 million unique visitors a month coming from 227 different countries!

On ifood.tv, you can:

- Browse our vast collection of recipes. There are over 150,000 of them!
- Watch over 25,000 cooking videos. That's the largest collection on the internet!
- Get helpful tips and information from over 10,000 blogs and how-to guides.
- Find other users with similar culinary tastes through our Tastemates feature.
- Browse thousands of food photos and galleries.
- Seek answers to your burning questions in our Q&A section.
- Regularly showcase your videos on our homepage by becoming a Featured Partner

We've only been around since 2007, so we're always on a hunt to improve the site! We welcome your suggestions on how to make your user experience even better. Send comments and ideas to [content@ifood.tv](mailto:content@ifood.tv).

We're also always open to new partnerships and growth opportunities! If you're a PR agency, Chef, Cookbook Author, or just a foodie who wants to partner with us, send us an email at [biz@ifood.tv](mailto:biz@ifood.tv).

 Follow us on Twitter [@ifoodtv](https://twitter.com/ifoodtv)

 Become a fan of Ifood.tv on [Facebook.com/Tastemates](https://www.facebook.com/Tastemates)

Click [here](#) to sign up for our newsletter for weekly recipes, tips, and special offers!