



# Made From Scratch Monthly

## Recipes from Around the World for the Holidays

### Kabocha Korokke: Japanese Pumpkin Croquettes

- 1 Japanese kabocha squash
- 1 small yellow onion
- 1 tbsp. 2% milk
- 1 large egg
- 2 c. panko breadcrumbs
- 1/4 c. flour
- Olive oil
- Salt and pepper

#### Instructions:

1. Preheat oven to 400°.
2. Wash squash, cut in half, remove seeds and cut into thick slices.
3. In a large bowl, add squash slices, drizzle olive oil, mix to coat them, and season with salt and pepper.
4. Line a pan with parchment paper and add kabocha wedges. Bake for 45 minutes or until tender.
5. Chop onion and sauté in olive oil until golden. Set aside to cool.
6. Remove wedges from the oven and spoon into a bowl, separating from the skin. Add sautéed onions and mix well. Add salt, pepper, and one tablespoon of milk to get a creamy mash mixture. Allow to cool completely before forming the balls.
7. You will need three bowls: one with flour, one with beaten egg, and one with breadcrumbs.
8. Form 1-inch balls. Dip first in flour, then in egg, and then coat with panko breadcrumbs.
9. Heat olive or vegetable oil in a medium pan till hot; start frying about 6-10 kabocha balls at a time, for 1 to 2 minutes on each side until golden brown.
10. Place the fried balls on a plate lined with paper towels and allow them to cool before diving in.



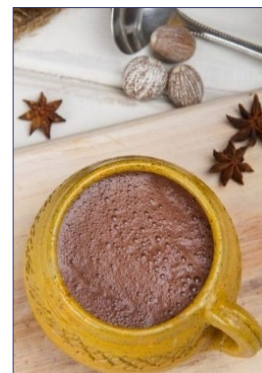
**Tip:** A common dipping sauce is a combination of equal parts okonomiyaki sauce or tonkatsu sauce and ketchup. Okonomiyaki sauce is slightly sweeter than tonkatsu sauce, but they can be used interchangeably depending on your taste preference.

### Peruvian Creamy and Spicy Hot Chocolate

- 1 cinnamon stick
- 2 cloves
- 1 orange peel dried, about an inch long
- 1 Star anise
- 1 pinch nutmeg
- 1/2 c. water
- 2 c. whole milk
- 1/2 c. evaporated milk
- 3 tbsp. Peruvian bitter cocoa
- 1 tbsp. plus 1 tsp. cornstarch
- 1 tsp. instant coffee
- Sugar to taste

#### Instructions:

1. In a small pot over medium heat, add half a cup of water, orange peel, nutmeg, cinnamon stick, cloves, and star anise.
2. Cook the spice infusion, half covered, over low heat for at least 10 minutes. Remove from the heat, strain and discard spices, and save infusion.
3. Return infusion to the pot, add dark chocolate and instant coffee, whisking to dissolve.
4. Add the whole milk and the evaporated milk. Stir well until all ingredients are mixed.
5. Add the pinch of nutmeg and continue to stir without letting the mixture boil.
6. Dissolve one tablespoon of cornstarch in three tablespoons of water. Add the diluted cornstarch to the chocolate and continue to stir until the chocolate is thick. If needed, add one more teaspoon of diluted cornstarch to thicken.
7. Cook for 3 more minutes, add sugar to taste and serve hot in large cups.
8. Decorate with whipped cream, marshmallows, or cinnamon powder.





Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals. Log in to **Prevea360 Health Plan Living Healthy** [member.prevea360.com](http://member.prevea360.com) at to find more recipes.

## Beef Bourguignon – a classic French dinner tradition perfect for the holidays.

- 8 slices turkey bacon
- 2 tsp. canola oil
- 2 lbs. beef tip sirloin (or similar cut, trimmed of visible fat and cut into 1-inch chunks)
- 1/3 c. plus 2 tbsp. quick mixing flour (divided use)
- 16 small white onions
- 1 1/2 c. baby carrots (or 2 small carrots, chopped)
- 2 tbsp. brandy
- 3 garlic cloves, crushed or minced
- 3/4 tsp. salt (optional)
- 1/2 tsp. thyme leaves, crushed
- 1/4 tsp. pepper
- 1 bay leaf
- 1 c. red Burgundy wine
- 1 c. low sodium beef broth
- 3/4 lb. sliced mushrooms

### Instructions:

1. In a large, nonstick frying pan over medium-low heat, cook bacon strips until crisp. Break up into bits.
2. Put 1/3 cup flour in a medium-sized bowl or large Ziploc bag. Add beef chunks and coat well with flour. Heat oil over medium-high heat in the frying pan. Add beef chunks, spray the top with canola cooking spray, and cook, turning until browned on all sides.
3. Put the browned beef and remaining ingredients in a slow cooker. Stir, and then cook on low until beef is cooked through and onions are fork-tender (about 10 hours). Serve with bread.



## Oven Sea Bass - served throughout Sicily and Southern Italy to celebrate the Feast of 7 Fishes.

- 2 1/2 lbs. sea bass
- 2 onions
- 1/2 c. mushrooms
- 1 handful fresh thyme
- 4 tomatoes
- 1 lemon, thinly sliced
- Salt and pepper to taste

### Instructions:

1. Preheat the oven to 300°.
2. Place cleaned and descaled sea bass in an ovenproof dish. Put sprigs of thyme inside. Make 3 to 4 small cuts on the surface of the fish and insert half of the lemon slices. On each side of fish, place sliced tomatoes, diced onions, and mushrooms. Season with salt and pepper. Add a small amount of water or 1/2 cup of dry white wine. Cook for about 1 hour.



## Potato Latkes - traditionally served during the Jewish celebration of Hanukkah.

- 2 c. peeled and shredded Russet potatoes, firmly packed (about 1 lb.)
- 2 to 3 tbsp. low sodium matzo meal (a little less than one matzo, processed into fine crumbs)
- 1/4 c. grated or finely chopped onion
- 1 tsp. salt
- 1 large egg
- 2 to 3 tsp. canola oil
- 6 tbsp. egg substitute

### Instructions:

1. Place the potatoes in a cheesecloth or double-thickness paper towel and wring to extract as much water out of the potatoes as possible.
2. In medium bowl, stir the potatoes, onion, egg, egg substitute, matzo meal, and salt; mix together well.
3. In a large, heavy-bottomed, nonstick skillet over medium-high heat, heat the oil until hot. Make sure the oil is spread evenly over the bottom of the skillet. Place 1/4 cup (level measure) of potato mixture into the hot oil, pressing down on them to form 1/4- to 1/2-inch-thick patties. Spray tops with canola cooking spray. Brown on each side, about 3 minutes per side.
4. Serve these hot with applesauce, fat-free or light sour cream, and chopped green onions.

