

A Collection Of My Favorite Recipes





Hi there! I'm Millie. I am the food writer, recipe developer, and publisher of the food blog, Eats By The Beach.

Welcome to my kitchen on the beach!
I love food - and everything surrounding food - planning the menus, developing recipes, even the grocery shopping!

For me, food is a way of showing someone love, affection, understanding, even empathy. If I love you, I'm going to cook for you.

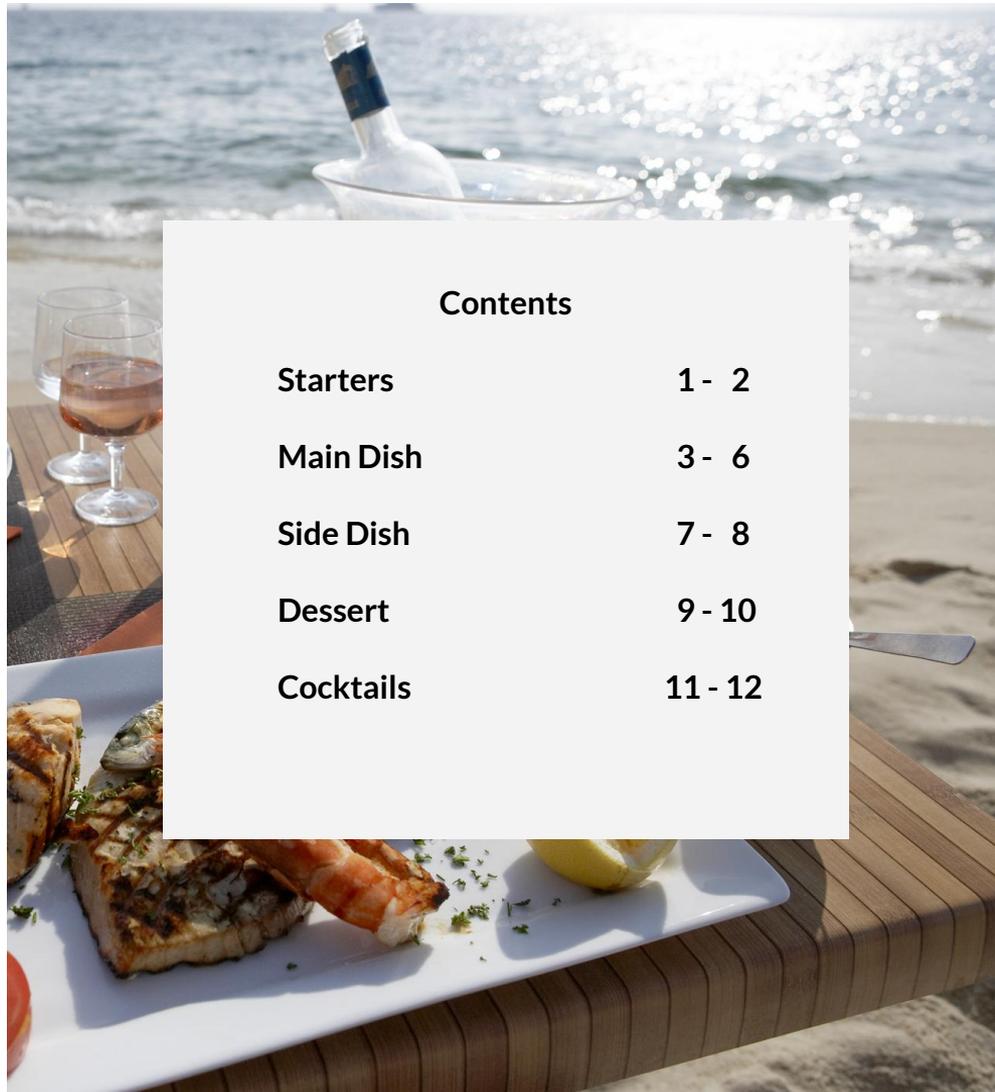
I've been developing and collecting recipes for years. Most of the recipes use ingredients that you probably have on hand or can easily grab at the grocery store. Some are healthy, some are rich and decadent, but **ALL** of the recipes are made with **LOVE!**

This cookbook is a collection of several of my most favorite recipes. These are the dishes that I am asked to make over and over by family and friends. Somehow, these dishes never seem to get old.

I hope you love them as much as I do!

~ Millie

For more recipes, please visit Eats By The Beach
www.eatsbythebeach.com



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STARTERS

Lemon & Roasted Garlic Hummus

Ingredients:

One 15-ounce can chickpeas, drained, reserving liquid
1/4 cup fresh lemon juice, about 1 large lemon
1/4 cup tahini
2 large roasted garlic cloves, more if you are a garlic lover
2 tablespoons olive oil, plus more for serving
1/2 teaspoon ground cumin
2 to 3 tablespoons reserved chickpea liquid
Dash of cayenne pepper, to taste
1/2 to 1 teaspoon kosher salt, to taste

Serves 4 - 6

Methods:

Combine the tahini & lemon juice in a food processor. Process for 1 minute. Scrape sides & process again until very smooth. Add the olive oil, roasted garlic, cumin & cayenne. Process to combine all. Add the chickpeas to the food processor in 2 batches, processing until fully incorporated after each. If mixture is too thick, use some of the reserved chickpea liquid to thin it down. Scoop the hummus into a serving bowl. Drizzle with olive oil & garnish with whole chickpeas & parsley. Serve with vegetables, pita bread, or crackers.





STARTERS

Garlic Shrimp Bites

Ingredients:

½ cup vegetable oil
12 jumbo shrimp, shelled & deveined
2 garlic cloves, minced.
¾ cup dry white wine
3 tablespoon fresh lemon juice
¼ teaspoon fine sea salt
1 tablespoon Dijon mustard
3 tablespoon unsalted butter, room temperature
2 teaspoons minced fresh parsley

Methods:

In a shallow skillet, heat oil over medium-high heat. Cook the shrimp, undisturbed, for 3 minutes, until pale golden. Add garlic & cook for 1 minute more, stirring. Cook shrimp in batches, if necessary, to avoid overcrowding. Drain off all but 1 tsp of oil. Add white wine, lemon juice, & salt. Bring to a boil. Cook for 1 minute. Transfer shrimp to serving plate & increase heat to high. Whisk in mustard & simmer the sauce until it is reduced by half- about 2 minutes. Remove pan from heat. Stir in the butter until melted & sauce is emulsified. Spoon sauce over the shrimp. Sprinkle with parsley.

Serves 4



MAIN DISH

Dot's Lemon Chicken

Ingredients:

4 chicken thighs, skin on
1 tsp paprika
½ cup all purpose flour
½ teaspoon salt
½ teaspoon pepper
4 tablespoons butter
2 tablespoons olive oil
2 cups chicken stock
¼ cup dark brown sugar
3 lemons, 2 zested and juiced, 1 sliced
2 scallions, sliced (both white and some of green tops)

Serves 4

Methods:

In a ziplock bag, add flour, paprika, salt & pepper. Shake to combine. Add chicken & shake to coat evenly. Set aside.

In a large skillet, melt butter & olive oil together. Add chicken & brown on both sides until light golden brown.

While chicken is browning, in a small bowl, mix together the lemon juice, lemon zest, chicken stock, brown sugar & scallions.

When chicken is browned reduce heat to simmer & add the lemon/chicken stock mixture. Cover & simmer for 20-30 minutes. Uncover. Increase heat to medium-high & reduce liquid in pan, moving chicken around often, until thickened & syrupy. Turn chicken in sauce several times to glaze each piece in the thickened sauce.

This is excellent served over rice pilaf or mashed potatoes and roasted asparagus.





MAIN DISH

Simple Enchiladas

Ingredients:

FOR THE SAUCE:

- 1 tablespoon olive oil
- 1 tablespoon flour
- 1 can (28-ounce) crushed tomatoes
- 2 cups chicken broth
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons chopped cilantro

FOR THE MEAT:

- 1-1/2 pound ground beef
- 1 medium onion, finely diced
- 2 cans (4-ounce) diced green chilies
- 1/2 teaspoon salt
- 1/2 cup vegetable oil

TO ASSEMBLE:

- 10 large flour tortillas
- 3 cups grated sharp cheddar cheese
- Sliced jalapeno peppers, for garnish
- Cilantro, for garnish

Methods:

In a large saucepan over medium heat, add oil & flour. Whisk together to make a paste, cooking for one minute. Pour in the tomatoes, broth, cilantro, salt & pepper. Bring to a boil. Reduce heat & simmer 30-45 minutes. When reduced, set aside.

Brown the meat & onions in a skillet. Drain off fat. Stir in the diced green chilies & salt. Set aside.

Assembly: Preheat oven to 350 degrees. Wrap the tortillas in a moist paper towel & warm in the oven for 5 minutes. Pour ½ cup red sauce in bottom of baking pan. Spread to even out. Dip each tortilla into the red sauce, then remove to work surface. Spoon meat & grated cheese into the center of each tortilla. Roll up & place, seam down, in baking pan. Pour extra sauce over enchiladas. Top with remaining cheese.

Bake for 20 minutes or until bubbly. Sprinkle with cilantro & jalapeno before serving. 4

Serves 6



MAIN DISH

Italian Red Sauce

Ingredients:

1/4 cup extra virgin olive oil
1 medium onion, minced
4 large garlic cloves, minced
1 (6-ounce can) tomato paste
1 cup dried red wine
Three 28-ounce cans San Marzano plum tomatoes
1 teaspoon dried oregano
1 teaspoon dried sage
2 bay leaves
2 tablespoons fresh minced basil
2 tablespoons fresh thyme
2 tablespoons minced fresh Italian parsley
1 -2 tablespoon sugar, if needed
Salt
Freshly ground black pepper
2/3 cup grated Parmigiano-Reggiano

Makes about 2 quarts

Methods:

In a Dutch oven over medium heat, warm the olive oil. When hot, saute the onion until translucent. Add the garlic cloves & saute for 5 minutes.
Stir the tomato paste & allow to brown slightly-about 8 minutes. Stir occasionally to prevent scorching.
Pour in the red wine & stir well to combine.
Add the plum tomatoes, crushing with the back of the spoon. Stir well, reduce heat to low & allow to simmer for 30 minutes.
Sprinkle in the oregano, sage, & bay leaves.
Continue to simmer for another 45 minutes.
Keep crushing the tomatoes against the side of the pan to liquify them.
Add the fresh basil, thyme, & parsley. Allow to simmer for 20 minutes more.
Taste the sauce. Add sugar, if needed, & salt & pepper. Remove from heat.
Stir in the grated cheese.





MAIN DISH

Old Fashioned Meatloaf

Ingredients:

1-1/2 pounds lean ground beef (90% lean)
1 cup Italian style bread crumbs
1/4 cup buttermilk
1/4 cup ketchup
1/2 cup minced onion
1 egg
1 tablespoon worcestershire sauce
2 teaspoons minced garlic
1 teaspoon dried thyme leaves
3/4 teaspoon pepper
1/2 teaspoon salt
For the topping:
1/4 cup ketchup
2 tablespoons brown sugar
1 tablespoon balsamic vinegar

Serves 6

Methods:

Heat oven to 350°F. Line a baking sheet with aluminum foil. Set aside.
In a small bowl, stir together the breadcrumbs & buttermilk. Set aside.
In a large bowl, combine the ground beef, ketchup, onion, egg, Worcestershire, garlic, thyme, pepper, & salt. Pour in the breadcrumbs that have been soaking in the buttermilk.
Using your hands, thoroughly mix everything together. Shape the beef into a 8x4-inch loaf & place on the baking sheet.
Bake 45 to 55 minutes, until thermometer inserted into center registers 160°. Meanwhile in a small bowl, stir together the topping ingredients.
Spoon the topping over the meatloaf & return to the oven for another 10 minutes.
Remove the pan from the oven & allow the meatloaf to rest for at least 10 minutes. Slice & serve.



Side Dish

Watermelon & Feta Salad

Ingredients:

1 small seedless watermelon, chilled (you want about 9 cups of cubed fruit)
½ cup extra virgin olive oil
2 large limes, juiced
2 tablespoons balsamic vinegar
1 ½ teaspoons salt
½ teaspoon black pepper
¾ cup fresh mint leaves, chopped
1 ½ cups crumbled feta cheese

Serves 4

Methods:

Place the watermelon cubes in a large bowl. Set aside. In a small bowl, whisk together the olive oil, lime juice, balsamic vinegar, salt & pepper. Pour the dressing over the watermelon. Sprinkle the chopped mint & crumbled feta cheese. Gently toss to coat the melon with the mint and cheese. Serve immediately.





Side Dish

Prosciutto Wrapped Asparagus

Ingredients:

2 tablespoons unsalted butter, melted
2 teaspoons minced garlic
1 pound asparagus spears , tough ends trimmed
4 ounces prosciutto

Methods:

Preheat the oven to 400 degrees. In a small glass bowl or ramekin, add the butter & minced garlic. Microwave on high for 30 seconds until melted. Stir. Brush the butter & garlic over the asparagus spears, coating all sides evenly. Slice the prosciutto slices in half lengthwise. Wrap each asparagus spear with a slice of prosciutto diagonally from top to bottom. Use the brush to coat the spears with any remaining butter & garlic. Bake in the oven for 10 - 12 minutes until the asparagus is tender & the asparagus is starting to get crispy. Remove the pan from the oven. Serve immediately.

Serves 4



Lemon Panna Cotta

Ingredients:

1 cup whole milk, divided
2 tsp. unflavored gelatin
2 1/2 cups heavy whipping cream
1/2 cup sugar
Peel from 1 lemon (removed with a vegetable peeler)
1 vanilla bean, split lengthwise

Serves 6

Methods:

In a small bowl, pour ½ cup milk and sprinkle the gelatin on top. Set aside for about 15 minutes to allow the gelatin to soften.

Meanwhile, in a large saucepan over medium heat, combine the whipping cream, sugar, lemon peel, & remaining milk. Scrape the vanilla seeds from the vanilla bean & stir into the milk mixture. Nestle the vanilla pod into the pan as well. Bring to a simmer, whisking until the sugar dissolves. Remove from the heat. Cover & set aside for at least 10 minutes.

Return the pan to the heat. Bring the cream mixture back to a simmer. Stir in the gelatin & milk & stir until the gelatin is completely dissolved.

Strain the mixture through a fine mesh sieve. Divide evenly among six 1-cup ramekins. Place on a small baking sheet and chill, uncovered, at least 6 hours or until the panna cotta is set. Serve chilled.





Desserts

Bananas Foster

Ingredients:

L¼ cup butter
1 cup dark brown sugar
½ teaspoon cinnamon
¼ cup banana liqueur
4 bananas, cut in half lengthwise
and then in half
¼ cup spiced rum
4 scoops vanilla ice cream

Methods:

In a skillet over low heat, melt the butter with the sugar & cinnamon. Stir until the sugar dissolves. Stir in the banana liqueur. Place the bananas in the skillet. Gently move the bananas slightly & allow to soften & begin to brown. Carefully pour the rum over the fruit. Continue to cook the sauce, gently moving & turning the bananas in the sauce. At this point you could ignite the rum or increase the heat & bring the sauce to a boil. Remove immediately from the heat. Evenly divide the bananas to serving dishes or small cast iron pans. Top with a scoop of ice cream. Spoon sauce over the bananas. Serve immediately.

Serves 4



Lemon Drop Martini

Ingredients:

LEMON SUGAR

1/2 cup granulated sugar
Zest from 1 lemon, very finely
minced

LEMON DROP MARTINI

1/4 cup vodka
1 1/2 tablespoons Cointreau or
triple sec
2 tablespoons fresh squeezed
lemon juice
1 1/2 tablespoons simple syrup
Ice
Lemon sugar, for glass rim

Serves 1

Methods:

Make the lemon sugar by rubbing
the zest into the sugar until the
sugar takes on a light yellow tint.
Pour onto a shallow plate.

Use a lemon slice to moisten the
rim of a chilled martini glass. Turn
the glass upside down and nestle
the rim into the lemon sugar.
In a cocktail shaker, add vodka,
Cointreau, lemon juice, simple
syrup and 4 - 5 ice cubes. Shake
vigorously for 30 seconds or until
the cocktail shaker turns ice cold.
Strain into the martini glass. Serve
immediately.





Cosmopolitan

Ingredients:

2.5 oz citron vodka (5 tablespoons)
1.0 oz Cointreau or triple sec (2
tablespoons)
1.0 oz cranberry juice (1
tablespoon)
0.5 oz fresh lime juice (3
teaspoons)
5 large ice cubes
Lime peel wheel for garnish

Methods:

In a cocktail shaker, add vodka, Cointreau, cranberry juice, & lime juice. Add ice cubes & shake vigorously until the shaker is icy cold.
Strain into a cold martini glass.
Garnish with a lime peel wheel.

Serves 1

I HOPE YOU ENJOYED THIS FREE COOKBOOK!

I have many more delicious recipes that would be perfect for any occasion or weeknight dinner.

Please visit me at:

www.eatsbythebeach.com



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