

Mark Garman Firefighter- Fire Station No. 3 – Fashion Island
Mark's Mother's Recipe

Turkey Meatloaf Recipe

INGREDIENTS:

2.5 – 3 lbs. ground *turkey* (*Mark likes ultra-lean 1.5 grams of fat vs. lean 8 grams of fat per serving*)

1 cup bread crumbs

1 egg

2 – 3 cups chopped onions

2 teaspoon salt

2 teaspoons molasses

½ teaspoon pepper

¼ teaspoon garlic powder

¼ cup milk

BBQ sauce

PREPARATION:

Mix all the above ingredients except for the BBQ sauce in a bowl. Press into a loaf pan and invert onto a baking rack in the middle of a pan. Let the loaf come out of the pan and rest on the rack. Pour some water to cover the bottom of the pan (meatloaf is suspended on baking rack and not touching water.)

Bake at 350 for 1 hour 20 min. Brush BBQ sauce on top and return to oven for another 10 min.

Serve and enjoy!

John Testa- Engineer- Fire Station No. 4 Balboa Island

Pork and Hominy Stew (Adapted from a *Bon Appetit* Recipe)

Ingredients

- 1 tablespoon plus 2 teaspoons chili powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 1/2 pounds boneless pork shoulder butt, cut into 2 1/2-inch pieces or boneless country pork spareribs, cut into 2-inch pieces
- 3 bacon slices, chopped
- 1 large onion, thinly sliced
- 1 cup diced smoked ham
- 1 medium carrot, peeled, chopped
- 6 large garlic cloves, chopped
- 2 poblano chilies, seeded, cut into 2x1/4-inch strips (These fresh green chilies, often called pasillas, are available at Latin American markets and also at some supermarkets.)
- 2 cups drained canned hominy (from two 15-ounce cans)
- 1 cup canned diced tomatoes in juice
- 1 cup beer
- 1 cup canned low-salt chicken broth
- 1 teaspoon dried marjoram
- 1/4 cup chopped fresh cilantro

Preparation

Mix 1 tablespoon chili powder, salt, and pepper in bowl. Rub spice mixture all over pork. Sauté bacon in heavy large pot over medium heat until crisp, about 5 minutes. Transfer bacon to paper towels to drain. Working in batches, add pork to drippings in pot and sauté until brown on all sides, about 10 minutes per batch. Using slotted spoon, transfer pork to bowl.

Reduce heat to medium. Add onion, ham, carrot, and garlic to pot; cover and cook 5 minutes, stirring occasionally and scraping up browned bits. Add chilies; stir 1 minute. Stir in hominy, tomatoes with juices, beer, broth, marjoram, pork, and remaining 2 teaspoons chili powder and bring to boil. Reduce heat; cover and simmer until pork is very tender, about 1 hour. (Can be prepared 1 day ahead. Cover and chill bacon. Cool stew slightly. Chill uncovered until cold, then cover and keep chilled.)

Simmer stew uncovered until liquid is slightly reduced and thickened, about 10 minutes. Season with salt and pepper. Transfer to bowl. Sprinkle with reserved bacon and cilantro.

Jason Leftige- Paramedic- Fire Station No. 5 Corona del Mar

Italian Sausage & Gratin Butter Stuffed Portabella Mushrooms *(Jason's Own Recipe)*

Shopping List:

2 Packages- Italian Sausage (approximately 10 links)
1 Cup- Bread Crumbs (seasoned)
4 Tbls. or ½ cup melted- Butter
1-2 Tbls minced or ½ bulb- Garlic
¼ Cup- Extra Virgin Olive Oil
½ Cup- Red Cooking Wine
2 Tbls- Italian Seasoning
1 Tsp- Salt
1 Tsp- Pepper
10-20 oz. Cooked Spinach (depending on the size of mushrooms to be filled)
10-12 Large cap Mushrooms (or 30-40 Portabellini or Baby Bellas)

Preparation:

(Note: This can be prepared ahead of time and refrigerated.)

-Remove casing from the sausage links and brown in skillet with small amount of olive oil to prevent sticking.

-Place in large mixing bowl. In same skillet, melt butter and lightly brown the garlic.

-Combine sausage, breadcrumbs, butter/garlic mixture, olive oil, wine, Italian seasoning, salt pepper, and mix until well combined and can be formed into balls or caps to fill the mushrooms.

For extra mushroom flavor, finely chop 1-2 mushroom caps or 6-8 baby bellas and add to mixture. (For the wine, any wine will work. I use red for a richer flavor, or white for a lighter note.)

-Cook Spinach and Cool.

-Remove Stems from the Mushrooms and wash thoroughly and dry. Place Mushrooms on a large cooking tray about 1-2 inches apart. Lay a small bed of Spinach into cap and then top with the Stuffing mixture, making a heaping mound.

-Now stuffed mushrooms can be refrigerated for about a day until ready to cook and serve.

-Cook for approximately 30 minutes at about 350 degrees uncovered.

-Serves 12-15 people (or 8-10 firemen)!

-Garnish with a little fresh Basil and lemon wedges and enjoy!