

Recipes from The Rock Café

Homemade Macaroni and Cheese (Serves 20)

2lb elbow noodles

2 oz margarine

2oz flour

1/2tsp dry mustard

1/2tsp pepper

1 ¾ tsp salt

1 ½ cups water

11oz Velveeta

16oz sliced American cheese

4 oz shredded cheddar

14 oz basic cheese sauce (liquid can)

2 quarts milk

Method of Preparation

1. Cook macaroni, drain and rinse. Set aside.
2. Spray large pot with cooking spray, melt margarine, add flour and cook 10-15 minutes, making a rue.
3. Add dry mustard, pepper, salt, and the water, stir.
4. Add all cheeses, and milk, stir well and heat to 165F. Do not boil.
5. Add the cooked macaroni. The macaroni will be a bit runny, it will thicken as it sits.
6. Spray pan for serving, let sit in warmer for at least 30 minutes to thicken.



Chocolate Scotcheros (makes 12)

11oz light corn syrup

7 oz sugar

10oz peanut butter

8 oz rice Krispy cereal

topping

4 ½ oz chocolate chips

4 ½ oz peanut butter

2 oz butterscotch chips

Method of Preparation

1. Measure corn syrup and sugar into a pan, cook over medium heat, stirring frequently until the sugar dissolves, and the mixture begins to boil. Turn off heat.
2. Stir in peanut butter, mix well, then add rice krispies, stir until well coated.
3. Press into pan, set aside.
4. In a separate pan, melt chocolate chips, butterscotch chips, and peanut butter together, stirring constantly. Spread evenly over the pan of rice krispies.
5. Let sit for at least 1 hours.



General Tso Chicken (serves 10)

6oz carrots (peeled, and cut on bias)

23oz broccoli (bite size)

6 oz onions (1/2" squares)

2 ½ lb. popcorn chicken

2 cups general Tso sauce

Method of Preparation

1. Peel and slice carrots on a bias, cut broccoli into bite size pieces, and cut the onions into ½ "squares. Mix the veggies together.
2. Cook chicken according to package. (we deep fry, but you can bake)
3. Blanch the vegetables (put in boiling water for about 2 minutes)
4. Heat general Tso sauce in frying pan until bubbling.
5. Put in the vegetables, and chicken, stir well, cook for about 3 minutes.
6. Serve with rice.



Wet Beef burrito (serves 10)

1 ½ lb. ground beef
1 ½ oz onions (chopped)
1 pkg taco or burrito seasoning
11 oz of refried beans
2 ¾ cup burrito sauce
5 tortilla shells 10"
10oz shredded cheddar cheese

Method of Preparation

1. Cook ground beef to 165F in fry pan. Drain grease.
2. Add onion burrito seasoning and refried beans to the ground beef.
3. Spray a pan.
4. Lay out tortilla shells, add two 3oz scoops of the meat mixture to the shells, side by side.
5. Roll tortilla, place seam down into sprayed pan.
6. Cover with burrito sauce.
7. Bake for approximately 10-15 minutes or until 165F in the center.
8. Cover with cheese, and serve with sour cream, lettuce.

