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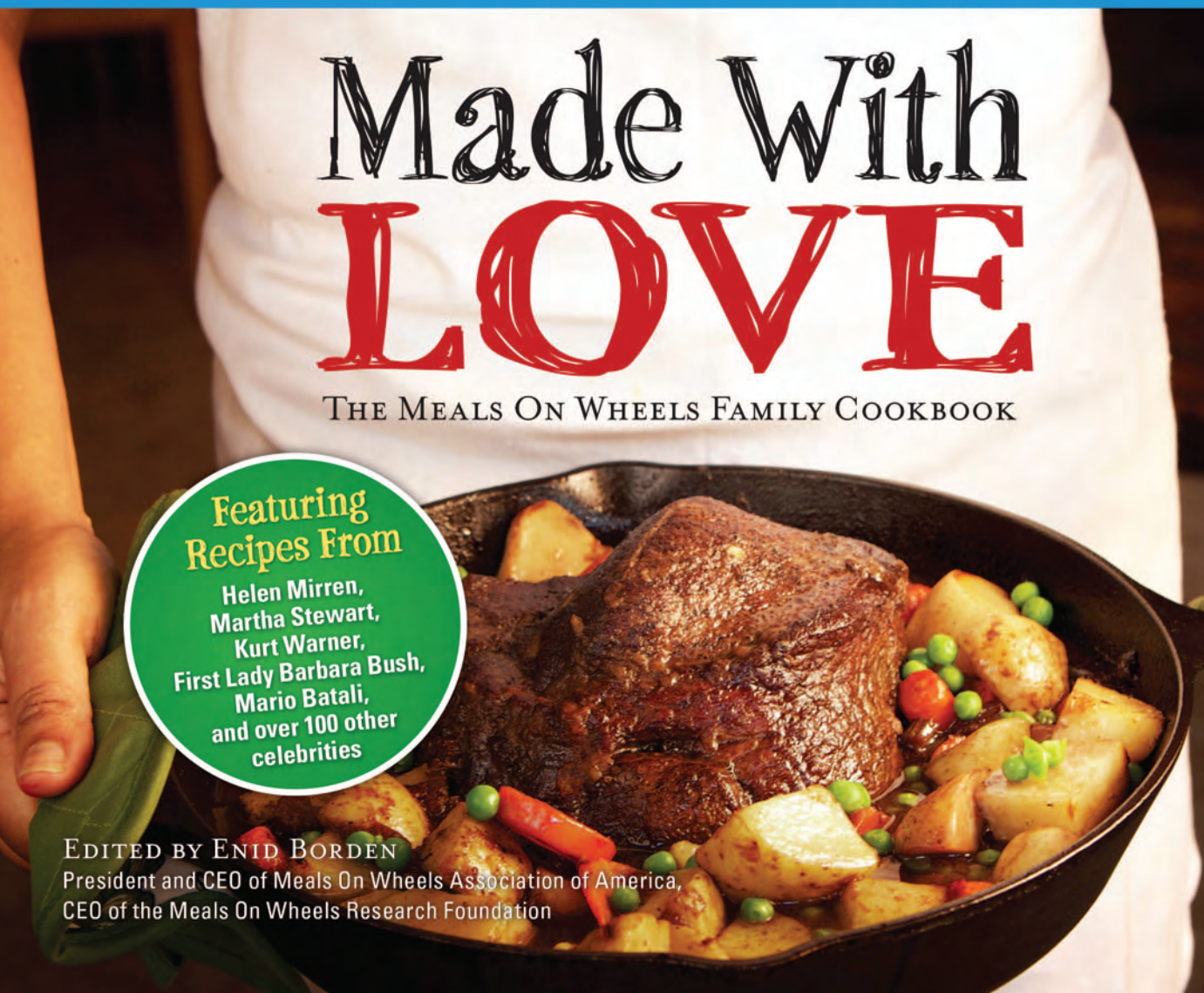
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THE MEALS ON WHEELS FAMILY COOKBOOK

**Featuring
Recipes From**

Helen Mirren,
Martha Stewart,
Kurt Warner,
First Lady Barbara Bush,
Mario Batali,
and over 100 other
celebrities

EDITED BY ENID BORDEN
President and CEO of Meals On Wheels Association of America,
CEO of the Meals On Wheels Research Foundation





More than 100 recipes and photos

Made With
LOVE

A MEALS ON WHEELS FAMILY COOKBOOK

EDITED BY MEALS ON WHEELS PRESIDENT

ENID BORDEN



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ANN LePAGE

Ann LePage is the First Lady of Maine. Her husband, Governor Paul LePage, took office in 2011.

Maple Oat Bread

MAKES 1 LOAF

1 c. plus 2 tbsp old-fashioned oats, divided
1 c boiling water
1 (¼-oz) pkg active dry yeast
½ c warm water (110° to 115°)
½ c maple syrup
2 tsp canola oil
1½ tsp salt
3½ to 4 c all-purpose flour
Canola oil, as needed
1 egg white, lightly beaten



Place 1 cup oats in food processor or blender and process until coarsely chopped. Transfer to a small, heat-proof bowl and add boiling water. Let stand until mixture cools down, registering between 110°F and 115°F.

Meanwhile, in a large mixing bowl, add warm water and sprinkle yeast over it, letting yeast dissolve. Add maple syrup, oil, salt, oat mixture, and 2 cups flour; beat until smooth. Keep stirring, adding enough of the remaining flour until mixture forms a soft dough.

Turn dough onto a lightly floured surface and knead until smooth and elastic, about 6 to 8 minutes.

Lightly grease a large bowl with canola oil, and add dough to it, turning once to coat the surface of the dough. Cover with a dishtowel, and let rise in a warm place until doubled, about 1 hour. After the dough has risen, punch dough down.

Grease a 9-inch round baking dish. Turn dough onto a lightly floured surface, and shape into a 9-inch round loaf. Add dough into the baking dish. Cover again with dishtowel and let rise until doubled again, about 45 minutes.

Preheat oven to 350°F. Brush dough with egg white and sprinkle with remaining 2 tablespoons oats. Bake until golden brown, about 30 to 35 minutes. Remove bread from pan onto a wire rack and cool.



I found this recipe in a Light & Tasty magazine years ago and have made it for my family ever since. My children would sit at the kitchen counter and wait for it to cool down to enjoy their first slice. I, on the other hand, couldn't wait and had to eat it right from the oven.



AMY WINTER

Amy Winter is the Executive Vice President and General Manager of TLC for Discovery Communications.

Dabney's Cucumber Dip

SERVES 6

1 (16-oz) container sour cream
3 tbsp finely chopped English cucumber
2 tbsp finely chopped chives
2 tbsp finely chopped tarragon
Salt and ground black pepper, to taste
Pita chips, crackers, bread or an assortment of dipping vegetables, to serve

In a medium bowl, add sour cream, cucumber, chives, and tarragon. Stir together to combine, and season to taste with salt and pepper.

Chill until ready to serve. Serve with accompaniments.

My favorite thing to make is dip because it usually means that family and friends are coming over to leisurely visit and relax. And let's be honest, dip is usually easy and quick to make. This particular recipe I learned from a dear friend (and mother of triplets!) while we were on a beach trip. I was stunned that she could make it without looking at a recipe. (She's equally amazed by my specialty drink-making skills, but that's for another book.) This cucumber dip is light, summery, and equally good on a pita chip or a dipping veggie—and it takes me right back to that perfectly wonderful vacation I'll always remember.







SGT. SLAUGHTER

Sgt. Slaughter is a former WWE professional wrestler whose professional persona has been incorporated into comic books, animated series, and toy lines.

Mess Hall Dip

SERVES 10 TO 12

1 tsp olive oil
1 tsp butter
1 lb ground sirloin or ground turkey
Salt and ground black pepper, to taste
½ tsp garlic salt
3 (15-oz) cans Hormel® Chili No Beans
1 (8-oz) pkg cream cheese, cut into pieces
1 c shredded mild cheddar cheese
Sugar, to taste

In a large skillet over medium-high heat, warm oil and butter. Add ground meat, garlic salt, salt, and pepper. Cook, stirring occasionally, until meat is cooked through, about 10 minutes.

Remove skillet from heat, and drain the oil from the meat. Add chili to meat, and warm mixture over medium-high heat. Stir in the cream cheese and once melted, add the cheddar cheese. Season to taste with the sugar, salt, and pepper, and serve.

This is my mom's chili recipe minus the beans. However, I added some other ingredients to turn it into a dip. I serve it with all different types of chips like corn chips, Fritos,[®] Ruffles,[®] and blue corn tortilla chips. I like this recipe because it's great for watching Monday Night RAW; plus, it's almost a meal in itself.





RICKY SKAGGS

Ricky Skaggs is a Grammy Award-winning country and bluegrass musician, producer, and composer.

A Ricky Skaggs Original: Chicken Pickin' Corn Soup

SERVES 6 TO 8

- 1 tbsp vegetable oil**
- 1 tbsp McCormick's® Chicken Seasoning**
- Salt and ground black pepper, to taste**
- 4 boneless, skinless chicken breasts, cut into 1-inch pieces**
- 1 (10.7-oz) can cream of chicken soup**
- 1 (10.7-oz) can cream of mushroom soup**
- 2¼ c water, divided**
- 4 medium potatoes, cut into 1-inch pieces**
- 2 medium onions, chopped**
- 1 (15.2-oz) can whole kernel corn, drained**
- 1 (15.2-oz) can cream-style corn**
- 1½ tbsp cornstarch**

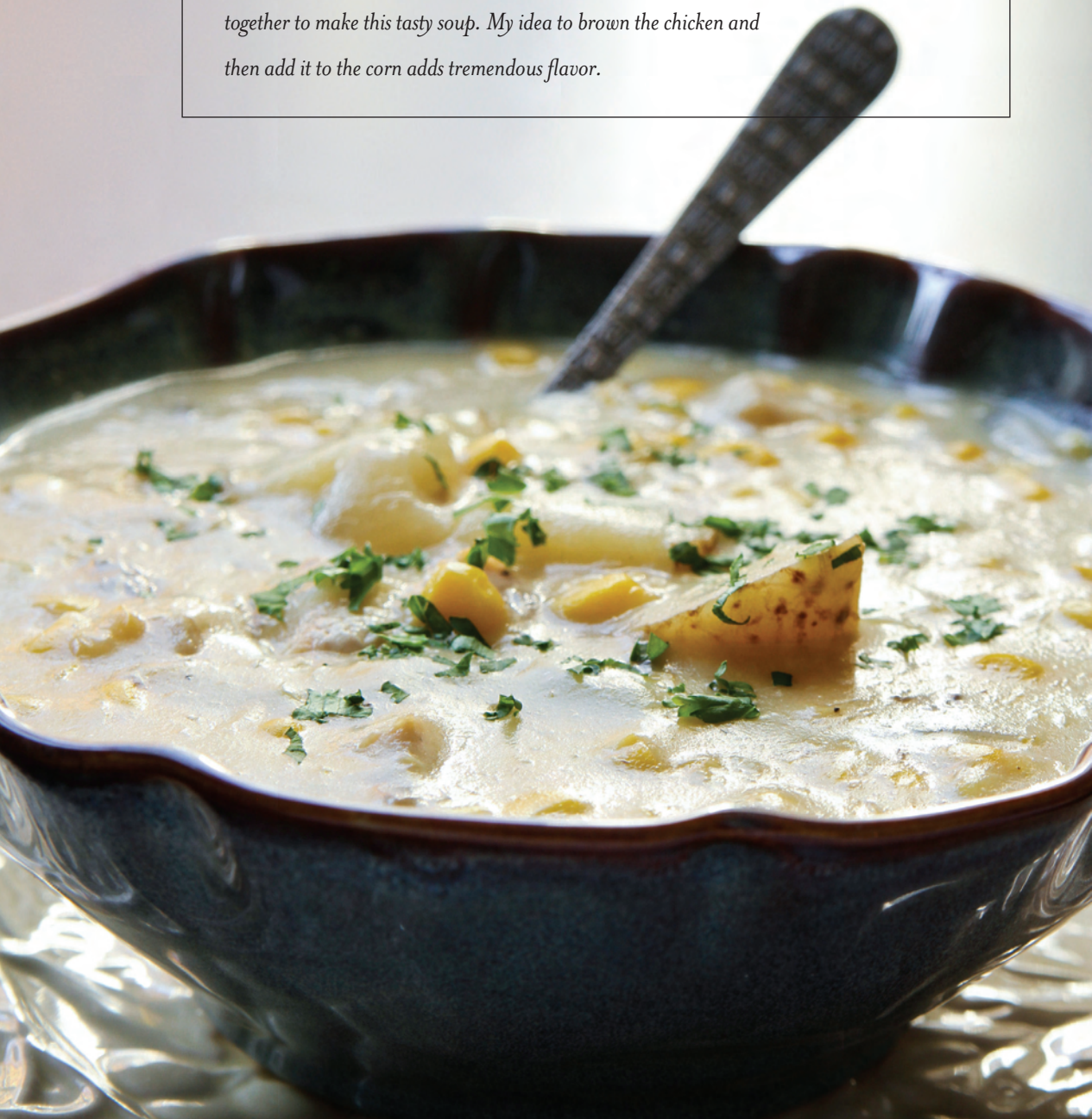
Heat oil in large, heavy-bottomed pot over medium-high heat. Season chicken with seasoning, and add to oil. Cook, stirring occasionally, until chicken is evenly browned and cooked through. Use a slotted spoon to remove chicken from pot and reserve.

Add soups and 1¼ cups water to pot and bring to a boil over high heat. Stir in potatoes, onions, and both canned corns. Bring soup to a boil and return chicken to pot.

In a small bowl, add cornstarch and 1 cup of water, whisking together to combine. Add cornstarch mixture to the soup. Cover soup with a lid, and reduce heat to medium-low. Simmer soup for 45 minutes to 1 hour, stirring occasionally, to prevent sticking.

Season soup to taste, and serve.

I was in a hurry and got to messin' around in the kitchen of what to put together to eat. With the ingredients I already had on hand, it came to me to combine a couple of different recipes together to make this tasty soup. My idea to brown the chicken and then add it to the corn adds tremendous flavor.





LINDA GRAY

Linda Gray is a television actress, best known for her role as Sue Ellen Ewing on *Dallas*.

Roast Chicken

SERVES 4 TO 6

- 1 (5- to 6-lb) whole chicken, rinsed and patted dry**
- 3 tbsp olive oil, divided**
- Salt and ground black pepper, to taste**
- 1 lemon, quartered**
- 3 garlic cloves, peeled and crushed**
- 1 small onion, halved**
- 4 sprigs fresh rosemary**

Preheat the oven to 450°F.

Rub the chicken with 1 tablespoon of oil and sprinkle generously with salt and pepper. Stuff the chicken's cavity with the lemon, garlic, onion, and rosemary.

Heat remaining 2 tablespoons oil in a large, cast iron skillet over medium-high heat. Add the chicken and cook, rotating frequently, until evenly browned on all sides. Remove from heat, and position chicken breast-side-up in the pan.

Transfer skillet into the preheated oven. Roast the chicken for 45 minutes to 1 hour.

Reduce the oven's temperature to 375°F until a meat thermometer inserted in the thickest part of the thigh reaches 180°F, about 20 to 30 minutes.





This is a chicken recipe that never fails with the kids (and grandsons) loving it! I start with Grandma Betty's cast iron skillet—which is always a good thing to have on hand. I stuff the chicken and sear it on all sides, using a long-handled wooden spoon to turn the bird in the pan. Some of the stuffing will fall out, but just shove it back in! The high temperature gets the skin crispy. Serve the chicken with lots of veggies, a big salad and ... there you go! Enjoy!



Our father was born in Russia, on the family estate called Kuryanova. The upheaval of the Russian Revolution and World War I left him and his parents living in London. In later years, his father came to live with us. Grandpa loved nothing better than to sit and tell his grandchildren tales of his life in Russia. We think that this version of piroshki must be from a recipe he told our mother; she adapted it and these cabbage pies have been firm family favorites ever since. We know they are not authentic piroshki; but they are an original Mironoff Piroshki!



HELEN MIRREN

Helen Mirren is an Academy Award-winning actress, known for her roles in *The Queen*, *Elizabeth I*, *Prime Suspect*, *Calendar Girls*, *Door to Door*, and *Gosford Park*. She is also an accomplished stage actress, performing on the West End and Broadway.

Mironoff Piroshki

MAKES 6 TO 8 PIES

- 3 tbsp butter**
- ½ c water or chicken stock**
- 1 medium white cabbage, thinly sliced**
- 2 leeks, thinly sliced**
- 1 medium onion, chopped**
- 2 refrigerated pie crusts**
- 3 hard-boiled eggs, chopped**
- 3 tbsp chopped parsley**
- Milk, for brushing the crust**

Preheat oven to 350°F.

Combine butter and water or stock in a large sauté pan and warm over medium-low heat. Add vegetables and cook, stirring occasionally, until vegetables soften, about 10 minutes. The cabbage should still have a bite. Remove from heat, and set aside to cool.

On a floured surface, roll pie crusts out to a ¼-inch thickness. Cut into 6 (½-inch) circles and set aside.

Once the vegetables have cooled, drain, and place in a large bowl. Add eggs and parsley, and then season to taste. Stir to combine.

Divide vegetable filling evenly between the pastry circles, placing filling in center of each circle. Brush edges of crust with milk, then pinch edges together to seal pies together.

Place pies on lightly greased baking sheet. Lightly brush the tops of the pies with milk. Bake in preheated oven until golden brown, about 20 to 25 minutes.



SHANE AND MELISSA VICTORINO

Shane Victorino is a MLB outfielder for the Philadelphia Phillies. Shane and his wife, Melissa, run the Shane Victorino Foundation, which helps provide opportunities for underserved children.

Chicken Katsu

SERVES 4

FOR THE CHICKEN:

4 skinless, boneless chicken breast halves, pounded to ½-inch thickness or 1½ lb chicken tenders

Salt and ground black pepper, to taste

¼ c all-purpose flour

1 large egg, beaten

1 c panko breadcrumbs

Vegetable oil, for frying

Garlic powder, to taste

FOR THE DIPPING SAUCE:

½ c Worcestershire sauce

¼ c ketchup

2 tbsp soy sauce

Salt and ground black pepper, to taste

Season the chicken breasts on both sides with salt and pepper.

Place the flour, egg, and panko breadcrumbs into 3 separate shallow dishes. Coat the seasoned chicken breasts first in flour, shaking off any excess. Dip them into the egg, and then press chicken into the panko until well-coated on both sides.

In a large skillet, fill with ¼-inch of oil and warm over medium-high heat. Carefully place breaded chicken in hot oil and cook until golden brown, about 3 or 4 minutes per side.

To make the dipping sauce, add all ingredients into a small bowl. Season to taste. Serve sauce with breaded chicken.



Meals On Wheels does great work, and we are proud to do our small part in helping to advance their mission. Because we run our own non-profit, the Shane Victorino Foundation, we appreciate the need for collaboration to make a difference in the lives of those we serve.



STEPHANIE GALLO

Stephanie Gallo is the Vice President of Marketing at E&J Gallo Winery in Modesto, Calif.

Linguine with Tomatoes & Basil

SERVES 4 TO 6

- 4 ripe large tomatoes, cut into ½-inch cubes**
- ½ lb Brie cheese, rind removed, torn into irregular pieces**
- 1 c fresh basil leaves, cut into strips**
- 3 garlic cloves, minced**
- ½ c plus 1 tbsp good-quality olive oil, divided**
- 2½ tsp salt, divided**
- Freshly ground pepper, as needed**
- 1½ lb linguine**
- Freshly grated good-quality Parmesan cheese (optional)**

In a large serving bowl, combine tomatoes, Brie, basil, garlic, ½ cup olive oil, ½ teaspoon salt, and pepper. Prepare at least 2 hours before serving and set aside, covered, at room temperature.

When ready to serve, bring 6 quarts water to a boil in a large pot. Add 1 tablespoon olive oil and remaining 2 teaspoons salt. Add the linguine and boil until tender but still firm, 8 to 10 minutes.

Drain pasta and immediately toss with the reserved tomato sauce. Serve at once, passing the peppermill, and grated Parmesan cheese if you like.





Our grandmother, Amelia Franzia Gallo, had two passions: cooking and her family. Amelia believed the best meals included fresh ingredients from the garden, prepared so you could taste all their robust flavor. We used to gather vegetables with her from the garden behind her house, then enjoy the aromas as she cooked family meals in the kitchen. Today, we gather vegetables with our own children, but our minds always turn back to those sunlit afternoons with Amelia, watching her two passions join so perfectly into one. We hope you enjoy this special recipe which is easy to prepare and a great way to showcase summer vegetables. Also, it pairs deliciously with Gallo Family Vineyards Pinot Grigio.



DEREK LEE

Derek Lee is a food writer and creator of *The Best Food Blog Ever* (bestfoodblogever.com), which has been featured in *Saveur* magazine.

Fried Rice with Egg

SERVES 4 TO 6

- 2 tbsp vegetable oil, divided**
- 3 large eggs, lightly beaten**
- 2 tbsp minced garlic**
- 2 tbsp minced ginger**
- 4 c cold cooked rice**
- 1 c diced meat or shellfish, cooked (optional)**
- 4 tbsp soy sauce, or to taste**
- ½ c thinly sliced scallion greens (3 to 4 scallions)**
- 1 tbsp Asian sesame oil**

In a wok or large frying pan, warm 1 tablespoon vegetable oil over high heat until shimmering. Add the egg and tip the pan to coat the bottom evenly. Cook for 1 to 2 minutes, flip with a spatula, and then continue cooking for another minute, or until the egg is completely cooked. Use the spatula to roll the egg into a loose bundle, then remove the egg from the pan and set aside.

Add the remaining 1 tablespoon of oil to the pan and heat until shimmering. Add the garlic and ginger and sauté, stirring frequently, until the mixture is fragrant and the garlic begins to color.

Add the rice and use a spatula to break up any large chunks. Stir to coat the rice evenly with oil, adding more oil if the mixture seems dry. Add meat or shellfish, if using, to the pan and stir to distribute it evenly throughout the rice. When the rice is heated throughout, add the soy sauce and stir until the rice is evenly coated.

Return the egg to the pan, using your spatula to break it up into bite-size pieces. Remove from heat, then add scallions, and sesame oil, stirring to incorporate. Serve.

Growing up Chinese, fried rice made an appearance on the dinner table at least once a week. At the time, I didn't even realize that one of the reasons for its heavy rotation was just how convenient and economical it is to prepare—the ingredients are inexpensive and readily available, it transforms leftover rice into a quick meal, and it's a great way to make use of small amounts of leftover meat that would otherwise not be enough to feed more than one person. As a kid, I remember my mother making a simplified version of this dish for lunch using only eggs and oil, and it was just as delicious. While a wok is convenient for this recipe, any large frying pan will do just as well.



LINDA BERNIS

Linda Bernis of CustomKosher, LLC., is a personal chef and caterer specializing in home-cooked kosher meals.

Popeye's Favorite Spinach Salad

SERVES 4-6

- 1 lb baby spinach**
- 2 red Bartlett pears**
- 1 thinly sliced red onion**
- 1 pint grape tomatoes**
- 1 c candied walnuts (recipe below)**
- 1 c balsamic wine vinaigrette (recipe below)**

Wash spinach well and strain in a colander or spin dry in a salad spinner. Refrigerate until ready to combine with other ingredients and toss salad.

Candy walnuts and make vinaigrette (recipes below).

Wash grape tomatoes and set aside. Do not refrigerate. Tomatoes lose their flavor when refrigerated.

Peel, wash, and thinly slice red onion and separate into rings. Set aside.

Wash pears. Set aside. Just before assembling, core and thinly slice pears into pieces about 2 inches long.

In a large bowl toss the spinach with pears, tomatoes, and red onions. Top with candied walnuts. Serve dressing on the side.

Balsamic Vinaigrette

- ¼ c balsamic vinegar**
- Little less than ¾ c extra virgin olive oil**
- 3 tbsp water**
- 2 tbsp white or brown sugar**
- 1 to 2 tsp granulated garlic or ground garlic**
- ½ tsp black pepper or to taste**
- Salt to taste**

Combine vinegar, water, and spices in bowl and stir to combine.

Add extra virgin olive oil slowly and whisk. Serve dressing on the side of the salad.

Candied Walnuts

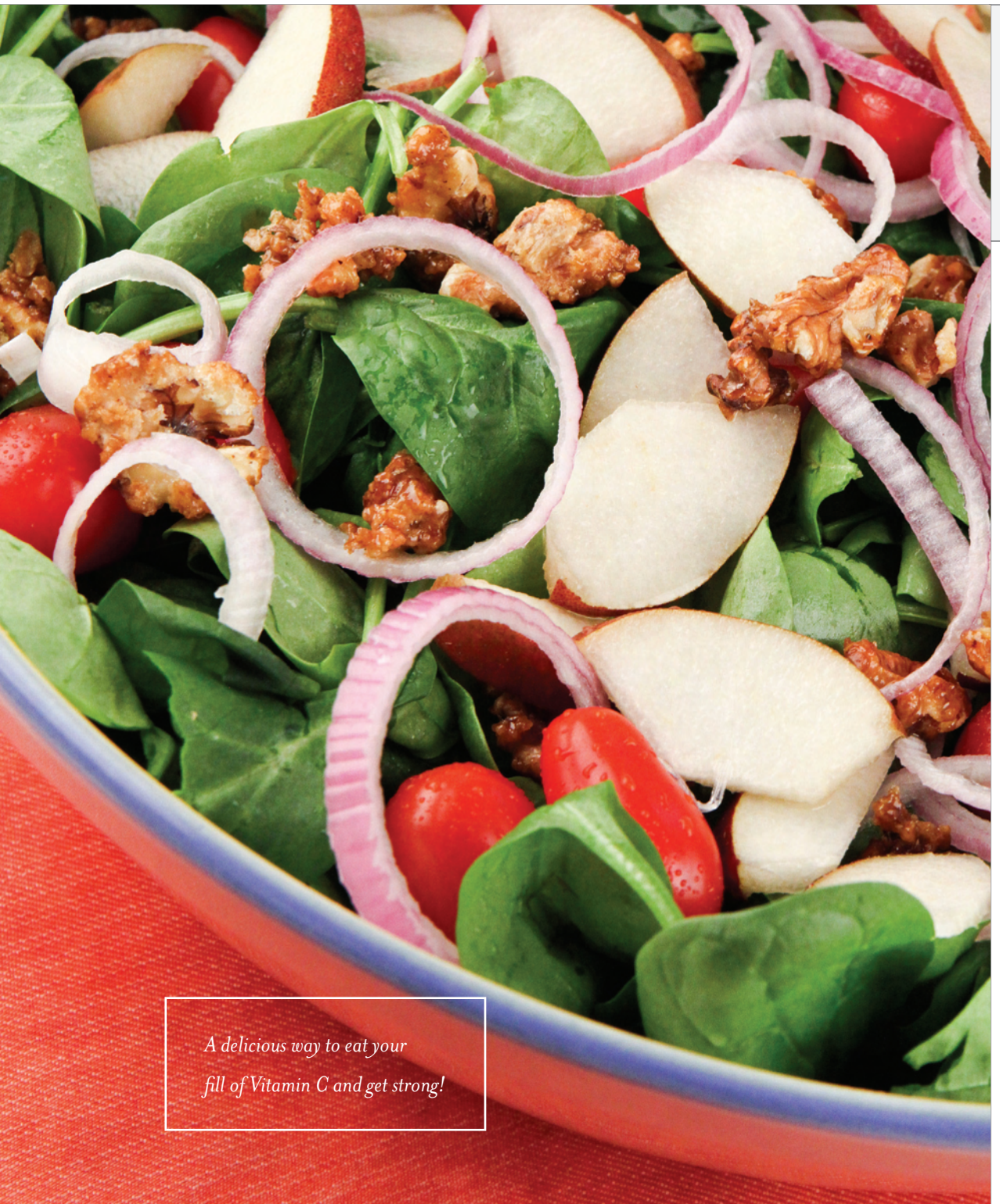
- 1 c shelled walnuts**
- Approximately ¼ c white sugar**
- An approximately 9x12 inch piece of foil or parchment taped on a counter top or table ready to receive the hot candied walnuts.**

Put walnuts and sugar in a non-stick sauté pan over medium heat

Stir walnuts constantly with a wooden spoon or flexible spatula as the sugar melts/caramelizes and begins to coat the nuts. You may need to add more sugar to completely coat. Take care not to burn the sugar.

When the nuts are coated evenly, pour them onto secured foil or parchment on the counter to cool.

When the nuts have cooled break them apart for the salad and later use.



*A delicious way to eat your
fill of Vitamin C and get strong!*



Jerusalem Artichoke Gratin

SERVES 8 TO 10

- 1 tbsp butter, softened**
- 6 c thinly-sliced Jerusalem artichokes (about 2½ lb), scrubbed, peeled, and thinly-sliced**
- 1 large onion, sliced**
- ½ pound Swiss or Havarti cheese, grated**
- 1 c heavy cream**
- Salt and ground black pepper, to taste**
- Parmesan cheese, for sprinkling (optional)**

Preheat oven to 350°F.

Butter a large casserole dish. Line the bottom of the dish evenly with half the Jerusalem artichokes. Spread evenly and top with half the onions and half the Swiss cheese. Sprinkle with salt and pepper and repeat with the remaining artichokes, onions and Swiss cheese, ending with cheese. (Depending on the size of the casserole dish, you may have 2 or 3 layers.)

Add cream, pouring it evenly over the gratin. Sprinkle with Parmesan cheese and bake until artichokes are fork-tender, about 30 minutes.



COKIE ROBERTS

Cokie Roberts is an Emmy Award-winning journalist and bestselling author. She's also a contributing senior news analyst on NPR and a political commentator for ABC News.

Family dinners have always been a big part of our lives, especially the hallowed tradition of Sunday night dinner when several generations often come together. We also celebrate big meals with cousins and the in-laws of in-laws, especially around the holidays. For Christmas, we usually have about 50 people and, in addition to the turkey and goose, there's one vegetable we always serve, but the recipe has changed dramatically over the years.

When I was growing up, my family often spent Christmas at a great-uncle's in Pointe Coupee Parish, Louisiana. There my father, an avid gardener, collected some Jerusalem artichoke roots and planted them in the backyard of our home in suburban Washington, DC, more than 50 years ago. My husband and I still live in that house, and every year we dig up those artichokes right before Christmas.

I used to boil them until soft and then mash them in a food processor with butter, cream, salt, and pepper. I thought the dish was delicious but the younger generation whined about the "yucky green stuff." Since I essentially treated the tubers (now often called "sunchokes") as potatoes, I decided I could make a gratin instead. Success! Everyone loves the dish and best of all—I don't have to make it any more. Now the whole family contributes a dish or two to the dinner and my stellar son-in-law has taken over the artichoke duties.

Not only is this dish delicious, I love the fact that even after my father who planted them and my great-uncle who inspired them are long gone, the artichokes live on, keeping us connected to our family throughout the generations.



LINDA EVANS

Linda Evans is a television actress, best known for her roles in *The Big Valley* and *Dynasty*.

*Tony and Leslie Curtis were regulars at our house in Malibu, and we shared many great dinners with them at their beautiful home in Bel Air. Being a lemon lover, I asked them for this recipe, and I've made it many times with great success. Recipe from *Recipes for Life* by Linda Evans, published by Vanguard Press, 2011.*

Leslie and Tony Curtis's Lemon Soufflé with Raspberry Sauce

From *Recipes for Life* (Vanguard Press, 2011)

SERVES 6

FOR THE LEMON SOUFFLÉ:

5 egg yolks
 1½ c sugar
 Zest and juice of 4 large lemons
 2 (.25-ounce) pkg unflavored gelatin
 ½ c room-temperature water
 2 c heavy whipping cream
 6 egg whites
 ⅛ tsp salt
 ⅛ tsp cream of tartar

FOR THE RASPBERRY SAUCE:

2 c raspberries, divided
 2 tbsp sugar
 1 tsp freshly squeezed lemon juice

Prepare a double boiler. In the top of the double boiler over gently simmering water, add egg yolks, sugar, lemon zest, and lemon juice, beating together and stirring constantly, until the mixture has thickened enough to coat a spoon. (This will take a little time.) Remove from heat. Transfer the lemon mixture to a large bowl.

In a small bowl, soak the gelatin in water. Stir to mix. Then, add the gelatin to the warm lemon mixture and stir to blend well. Set aside to cool.

When the lemon mixture is at room temperature, whip the cream with electric mixer until soft peaks form. Fold whipped cream into the lemon mixture.

In a large bowl, add, egg whites, salt, and cream of tartar, and whip with electric mixer until stiff peaks form. Gently fold half of the whites into the lemon mixture, to lighten the base, and then gently fold in the other half. Pour mixture into an 8-cup soufflé dish.

Refrigerate at least 4 hours.

Make the raspberry sauce. Add 1½ cups raspberries to a food processor, and purée. Strain raspberry purée through a fine-mesh sieve to remove seeds. Transfer to a medium bowl, and mix in the sugar and lemon juice

Mash the remaining ½ cup berries with a fork and stir into the puréed berry mixture. Refrigerate for at least an hour to chill through, and serve cold.

Serve lemon soufflé with raspberry sauce.

JIM WATERS

Jim Waters is the Director of Development for Meals On Wheels of Northampton County in Penn.

The Best & Easiest Chocolate Cake

SERVES 12 TO 16

FOR THE CAKE:

2 c all-purpose flour
2 c sugar
1 c vegetable or canola oil
2 tsp baking soda
1 c hot coffee
1 c 2-percent milk
 $\frac{3}{4}$ c cocoa powder
2 eggs
1 tsp baking powder
1 tsp cream of tartar
1 tsp vanilla extract

FOR THE ICING:

1 stick ($\frac{1}{2}$ c) butter or margarine, melted
 $\frac{2}{3}$ c cocoa powder
3 c confectioners' sugar
 $\frac{1}{3}$ c milk
1 tsp vanilla extract

Make the cake: Preheat oven to 350°F. Lightly grease a 13- by 9-inch pan with nonstick cooking spray and then flour the pan.

In a large mixing bowl, add all ingredients. Beat with an electric mixer until well-mixed, about 5 minutes. Pour batter into prepared pan and bake until a toothpick inserted in center of cake comes out clean, 25 to 30 minutes. Let cool.

Make the icing: Place melted butter in a medium bowl. Stir in the cocoa powder. Then, alternately add confectioners' sugar and milk, beating with an electric mixer to make light and fluffy. Add additional milk, 1 tablespoon at a time, if too stiff. Stir in vanilla. Use to frost the cooled chocolate cake.



This cake is so moist and, even better, is the easiest chocolate cake to make. I have made it for company and brought it to parties—it's always a real hit. The icing recipe is adapted from Hershey's Perfectly Chocolate Cake recipe.

