

Index for Rachael Ray's "30-Minute Meals"

Prepared by Dave Liske, Tecumseh, Michigan, April 2003

This is an unofficial index for Rachael Ray's "30-Minute Meals" (Copyright 1998, Lake Isle Press, ISBN 1891105035). Ms. Ray had no part in the compilation of this index and, as far as I know, has not seen it.

The preparation of this index came from my own desire to have an index for my copy of the book. I've decided to release this publicly for the benefit of the book's other readers.

"30-Minute Meals" was published without an index. This makes it somewhat cumbersome when it comes to locating a recipe I may have prepared in the past. There are what may be termed "section headers" throughout the Table of Contents, however they can be difficult to use for locating a specific recipe as well.

Some additions for the book's Table of Contents have been inadvertently found through the preparation of this index. While the seventh batch of recipes in the "Great Gatherings" section were included in the book's Table of Contents (this is the "Five Fabulous Meatballs" section), the recipes for the first six menus were not. The titles and locations of these 26 recipes are included throughout this index.

This index is in four sections:

1. Complete "Great Gatherings" Contents Listing, page 2
A complete listing of the 32 recipes in the "Great Gatherings" section as they may have appeared in the book's Table of Contents.
2. Alphabetical Recipe Listing, page 3
A listing of all the recipes in the book in alphabetical order.
3. Subject Index, page 6
A standardized index for the book as it may have appeared inside the book's back cover.
4. Further Readings, Viewings, and The Knife, page 12
A listing of Ms. Ray's other works, including information on her favorite knife.

This may very well turn into a continuous "work-in-progress" depending on how I use it, what other readers think of it, and of course, if Ms. Ray ever sees it. In view of this, please send corrections and suggestions to delmar@mvps.org.

Corrected "Great Gatherings" Contents Listing

Six Big Menus for Small Cocktail Parties of 8 to 12	164
Menu 1	
Mini Turkey Patties with Cranberry Sauce	165
Chutney, Nut, and Cheddar Cheese Balls	166
Pear, Grape, Smoked Cheese, and Meat Board	167
Spiked Berries and French-Vanilla Parfaits	167
Menu 2	
Meat Tapas with Garlic and Sherry	169
Warm Chili and Cheese Dip with Tri-Color Peppers and Tortilla Chips	170
Tomato and Garlic Bread Rounds	170
Assorted Olives	171
Sangria Slushes	171
Menu 3	
Mama Elsa's Chicken Liver Paté	173
Stuffed Mushrooms with Seafood or Sweet Sausage	173
Sweet Sausage Stuffing	174
Seafood Stuffing	175
Hummus and Flat Breads	175
Cheese Board with Fresh and Dried Fruits, Smoked Almonds	175
Menu 4	
Stuffed Portabellas	177
Giardiniera	178
Antipasticks	178
Fresh Figs and Melon with Prosciutto	179
Menu 5	
Emmanuel Nini's Capanota (Party Version)	181
White Bean Dip and Garlic Toasts	182
Dried Sausages Olives and Cheese Board	183
Menu 6	
Pot Sticker Pockets (Party Version)	185
Exotic Fruit and Cheese Board	186
Fortune Cookies, Candied Nuts, and Ginger	186
Fried Noodles and Duck Sauce	186
Five Fabulous Meatballs	
Chinese Checkers: Spicy Chicken Balls	188
The Gingerbread Man's Meatballs: Gingered Meatballs	189
Spicy Beef Balls	190
Curry Beef Balls	190
Minted Meat Balls	191

Alphabetical Recipe Listing

Agljo Olio: Garlic and Oil Pasta	30
Alaska Burgers	112
Antipasticks	178
Antipasto Pie	84
Arrabiata: Spicy Tomato Sauce "In A Hurry"	37
Artichoke Crema Pesto	47
Assorted Olives	171
Barbecued Beef and Bean Bacon Burgers	116
Barbecued Beef and Bean Burgers	116
Basilico: Tomato-Basil Sauce	37
Beef and Cider Pot	151
Beef Brutus: Sliced Steak on Caesar Salad Greens	63
Big-Belly Beef Stew	156
Blue Moon Burgers	114
Bog Burgers	121
Cajun Chili	141
Caprese Salad	66
Carbonara Pizza: Bacon, Egg, and Cheese	80
Cashew! God Bless You Chicken	105
Cheese Board with Fresh and Dried Fruits, Smoked Almonds	175
Chicken and Dumplings	148
Chicken Caprese Salad	66
Chicken Clubs	87
Chicken Not-Pot-Pie	85
Chicken Salad with Figs and Prosciutto	67
Chicken Short-Cut-a-Tore: Fast, Classic Cacciatore	38
Chili Con Queso	140
Chinese Checkers: Spicy Chicken Balls	188
Chutney, Nut, and Cheddar Cheese Balls	166
Classic Basil Pesto	46
Cleo's Chicken Caesar	63
Curried Turkey Burgers	118
Curry Beef Balls	190
Curry in a Hurry	110
Dandelion Greens and Pancetta	71
Dan's Favorite Shrimp and Scallop Creole	157
Dilly of a Quesadilla	100
Dried Sausages Olives and Cheese Board	183
Emmanuel Nini's Capanota (Party Version)	181
Emmanuel Nini's Caponata	130
Emmanuel Nini's Ziti with Sausage and Cannellini	48
Exotic Fruit and Cheese Board	186
Fennel and Parmigiano Salad	58
Fortune Cookies, Candied Nuts, and Ginger	186
Four Season-Burgundy Beef	150
Fresh Figs and Melon with Prosciutto	179
Fried Noodles and Duck Sauce	186
Funky Fried Rice	107
Giardiniera	178
Goodness Gracious, That's Great Goulash!	155
Greek Dinner Salad	65
Greek Goddesses Eat At Joe's Chicken Salad	65
Greek Wraps with White Bean Hummus	88

Hawaii Burgers	120
Hummus and Flat Breads	175
Jackson Salad	58
Jambalika: Quick Jambalaya	158
Jambasta: Jambalaya Pasta	159
Kim's Favorite Fruited Curry Couscous Salad	60
Lemon and Olive Oil	57
Linguini with Red Clam Sauce	33
Linguini with Sicilian Tuna Marinara	34
Linguini with White Clam Sauce	32
Macho Gazpacho Salad	60
Macho Mix and Match Enchiladas	94
Mama Elsa's Chicken Liver Paté	173
Mamma Elsa's Pasta with Peas, Prosciutto, and Onion	44
Manny's Many-Herb Sauce with Walnuts	49
Manny's Orange and Oregano Salad	61
Manny's Sweet and Sour Sauce	50
Manny's Warm Potato Salad	61
Margarita Melon Salad	61
Margherita Pizza: Tomato, Basil, and Mozzarella	77
Marinara Sauce	37
Mark Antony's Scampi Caesar	63
Meat Tapas with Garlic and Sherry	169
Meatza Pizza Burgers	117
Minestra: Greens and Beans Soup	134
Minestrone: BIG Beans and Greens Soup	135
Mini Turkey Patties with Cranberry Sauce	165
Mini-Meat Patties	127
Mini-Meatball Soup	131
Minted Meat Balls	191
Moo Shu Pork Pockets with Jasmine Rice Sundaes	103
My Friend Frank's Favorite Chicken	138
My Monte Cristos	86
My Sister Ria's Favorite Fajitas	90
My Sister Ria's Lazy Chicken, or My Lazy Sister Ria's Chicken	137
No-Pain Lo Mein	106
Panini	89
Panzanella: Bread and Tomato Salad	64
Parsley Pesto	46
Pasta Abruzzese: Penne with Sausage, Fennel, and Tomato Sauce	39
Pasta Amatriciana: Penne with Pancetta, Tomato, and Crushed Red Pepper Sauce	40
Pasta e Fagioli	132
Pasta Puttanesca	31
Pasta with Big-Belly Portobello Sauce	41
Pasta with Roasted Eggplant Sauce	42
Pear, Grape, Smoked Cheese, and Meat Board	167
Penne with Classic Bolognese Meat Sauce	36
Pork Chops and Homemade Chunky Applesauce	153
Pot Sticker Pockets (Party Version)	185
Pot-Sticker Pockets	108
Puttanesca Pizza: Tomato, Olive, Caper and Anchovy	78
Quick Bread "Lids" for Chilis and Stews	147
Quick Cassoulet	152
Quick Chicken and Noodle	133
Quick Chili Con Carne ... on the Mex Side	139
Quick Chili Con Carne ... on the Tex Side	139

Quick Coq au Vin	149
Quick Marinara Sauce	127
Rapini and Garlic	69
Rapini and Sausage	69
Rapini Chicken Soup	69
Roasted Garlic Vinaigrette	57
Roasted Red Pepper Sauce	43
Roasted Shallot Vinaigrette	57
Salad Subs	89
Sangria Slushes	171
Sauces and Fillings	95
Seafood Stuffing	175
Sesame Noodles	104
Sesame-Cilantro Pesto	47
Shish-Ka-Burgers	115
Shrimp Toast with Cucumber Salad	109
Sicilian Sausage and Fennel Pasta	51
Sorta Posole: Pork and Corn Stew	144
Southwestern Chicken and Black Bean Burritos	92
Spaghetti Carbonara: Pasta with Bacon and Eggs	35
Spicy Beef Balls	190
Spicy Chicken Tacos	101
Spiked Berries and French-Vanilla Parfaits	167
Spinach with Nutmeg and Garlic	70
Spinach-Walnut Pesto	46
Stracciatelle: Italian Egg Drop Soup	136
Stuffed Mushrooms with Seafood or Sweet Sausage	173
Stuffed Portabellas	177
Sugoloso: Sun-Dried Tomato and Basil Pesto	47
Sundance Beef Pot Pies	146
Super Sub Balls and Pigskin Potatoes	82
Sweet Sausage Burgers with Grilled Peppers and Pickled Vegetable Relish	113
Sweet Sausage Stuffing	174
Swiss Chard with Golden Raisins	70
Taco Pockets	93
Thai It, You'll Like Chicken	102
The Gingerbread Man's Meatballs: Gingered Meatballs	189
The Real Deal, Yes, You Have To Use An Egg, No Mustard, Hold The Mayo Caesar Salad	62
The Three R's: Rigatoni, Rapini and Ricotta Salata Pasta	45
Three Bean Chili	143
Tomato and Garlic Bread Rounds	170
Tomato and Onion Salad	59
Turkey Loco Burgers with Chunky Guacamole	119
Twilight Time Turkey Patties and Cranberry Sauce	154
Verdure di Primio Maggio: Greens of the First of May	68
Warm Chili and Cheese Dip with Tri-Color Peppers and Tortilla Chips	170
White Bean Dip and Garlic Toasts	182
White Lightning Chili	142
Who Ya Callin' Chicken? Chunky Chicken White Chili	142
Winter Greens Pizza	81
You Won't Be Single For Long Vodka-Cream Sauce	44
Zesty Chicken Cutlets Parmigiana	128

Subject Index

Appetizers and Hors d'oeuvres	
Antipasticks	178
Assorted Olives	171
Cheese Board with Fresh and Dried Fruits, Smoked Almonds	175
Chinese Checkers: Spicy Chicken Balls	188
Chutney, Nut, and Cheddar Cheese Balls	166
Curry Beef Balls	190
Dried Sausages Olives and Cheese Board	183
Emmanuel Nini's Capanota (Party Version)	181
Exotic Fruit and Cheese Board	186
Fresh Figs and Melon with Prosciutto	179
Fried Noodles and Duck Sauce	186
Giardiniera	178
Hummus and Flat Breads	175
Minted Meat Balls	191
Pear, Grape, Smoked Cheese, and Meat Board	167
Pot Sticker Pockets (Party Version)	185
Spicy Beef Balls	190
Stuffed Mushrooms with Seafood or Sweet Sausage	173
The Gingerbread Man's Meatballs: Gingered Meatballs	189
Tomato and Garlic Bread Rounds	170
Warm Chili and Cheese Dip with Tri-Color Peppers and Tortilla Chips	170
White Bean Dip and Garlic Toasts	182
Bacon	
Chicken Clubs	87
Beef	
Alaska Burgers	112
Barbecued Beef and Bean Bacon Burgers	116
Barbecued Beef and Bean Burgers	116
Beef and Cider Pot	151
Beef Brutus: Sliced Steak on Caesar Salad Greens	63
Big-Belly Beef Stew	156
Blue Moon Burgers	114
Chili Con Queso	140
Curry Beef Balls	190
Dilly of a Quesadilla	100
Four Season-Burgundy Beef	150
Funky Fried Rice	107
Goodness Gracious, That's Great Goulash!	155
Meat Tapas with Garlic and Sherry	169
Meatza Pizza Burgers	117
Mini-Meat Patties	127
Mini-Meatball Soup	131
Minted Meat Balls	191
My Sister Ria's Favorite Fajitas	90
Quick Chili Con Carne ... on the Mex Side	139
Quick Chili Con Carne ... on the Tex Side	139
Shish-Ka-Burgers	115
Spicy Beef Balls	190
Sundance Beef Pot Pies	146
Sweet Sausage Burgers with Grilled Peppers and Pickled Vegetable Relish	113
Taco Pockets	93
The Gingerbread Man's Meatballs: Gingered Meatballs	189

Beverages	
Sangria Slushes	171
Bread	
Hummus and Flat Breads	175
Panzanella: Bread and Tomato Salad	64
Quick Bread "Lids" for Chilis and Stews	147
Chicken	
Cashew! God Bless You	105
Chicken and Dumplings	148
Chinese Checkers: Spicy Chicken Balls	188
Cleo's Caesar	63
Clubs	87
Curry in a Hurry	110
Jambalika: Quick Jambalaya	158
Jambasta: Jambalaya Pasta	159
Mama Elsa's Chicken Liver Paté	173
Meat Tapas with Garlic and Sherry	169
Minestra: Greens and Beans Soup	134
My Friend Frank's Favorite	138
My Sister Ria's Lazy Chicken, or My Lazy Sister Ria's Chicken	137
Not-Pot-Pie	85
Pear, Grape, Smoked Cheese, and Meat Board	167
Quick Cassoulet	152
Quick Chick and Noodle	133
Quick Coq au Vin	149
Rapini Soup	69
Short-Cut-a-Tore: Fast, Classic Cacciatore	38
Southwestern Chicken and Black Bean Burritos	92
Spicy Tacos	101
Stracciatelle: Italian Egg Drop Soup	136
Thai It, You'll Like Chicken	102
Chunky White Chili	142
Zesty Cutlets Parmigiana	128
Chili	
Cajun Chili Soup	141
Chili Con Queso	140
Chunky White Chicken Chili	142
Quick Bread "Lids" for Chilis and Stews	147
Quick Chili Con Carne ... on the Mex Side	139
Quick Chili Con Carne ... on the Tex Side	139
Three Bean	143
Warm Chili and Cheese Dip with Tri-Color Peppers and Tortilla Chips	170
White Lightning	142
Clams (see Seafood)	
Desserts	
Fortune Cookies, Candied Nuts, and Ginger	186
Spiked Berries and French-Vanilla Parfaits	167
Dressings (see also Salads)	
Lemon and Olive Oil	57
Roasted Garlic Vinaigrette	57
Roasted Shallot Vinaigrette	57
Eggplant	
Emmanuel Nini's Caponata	130
Emmanuel Nini's Capanota (Party Version)	181
Pasta with Roasted Eggplant Sauce	42
Enchilada Fillings	

Beef or Pork	99
Black Bean	99
Mexican Pulled Chicken	98
Enchiladas, Macho Mix and Match	94
Fettuccini (see Linguini under Pastas)	
Ham	
Pear, Grape, Smoked Cheese, and Meat Board	167
Lamb	
Minted Meat Balls	191
Linguini (see Pastas)	
Mushrooms	
Shish-Ka-Burgers	115
Stuffed Mushrooms with Seafood or Sweet Sausage	173
Stuffed Portabellas	177
Pastas (see also Sauces)	
Angel Hair	
Sesame Noodles	104
Any	
With Roasted Eggplant Sauce	42
Ditalini	
Minestrone: BIG Beans and Greens Soup	135
Pasta e Fagioli	132
Egg Noodles	
Four Season-Burgundy Beef	150
Minestra: Greens and Beans Soup	134
Quick Chick and Noodle	133
Linguini or Fettuccini	
Garlic and Oil (Aglia Olio)	30
Mamma Elsa's Pasta with Peas, Prosciutto, and Onion	44
Jambasta: Jambalaya Pasta	159
Puttanesca	31
Red Clam Sauce	33
Sicilian Tuna Marinara	34
White Clam Sauce	32
You Won't Be Single For Long Vodka-Cream Sauce	44
Macaroni	
Goodness Gracious, That's Great Goulash!	155
Penne or Rigatoni	
Classic Bolognese Meat Sauce	36
Pasta Abruzzese (with Sausage, Fennel, and Tomato Sauce)	39
Pasta Amatriciana (with Pancetta, Tomato, and Crushed Red Pepper Sauce)	40
Pasta with Big-Belly Portobello Sauce	41
The Three R's: Rigatoni, Rapini and Ricotta Salata Pasta	45
Spaghetti	
Spaghetti Carbonara: Pasta with Bacon and Eggs	35
No-Pain Lo Mein	106
Zesty Chicken Cutlets Parmigiana	128
Ziti	
Emmanuel Nini's with Sausage and Cannellini	48
Penne (see Pastas)	
Pestos (see also Sauces)	
Artichoke Crema	47
Classic Basil	46
Parsley	46
Sesame-Cilantro	47
Spinach-Walnut	46

	Sugoloso: Sun-Dried Tomato and Basil	47
Pizzas		
	Carbonara: Bacon, Egg, and Cheese	80
	Margherita: Tomato, Basil, and Mozzarella	77
	Puttanesca: Tomato, Olive, Caper and Anchovy	78
	Winter Greens	81
Pork		
	Beef or Pork Enchilada Filling	99
	Chops and Homemade Chunky Applesauce	153
	Funky Fried Rice	107
	Meat Tapas with Garlic and Sherry	169
	Mini-Meat Patties	127
	Moo Shu Pork Pockets with Jasmine Rice Sundaes	103
	Pot-Sticker Pockets	108
	Pot Sticker Pockets (Party Version)	185
	Sorta Posole: Pork and Corn Stew	144
Poultry (see Chicken and Turkey)		
Prosciutto		
	Chicken Salad with Figs and Prosciutto	67
	Fresh Figs and Melon with Prosciutto	179
	Mamma Elsa's Pasta with Peas, Prosciutto, and Onion	44
Rice		
	Funky Fried Rice	107
Rigatoni (see Penne under Pastas)		
Salads (see also Dressings)		
	Caprese	66
	Caesars	
	Caesar Salad	62
	Beef Brutus: Sliced Steak on Caesar Salad Greens	63
	Cleo's Chicken Caesar	63
	Mark Antony's Scampi Caesar	63
	Chicken	
	Chicken Caprese	66
	Chicken Salad with Figs and Prosciutto	67
	Greek Goddesses Eat At Joe's Chicken	65
	Cucumber	109
	Dandelion Greens and Pancetta	71
	Fennel and Parmigiano	58
	Giardiniera	178
	Greek Dinner	65
	Jackson	58
	Kim's Favorite Fruited Curry Couscous	60
	Macho Gazpacho	60
	Manny's Orange and Oregano	61
	Manny's Warm Potato	61
	Margarita Melon	61
	Panzanella: Bread and Tomato	64
	Rapini	
	And Garlic	69
	And Sausage	69
	Chicken Soup	69
	Spinach with Nutmeg and Garlic	70
	Swiss Chard with Golden Raisins	70
	Tomato and Onion	59
	Verdure di Primio Maggio: Greens of the First of May	68
Sandwiches		

Antipasto Pie	84
Chicken Clubs	87
Chicken Not-Pot-Pie	85
Greek Wraps with White Bean Hummus	88
Monte Cristos	86
Panini	89
Salad Subs	89
Super Sub Balls and Pigskin Potatoes	82
Sauces (see also Pestos)	
Enchilada Sauces	
Encinada Red	95
Quick Mole	97
Salsa Verde	96
Marinara	
Marinara	37
Quick Marinara	127, 128
Pasta Sauces	
Arrabiata: Spicy Tomato Sauce "In A Hurry"	37
Basilico: Tomato-Basil Sauce	37
Manny's Many-Herb Sauce with Walnuts	49
Manny's Sweet and Sour Sauce	50
Roasted Red Pepper Sauce	43
Sicilian Sausage and Fennel Pasta	51
You Won't Be Single For Long Vodka-Cream Sauce	44
Sausage	
Antipasticks	178
Dan's Favorite Shrimp and Scallop Creole	157
Dried Sausages Olives and Cheese Board	183
Jambalika: Quick Jambalaya	158
Jambasta: Jambalaya Pasta	159
Pear, Grape, Smoked Cheese, and Meat Board	167
Quick Cassoulet	152
Sweet Sausage Burgers with Grilled Peppers and Pickled Vegetable Relish	113
Sweet Sausage Stuffing	174
Stuffed Mushrooms with Seafood or Sweet Sausage	173
Stuffed Portabellas	177
Seafood	
Clams	
Linguini with White Clam Sauce	32
Linguini with Red Clam Sauce	33
Crab	
Seafood Stuffing	175
Stuffed Portabellas	177
Scampi	
Mark Antony's Caesar	63
Shrimp	
Dan's Favorite Shrimp and Scallop Creole	157
Jambalika: Quick Jambalaya	158
Jambasta: Jambalaya Pasta	159
Toast with Cucumber Salad	109
Tuna	
Linguini with Sicilian Marinara	34
Soups, Stews, Creoles and Jambalayas	
Big-Belly Beef Stew	156
Cajun Chili	141
Dan's Favorite Shrimp and Scallop Creole	157

Jambalika: Quick Jambalaya	158
Jambasta: Jambalaya Pasta	159
Minestra: Greens and Beans	134
Minestrone: BIG Beans and Greens	135
Mini-Meatball	131
Quick Bread "Lids" for Chilis and Stews	147
Rapini and Chicken	69
Sorta Posole: Pork and Corn Stew	144
Stracciatelle: Italian Egg Drop	136
Spaghetti (see Pastas)	
Steak (see Beef)	
Turkey	
Bog Burgers	121
Curried Burgers	118
Hawaii Burgers	120
Loco Burgers with Chunky Guacamole	119
Mini Turkey Patties with Cranberry Sauce	165
Pear, Grape, Smoked Cheese, and Meat Board	167
Twilight Time Patties and Cranberry Sauce	154
White Lightning Chili	142
Tuna (see Seafood)	
Veal	
Mini-Meat Patties	127
Vinaigrettes (see Dressings)	

Further Rachael Ray Readings, Viewings, and The Knife

Books

1. Entertaining: Rachel Ray's 30-Minute Meals, Copyright October 2003, Lake Isle Press, ISBN 1891105116
2. 30-Minute Meals 2, Copyright May 2003, Lake Isle Press, ISBN 1891105108
3. Veggie Meals, Copyright June 2001, Lake Isle Press, ISBN 189110506X
4. Comfort Foods, Copyright January 2001, Lake Isle Press, ISBN 1891105051
5. Rachael Ray's Open House Cookbook, Copyright February 2000, Lake Isle Press, ISBN 1891105043

Videos

1. 30 Minute Meals, Volume 1, VHS Format, 3 tapes, Food Network SKU #FNMER4163
2. 30 Minute Meals, Volume 1, VHS Format, 3 tapes plus "30-Minute Meals", Food Network SKU #FNMER4180
3. 30 Minute Meals, Volume 2, VHS Format, 3 tapes, Food Network SKU #FNMER4167
4. 30 Minute Meals, Volume 2, VHS Format, 3 tapes plus "30-Minute Meals", Food Network SKU #FNMER4181
5. 30 Minute Meals, Fasta Pasta, VHS Format, Food Network SKU #FNMER4161
6. 30 Minute Meals, A Little Spice Is Nice, VHS Format, Food Network SKU #FNMER4162
7. 30 Minute Meals, Fast and Light, VHS Format, Food Network SKU #FNMER4160
8. 30 Minute Meals, Vegging Out, VHS Format, Food Network SKU #FNMER4164
9. 30 Minute Meals, The Superior Sandwich, VHS Format, Food Network SKU #FNMER4165
10. 30 Minute Meals, Party Preparation, VHS Format, Food Network SKU #FNMER4166

Television

1. "30-Minute Meals", Food Network
2. "\$40 A Day", Food Network

The Knife

1. Wusthof 7-inch Santoku Knife, Hollow Edge, Food Network SKU #FNMER4184