

A spoon and a fork are formed by white powder on a dark blue background. The spoon is on the left, and the fork is on the right. The powder is piled up to create the shapes of the utensils.

# Sharing recipes during the pandemic

The Transportation Security Administration's  
Team in Maine



# Cooking during the pandemic

During the COVID-19 pandemic, we've all been spending a significant amount of time at home. We're not going to the movies, theater, museums or sporting events. We're not taking kids to soccer practice, music lessons or over to their friends' houses. And we're not going out to eat.

We're eating in! We're eating comfort foods and healthy foods. We're leaning on our tried and true favorites to help us get through it all. Many of us are trying new recipes.

Here are some of our favorite recipes that we thought we'd share with you. We hope you consider trying a couple of our creations if you're looking to try a something new.

We are all in this together while staying safely apart.

*Your Transportation Security Administration Team in Maine*

*June 2020*

# Chicken Spinach Pesto Pizza

Recipe from Greg Willard, TSA Assistant Federal Security Director-Generalist for Maine

## Ingredients

- 1 large chicken breast cut into bite-size pieces
- 1 pizza crust
- 8 ounces of pesto
- 10 to 20 baby spinach leaves
- 15 cherry or grape tomatoes, cut in half
- 1/3 pound of fresh mozzarella cheese

## Directions

Preheat the oven to 450 degrees. Sauté the bit-size pieces of chicken in butter or olive oil until cooked thoroughly. Set aside.

Spread the pesto onto the pizza dough and top it with the fresh baby spinach leaves. Sprinkle the prepared chicken onto the pizza. Add the tomato halves, taking care to ensure they are evenly spread across the pizza. Evenly space pieces of fresh mozzarella across the pizza.

Bake for 18 to 20 minutes.



### **Chicken Spinach Pesto Pizza**

Recipe shared by TSA Assistant Federal Security Director-Generalist Greg Willard who has worked for TSA since 2002.



Greg and Peggy Willard enjoy chicken spinach pesto pizza at home. Greg joined TSA in 2002.

# Steamed Lobster

Recipe from Jason Pinegar, TSA Assistant Federal Security Director-Mission Support for Maine

## Ingredients

4 – Live Maine Lobsters-  
1 ¼ - 1 ½ pound each

## Directions

1. Remove rubber bands around the claws before cooking
2. Use a pot large enough to comfortably hold the **lobsters**
3. Put 2-3 inches of seawater or salted water in the bottom of the pot
4. Set steaming rack inside the pot and bring to a rolling boil over high heat.
5. Add the live **lobsters**, one at a time, cover pot
6. Steam for 12-15 minutes – lobsters are done when bright red and antennae comes off easily when tugged
7. Remove lobsters from pot with tongs

Serve with melted butter, corn on the cob, and lemon wedges



## **Steamed Maine Lobsters**

Recipe shared by TSA Assistant Federal Security Director-Mission Support Jason Pinegar who has worked for TSA since 2011.



AFSD-Mission Support, Jason Pinegar and his family enjoying Maine –  
“The Way Life Should Be”

# no bean Chili

Recipe from Maggie Lawler, STSO in Knox County Regional Airport – Rockland, Maine

## Ingredients

3 tablespoons whole cumin seeds  
2 slices bacon, diced  
2 lbs. ground beef  
3 onions, chopped  
½ green bell pepper, chopped  
½ red bell pepper, chopped  
3 jalapeno peppers, seeded and diced  
6-8 cloves garlic, diced  
2 teaspoons salt  
6-8 tablespoons chili powder  
2 bay leaves  
1 1/2 tablespoons oregano leaves  
16-oz jar mild salsa  
1 28-oz can diced tomatoes  
1 28-oz can tomato puree

## Directions

Toast the cumin seeds at 375 for ten minutes.  
Sauté the bacon until crisp. Add the meat and vegetables. Cook until meat is browned. Drain off fat.  
Add the spices, salsa, and tomatoes.  
Simmer all day. Adjust seasonings to taste.

For serving:  
Chopped cilantro  
Sour cream  
Shredded cheese



Recipe shared by TSA Supervisory Transportation Security Officer Maggie Lawler who has been with TSA since 2003

# Grilled Trout and Watermelon Feta Salad

Recipe from Bob Allison, Federal Security Director for Maine and Massachusetts

## Grilled Trout

### Ingredients

1 whole trout  
1 Tbsp. olive oil  
3 Lemon slices  
Dill weed  
¼ tsp garlic powder  
Salt & Pepper  
Peppercorns (optional)

### Directions

Preheat oven or grill to 400. Prepare your foil in a little boat shape. Brush the olive oil on the inside of the foil. Squeeze the lemon slices over the fish and arrange the slices on top. Sprinkle with spices. Add lemon and spices in the inside cavity. Close up the foil packet tightly so steam will not escape. Place the packet on a cookie sheet or onto the grill grates and bake for 25 minutes. You'll know it is done if the flesh flakes easily with a fork.

# Grilled Trout and Watermelon Feta Salad

Recipe from Bob Allison, Federal Security Director for Maine and Massachusetts

## Watermelon Feta Salad

### Ingredients

Mixed greens  
Arugula  
Chopped cucumbers  
Watermelon cubed  
Chopped mint  
Feta cheese  
Sunflower seeds or walnuts (optional)

### Directions

Combine leafy greens, arugula, cucumber, watermelon, and the chopped mint in a bowl.  
Drizzle with balsamic dressing and toss  
Sprinkle with feta cheese and sunflower seeds



## **Grilled Trout and Watermelon Feta Salad**

Recipe shared by FSD Bob Allison

# Grilled Trout and Watermelon Feta Salad

Recipe from Bob Allison, Federal Security Director for Maine and Massachusetts



FSD Allison is a food enthusiast. He enjoys cooking and discovering new recipes. Bob has been with TSA since 2002.

# Beef and Broccoli with Chinese Five Spice

Recipe from Supervisory Security Officer Melissa NG in Bangor, Maine

## Ingredients

1 bunch broccoli  
1 red bell pepper  
1 to 1.5 lbs. of beef  
1 cup hoisin sauce  
1 cup of soy sauce  
1 1/2 tsp to 2 tsp Chinese five-spice powder  
3 teaspoon cornstarch  
2 or 3 tbsp. vegetable oil  
2 to 4 cloves of garlic (minced)  
2 to 3 teaspoons of julienned ginger  
1/3 to 1/2 cup of water  
1 or 2 teaspoons of sugar  
1/2 teaspoon of pepper flakes (can remove if you do not like spice)  
4 cups sliced water chestnuts  
Dash of sesame oil  
Hot cooked rice

## Directions

Cut stems from broccoli. Peel the stems (preferably but not necessary).  
Slice florets into small pieces.  
Slice pepper into strips.  
Slice meat into thin strips.  
In a small bowl, stir hoisin sauce, soy sauce, five-spice powder and cornstarch.  
Pour half of the mixture into the beef (as to marinade). Toss to coat. Set aside the other half for later use. Can marinade beef for 1 hour to overnight.  
Heat oil in a wok or large, wide saucepan set over medium-high heat till oil is hot.  
Add beef and stir-fry just until it changes color. Remove to a clean plate.  
Add more oil if needed into the wok.  
Add garlic and ginger (let it simmer till garlic is fragrant). Then broccoli and pepper. Add the water. Stir-fry until vegetables begin to soften.  
Then add beef back to the wok. Stir hoisin mixture, sugar, pepper flakes, water chestnuts and sesame oil.  
Stir constantly until sauce thickens.  
Best over rice or noodles.



### **Beef and Broccoli with Chinese Five Spice**

Recipe shared by TSA Supervisory Transportation Security Officer Melissa NG who has worked for TSA since 2004.



Growing up, Melissa worked in her family's restaurant in Maine -- this is one of her favorite dishes. Melissa has been with TSA since 2004.

# Family Style White Bread

Recipe from Lori Leture, Executive Assistant – TSA Maine

With just a few ingredients this easy to make bread recipe has a wonderful moist, flavorful texture. Recipe yields two loaves.

## Ingredients

4 ½ tsp Active Dry Yeast

¾ c + 2 2/3 c very warm water

¼ c sugar

1 Tbsp. salt

3 Tbsp. unsalted butter, cubed,  
soft

9-10 c all-purpose flour (I usually  
average about 8)

Butter for brushing (optional)



A decorative header featuring a dark blue background with vertical streaks of white flour. The text "Family Style White Bread" is written in a bold, red, sans-serif font on the right side.

# Family Style White Bread

## Directions

In a large bowl, stir to dissolve yeast in  $\frac{3}{4}$  c very warm water. Let sit for 5 minutes. Add remaining warm water, sugar, salt, and cubed butter and 5 cups of the flour. Stir to combine. Continue to add flour, 1 cup at a time, until dough is soft and tacky. Turn out onto floured surface. Continue to knead until soft ball forms. (Don't add too much flour or bread will be dry.) (My dough is still relatively sickly when I am done kneading.) Place dough in a lightly greased bowl, then turn over so dough is completely coated. Cover with plastic wrap and let rise until doubled. Punch dough down then turn out onto lightly floured surface. Divide dough in half. Pat each half into a 9x12 rectangle, roll up from short end. Pinch to seal seams, tuck ends under. Place in greased loaf pans and let rise (covered loosely – I use a linen towel). (Hint – if you let your loaves rise too much, your bread may have air pockets and not be as moist.)

Bake at 400 degrees 30-35 minutes. Remove from oven and brush with butter. Enjoy!



## **Family Style White Bread**

Lori's homemade bread recipe – a family favorite!



Recipe shared by Lori Leture, Executive Assistant- Maine.  
Lori joined TSA in 2002.

# Pumpkin Cookies

Recipe from Donna McMahan, Human Resource Assistant- TSA Maine

## Ingredients

1 cup of sugar  
1 cup of canned pumpkin  
½ cup shortening  
2 cups of flour  
1 tsp of baking powder  
1 tsp of baking soda  
1 tsp of cinnamon  
¼ tsp of salt  
½ cup of chocolate bits or raisins

## Directions

Mix sugar, pumpkin, and shortening together.  
Then add the dry ingredients, mixing well.  
Add chocolate bits or raisins (your choice)  
Bake at 375 degrees for 12 – 14 minutes.



## **Pumpkin Cookies**

Recipe shared by TSA Human Resource Assistant Donna McMahan

# Pumpkin Cookies

Recipe from Donna McMahan, HR Assistant- TSA Maine



Donna enjoys baking at home and her Pumpkin Cookies are one of her favorites. Donna has been with TSA since 2004.



# Lobster Scrambled Eggs

Recipe from Janine Hodel, Stakeholder Liaison, TSA Maine

Ever wonder what to do with Left-Over Lobster?

## Ingredients

4 eggs  
6 oz. cooked lobster meat, cut into  
bite-size pieces  
½ tsp salt  
2 Tbsp. butter  
½ a fresh lemon

## Directions

-Beat eggs in a small bowl. Set aside  
-Sprinkle lobster pieces with salt  
-Melt butter in nonstick pan over  
medium-low heat.  
-add lobster and egg mixture to pan  
stirring constantly, until eggs are nearly  
set, 3-4 minutes.  
-remove from pan and squeeze fresh  
lemon juice on top



### **Lobster Scrambled Eggs**

Recipe shared by TSA Stakeholder Liaison Janine Hodel

# Lobster Scrambled Eggs

Recipe from Janine Hodel, Stakeholder Liaison, TSA Maine



Janine enjoys trying new recipes, especially the ones with fresh seafood. Janine has been with TSA since 2004.

# The Scarborough Bee Sting

Recipe from Jason Pinegar, TSA Assistant Federal Security Director-Mission Support for Maine

## Ingredients

1.5 oz. Full Moon Moonshine  
1.5 oz. Apple Flavored Moonshine  
.5 oz. Lemon Juice  
Honey  
Iced Tea  
Mint leaf (for garnish)

## Directions

Place a few rings of honey in the bottom of a rocks glass. Squirt approx. ½ oz. lemon juice in the glass; then add ice. Add one shot of unflavored moonshine; add one shot of apple flavored moonshine. Top with your favorite iced tea. Stir, and garnish with mint leaf (although this is optional, the mint on the nose and palate completes this summer and FALL favorite of ours.) Enjoy!

NOTE: If you're not into the apple mood just yet, substitute the second shot with any flavored moonshine (we like honey habanero, cherry, or blueberry!)

# The *Scarborough Bee Sting*

Recipe from Jason Pinegar, TSA Assistant Federal Security Director-Mission Support for Maine



The *Scarborough Bee Sting*  
courtesy of Jason and Caroline Pinegar