



THERAPEUTIC FOSTER CARE PROGRAM



A landmark development in childcare came in the early 1920s when children began to be placed in “free and boarding houses”. This was the first step toward present-day foster care. The Therapeutic Community Programs of CT, Inc. was formerly part of the Foster Care Center, which embraced this concept. Throughout the 20th century provided staffing and other resources for what came to be known as Specialized Foster Care, now called Therapeutic Foster Care.



The philosophy of the Therapeutic Foster Care program is that children deserve the psychological and development advantage of living in the least restrictive environment.



GOAL: The goal of the Therapeutic Foster Care program today is to recruit, screen, train, approve and work in conjunction with our families to provide shelter, care, love and a therapeutic environment for children that we serve.



The Therapeutic Foster Care program has evolved over the years into the largest non-profit Therapeutic Foster Care program in Connecticut and is funded through the State of Connecticut Department of Children and Families on a per diem basis.



The Therapeutic Foster Care program has a full-time recruiter who identifies, screens and participates in the specialized training of new prospective foster parents. As a result, children being placed into these homes find well-trained parents who can respond to their needs and where they can learn to adjust to community living, receive education through public schools, and be supported by highly trained staff. The program has a high retention rate of foster families.



Therapeutic Foster Care parents receive 24-hour around the clock support from staff as well as a knowledgeable foster parent liaison support person.



The children in the Therapeutic Foster Care program receive traditional and non-traditional therapy services, as well as psychiatric medication, evaluation and follow-up with an in-house licensed psychiatric consultant.



the Therapeutic Foster Care Programs of Connecticut, Inc.

TFC Cookbook

<http://www.tfcprograms.org>



Recipes from the Foster Families and Staff of the TFC Community Programs





Welcome to the TFC Programs of CT, Inc.
Therapeutic Foster Care Cookbook!

Here you can find some of our favorite recipes.

We hope you enjoy them.

Baked Stuffed Mushrooms

Lora Pola, TFC Clinical Social Worker

Soak mushrooms in water and sprinkle salt on them for 5 minutes, drain and rinse (this washes all the dirt out of them)! Pull off stems and finely chop. Preheat oven to 350 degrees. Lightly spray pan with non stick cooking spray. Mix all ingredients together. Place stuffing on top of mushroom cap. Put 1 cup of water in bottom of pan to keep mushrooms moist.



Ingredients

- 3 pounds of sweet potato's cubed
- 1 1/2 stick of sweet butter
- 1 cup of light brown sugar
- 1 table spoon of vanilla extract
- 1/2 teaspoon of lemon extract
- 1/2 cup of maple syrup

Bake for 15-20 minutes until breadcrumbs are firm.

Broccoli Polonaise Casserole

Kathy & Bill Engel, TFC Foster Parents

Ingredients

- 2 cups chopped broccoli (fresh or frozen)
- 2 sleeves Ritz crackers (crumbed)
- 2 cans cream of mushroom soup
- 1 cup of milk
- 3 hard boiled eggs (cut up)
- 1 stick of butter (melted)
- Dash of salt, pepper, garlic powder

Preheat oven to 350
Mix 1 sleeve Ritz cracker with melted butter, salt pepper, garlic powder, in small mixing bowl and set aside.

Mix the cream of mushroom soup and milk in separate bowl and set aside.

In medium casserole dish lay out chopped broccoli, sprinkle the dry sleeve of Ritz crackers, the eggs, salt, pepper and garlic powder. Lightly mix.

Pour on the soup mixture evenly over the broccoli. Sprinkle the buttered Ritz on top. Cover with tinfoil and bake in preheated oven for 45 min. Take off tinfoil and continue to bake another 15 min. or until golden brown. Serve with your favorite meat and potato dish. ENJOY!



Food is an important part of a balanced diet.
- Fran Lebowitz

TROPICAL FRUIT PUNCH

Veronica Benson, TFC Clinical Social Worker

Ingredients

- 3 cup orange juice
- 3 cup pineapple juice
- 3 cup grapefruit juice
- 1/4 cup lime or lemon juice
- 1/2 cup honey
- 4 cans of ginger ale or soda water
- 1/2 - 1 cup rum or white wine (do not add when giving to children)
- 1 cup finely chopped pineapple
- 1 cup small melon pieces or balls
- 1 lime or orange seeded and thinly sliced

1. Combine orange, pineapple, grapefruit, and lime juice.

2. Sweeten to taste with honey and chill for a few hours.

3. Just before serving, stir in ginger ale, rum, pineapple pieces and melon balls.

Serve with crushed ice.



Yam's Devine

Yvonne Walters, TFC Clinical Supervisor



Dice Yams into large pieces. Place diced Yam's into large baking dish. Cut butter into small pieces and place over Yams. Sprinkle brown sugar over Yams evenly. Mix vanilla and lemon extract with maple syrup and pour over Yams. With large spoon mix all ingredients well. Cover with aluminum foil or baking dish cover, place

in oven set at 350 degrees and cook for 1 hour or until Yam's are soft and tender (not mushy).

Will make 8 to 12 servings

Serve with your main course as a vegetable or with other vegetables.

Ingredients

- 3 pounds of sweet potato's cubed
- 1 1/2 stick of sweet butter
- 1 cup of light brown sugar
- 1 table spoon of vanilla extract
- 1/2 teaspoon of lemon extract
- 1/2 cup of maple syrup

Eat breakfast like a king, lunch like a prince, and dinner like a pauper.
- Adelle Davis

Sweet and Sour Carrot Slaw

Ingredients

½ cup mayonnaise
 1-1/2 Tblsp no-sugar added Orange Marmalade (Polaner)
 1-1/2 Tblsp crushed pineapple in fruit juice
 (or 3 Tblsp pineapple preserves to replace orange marmalade and pineapple)
 1 lemon, zested
 1 lb. carrots, peeled and fine grated
 1-1/2 cups shredded red cabbage (not as fine as carrot)
 1 tart Granny Smith apple, diced
 ½ cup golden raisins

In large mixing bowl, stir together mayonnaise, orange marmalade, crushed pineapple, and lemon zest until well blended. Add grated carrot, chopped cabbage, diced apple, and Stir just until well coated. Best when fresh made and served at room temperature.



Serves 6.

Per serving Cal: 229 (or less due to orange marmalade substitution) Protein: 1 gr.
 Carb: 24 g (or less with substitution) Fiber: 4 gr
 Chol. 11 mg
 Sodium 136 mg
 Fat. Sat. 2 gr; Trans. 1 gr; Mono. 4 gr; Poly. 8 gr

Cook up Rice (Guyana Style)

Simon Gisler, TFC Clinical Social Worker

Ingredients

½ pound cooked meat (chicken, etc) off the bone
 ½ pound salt meat or non-salt meat
 2 tablespoons oil
 1 heaped teaspoon brown sugar (pile the sugar on)
 1 large onion. Slice it thin
 1 to 2 tomatoes. Chop it up
 2 to 3 blades of chives
 ½ teaspoon dried thyme
 1 tablespoon of chopped parsley
 ½ teaspoon ground black pepper
 ½ teaspoon salt. If you used no sale meat, add 1 ½ teaspoons
 2 cups rice and about 4 ½ cups water



Prepare cooked meat of your choice (chicken, beef, pork, white fish), and set it aside. Wash and soak the salt meat and cut into small pieces. Measure seasonings into a small bowl. Heat the oil and add the sugar, frying until it bubbles. Add the onion and seasonings and fry until golden brown. Add the tomato. Add salt meat, water and rice to the pan and bring to a boil. Reduce heat and simmer until rice is nearly done. Cut cooked meat into small pieces. Add to the rice when it is nearly done. When rice is fully cooked you are done.

TRICKS AND TREATS WITH CEREALS

Harry Martinez, TFC Administrative Assistant

FATSO

Place half a peach on Cheerios with milk, raisin eyes, maraschino cherry nose and an apple slice for mouth.



PIG IN A POKE

Place half a pear on cereal of your choice, raisin eyes and nose, apple slices for ears.

LITTLE MAN WHO WASN'T THERE

Place half a banana in Kix, raisin eyes and nose, cherry mouth, orange hat.



MAN IN THE MOON

Here he is in a bowl of Cheerios. You make his face with raisins. Or you can make any face you like.

WINKEN, BLINKEN AND NOD

Three maraschino cherries sitting in half a banana, an apple slice for a sail, on Trix.



DEEP SOUTH COLLARD GREENS with TURNIP ROOTS

Ellen Burger, TFC Recruiter

Ingredients

3-4 bunches of collard greens
 2 cups water
 1 -2 smoke turkey wings
 (use one piece if a large wing)
 1 tablespoon of sugar
 1 teaspoon of salt
 ½ teaspoon of black pepper
 1 small turnip root
 ½ teaspoon of salt
 1 tablespoon of brown sugar

Boil smoke turkey in water until tender. Wash and remove stems from collard greens. Roll 4-5 collard green stems together and chop into small pieces
 Cover and cook greens slowly until tender. Peel and cube turnip root (cook in a separate pot) add salt, pepper and brown sugar to your taste and bring to a boil. Cook until tender. (Don't over cook)

Note: Add all of the ingredients together and cook until done. You may season to your taste.

DOWN HOME BANANA PUDDING

Jackson Perta, TFC Clinical Supervisor

Ingredients

9 inch flat bottom aluminum foil pan
 (must be durable due to weight of ingredients)
 2 boxes of vanilla wafers
 10-11 semi-ripe bananas
 3 boxes of Jell-O instant pudding
 (French vanilla and/or banana crème)
 16 oz. tub of cool whip
 8 oz. tub of cool whip
 ½ teaspoon vanilla flavoring
 ½ teaspoon banana flavoring
 3 cups of milk

Step 1- Place milk, cool whip, instant pudding, vanilla flavoring and banana flavoring in a large deep bowl and whisk with hand or cake mixer to combine ingredients.
 Step 2-Place cookies flat side down in pan till covered.
 Step 3-Slice bananas thin and place on top of cookies.
 Step 4-Spread pudding mix over first layer.
 Step 5-Repeat step 2, 3 and 4 for second layer.
 Step 6-Leftover cookies crumble over pudding mix.
 Step 7-Refrigerate for 45 minutes before serving. Add more milk if too thick.



EASTER PASTIERE

Diana Tomkins, , TFC Clinical Social Worker



Nutmeg to flavor, sprinkle over pastiere. Add raisins if desired. Bake at 375 degrees for ten minutes, then at 350 for 1/2 hour. Check with knife

Ingredients

4 eggs beaten slightly
1 16 oz container ricotta
1/2 cup rice
1/2 cup sugar
1 teaspoon vanilla
1 orange rine grated and juice from orange
1 cup milk

‘EASY’ PAELLA

Paul Kapler, TFC Clinical Supervisor

1. Cook rice: Put rice, water and salt in a pot. Bring to a boil over high heat, cover, reduce heat to low and cook for fifteen minutes. Turn off heat, and let sit covered on the burner for ten minutes. Fluff rice with a fork.

2. While the rice is cooking, sprinkle paprika on the chicken, season lightly with salt and pepper. Heat a five quart stock pot over medium heat, add olive oil and cook seasoned chicken for five minutes or until just cooked through. Remove to a plate. (SEE VARIATIONS)

3. In the same pot, over medium heat, melt margarine and cook onion for five minutes. Add garlic and cook for one minute. Add chicken, shrimp, tomatoes and juice, peas, and turmeric. Cook for four minutes or until everything is heated through.

4. Stir in the rice, and continue to heat for three minutes. Serves six as a main course with salad and bread.

VARIATIONS:

1. For a spicy version: Replace 1/4 pound chicken with an equal amount of chopped chorizo or other spicy sausage. Cook sausage along with the chicken.
2. For a sweet version: Add raisins to the mix in step 3.
3. For a fruity version: Add chopped apricots and raisins to the mix in step 3.
4. To be a little fancier, Steam clams and add to the mix at the end.

Ingredients

3/4 pound chicken, cut into 1/4 inch pieces
1/2 pound shrimp, cooked, peeled, and deveined
1/2 onion, chopped
1 TB crushed garlic
1 and 1/2 cups rice
3 cups water
1/2 TSP salt
1 TB olive oil
2 TSP paprika
1 large can of chopped tomatoes, with juice
1 10 oz. box frozen peas
1 TSP turmeric
1 TB margarine



Shepherd's Pie

Tricia Whitehead, TFC Clinical Social Worker



Preheat oven to 375 F. Combine the beef or ground turkey, garlic, onion, and rosemary. Melt the butter in a skillet and stir in the flour. Cook for a few minutes until smooth and blended. Slowly add the beef broth. Stir and cook until the gravy is thickened, cooking at least 5 minutes to get rid of the raw flour taste. Add the meat mixture, stir to blend, and add salt and pepper

to taste. Spoon into a 1 1/2 quart casserole dish or deep pie dish. Spread the mashed potatoes on top and cover evenly to the edge of the casserole. Bake for 35-40 minutes, or until the meat is bubbling hot and the potatoes are browned.

Optional: corn/carrots

Ingredients

3 cups chopped cooked beef (or ground turkey)
1 large clove garlic, peeled
1 medium onion
1 teaspoon rosemary, crumbled
4 tablespoons butter
Optional: corn/carrots
2 tablespoons flour
3/4 cup beef broth
Salt
freshly ground pepper
4 medium potatoes, cooked and mashed (about 3 cups)

Sweet Potato Biscuits

A Taste of Guyana by: A'chan Munroe (then age 11) 2nd Place winner in 2003 Kaitour Falls Cook-out
Lisa Benjamin, TFC Clinical Social Worker

In a medium saucepan, boil the potato for about 20 minutes. Do not add salt. Make sure the potato is tender by poking a knife into it. Take it out of the water and let it cool off. Pare and mash until smooth. Let the cooking water cool off. Preheat oven to 425 degrees. In a medium bowl, stir the mashed sweet potato with the melted margarine until smooth. Stir in the milk, sugar, and egg.



Sift the flour, baking powder, and salt into another medium bowl. Then stir in the liquids to combine.

In the bowl, form a soft dough. On a floured work surface: Roll out dough to about three-quarters of an inch in thickness. Use round cookie cutter or the open portion of a glass to cut out biscuits. Gather up the scraps and re-roll the dough. Repeat process until you make 12 biscuits. Place biscuits on an ungreased baking sheet. Bake for 15 to 20 minutes or until golden brown. You are done.

Drink Ovaltine with biscuits

PUMPKIN CHOCOLATE CHIP MUFFINS

Joshua Beckins, TFC Administrative Assistant

Ingredients

1 1/2 cup flour
1/4 tsp. salt
1 cup sugar
1 cup cooked pumpkin*
1 tsp. baking soda
1/2 cup melted butter
1 tsp. cinnamon
1 cup chocolate chips
1/2 tsp. cloves
2 eggs
1/4 tsp. allspice

Preheat oven to 350 degrees. Combine dry ingredients and set aside. In a large bowl, beat eggs. Stir in pumpkin, melted butter and chocolate chips. Combine dry ingredients, stirring just until moistened. Bake 20-25 minutes.

*You may substitute canned pumpkin pie filling for the cooked pumpkin. It's just as delicious!

This recipe is a family favorite. We eat them any time of day, not just for breakfast!



Savory Florentine Cheesecake(s)



Preheat oven to 350 degrees F. Mix bread crumbs and melted butter well and press into a 9" spring form pan. Bake 8 -12 minutes or until lightly browned. [Put aluminum foil or such on rack under spring form pan in case of drips.] Set aside to cool. Cook and thoroughly drain spinach.

Beat together cream cheese, salt, and mustard. Add eggs, one at a time, and beat well after each addition. Add rest of ingredients and beat at low speed until well mixed. Pour cheese spinach mixture into cooled pan with crust. Bake 1 hour and 5 minutes. Cool 15 minutes on rack before cutting. [Very rich. Eat sparingly. Keeps well in refrigerator.]

From Diane Mott Davidson's mystery novel
"The Prime Cut."

Ingredients

2 cups dried bread crumbs, homemade
1 stick (8 ozs) butter, melted
1 10-oz pkg chopped spinach, cooked and well drained
3 8-oz pkgs of reduced fat cream cheese, softened
3 eggs
1/2 tsp. Salt
1/2 tsp. Dijon mustard
1/4 cup cream, whipping or heavy
1 -1/4 cups (~4 ozs) fresh grated Gruyere cheese
1/4 cup fresh grated Parmesan cheese
1/4 tsp. paprika
1/8 tsp. Cayenne (red pepper)
1/4-1/3 cup chopped scallions (some of green part also)

SEASONING CORN BREAD

Ingredients

3 cups of Martha White self-rising corn meal mix
2 eggs
1 cup of 2 % milk
1 small onion or 2 tsp of onion powder
1 tsp of celery salt or fresh chopped celery
1 tsp of garlic powder or 1 fresh minced garlic clove

Mix all ingredients.
Grease pan.
Bake for 20 minutes.



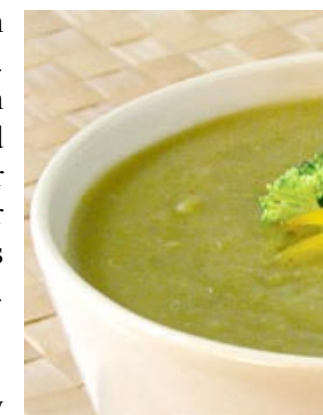
Italian Broccoli and Sausage Soup

Gloria Martin, TFC Foster Parent

Ingredients

1 lb. sausage
1 sliced onion
1 can crushed tomatoes
Salt
Pepper
1 bag frozen broccoli cuts
Oregano

Remove sausage from casing and sauté in frying pan. Sliced onion until fully cooked. Salt and pepper to taste. Add large can crushed tomatoes and bring to a boil. Add large bag of frozen broccoli cuts, cover and lower heat to medium/low. Cook for approximately one hour until broccoli is tender and sausage flavor comes through. Sprinkle with oregano and stir often.



Optional: cook fettuccini noodles or bow tie's al dente and pour sausage and broccoli over noodles. Or cook elbow macaroni, drain well, and add to broccoli and sausage when ready to eat.

Italian Casserole

Cindy Bailey, TFC Foster Parent



Steam the sausage, cut up into bite sized pieces. Saute the onion and garlic in olive oil that covers the bottom of the pan about 1/4 inch. Add the broccoli and let it steam to a medium tenderness. Add the sausage and mix thoroughly. Sprinkle with grated cheese. Serve with salad and garlic bread.

Ingredients

1 pkg. Sausage
2 heads broccoli floret's
1 pkg. Frozen cavatelli
1 bulb garlic (chopped)
1 onion (chopped) Olive oil

You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.
- Julia Child

Jamaican Jerk Chicken

John Parker, TFC Clinical Social Worker

Ingredients

1 tb Ground allspice
1 1/2 ts Cayenne pepper
1 1/2 ts Ground sage
3/4 ts Ground cinnamon
1 tb Garlic powder
1/4 cup Olive oil
3/4 cup White vinegar
Juice of 1 lime
Chopped white onion
4 Chicken breasts (Trim the fat)
1 tb Dried Thyme
1 1/2 ts Freshly ground black pepper
3/4 ts Ground nutmeg
2 tb Salt
1 tb Sugar
1/4 cup Soy sauce
1/2 cup Orange juice
1 ea Scotch bonnet pepper
3 Green onions, finely chopped

In a large bowl, combine the all-spice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar.

With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice.

Add the Scotch bonnet pepper, onion, and green onions and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible. Preheat an outdoor grill.

Remove the breasts from the marinade and grill for about 6 minutes on each side or until fully cooked. While grilling, baste with the marinade.

This recipe is not hot as you would find in Jamaica. For that flavor, double the quantity of dry spices.



Mardi Gras Jambalaya



cold running water. Set shrimp aside

2. Preheat oven to 350 degrees F. In a large oven-proof casserole cook sausage over high heat until golden. Lower to medium heat and add ham, onions, celery, green pepper, and garlic. Sauté until vegetables are soft. Mix salt, pepper, dry mustard, thyme, and crushed bay leaf, and add to vegetables.

3. Stir in rice. Cook about 5 minutes, while stirring and scraping the bottom of the pan. Add tomatoes (or puree), chicken broth, shrimp (or chicken). Bring mixture to a boil. Tightly cover casserole with foil and bake in preheated oven for 25 minutes. Remove dish from oven and let stand for 5 minutes before serving.

Serves 6

New Orleans Style Barbecue Shrimp

Jeanette Simpson, Executive Director, Community Programs



black pepper, and cayenne.

Rinse the shrimp and arrange them in a shallow 4-quart (4 – 1) baking dish. Pour the warm sauce evenly over the top. Bake uncovered, stirring every 10 minutes, until the shrimp are opaque throughout and the flavors have melded, about 30 minutes. Divide the shrimp and sauce among warmed shallow bowls. Serve at once. Pass the French bread at the table.

Preheat the oven to 350 F (180 C). In a large frying pan over medium heat, melt the butter with the olive oil. Add the onion, rosemary, and oregano and cook until the onion is translucent but not browned, about 8 minutes. Add the garlic and cook until the garlic is softened, about 2 minutes longer. Stir in the parsley and remove from the heat. Season well with salt,

Ingredients

1/4 cup unsalted butter
1/4 cup olive oil
1 yellow onion, finely chopped
2 tablespoons ground rosemary
1 tablespoon ground oregano
1 large clove garlic, minced
1/2 cup minced fresh flat-leaf (Italian) parsley
Sea salt and freshly ground black pepper
Cayenne pepper
2 lbs extra-large shrimp (prawns), with heads attached
Warm French bread for serving

Makes 4 -6 servings

Pizza Pinwheels

Catherine Crisp, TFC Foster Parent

Prepare a plate of Pizza Pinwheels for a New Years treat. This savory appetizer can be prepared in less than 20 minutes. Refrigerated crescents are filled with pepperoni and topped with cheese, rolled and sliced. For variation substitute fried ground beef or sausage, canned mushrooms, ripe olives, and/or Cheddar cheese. If needed, ask an adult to slice the dough. Please your parents by always cleaning the kitchen.



Preheat oven to 350-degrees. Coat cookie sheet with a spray of Canola oil. Unroll dough and separate into 4 rectangles. Press to seal perforations. Brush on 1 1/2 tablespoon pizza sauce on each rectangle. Evenly divide Parmesan cheese, pepperoni, and shredded cheese over. Starting with one short side, roll up each rectangle. Press edge to seal. With a serrated knife, cut each roll into 5 slices. Slightly flatten with your fingertips. Bake 13-15 minutes or until edges are golden brown. Meanwhile, heat pizza sauce. Immediately remove pinwheels from cookie sheet. Serve warm with pizza sauce for dipping. Yield: 20 appetizers.

Ingredients

1 8-ounce can refrigerated crescent dinner rolls
1/4 cup grated Parmesan cheese
1/3 cup finely chopped pepperoni, about 1 1/2 ounces
1/2 cup finely shredded Mozzarella cheese
1 cup pizza sauce, divided

A smiling face is half the meal.
Latvian Proverb