

# the **Goldbergs** Cookbook



**Beverly Goldberg**

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UNIVERSE











# Bev's Meaty Baked Ziti

SEASON 6, EPISODE 20: *This is This is Spinal Tap*

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**Feeding my family is my number one priority and this baked ziti might just be my number one dish. The only thing that warms my family's hearts more than one of my snuggies is a hot pan of fresh ziti. Now I coulda been a lawyer, so I used to keep this recipe under lock and key. But in this cookbook I'm giving away all my culinary secrets. And the secret to this recipe? Cheese.** • *Yield: 10 servings*

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16 ounces ziti pasta  
2 tablespoons olive oil  
1 onion, diced  
2 cloves garlic, minced  
1 pound ground beef  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
½ teaspoon dried basil  
½ teaspoon salt  
¼ teaspoon pepper  
1 (26-ounce) jar or container strained tomatoes  
1 (15-ounce) container ricotta cheese  
2 eggs  
2 cups grated Parmesan cheese

1. Preheat the oven to 350°F. Grease a 9 x 13-inch pan with nonstick spray.
2. Cook ziti according to package directions. Drain and set aside.
3. Heat olive oil in a skillet over medium-high heat. Saute the onion and garlic until soft.
4. Add the ground beef, garlic powder, oregano, basil, salt, and pepper. Cook until browned.
5. Stir in the tomatoes and simmer for 5 minutes.
6. In a bowl, stir together the ricotta, eggs, and 1 cup of the Parmesan.
7. Spread half the sauce in the bottom of the pan.
8. Top with half the cooked ziti.
9. Spread the ricotta mixture over the pasta.
10. Add the rest of the ziti on top, followed by the rest of the sauce.
11. Sprinkle the last 1 cup of Parmesan on top.
12. Bake for 30 minutes, until hot and bubbly.



# Cheeseburger Meatloaf

SEASON 2, EPISODE 8: *I Rode a Hoverboard*

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Once I discovered I could combine cheeseburger and lasagna, I started to wonder what other dishes I could mash together in the name of dinner science. That's when I invented my cheeseburger lasagna. It's got all that cheese-y burger-y deliciousness with fewer noodles and more meat. Adam devoured so much of it, he was begging for belly rubs and I was more than happy to serve them up. •

*Yield: 8 servings*

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## For the meatloaf:

Vegetable oil for greasing

2½ pounds ground beef

½ cup diced onion

½ cup plain breadcrumbs

¼ cup grated Parmesan cheese

2 eggs, lightly beaten

1½ tablespoons  
Worcestershire sauce

1 teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon salt

¼ teaspoon pepper

## For finishing:

10 slices American cheese

⅓ cup ketchup

5 frozen onion rings,  
baked

## Make the meatloaf:

1. Preheat the oven to 375°F. Lightly grease a loaf pan with oil.
2. In a bowl combine the beef, onion, breadcrumbs, Parmesan cheese, eggs, Worcestershire sauce, garlic powder, onion powder, salt, and pepper.
3. Press the beef mixture into the loaf pan.
4. Bake for 70 to 80 minutes, or until the internal temperature reaches 160°F.
5. Let rest for 5 minutes, then cut the meatloaf into thirds lengthwise.

## Finish the meatloaf:

1. On a serving platter, place 5 slices of cheese on top of the bottom layer of meatloaf, stack the second layer of meat, add 5 more slices cheese, then top with the last layer of meat.
2. Spread the ketchup on top and add the onion rings to serve.

# Heavyweight Champion Lasagna

SEASON 4, EPISODE 8: *The Greatest Musical Ever Written*

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**Now cooking isn't a competition, but if it were, my lasagna could take yours any day. Not only does it have a winning taste, but it's also a heavyweight champ clocking in at a solid 15 to 20 pounds of cheesy, meaty, noodle-y deliciousness. And when you make this for your family, get ready, because they'll be coming back for round two.** • *Yield: 15 servings*

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**3 tablespoons vegetable oil**

**1 pound ground beef**

**1 pound ground veal**

**1 pound ground pork**

**1 (16-ounce) box lasagna noodles**

**2 (15-ounce) containers ricotta cheese**

**6 eggs**

**2 tablespoons garlic powder**

**2 teaspoons onion powder**

**2 teaspoons dried oregano**

**1 teaspoon salt**

**½ teaspoon pepper**

**3 (24-ounce) jars pasta sauce**

**8 cups shredded mozzarella cheese**

**2 cups grated Parmesan cheese**

- 1.** Heat the oil in a large skillet over medium-high heat. Add the beef, veal, and pork and brown them. Set aside.
- 2.** Prepare the lasagna noodles according to package directions.
- 3.** Preheat the oven to 375°F.
- 4.** In a large bowl, mix together the ricotta cheese, eggs, garlic powder, onion powder, oregano, salt, and pepper.
- 5.** Pour a jar of pasta sauce into the bottom of a 6-quart 13 x 16-inch baking pan.
- 6.** Layer the lasagna noodles, the ricotta mixture, meat, then mozzarella. Repeat until you're out of ingredients, ending with the sauce.
- 7.** Cover with aluminum foil and bake for 30 minutes.
- 8.** Remove the foil, top with the Parmesan cheese, and bake for another 15 minutes.







# Monte Cristo Sandwich

SEASON 1, EPISODE 1: *Circle of Driving*

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**Murray adores Monte Cristo sandwiches. They are beyond high in cholesterol and fat but it's 1980-something and this is how we eat. Now for most people this kind of sandwich is for special occasions only, but in The Goldberg House every day is a special occasion. • Yield: 1 serving**

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**8 ounces pastrami**

**2 slices rye bread**

**¼ cup sauerkraut**

**2 slices Swiss cheese**

**4 tablespoons (½ stick)  
unsalted butter**

**2 eggs, beaten**

- 1.** Place the pastrami on a slice of rye bread. Top with the sauerkraut, then cheese, then the other slice of bread.
- 2.** Melt the butter in a skillet over medium-high heat.
- 3.** Dip the sandwich into the beaten eggs, then place it in the pan.
- 4.** Cook until golden brown, then flip over and brown the other side.
- 5.** Serve immediately.



**“I’ll put cheese  
on anything.  
ANYTHING.”**







# The Bevernator's Stir-Fry Spectacular

SEASON 1, EPISODE 7: *Call Me When You Get There*

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**Ah stir-fry. This may be an exotic dish from across the globe, but I put my Bevernator spin on it and turn it into a Goldberg must. All the vegetables make it healthy but the key to this crowd-pleaser is the oil. Though be careful to avoid fires because this recipe gets steamy fast. • Yield: 2 servings**

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**3 tablespoons olive oil**  
**2 bell peppers, cored and cut into a large dice**  
**1 onion, cut into a large dice**  
**1 cup broccoli florets**  
**8 ounces sliced mushrooms**  
**1 carrot, shredded**  
**1 medium eggplant, peeled and cubed**  
**1 yellow squash, cubed**  
**2 teaspoons garlic powder**  
**1 cup shrimp, chicken, or beef, cubed**  
**½ cup sliced almonds**  
**1 cup cooked rice**  
**1 tablespoon bottled Asian dressing, or more to your preference**

- 1.** In a large skillet over medium-high heat, saute the vegetables in one tablespoon of the olive oil. Sprinkle with 1 teaspoon of the garlic powder, and cook the vegetables until softened, about 5 minutes. Remove and set aside.
- 2.** In the same pan, add the second tablespoon of olive oil and the shrimp. Sprinkle with the other teaspoon of garlic powder and saute the shrimp until cooked through. Remove and set aside.
- 3.** Toast the almonds in the pan for 1 to 2 minutes. Remove and set aside as well.
- 4.** Add the final tablespoon of olive oil and the cooked rice. Cook until just crisp.
- 5.** Return the vegetables, shrimp, and nuts to the pan. Toss lightly with the rice and dressing.



# Bevernator Power Chili

SEASON 3, EPISODE 21: *Rush*

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**Some say a heavy meal will slow you down—but Mom knows best. A big bowl of meat and beans washed down with some bone-strengthening buttermilk will give you all the energy you need before a big game. Feel the beefy power!** • *Yield: 10 servings*

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4 slices bacon, diced  
2 pounds ground beef  
2 onions, diced  
4 cloves garlic, minced  
1 (28-ounce) can  
stewed tomatoes  
2 (8-ounce) cans  
tomato sauce  
1 (14.5-ounce) can  
kidney beans  
5 tablespoons  
chili powder  
2 teaspoons garlic salt  
2 teaspoons ground  
oregano  
2 teaspoons ground cumin  
½ teaspoon pepper

- 1.** In a skillet over medium-high heat, cook the bacon until crispy. Transfer to paper towels to drain and set aside.
- 2.** Pour out the excess grease, then brown the beef, onions, and garlic.
- 3.** Stir in the stewed tomatoes, tomato sauce, kidney beans, chili powder, garlic salt, oregano, cumin, and pepper.
- 4.** Stir in the cooked bacon.
- 5.** Simmer on low for 1 hour, then serve.







# Bev's Perfect Momelette

SEASON 1, EPISODE 6: *Who Are You Going to Telephone?*

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**Breakfast is the most important meal of the day, and my special Momelette guarantees it's gonna be a good day. Like a bedazzled sweater, this recipe is really all about the accoutrements. They add the sizzle you need to really let your morning sparkle, whether you're power walking with the frentas, power washing the driveway, or power napping with your Murray.** • *Yield: 2 servings*

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**2 tablespoons unsalted butter**

**1 large onion, diced**

**1 bell pepper, cored and diced**

**½ cup cubed ham**

**½ cup sliced mushrooms**

**4 eggs**

**¼ cup whole milk**

**Salt and pepper**

**½ cup grated cheddar cheese**

- 1.** In a skillet over medium-high heat, melt the butter and saute the onion and bell pepper until soft.
- 2.** Add the ham and mushrooms to the skillet and cook for 5 minutes. Transfer the sauteed mixture to a dish and set aside. Do not clean the skillet.
- 3.** In a bowl, whisk together the eggs and milk. Season with salt and pepper.
- 4.** Pour the eggs into the same skillet over medium-low heat.
- 5.** Spoon the sauteed mixture onto the eggs.
- 6.** Cook for 1 minute, then add the cheese.
- 7.** Fold the eggs over the fillings, then cover with a lid for 1 minute, or until the omelette is cooked through.





# Bev's Bananas Banana Bread

SEASON 4, EPISODE 18: *Baré*

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**My schmoopie-poos love this bread, which I make at least once a week. Anything to make them happy.** • *Yield: 10 servings*

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**1½ cups all-purpose flour**

**1 teaspoon baking soda**

**½ cup (1 stick) unsalted butter, softened**

**1¼ cups sugar**

**4 ripe bananas, mashed**

**2 eggs**

**1 teaspoon vanilla extract**

**¼ cup sour cream**

**½ cup walnuts, chopped**

**¼ cup dark chocolate chips**

- 1.** Preheat the oven to 350°F. Grease a 5 x 9-inch loaf pan with nonstick spray.
- 2.** In a small bowl, mix together the flour and baking soda.
- 3.** In a large bowl, mix together the butter, sugar, bananas, eggs, and vanilla.
- 4.** Alternate adding the sour cream with the flour and baking soda mixture.
- 5.** Fold in the walnuts and chocolate chips.
- 6.** Pour into the prepared pan.
- 7.** Bake for 1½ hours, until a toothpick inserted in the center comes out clean.
- 8.** Let cool, then slice to serve.



# Ooey-Gooey Fudgy Chewies

SEASON 6, EPISODE 4: *Hersheypark*

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**When it comes to hobbies I've done it all: scrapbooking, jazzercise, water aerobics, bedazzling, water aerobics while bedazzling, watching my grown babies sleep at night, macramé, water macramé . . . but none of my hobbies are quite as delicious as baking. These chocolate bombs of love are the perfect way to welcome my snuggle monsters home after a long day at school. • Yield: 24 cookies**

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**Butter for greasing**

**2½ cups powdered sugar**

**¾ cup cocoa powder**

**Pinch of salt**

**4 egg whites**

**1½ teaspoons vanilla extract**

**2 cups semisweet chocolate chips**

- 1.** Preheat the oven to 350°F. Line baking sheets with parchment paper and butter the parchment.
- 2.** In a bowl, whisk together the powdered sugar, cocoa powder, and salt. Set aside.
- 3.** In the bowl of a stand mixer with the whisk attachment, beat the egg whites until foamy.
- 4.** With a spatula, fold the vanilla and the dry ingredients into the egg whites until just combined.
- 5.** Fold in the chocolate chips.
- 6.** Drop batter by tablespoonfuls onto the prepared pans.
- 7.** Bake for 8 to 10 minutes, until the tops crackle. Let cool on the pan. Remove with a spatula.

