

*Jerry & Anna Winkel's*

*Favorite Recipes*

## *Forward*

Of all the things that cycle through my brain each day, food is the most prolific. It seems that from the time I wake up in the morning until I fall to sleep at night the thought of food is nearby. I don't come from a family of gourmets or a home where food was scarce but for some reason eating is more of a priority than for some. The purpose of this cookbook is to keep the recipes from being lost and assist myself in thinking of things to eat. I am not a real picky eater but I do wander the kitchen trying to think of something that sounds good. With all my favorite foods written down I can simply read through the book instead of relying on deep thought. Asdfa sdfasfd

You will find that the recipes in this book are not earth shaking. Most are just common folk eats that I enjoy.

"The discovery of a new dish, does more for human happiness than the discovery of a new star."

Jean Anthelme Brillat-Savarin

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# Breads

## *Griddle Cakes*

### *Jerry's Favorite Pancakes "Cakes!"*

1¾ cups milk  
4 Tbls. melted butter  
2 eggs  
1 cup white flour  
1 cup wheat flour  
4 tsp. baking powder  
4 Tbls. Sugar  
1 tsp. salt

Mix eggs, milk, melted butter and eggs.

Separately combine white flour, wheat flour, baking powder, sugar and salt.

Add both mixtures together until flour is dampened. Fry w/ butter these bad boys really puff up. Don't flip until bubbles start to pop in the middle of the cake.

Eat with cream syrup but I like them with butter, crunchy peanut butter and regular syrup as well.

Cook left over batter and store the cakes in the fridge. Heat them up in the toaster and serve with blackberry jam or a little sprinkled sugar on them.

Whole Wheat- Use two cups wheat flour instead of white.

Buckwheat- Use ½ cup buckwheat flour in place of wheat. This makes a very dark cake with a great flavor.

White Cakes- Use white flour instead of wheat.

Buttermilk- Use buttermilk, sour cream or yogurt instead of milk, sub 1 tsp. baking soda instead of baking powder.

Hazelnut- Add a ton of hazelnut extract to the batter. If you add just a little you won't taste it. I suggest you take the measuring cup you are using to put the batter in the pan and stir in the extract in various amounts until you find the concentration that you like.

Cinnamon or Nutmeg- Sprinkle on to batter side when cooking.

You can toss anything into the mix. i.e. blueberries, apple, chocolate chips, etc.

### *Blueberry Amaranth Cakes*

Beat: 1 ¾ cups milk, 4 Tbls. melted butter and 2 eggs. Separately mix 2 cups wheat flour, 4 tsp. baking

powder, 4 Tbls. sugar and 1 tsp. salt. Add both mixtures together until flour is dampened. Fry with butter—these bad boys really puff up. Add blueberry's when you put them on the griddle. Don't flip until bubbles start to pop in the middle of the cake.

### Ummy Awfuls (*yummy waffles*)

3 eggs separated  
3 cups milk  
3 Tbls. lemon juice  
3 cups flour  
3 tsp. baking powder  
1 ½ tsp. baking soda  
¾ tsp. salt  
¾ cup melted butter

Heat waffle iron. Mix dry ingredients in a large bowl. Separate eggs. Place egg yolks in a large bowl and whites in a small bowl. To yolks, add milk and lemon juice and beat well. Mix dry and wet ingredients and beat until smooth. Stir in melted butter. Beat egg whites until peaks form and fold into batter.



Cook according to iron directions. I usually take them out a bit sooner. I don't like them too dry.

Eat with chopped sugared strawberries, whipped cream and syrup.

Variation: Use ¼ cup whole wheat flour. Add lemon zest or nutmeg.

### Crepes

1 1/3 cups milk  
1 tsp. sugar  
1 cup flour  
½ tsp. salt  
4 eggs

You can top them with just about anything. Cheese or white sauces with meat, work well for a main dish. We usually eat them as deserts with chopped walnuts and sugar. Jams or blended peaches are great.

### Oven Broiled French Toast

Take a bunch of old sour dough bread that has seen better days. I'm not suggesting moldy but tough. Beat some eggs with some milk and sugar. Dip the bread in the egg mixture. Place six slices in a rectangular cake pan with a little butter melted in the bottom. Broil about 3 to 4 inches away from heat source. Watch carefully and toast until brown. Turn each piece over and broil the other sides.

Options: Sprinkle some cinnamon and/or nutmeg on bread after dipping.

## Jerry's Puffed Pancakes

Puffy Style

Mix: 2 beaten eggs, ½ cup milk, ½ cup flour

Pour into two pie plates with 1 Tbls. butter melted in each.

Bake: 425° for 10-15 minutes.

Cover with canned peaches and brown or powdered sugar. Drizzle a bit of cream on top. Serve fast!



## Quick Breads

### Brown Soda Bread

Homemade bread for dinner after just 10 minutes' work.

2 cups (10 ounces) all-purpose flour  
1 ½ cups (8 ¼ ounces) whole-wheat flour  
½ cup toasted wheat germ  
3 tablespoons sugar  
1 ½ teaspoons salt  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 ¾ cups buttermilk  
3 tablespoons unsalted butter, melted

Adjust oven rack to lower-middle position and heat oven to 400 degrees. Line rimmed baking sheet with parchment paper. Whisk all-purpose flour, whole-wheat flour, wheat germ, sugar, salt, baking powder, and baking soda together in large bowl. Combine buttermilk and 2 tablespoons melted butter in 2-cup liquid measuring cup.

Add wet ingredients to dry ingredients and stir with rubber spatula until dough just comes together. Turn out dough onto lightly floured counter and knead until cohesive mass forms, about 8 turns. Pat dough into 7-inch round and transfer to prepared sheet. Using sharp serrated knife, make ¼-inch-deep cross about 5 inches long on top of loaf. Bake until skewer inserted in center comes out clean and loaf registers 195 degrees, 45 to 50 minutes, rotating sheet halfway through baking.

Remove bread from oven. Brush with remaining 1 tablespoon melted butter. Transfer loaf to wire rack and let cool for at least 1 hour. Serve.

### Jake's Baking Powder Biscuits

Nobody makes biscuits like Jake.

3 cups flour  
4 ½ tsp. baking powder  
¾ tsp. salt  
6/22/18

¾ cup shortening  
1 1/8 cup milk

Heat oven to 450°. In a large bowl, combine dry ingredients. Using a fork, cut shortening into flour until you have the consistency of course meal. Add milk, stir with fork until mixture separates from sides of bowl and forms a soft, moist dough. On floured surface, toss lightly until no longer sticky. Roll out to ½ inch thick; cut to desired size.

Place on an ungreased cookie sheet. Bake for 8-12 minutes. Makes 12-14 biscuits.

#### Drop Biscuits

Increase milk to 1 ¼ cup.

#### Buttermilk Biscuits

Add ¼ tsp. baking soda to flour. Substitute buttermilk for milk.

Serve with bacon, fresh eggs and jalapeno jelly.

### Anna's Popovers

Forget what you've read elsewhere. The secret in making good popovers is to start them in a cold oven! You could drive a truck through the inside of these popovers.

Combine: 2 eggs, 1 cup milk, 1 Tbsp. melted butter, 1 cup white flour and ¼ tsp. salt

Put in a cold oven and set heat for 450°. Bake for 15 minutes then reduce heat to 350° and bake for another 15 to 20 minutes.

### Sister Matthews Cinnamon Rolls

2 large russet potatoes (2½ cups mashed)  
1 cup hot potato water  
1 cup sugar  
½ cup butter  
3 large eggs  
½ cup evaporated milk  
6 ½ to 7 ½ cups white flour  
1 Tbsp. Instant yeast  
1 Tbsp. salt  
1 cup or so of pecans (chopped)



Peel and cut potatoes. Boil until soft. Save 1 cup of potato water. Drain potatoes and mash well. Add butter, sugar to potatoes. Beat eggs with canned milk and salt. Add eggs and milk to potatoes.

In a mixer add 3 cups of flour and yeast. Pour in potato mixture. Using the dough hook mix for 5-10 minutes until smooth. Gradually add remaining flour.

Place dough in well-greased large bowl and cover with plastic wrap. Let it rise at room temperature for 2 hours. Refrigerate overnight for at least 8-10 hours. You may want to check it to make sure it isn't overflowing. The dough will continue to rise until completely chilled. Don't use until well chilled.

For Rolls:

Roll out as you would any roll recipe. Let rise until doubled in size. Bake at 375°. Makes about 40 rolls.

For Cinnamon Rolls:

Melt ¼ cup butter. Prepare cinnamon sugar combination (½ cup sugar and 1 tsp. cinnamon). The dough is very sticky and will handle better if cold.

Have the work surface well-floured. Roll into a large rectangular shape. Cover with melted butter. Sprinkle with sugar mixture and pecans. Roll up jelly roll fashion. Use a string to cut rolls. Bring string underneath the roll, hold both ends of string and crisscross across the top, cutting the dough. Place rolls on greased cookie sheet. Do not crowd rolls. Let rise about 1 hour. Bake for 15-20 minutes at 375°. Makes about 2 dozen rolls. Frost while hot with thick glaze.

Glaze:

1/8 cup butter and ¼ cup canned milk (or cream). Heat near boil. Add ½ pound powdered sugar and a dash of salt. Beat in mixer. Add about 1/8 to ¼ cup hot water, 1/8 tsp. maple flavor and ½ tsp. vanilla extract. Beat until smooth and thick.

### Buttermilk Cornbread

1 cup cornmeal  
1 cup all-purpose flour  
2/3 cup white sugar  
½ teaspoon baking soda  
½ teaspoon salt  
chopped Pecans  
½ cup butter  
2 eggs  
1 cup buttermilk

Directions

1. Preheat oven to 375 degrees F (175 degrees C). Grease an 8 inch square pan. I like to use a 9 inch cast iron skillet.
2. Mix dry ingredients.
3. Melt butter. Beat eggs and then add milk.
4. Add wet ingredients to the dry bowl. Add in pecans. Blend well but a few lumps should remain. Pour batter into greased pan.
5. Bake in the preheated oven for 30 minutes, or until a toothpick inserted in the center comes out clean.

Freezes well.

## *Peach Kuchen*

½ cup softened butter  
¼ cup sugar  
1 tsp. vanilla  
1 egg  
1 cup flour  
½ tsp. baking powder  
¼ tsp. salt  
29 oz. can sliced peaches, well drained  
3 Tbls. sugar  
1 tsp. cinnamon

Heat oven to 350°. Grease 9 inch spring form pan. In large bowl, beat margarine and sugar until lightly and fluffy.

Add vanilla and egg; beat well. Add flour, baking powder and salt to butter mixture; blend well. Spread dough over bottom and 1 inch up sides of pan. Arrange peach slices in spoke pattern over dough. Sprinkle with sugar and cinnamon. Bake at 350° for 30 to 35 or until edges are golden brown. Cool 10 minutes; remove sides of pan.

## *Muffins*

### *Berry Muffins*

2 cups flour  
¾ cup sugar  
3 tsp. baking powder  
½ tsp. salt  
¾ cup milk  
1/3 cup melted butter  
1 egg (beaten)

Heat oven to 400°. Use baking cups or greased muffin tin.

Combine dry ingredients. Combine wet ingredients. Add together until moistened. Don't over mix. Add 1 cup berries.

Spoon into cups and bake for 18 - 22 minutes. Dust with powdered sugar.

(Makes 12 muffins)

### *Amaranth Muffins*

2 tsp. cinnamon  
¾ cup sugar  
2 cups amaranth  
2 cups white flour  
1 tsp. salt

6 tsp. baking powder  
½ cup butter  
1 cup chopped apple  
1 cup applesauce  
2 eggs  
1 ½ cups milk

#### Streusel

½ cup sugar  
1 tsp. cinnamon  
4 Tbls. melted butter

Mix dry ingredients and wet ingredients separately. Spoon into muffin cups. Sprinkle on streusel. Bake at 400° for 18-22 minutes.

Makes 24 muffins.

#### *Bran Muffins*

2½ cups flour  
2½ cups wheat bran  
1½ cups brown sugar  
2½ tsp. baking soda  
1 tsp. salt  
½ cup oil  
2 eggs  
2½ cups sour milk (2½ Tbls. white vinegar to sour milk)

Optional: Add ½ cup raisins and/or ½ cup chopped walnuts. You can also add 1 tsp. cinnamon and/or nutmeg. I like to sprinkle a little sugar on top.

Mix dry ingredients and wet ingredients in separate bowls.

Grease muffin tins and fill 2/3 full. Bake at 375° for 20 minutes.

Batter can stay in fridge for several weeks allowing you to make fresh muffins each morning.

#### *Fried Breads*

#### *Mom's Cinnamon Biscuits*

Take canned biscuits and fry them in oil. While hot, toss them in a brown paper bag with sugar and cinnamon. Shake and eat.

#### *Scones*

Deep fry store bought bread dough in vegetable oil. Thaw it out and form some sort of shape. Flat is probably best. Top with honey butter or sour cherry jam.

## Dad's Donuts

3 ¼ cup flour  
2 tsp. baking powder  
½ tsp. cinnamon  
¼ tsp. nutmeg  
dash salt  
2 eggs  
2/3 cup sugar  
1 tsp. vanilla  
2/3 cup cream  
¼ cup butter (melted)

Sift together flour, baking powder, cinnamon, nutmeg and salt. Beat eggs, 2/3 cup sugar and vanilla till smooth. Combine cream and butter. Slowly add flour to egg mixture, beating till just blended after each addition. Cover & chill dough about 2 hrs.

Roll 3/8 inch thick and cut into donuts.  
Deep fry at 375° until brown and then drain.

You can cover with powdered sugar and or cinnamon if you want. I like them plain. They freeze great!

## Spudnuts (as remembered by Anton Winkel)

1 pound of boiled potatoes (riced) (*about 2 ½ cups*)  
1 pound sugar (*about 2 cups*)  
4 cups skim milk  
1 pound compound lard (shortening) (*about 2 ½ cups*)  
5 eggs well beaten  
1 ounce salt  
Mace to taste (apx. 1 tsp.) (*You can also use nutmeg. I like to use about 1 ½ tsp.*)  
1 tsp. lemon extract  
4 cakes yeast (4 Tbls.)  
½ cup water  
Flour (enough to make the right consistency for a live dough) (*between 8 and 12 cups*)

Cream sugar, riced potatoes, milk, eggs, shortening and salt. Add mace and lemon extract. Mix yeast in warm water and blend well with rest of ingredients. Add enough flour gradually to make a dough that is not sticky and is resilient to the touch. Create a "Live" not a "Dead" dough. Place dough in a large bowl and let it rise until double in bulk. Roll out into a slab about 1/2 inch thick. Cut into round cakes with holes in the middle. Place doughnuts on floured or wax papered proofing boards. Let them rise until double in bulk. Deep fry them to a golden brown and cool on wire racks or waxed paper. Dip doughnuts in glaze mix while they are still hot.

For fluffy light doughnuts, cook at about 375°. I like them light colored. Cook for a very short time.

Makes about a million doughnuts. Cover with sugar glaze.

### Pitt's Corn Bread

Mix: 1 ¼ cups Martha Whites self-rising corn meal, 1 cup of milk, salt, 2 tsp. baking powder and ¼ cup flour. Melt 1 stick of butter in pan, pour 1/4 into mix and pour the mix into the rest of the butter (it sort of fries). Bake at 375° for 40-45 minutes. It should form a hard brown crust on bottom and sides of the pan.

### Absolutely Awesome Chocolate Chip Bread

1 cup oil  
1 cup sugar  
1 cup brown sugar  
3 eggs  
3 tsp. vanilla  
2 cups shredded raw zucchini (pumpkin and banana also work fine)  
3 cups flour  
1 tsp baking soda  
1 tsp salt  
3 tsp cinnamon  
¼ tsp. baking powder  
¾ cup chopped nuts  
¾ cup semi-sweet chocolate chips (More if you desire. I desire more!)

Combine oil, sugar and eggs in large mixer bowl. Beat well. Blend in vanilla and zucchini. Sift dry ingredients together. Add to oil mixture and blend well. Add nuts and chocolate chips.

Pour batter into 2 loaf pans, well-greased and lightly floured. Bake at 350° f or about an hour or until loaves test done. Or, use 3 medium loaf pans and reduce baking time to 45 minutes. Let stand in pans for 10 minutes, then turn out on racks to cool.

### Rice Flour Banana Nut Bread

Ingredients:  
1 stick butter  
¾ cups sugar  
2 eggs  
1 teaspoon vanilla  
1 ½ cups brown rice flour  
½ cup tapioca flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
¾ teaspoon salt  
3 ripe bananas  
1 cup sour cream or plain yogurt  
1 cup nuts (pecans) and or coconut

Cream butter and add sugar. Beat in eggs. Add vanilla, bananas (mashed), and sour cream; mix well. Sift flour, baking soda, baking powder, and salt; mix well. Add nuts. Mix all together and pour into two lightly greased small bread pans and bake at 350° for 45-50 minutes until done.

Makes: 2 small loaves.

### *Anna's Short Bread*

Old fashioned biscuit dough shortcakes, warm from the oven, should be split, buttered and spread with sugared berries and graced with lots of heavy cream.

2 cups flour  
4 tsp. baking powder  
1 tsp. salt  
1 ½ Tbls. sugar  
5 Tbls. butter

Preheat oven to 425°. Butter and lightly flour a cookie sheet. Mix the flour, baking powder, salt, and sugar in a bowl. Cut the butter into bits and work into the flour mixture. Fingers work well. It should resemble a coarse meal. Slowly stir in milk, using just enough to hold the dough together. Turn out onto a floured surface and knead a minute or two. Roll out ¾ inch thick and cut into eight 2 inch rounds.

Bake rounds for 10-12 minutes.

### *Yeast Breads*

#### *Mormon Wheat Bread*

Mix: 1 to 2 Tbls. yeast, ¼ cup brown sugar, 1 cup warm water (let sit for a minute) and add ¼ cup oil, 1 Tbls. salt. While mixing add an additional 1 ¾ cups warm water and 2 ½ cups wheat flour and 3 or so cups white flour (until pulls away from bowl). Take out of bowl, oil bowl, place dough back in bowl and let rise for 45 minutes. Form into loaves and put in greased bread pans rise until bread is correct height.

Bake: 375° for 45 minutes. Let cool for two hours on a rack.

#### *Changes:*

Add an egg if you want it to be less crumbly. If you want a smooth texture, like in store bought bread, let rise three times. For white bread use only white flour (preferably unbleached). Adding gluten will help form a more perfect loaf and increase the protein content. You don't have to be exact with anything in this recipe. Rise less, rise more, more salt, less salt or exchange white sugar or honey. Add all the water, yeast and just the wheat flour and let the wheat flour sit a while to soften up. Let it rise too much in the pans before baking. They will fall a bit but sometimes it turns out great. Just get close and experiment with different variations.

#### *Pantry Secrets Versatile Bread*

The bread is versatile because you can use it for regular bread, sweet rolls, scones, calzones, pizza dough, dinner rolls or French bread. Preparation is 1 hour start to finish.

5 ¼ cups bread flour (Turkey brand)  
¼ cup sugar

1 ½ tsp. salt  
1 ½ Tbls. instant yeast  
1 ½ Tbls. liquid Lecithin (Lecithin is superior but you can substitute 1/3 cup oil)  
2 cups hot tap water (error on too much water)

Mix dry ingredients. Add lecithin and water. Mix for 1 minute and check consistency. If dough is too dry, add more water. If dough is too moist, add more flour. Mix for 5 minutes. (Do not add water or flour to the dough after it has finished mixing.) You want a sticky dough. Spray counter and pans with Pam. Shape loaves and cover with a dish towel. Let raise 25 minutes. Bake at 350° for 25 minutes. This recipe makes two loaves of bread.

#### Whole Wheat

Use the same recipe but add one cup of apple sauce as part of the hot tap water and mix for ten minutes.

#### French Bread

Spray cuts with oil or melted butter to maintain shape.

All of the ingredients can be stored long term in your pantry.

#### *Florence's French Bread*

Mix 1 Tbls. sugar and 2 Tbls. yeast to 1 cup warm water (105-115°). To mixer, add 3 cups flour, 1 Tbls. salt and the yeast water. While mixing add 1 Tbls. melted shortening, another 1 ½ cups warm water and 3 to 4 more cups flour.

Let rise for 1 hour, punch down and form into 2 loaves (braded or French style). Place on greased-corn mealed sheet and let rise another 30 minutes or so. Brush with egg white and water. Bake at 375° for 20 minutes. Brush egg and water on top again and bake another 20 minutes.

The taste of this bread is great but I haven't figured out how to make a decent looking loaf. They are always flat.

#### *Jerry's Favorite Oatmeal Bread*

1 cup oatmeal  
2 cups boiling water  
1 Tbls. Yeast  
¼ cup warm water  
2 tsp. salt  
1 Tbls. melted butter  
1/3 cup honey  
4 ½ cups white flour

Put oats in a large bowl. Add 2 cups boiling water and let stand for at least 15 minutes. Mix yeast with ¼ cup warm water. Let sit 5 minutes. Add to oatmeal mixture. Make sure the oatmeal is not too hot. Add salt, butter, honey and white flour.

Let rise and bake at 375° for 45 minutes.

### Hallah Bread

3 Tbsp. sugar  
2 ½ cups warm water  
3 Tbsp. oil  
1 Tbsp. yeast  
2 ½ lbs. flour (apx. 9 cups)  
3 eggs  
1 Tbsp. salt

#### Glaze

1 egg white  
2 Tbsp. water

Mix 1/2 cup warm to hot water with yeast. Let set 10 min. and add sugar. Add eggs, yeast mixture and oil to sifted dry ingredients. Add 2 cups water and mix. Knead until smooth. Set to raise in warm place for one hour. Knead again and let raise double. Divide into halves (then divide each half into three equal parts). Roll into ropes and braid. Makes 2 loaves of bread. Place on greased sheet. Cover for 30 minutes. Let raise. Brush with glaze and bake at 375° until golden (20 min.)

### Tomato Bread

#### Mix:

¼ cup warm water  
1 Tbls. Active dry yeast

#### Separately mix:

1 cup tomato juice  
1 Tbls. finely chopped Italian parsley  
1 Tbls finely chopped oregano  
2 Tbls sugar  
2 Tbls. oil  
1 tsp. salt  
1 egg yolk  
2 cups flour

Add both mixtures. Slowly add 1-1 ½ cups flour.

Place in a greased bowl and flip over so both sides have some oil. Let rise for 1 hour.

Divide into two and knead. Make two 12" loaves. Place on a greased baguette pan and let rise until double in size (apx. 30 min.). With a sharp knife, slash the top. Brush with mixture of 1 egg white and 1 tsp. water.

Cook for 35-40 min at 375°.

### Old World Black Bread

3 ¾ cup rye flour  
3 ¾ cups white flour  
6/22/18

2 Tbls. Instant yeast  
½ cup warm water  
½ cup unsweetened cocoa  
¼ cup sugar  
2 tsp. salt  
2 cups water  
¼ vinegar  
¼ cup dark corn syrup  
¼ cup butter

Notice that there are no caraway seeds in this recipe. I hate those nasty dudes.

Combine rye flour and white flour in a bowl: reserve 3 cups flour mixture. Sprinkle Instant yeast over ½ cup water, stir until dissolved. In a large bowl stir together reserved 3 cups flour mixture. Add cocoa, sugar and salt. Warm 2 cups water and add vinegar, corn syrup and butter. Add this to cocoa mixture and blend well; add dissolved yeast and stir well. Begin to add flour 1 cup at a time until dough no longer clings to side of the bowl. Cover and let sit in bowl for about 10 minutes. Knead until smooth and elastic. Place in greased bowl and let rise for about an hour or until doubled. Punch down and turn on to floured surface. Divide in half. Shape each half into a smooth ball. Place on a stone or cookie sheet. Cover and let rise until doubled. Bake at 350° for about 45 minutes or until loaves sound hollow when tapped. Brush with melted butter.

### Hardman's Soft Whole Wheat Bread

Find whole wheat bread too dense, crumbly and bitter. Try this recipe.

Mix: 2 ½ cups warm water (105°), 3 ½ cups whole wheat (white) flour, 1 ½ Tbls. Instant yeast. Let dough sit for a few minutes. Add 1/3 cup oil, 1/3 cup honey, ¾ Tbls. salt, ½ cup potato flakes, 1/8 cup lemon juice, 2 to 3 cups whole wheat flour. The dough should begin pulling away from the sides. Roll out on oiled or floured counter top. Recipe makes 2 medium sized loaves. Normally this recipe is doubled.

Put in greased pans. It should still be a little sticky. Let rise for about 10 to 15 minutes or until doubled. Bake at 350° for 30 to 40 minutes.

### Dot's Whole Wheat Bread

1 cup scalded milk  
2 pkg. dry yeast  
3 T soft shortening  
3 cups whole wheat flour  
¼ cup honey  
1 Tbls. salt  
2 ½ to 3 cups white flour

Scald milk-pour into medium size bowl & cool. Add wheat flour & softened yeast. Blend well & cover. Let stand 4-24 hrs. During this time the batter will get bubbles & spongy as it rises & falls. When ready to continue, add honey, salt and shortening. Mix the white flour in a little at a time first w/ a spoon, then by hand until sides of bowl are clean, turn onto floured board & rise in warm place 30-45 minutes. Punch down raised dough & shape into 2 loaves. Let rise in greased loaf tins for 30-45 minutes or until dent

remains when pressed gently w/ finger. Let rise slightly above tins then bake at 375° for 35-45 minutes (till brown). Cool on rack.

### Jane's Pizza Dough

Mix 1 cup warm water with a little sugar and one package of yeast. As it sits and grows mix 1 egg, 1 Tbls. of oil, 2-3 cups of flour, a pinch of salt and some cornmeal if desired. Then mix it together and roll out.

### Anna's Pizza Dough

1 cup warm water  
1 Tbls. Yeast (non-instant)  
3 cups flour  
2 tsp. salt  
1 Tbls. Olive oil

Combine ingredients. Let rise.

Rollout on corn meal.

### Foccacia or Great Pizza Dough

Combine 2 Tbls. yeast with ½ cup warm water. When foamy, dump in mixer with 1 tsp. salt. Gradually add 7 cups unbleached flour and liquid (1¾ cups water, ¼ cup olive oil). Let rise 1 hour. Divide into three equal parts. Put in plastic bags and rise in refrigerator for one or two days. (You can just let it rise again on the counter if you need the doe immediately. It is just convenient to throw it in the fridge and pull it out in a day or two.) Take bags out, punch down and let rise again. Spread out on pizza sheet. Don't roll the dough. To form a pizza, stretch it out over your fist. Leave it thick and don't break the bubbles. Yes, the dough smells like beer.

Add toppings:

*Simple:* coat with olive oil, fresh rosemary, feta cheese, salt, olives, onion, roasted red bell peppers and other fresh herbs. Serve with salad.

*Complex:* anything you would normally make a pizza out of. Don't feel you need to go crazy. The doe is so good you don't need a ton of toppings.

*Dessert:* push in fresh berries or peaches. Cook and serve warm with more fruit and ice cream.

Cook at 400° until brown.

### Swedish Tea Ring

6 to 7 cups of flour  
½ cup sugar  
2 tsp. salt  
2 Tbls. yeast  
1 cup water

1 cup milk  
½ cup butter  
1 egg

In large bowl, mix 2 cups flour, salt, sugar and yeast. In a small saucepan, heat yeast, water, milk and butter until warm (115°). Do not kill yeast! Add warm liquid and egg to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, stir in an additional 3 cups flour until dough pulls away from sides of bowl.

On a floured surface, knead in 1 to 2 cups flour until dough is smooth and elastic, about 8 to 10 minutes. Place dough in greased bowl; cover loosely with plastic wrap and cloth towel. Let rise in warm place until light and double in size, about 45 to 60 minutes. Divide in half.

Grease cookie sheet. On floured surface, roll ½ recipe to a 18x15 inch rectangle. Brush dough with ¼ cup melted butter, leaving ½ inch on one 18 inch side free of margarine for ease in sealing edge. Combine ½ cup firmly packed brown sugar or sugar and 2 tsp cinnamon; sprinkle over butter. Starting with 18 inch side, roll up in jelly roll fashion toward ungreased edge. Pinch edge to seal. Place seam side down on prepared cookie sheet, joining ends to form a circle; pinch to seal. With scissors, make cuts at 1 inch intervals to within ½ inch of inside of ring. Turn each slice on its side, cut side up. Cover; let rise in warm place until doubled in size, about 45 minutes.

Bake at 350° for 25-30 minutes. If desired, glaze with powdered sugar glaze. Serves 16.

### *Florence's Easy Rolls*

warm 1 ¼ cup milk to 100-115°  
¼ cup sugar  
¼ cup butter  
1 tsp. salt (use 1 ½ tsp. if you use unsalted butter)  
1 Tbls. yeast  
1 egg  
3 ½ cups flour

Add yeast to milk and butter. Let sit a couple of minutes. Barely combine all ingredients. Let rise 45 min.

Roll out on floured surface, shape and place on greased cookie sheets to rise 35 minutes. Bake at 400° for 11-12 minutes.

# *Meat*

## *Beef*

### *Tri-Tips Steaks / Triangle Roasts*

This is the best cut on the hoof. The Tri-tips are at the bottom of the sirloins. Tri-tip is Californian for sirloin tip. Sirloin tip is just rearward of the short loin section. On a human, the short loin section would be the muscles at the back of the waist. The front part is tender and is often sold as boneless sirloin steaks. Further back, they are called sirloin tip steaks. Real sirloin steaks have a bone in them. Many people believe that sirloin tip is a great cut of beef -- much superior to the brisket in both texture and taste.

Take two or more steaks and soak them in coke for a few hours. Grill on high heat for about 30 seconds on each side. Just long enough to get grill marks. Using a two burner grill; turn one burner to low with the other side off. Move the steaks to the side with the burner off. Cook between 45 minutes to an hour and a half depending on thickness, temperature and desired doneness. Let sit for 10 minutes before slicing into thin cuts. Serve with a touch of salt.

### *Noodle Co. Meatballs*

1 pound 85/15 ground beef  
½ pound Italian sausage  
1/3 cup fine dry bread crumbs  
3 medium cloves garlic, chopped  
1 teaspoon salt  
2 teaspoons Italian seasonings  
1 medium onion, finely chopped  
1 egg  
1/3 cup grated Parmesan cheese  
2 tablespoons half and half  
1/2 teaspoon ground black pepper

Meatball preparation:

Line a large shallow baking pan with foil and oil lightly. Combine all ingredients and shape into meatballs, about 1 1/2 to 2 inches in diameter. Broil the meatballs about 8 inches from the heat source for about 10 minutes. Turn and broil for 10 minutes longer so that the exterior gets seared evenly. Put the meatballs in a large saucepan and cover with marinara sauce. Cover and simmer for 20 to 30 minutes and serve over cooked spaghetti or with your favorite pasta. Garnish with fresh shaved parmesan cheese and fresh sliced basil.

### *P. F. Chang's Mongolian Beef*

Sauce:

2 teaspoons vegetable oil  
½ teaspoon minced ginger  
1 tablespoon chopped garlic

½ cup soy sauce  
½ cup water  
¾ cup dark brown sugar  
1 cup vegetable oil  
2 pounds flank steak  
¼ cup cornstarch  
4 large green onions

Make the sauce by heating 2 teaspoons of vegetable in a medium saucepan over med/low heat. Add ginger and garlic to the pan and quickly add the soy sauce and water before the garlic scorches.

Dissolve the brown sugar in the sauce and raise the heat to about medium and boil the sauce for 2 to 3 minutes or until the sauce thickens. Remove it from the heat.

Slice the flank steak against the grain into 1/4-inch thick bite-size slices. Dip the steak pieces into the cornstarch to apply a very thin dusting to both sides of each piece of beef. Let the beef sit for about 10 minutes so that the cornstarch sticks.

As the beef sits, heat up one cup of oil in a wok (you may also use a skillet for this step as long as the beef will be mostly covered with oil). Heat the oil over medium heat until it's nice and hot, but not smoking. Add the beef to the oil and sauté for just two minutes stirring constantly, or until the beef just begins to darken on the edges.

Remove meat with a slotted spoon and allow to drain on paper towels. Pour the oil out of the wok or skillet. Put the pan back over the heat, dump the meat back into it and simmer for one minute.

Add the sauce, cook for one minute while stirring, and then add all the green onions.

Cook for one more minute, and then remove the beef and onions with tongs or a slotted spoon to a serving plate.

Leave the excess sauce behind in the pan.

### *Spicy Bulgogi - Korean BBQ Beef*

2 lbs. thinly sliced sirloin or any tender prime beef cut (you can use hamburger if in a hurry)  
1 large yellow onion peeled  
2 stalks green onion  
½ medium carrot peeled  
1 Tbls. sesame oil  
1 Tbls. sesame seeds  
1 Tbls. cooking oil

Marinade sauce (mix all together in a small bowl)

6 Tbls. soy sauce  
3 Tbls. brown sugar  
2 Tbls. rice wine (mirin)  
2 Tbls. grated yellow onion  
1 Tbls. minced garlic  
5 Tbls. grated apple

1 tsp. minced ginger  
1/8 tsp. ground black pepper  
1/2 tsp. red pepper flakes

#### Instructions

1. Remove the blood from the meat with kitchen paper. (This can be done by placing the kitchen paper on the cutting board. Then put one slice of meat and layer another piece kitchen paper on top of the meat. Gently press it down to soak up the blood.) Place the meat into a large mixing bowl for marinating.
2. Pour the marinade sauce onto the bowl and mix well with the meat. Add the sesame oil and gently mix it into the meat. (I prefer adding the sesame oil separately as opposed to mixing it in marinade sauce. I read somewhere that the oil can prevent the other sauce getting absorbed effectively into the meat.) Cover the bowl with food wrap (or move the meat into a glass container with a lid) and marinate the meat for at least 4 hours in the fridge. (If you have more time, you can also marinate it overnight for an extra enhanced flavor).
3. Prepare the vegetables. Thinly slice the onion, carrots and green onion.
4. Preheat the wok/skillet on the stove on medium high heat and once heated add the cooking oil and spread it well with a spatula.
5. Add the meat and vegetables and stir. Cook them on high heat for 3 to 5 mins until the meat is starting to turn brown. Stir occasionally (every 30 seconds) and reduce the heat gradually as the meat & vegetables cook.
6. When the meat is nearly cooked toss in the sesame seeds. By now the heat should be very low. Stir them quickly and turn off the heat.

#### Dad's Texas Chili Recipe

8 pounds ground beef (If meat has fat added you don't need oil. If not, brown with a cup of oil)  
80 oz. of canned kidney beans  
6 medium yellow onions  
4 green bell peppers  
6 chopped seedless jalapenos  
3-6 Tbs. garlic powder or 3/4 cup fresh chopped garlic  
4 Tbs. salt  
5 Tbs. cumin  
1/3 cup course oregano  
5 quarts tomatoes (fresh, stewed, canned...whatever)  
1 1/3 cup chili powder  
2 quarts water or tomato juice  
1 quart salsa

While browning the ground beef; chop onions, bell peppers and jalapeno peppers. Remove the seeds and pith from the jalapenos under running water.

In a huge pot (pressure cooker), mix all ingredients together.

Simmer 3-4 hours. Add water if chili becomes too thick. Cool and put in quart bags. Freeze. Great for years.

## Easy Chili

Dice some onions and sauté until clear. Add some hamburger and brown. While cooking, mix three different cans of canned chili. Add onions and meat to chili and warm. Eat with Utah Corn Bread.

## Fajitas

Buy some flank steak at a Mexican market. Marinade in orange juice and seasoning. Get the grill super-hot and grill on each side. Slice up and serve with white corn tortillas, avocado, refried beans and green salsa.

## Dad's Jerky

3 lbs lean meat (cut to ¼ inch thick)  
1 tsp salt  
1 tsp onion powder  
1 tsp garlic powder  
½ heaping tsp pepper  
1/3 cup Worcestershire sauce  
¼ cup soy sauce

Optional:

Liquid smoke, Tabasco and savory salt. Soak meat for 2 days before drying

## Pork

### Pork Chops

Get a quality pork chop. I like t-bones and put lots of salt and pepper on it. Broil in the oven until the fat on the sides starts to get crispy.

### Ribs (Pork)

Buy either baby backs or spare ribs. I prefer the St. Louis style with the rib tips cut off. Cut the sinew off the inside of spare ribs. The key is using a dry paper towel to grab and pull the sinew.

Dry rub the ribs with the following mixture. Rub down the ribs with yellow mustard before adding the dry rub. That is optional. If you have a really thick part of meat I slice it a few times go get the rub inside.

Basic rub for one rack:

1 ½ Tbls. paprika  
1 ½ Tbls. salt  
1 ½ Tbls. ground black pepper  
2 tsp. garlic powder  
1 ½ tsp. mustard powder  
½ tsp. chipotle pepper

Optional:

1 tsp. cumin  
½ tsp. cayenne pepper  
1 tsp. or more onion powder

Place ribs on in a jelly roll pan. Cover with foil. Bake at 325° for 2 hours. Remove from foil and grill for 10 minutes. Save the drippings for beans, gravy, or whatever you like.



### Pork Roast

Buy a quality loin cut. Try to find one with one side having ¼ inch layer of fat. Put 1 Tbsp. oil in a roasting plan. Add the meat fat side up. Sprinkle with salt, pepper and garlic powder. Add some carrots, onions and 1 cup water. Bake uncovered on 375° for 2 hours. Cover and continue cooking for 1 more hour or until the meat brakes apart. Use the leftover meat for sandwiches or Mexican food.

### Beef Roast

Buy a good quality beef roast with good fat content and marbling. Put 1 Tbsp. oil in a roasting plan. Add roast, carrots and onions. Sprinkle with lots of black pepper and 1 tsp. salt. Cook uncovered for 1 ½ to 2 hours at 375°. Cover and cook another hour or so until the meat is tender.

### Dae-ji Bul-go-gi (Spicy Pork)

*Daeji* means *pork* in Korean and *bulgogi* is the word for *fire meat*, therefore, it translates into *pork fire meat*.

1 lb. pork loin  
1 Tbls. soy sauce  
1 ½ Tbsp. crushed garlic  
2 tsp. crushed ginger  
2 Tbsp. brown sugar  
2 Tbsp red chili paste  
2 Tbs. rice vinegar  
2 Tbsp. sesame oil  
½ tsp. paprika  
2 Tbsp. toasted sesame seeds  
2 large onions  
1 bunch green onions

Freeze pork loin about half way through. Mix all ingredients except pork and onions into a marinade. Remove pork and cut 1/16 inch across the grain.

Add the marinade to the pork and let sit for an hour. Cut 2 large onions and fry in a cast iron skillet until soft. Add a bit of oil and pour in the pork mixture. Fry on high heat till everything is a caramelized mess. Add sliced green onions. Sprinkle on sesame seeds. Serve on rice with kimchi.

### Stuffed Pork Tenderloin

I usually buy two packages for a total of 4 tenderloins. I like making it a few different ways each time so people have a variety.

Directions:

Preheat oven to 400°

Remove the silver skin (tendon) from the loin.

Cut four of five inches from the pointy end of the loin. I'll call these the "short ends." I like to use a spice rub cook them on the grill.

Stuffed:

With the long pieces, make a lengthwise cut in each pork tenderloin about ¾ of the way through. Open each tenderloin, creating a rectangular shape butterfly cut meat to flatten them out. Imagine unrolling a sweet roll by making cuts. You can pound the tenderloin if you want it a bit thinner.

Stuffing the loin. There are lots of things you can spread in your tenderloin including:

- Brown mustard - good
- Horseradish - good
- Basil pesto - good
- Garlic - ok
- jalapeño jelly - ok
- Bleu cheese – ok

I still haven't found a "great" filling. Often I don't put enough filling inside. It seems like often you can barely taste it. I need to try jalapeno jelly again.

Roll and tie up the tenderloin. You can use toothpicks or butcher's twine to secure each roll. Salt and pepper the outside.

Tied Loins

Heat 3 Tbls. canola oil in a large, cast iron skillet over medium-high heat until it begins to smoke. Sear the tenderloins in hot oil until golden brown on all sides, about 6 minutes. You can also grill them and then put them in the oven.

Roast in preheated 400° oven to an internal temperature of 150°. It should take 20 or so minutes. Remove the pork from the skillet, and set aside to rest in a warm place.

## Short Ends

Grill on high heat. Four to six minutes on each of the three sides. Depending on the size, they will be done at different times.

## Pork Tenderloin

Buy two packages for a total of 4 tenderloins. I like making it a few different ways each time so people have a variety.

### Directions:

Preheat oven to 400°

Remove the silver skin (tendon) from the loin.

Cut four or five inches from the pointy end of the loin. I'll call these the "short ends." I like to use a spice rub cook them on the grill.

Rub down the outside with any of a variety of seasonings, blends or rubs. If you are going to grill the loins add some oil to the rub.

### Cooking:

#### Option 1 - Grilled

Heat grill to 400 degrees. Cook the loins on the grill for 3 minutes per side.

Transfer to a skillet or dish and place in the preheated 400° oven. Cook until an instant-read thermometer inserted into the center reads at least 145°. That's usually about 15 minutes in the oven.

#### Option 2 - Skillet

Heat oil in an ovenproof skillet over high heat. Cook pork until browned on one side, 3 to 4 minutes.

Turn over pork and transfer the skillet to the preheated 400° oven. Cook until pork is browned. An instant-read thermometer inserted into the center should read at least 145°. Transfer pork to a plate.

#### Dijon Sauce option 1:

- Salt and pepper to taste
- 3 Tbls. minced fresh thyme
- 4 Tbls. canola oil,
- 1 small onion, minced
- 1 cup grape juice
- 4 tsp. Dijon mustard
- 2 Tbls. honey
- 2 Tbls. lemon juice
- 6 Tbls. butter, cut into pieces
- 2 Tbls. minced parsley

Return skillet to stove over medium-high heat. Heat remaining 1 tablespoon canola oil, then stir in onion

and cook until translucent, 1 to 2 minutes. Pour in juice, and boil until reduced by half, scraping the caramelized bits off of the bottom of the pan. Whisk in the Dijon mustard, honey, and lemon juice until smooth. Remove pan from the heat, and rapidly whisk in butter cubes until dissolved. Stir in minced parsley, and season to taste with salt and pepper.

Dijon Sauce option 2:

- 2 Tbls. butter
- 1 small onion
- 1 cup grape juice
- 1 Tbls. canola oil
- 1 small onion, minced
- 1 cup heavy cream
- 4 Tbls. Dijon mustard
- Salt and pepper to taste

Meanwhile, melt butter over medium heat in the same pan used to cook the pork. Cook onions in butter until soft. Stir in grape juice, mustard, and cream, and cook until volume of liquid is reduced by half.

Serving:

To serve, remove toothpicks or twine from the pork, and slice into ½ -inch medallions. Serve the pork slices ladled with sauce.

Pork tenderloin is very good the second day. You can make these same recipes with a regular pork loin as well.

You can also serve with a brown or cream gravy.

### *Pork Tenderloin El Diablo*

- 1 (1 pound) whole pork tenderloin
- salt and freshly ground black pepper to taste
- 2 tsp. vegetable oil
- ½ cup chicken broth
- 2 Tbls. heavy cream
- 1 Tbls. extra-hot prepared horseradish
- 1 Tbls. Dijon mustard
- ¼ tsp. cayenne pepper
- 1 tsp. butter
- 1 tsp. chopped fresh chives

Preheat oven to 400°. Season pork with salt and pepper.

Heat oil in an ovenproof skillet over high heat. Cook pork until browned on one side, 3 to 4 minutes. Turn over pork and transfer the skillet to the preheated oven. Cook until an instant-read thermometer inserted into the center reads at least 145°. That's usually about 15 minutes in the oven.

Transfer pork to a plate. Remove any excess oil from the skillet and place it over medium-high heat. Pour in chicken broth and bring to a boil, scraping any browned bits off of the bottom of the pan. Whisk in cream, horseradish, Dijon mustard, and cayenne pepper. Continue cooking until the mixture is reduced

to a thick sauce, 3 to 4 minutes. Remove from heat and whisk in cold butter. Stir in chives.

Slice pork into 1/2-inch slices and serve topped with sauce.

### Pork Sandwiches

Roast pork with mayonnaise, salt and pepper and ice cold Coke Cola.

### Anna's Pork Sandwiches

Take pulled pork and sauté in a pan with Bulls Eye BBQ sauce and vinegar. Serve on a good bun.

### Pork and Vegetables

Cut four pork chops into strips. Marinate in soy and oyster sauce. Cut up green onions, carrots and broccoli.

Add 1 Tbls. vegetable oil to wok and set to high. Add pork and ½ tsp. powdered ginger. If you need moisture, add soy sauce. When meat is almost done, add vegetables and 1 tsp. minced garlic.

Serve on white rice.

### Sausage Sandwich

Take sausage from one of Dad's Christmas pigs and fry it up. When it is done throw it between two pieces of toasted homemade white bread. Anything that is left over you can stick in a plastic bag and put in fridge. Next day zap the meat while still in plastic bag and do it again.

### Winkel's Chinese Dinner

Fry: pork or chicken in vegetable oil and sesame oil (cut into strips). While this is cooking cut up carrots (lots), peppers, broccoli, onion, mushrooms, etc. Season with ginger, salt, pepper.

Fry vegetables in sesame seed oil. Add mushrooms and already cooked meat last.

After boiling, cover fresh oriental pasta with soy sauce and then fry in vegetable oil until brown and slightly crisp.

## *Poultry*

### Burnt Toe Chicken with Potatoes

¼ cup table salt, for brine

¼ cup granulated sugar

1 whole chicken, 4-5 lbs.

3 pounds russet potatoes peeled and sliced 1/8 to ¼ inch thick

Vegetable cooking spray (nonstick)

2 ½ tablespoons olive oil

¾ teaspoon table salt (for potatoes)  
black pepper

1. Dissolve salt and sugar in 2 quarts cold water in large container. Immerse chicken and refrigerate until fully seasoned, about 1 hour. Remove chicken from brine and rinse thoroughly under cold running water.
2. Adjust oven rack to lower-middle position and heat oven to 450°. Line bottom of broiler pan with foil and spray with nonstick vegetable cooking spray. Place potatoes in bottom of broiling pan with 1 tablespoon oil, salt, and pepper to taste.
3. Butterfly chicken, flatten breastbone and thoroughly pat dry with paper towels. Place chicken on broiler pan rack and apply rub or compound butter. If using a compound butter you can separate the skin from the meat and distribute butter. Place broiler pan rack with chicken on top.
4. Roast chicken until spotty brown, about 30 minutes. Rotate pan and continue 30 more minutes. At that point, the skin has crisped and turned a deep brown. Check that a thermometer registers 160 degrees in thickest part of breast. Transfer chicken to cutting board. With potholders, remove broiler pan rack. Be careful of loose potatoes stuck to the bottom of broiler rack. Hence the name of the recipe. Remove foil liner with potatoes from broiler pan bottom and invert foil and potatoes onto cookie sheet or second cutting board. Carefully peel back foil, using a metal spatula to help scrape potatoes off foil as needed. Cut chicken into serving pieces and serve with potatoes.

You can also just broil the potatoes a little longer until light brown.

#### Preparing to Roast

1. Cut through bones on either side of backbone, then remove and discard backbone.
2. Flip chicken over as shown and use the heel of your hand to flatten breastbone.
3. If using a compound butter, slip your fingers between skin and breast, loosening the membrane.
4. Scoop some of the butter onto a spoon, slide it under breast skin, and push off with your fingers.
5. Work butter under skin to cover breast evenly. Repeat steps 4 and 5 with each drumstick and thigh.
6. Transfer to broiling rack and push legs up to rest between thighs and the breast.

Serves 4

#### Rub

1 Tbls. olive oil  
1 tsp. garlic  
1 tsp. Dijon mustard  
1 tsp. minced fresh thyme leaves  
Ground black pepper

In a small bowl, mash together all ingredients, including black pepper to taste.

#### *Poulet à la Crème*

6 boneless skinless thighs (2½-3 pounds)  
½ cup heavy cream  
¾ tsp. salt  
¾ tsp. pepper  
1 tsp. garlic powder  
2 Tbsp. butter  
2 Tbsp. oil

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2 Tbls. flour

$\frac{3}{4}$  cup water

In a cast-iron pan, heat oil and butter. Put in the chicken. Add salt and pepper. Sauté on high for about 3 minutes. Flip chicken and go another 3 minutes. Sprinkle on flour and flip chicken. Add water and sauté on low for ten minutes. Add cream and boil until the cream thickens and deepens in color.

Serve with mashed potatoes or rice. Goes well with green beans or broccoli.

### Grilled Bar-B-Que Chicken

Marinate boneless skinless chicken thighs in Bulls Eye barbecue sauce. Cook on grill until done but NOT burned. If you can't get the chicken done on the inside without burning toss it in a pie plate and bake at 350° for a while. The smoky taste will be preserved. Serve with a baked potato.

### Dad's Smoked Fish or Chicken

Mix 3-4 quarts of water, 1 cup brown sugar, 1 pound non-iodized salt, 2 heaping Tbls. pepper. Soak whole fish for 18 hours and chickens for 40 hours. The water should be below 55°. Smoke fish for 8 hours at around 140-160°. If you get it up to a higher temperature for a while it won't hurt. Smoke chicken for 12-18 hours at around 160°. Fish is ready to eat. Chicken needs to be baked at 350° for 2 hours. Don't be fooled. The chicken looks done but is totally raw in side. After smoking; both fish and chicken freeze well in plastic bags. Eat within 6 months.

If you have larger fish like a salmon or a steel head you can cut the fish into steaks about 4" long and soak them that way.



### Anna's Chicken Pie

Cube 1 ½ pounds cooked chicken  
Cube 4-5 potatoes and boil until done  
Slice 4 carrots, steam until soft  
1 chopped onion. Sauté until clear  
Make a double sized batch of meatless gravy  
Make a batch of drop biscuits

Combine filling in a 9x13 pan. Heat at 400° until it starts to bubble. Put drop biscuits on top. Cook until biscuits are done.

This is great in a tin foil dinner. You just have to heat it up.

### Chicken Wings

Preheat the oven to 400 degrees. Cut up chicken wings. Discard tips. I ate 13 pieces and could have done more. Rinse and pat dry.

With half the wings, flour and coat with Montreal Steak Seasoning. Place in a cast iron pan with a bit of oil. Bake in oven uncovered at 400 degrees. Flip pieces after 20 minutes and cook another 20-30 minutes.

Take the other half of the wings and coat lightly with oil, salt and pepper. Line rimmed baking sheet with foil; top with a wire rack. Spread the wings out without touching or they will steam and not crisp up. Roast on the middle rack of the oven, about 20 minutes. Turn the wings over and cook 20 to 30 more

minutes, or until the meat is cooked through and the skin is golden brown. In a large bowl, toss with Buffalo Sauce and serve.

Sauce:

*Blue Cheese Dressing (See Anna's Blue Cheese Dressing)*

### *Jerry's Spicy/Sweet Chicken*

Marinate then Sauté

2 pounds cut up chicken breast

2 Tbls. Garlic

2 Tbls. Butter

1 large onion chopped

1 large tart apple chopped

2 tsp. Salt

2 tsp. Ginger

2 tsp. Pepper

¼ tsp. Cinnamon

¼ tsp. Coriander

¼ tsp. Turmeric

¼ tsp. Red pepper

¼ tsp. Chili powder

¼ tsp. Mace

¼ tsp. Nutmeg

¼ tsp. Cloves

¼ cup sweetened coconut

2 Tbls. honey

3 Tbls. oil

½ cup water

3 Tbls. lemon juice

8 oz. tomato paste

1 pound diced tomatoes

Marinate overnight then Sauté with 1 cup heavy cream

Serve on rice with pita bread. Add salt and honey on top.

### *Priya's Chicken Tikka Masala with Naan*

This is my favorite dish but it does take a little time. If you want a shortcut use the Parampara Chicken Tikka Masala Mix. My biggest issue with this mix is that it is too hot. They don't sell it in a mild version.

1 lb. boneless, skinless chicken thighs or breasts (cubed into small chunks)

1 tsp. ginger, finely chopped

1 tsp. garlic, finely chopped

1 tsp. chili powder

¼ tsp. turmeric powder

1 Tbsp. coriander powder

1 tsp. salt

½ cup natural yogurt

4 Tbsp. lemon juice

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3 Tbsp. cilantro  
1 Tbsp. lime juice

### Masala Sauce

2 Tbsp. vegetable oil  
2 onions, finely chopped  
1 inch piece of ginger, finely chopped  
2 garlic cloves, crushed  
1/8 tsp. cardamom (optional)  
2 tsp. garam masala  
2 tsp. coriander powder  
1/2 tsp. chili powder  
1 cup double cream  
2 heaping Tbsp. tomato paste  
4 Tbsp. hot water  
1/2 tsp. sugar  
1/2 tsp. salt

### HOW TO PREPARE

First, prepare the chicken. Mix together the chicken, ginger, garlic, chili powder, turmeric, ground coriander, salt, yogurt, lemon juice and 1 Tbsp. chopped cilantro in a large, non-metallic dish. Cover and leave to marinate in the refrigerator for at least 6 hours or overnight.

To make the masala sauce, heat the vegetable oil in a large non-stick pan. Add the onions, ginger, garlic and fry over a low heat, stirring frequently, for about 5 minutes until soft but not browned.

Add the spices and fry, stirring, for 1-2 minutes until fragrant then purée in blender. Return to pan then add the cream, tomato purée, water, sugar and salt. Bring to the boil over a moderate heat, stirring, then lower the heat and simmer gently, stirring occasionally, for 10-15 minutes. Remove the pan from the heat and leave to stand while cooking the chicken.

Place chicken pieces in a glass pan. Broil the chicken. Turn once. Cook until lightly brown. Pour the chicken along with the yogurt marinade in the pan. Pour the whole thing in the masala sauce when the chicken is lightly browned.

Put them in the masala sauce. Place over a low heat and simmer, stirring, for about 5 minutes. Add the remaining chopped coriander leaves and the lime juice. Taste and adjust the seasoning if necessary.

Serve immediately, garnished with cilantro and slices of lime and accompanied by plain Basmati rice and naan bread. I like to add a big scoop of cottage cheese to my rice and then put the Tikka sauce on top.

Naan (toasted pita bread also works well)

2+ cups all-purpose flour  
1/2 cup warm milk  
1/2 cup yogurt  
1/2 tsp. salt

1 tsp. sugar  
¾ tsp. baking powder  
¼ tsp. baking soda  
1 tsp. kalonji or chopped cilantro or herbs of your choice (optional leave it plain and simple)  
1-2 Tbls. butter

### How to Blend the Dough

Sift flour, baking powder, baking soda and salt two times (this is to take off the bigger granular particles of the scanner which might make the dough look bad).

Place the sifted flour on a wide plate. Make a well in the center of the flour and pour sugar, milk, yogurt and slowly combine to form a soft dough. You can use a mixer. The more time you spend mixing the dough, the smoother the naan would turn out to be. Cover with damp cloth and let it rest for 2 hrs.

After two hours, knead the dough gently for 2 minutes. Dust the working surface with some flour, pinch a large lemon sized dough and roll into a thick ball, slightly elongated in shape. This can be done with bare hands. Just moisten your fingers with water and pat to make a tear drop shape.

Roll the naan very thin. Place on a very hot outdoor grill. Grill for a few minutes and then flip. When done, brush on a bit of butter. Break into smaller pieces for serving.

### Easy Chicken Tikka

Bottle of Chicken Tikka Masala mix. Spice from Masala package. Coconut cream. Cottage Cheese.

### Versatile Chicken

Preheat oven to 375°.

Take chicken breasts and wash with cool water. Salt and place in a glass pan with a little olive oil. Cover with foil and bake at for 30 minutes.

You can spice this chicken before or after cooking. Cover with sauce or not. Slice up for chicken salad. Serve on pasta or rice. You will basically get a tender, juicy piece of chicken that you can do with as you like.

### Poached Egg

Heat a cup of water in the microwave for one minute. Crack an egg into the water and put back in the microwave for one minute. Eat on a piece of plain wheat toast with a little salt.

### Anna's Curry Chicken

2 pounds chicken or turkey  
2 Tbls. flour  
2 to 3 Tbls. curry powder  
1 tsp. salt  
1 tsp. paprika

½ tsp. ginger  
½ Tbls. cumin  
1 large chopped onion  
1 apple (I like sour apples like granny smiths)  
2 garlic cloves (minced)  
4-6 Tbls. oil  
1 cup chicken broth  
Rice

Cut a bunch of chicken into chunks (2 pounds or so--we use boneless skinless thighs but some people like breasts). In a bowl or plastic bag, combine flour, curry powder, cumin, salt, paprika and ginger. Add chicken slices; stir to coat. In large skillet or wok, sauté onions, apple and garlic in 2 tablespoons of hot oil until tender. Remove and set aside. Heat remaining oil. Add chicken slices with any remaining flour mixture; sauté until chicken is lightly browned. Reduce heat to medium. Add chicken broth and onion-apple mixture. Cook until mixture boils and thickens, stirring constantly. Serve over hot cooked rice and pita bread.

### Anna's Curry Rice and Chicken

(Serves 4)

3 Tbls. Oil  
1 finely chopped onion  
1 cup long grain rice  
2 tsp. curry powder  
dash of red pepper (optional)  
½ tsp. salt  
2 Tbls. butter  
½ cup raisins  
2 cups chicken broth  
¾ pound chopped chicken  
¼ cup cream (optional)

Preheat oven to 375°.

Butter a 1 ½ quart casserole dish. Heat oil in skillet, add onion and cook until soft. Stirring continuously, add rice and cook for 3 minutes. Add curry, salt, butter and raisins and cook one more minute. Transfer to casserole dish, pour in chicken broth. Cover and bake for one hour.

While rice is baking, brown chicken in skillet. When you are done, put on top of curried rice and put back in the oven.

Before serving add ¼ cup cream.

After the skillet step, you can do the whole dish in the rice cooker.

### Turkish Pilaf

(Serves 4)

3 Tbls. Olive oil  
3 Tbls. finely chopped onion  
1 cup long grain rice

½ tsp. salt  
¼ tsp. pepper  
2 cups chicken broth  
1 cup diced chicken (cooked)  
½ tsp. tarragon

Heat oil in saucepan. Add onion and cook until soft. Add rice and cook on low heat, stirring constantly, for 3 minutes. Add salt, pepper, chicken and chicken broth. Cover and simmer for 20 minutes or transfer to a covered casserole dish and bake at 350° for one hour.

### Turkey and Parsnip Dressing

Dressing:

1 large onion  
1 pound parsnips (peeled and diced), some parsnips are better than others, if they are not great you can substitute some with carrots  
1 cup carrots (thick julienned cut)  
1 apple  
1 pound sausage (I like spicy Italian)  
1 garlic clove  
2 tsp. thyme  
1 Tbls. parsley  
¾ cup bread crumbs  
2 eggs  
¼ cup butter  
1 ¼ cup water, broth or apple juice  
salt (too taste)  
pepper (too taste)

Dice onion, parsnips, carrots and apple.

Sauté the onion and parsnips in butter. Add garlic and thyme. Separately, cook sausage. Render as much of the grease out of the sausage as possible. Mix all ingredients in a bowl and crush together. Serves 8-10 people

You can add smoked oysters, dried cranberries, nuts, sesame seeds, turkey liver, or many other ingredients.

Cook at 350° for an hour. Uncover for 15 minutes to brown the top.

### Jack's Turkey

Buy a big 20+ pound turkey. Rooster or hen is fine.

Put the turkey in a floured baking bag with three sticks of butter. Place in a roasting pan breast side down. Bake for five hours. Roast at 400° for three hours. Then turn down to 350° for the last two hours. If you want a presentation turkey, make another one the traditional way and make pot pies out of it.

### Leftover Chicken and Rice

In a skillet combine, left over rice with drippings from a baked chicken. Add bite sized pieces of chicken and some peas. Eat with toasted pita bread.

### Fried Chicken

Take chicken pieces and dip them in buttermilk and eggs. Let them sit for a couple of minutes. Dip in milk/egg mixture again and shake in a flour/salt/pepper mixture. Again, let them sit for a couple of minutes. Heat oil until small bits of flour sizzles. Put chicken in oil and cook until brown. Finish in 350° oven for 10-20 minutes.

While chicken is in oven, dump a chopped onion in the oil. Fry for a minute or two. Place on paper towels and add salt.

Optional: To 3 cups flour add: ½ tsp. thyme and rosemary. 2 tsp. garlic salt, onion salt. 1 tsp. oregano, paprika, pepper and parsley. Lots!

Eat with “Jerry’s Mashed Potatoes”. For desert have a chocolate milkshake. (see Jerry’s Favorite Milkshakes: Chocolate)

### Oven Fried Chicken

Preheat oven to 375°.

Purchase chicken thighs with the skin on. Brine the chicken in 2 quarts water and 1/3 cup salt. 1 to 2 hours is long enough.

Wash chicken and pat dry. Dip in milk and flour mixture.

1 cup all-purpose flour  
1 tsp. ground oregano  
1 tsp. chili powder  
1 tsp. dried sage  
1 tsp. dried basil  
1 tsp. dried marjoram  
1 tsp. pepper  
2 tsp. salt  
2 tsp. paprika  
1 ½ tsp. onion powder  
1 tsp. garlic powder  
2 Tbls. Accent

Place skin side down in a cast iron skillet or pan with oil on the bottom. Bake for 30 minutes. Flip chicken pieces and reduce heat to 350°. Cook another 20-30 minutes.

Serve with mashed potatoes.

### South Texas Mourning Doves

Ingredients: rosemary, olive oil, fresh garlic, and tiny robins.

Brown the tiny robins in the oil, being careful not to burn the garlic or the birds. Afterwards bake at 350° for about 20 to 30 minutes. Also make sure you don't burn them in the oven.

### Texas King Ranch Chicken

(Serves 6)

1 large stewed and boned chicken  
1 large onion  
1 large green pepper  
15 corn tortillas  
½ lb. grated cheddar  
1 ½ tsp chili powder  
garlic to taste  
1 can cream of chicken soup  
1 can crushed rotel tomato

Preparation: cut chicken to bite size pieces. Add onion, green pepper, dip tortillas in hot chicken stock just long enough to soften, layer alternately with chicken mixture in shallow 3-qt casserole dish. Top with grated cheese, sprinkle with chili powder and garlic salt, add in order, chicken soup, mushroom soup, and tomatoes.

Bake at 350° for 30 to 45 minutes.

### Derick's Chicken

Buy a beautifully fat roasting chicken with lots of fat and a good color. Put a little olive oil in a roasting pan. Clean the chicken and place in pan. Prepare a rub for the chicken. 1 Tbls. sugar (you can use 2 Tbls.), ½ tsp. paprika, ½ tsp. pepper, ¼ tsp. red pepper and 1-2 tsp. chopped garlic. Rub down the bird. Get rub in all major and minor crevasses. Add chopped onions, carrots and potatoes to sides of pan.

Bake without a lid at 400° for 2 hours.

### Mesquite Chicken

Soak a couple of pounds of boneless, skinless, chicken thigh in the McCormicks Mesquite chicken marinade. Cook on the grill at low heat.

### Jerry's Chicken Tenders

Soak a bunch of tenders in beaver brand hot mustard. Fry in a bit of olive oil on high heat until slightly brown. Add onion and bell peppers. Don't dry the chicken out.

These tenders are great as fajitas or put on top of rice.

### Easy Ginger Chicken

Defrost three chicken breasts. Combine 1 cup apricot jam, 3 Tbls. vinegar, 2 tsp. fresh ginger and some toasted sesame seeds. Bake at 350° for a couple of hours. You could also cook in a crock-pot.

Serve on a bed of rice.

### Ginger Chicken

Cut up five or six chicken thighs. Heat a skillet with some olive oil. Cook on high heat with two or three tsp. minced ginger. Cut up a head of broccoli. When about halfway done, add the broccoli and a bit of salt.

Serve on Basmati rice with a bit of butter and soy sauce.

### Lettuce Wraps

3 large chicken thighs  
2 heaping Tbls. jalapeno jam  
1 Tbls. Soy Sauce  
1 Tbls. House of Tsang Stir Fry Sauce  
1 tsp. garlic powder  
½ tsp. ginger powder  
1 Tbls. sesame oil  
1 Tbls. vegetable oil  
1 Tbls. sesame seeds  
Green onions

Dice chicken into bite size pieces. Sprinkle chicken with soy sauce and stir fry sauce. Add garlic and ginger powders.

Heat sesame oil with vegetable oil till hot. Add chicken mixture. When mostly cooked add jam, sliced green onions and sesame seeds. Cook till onions are tender.

Serve with Anna's Ham Fried Rice and romaine lettuce.

### General Tso's Chicken

Sauce:

½ cup cornstarch  
½ cup chicken stock  
¼ cup soy sauce  
¼ cup white wine vinegar  
¼ cup apple juice  
¼ cup water  
¾ cup sugar  
1 ½ tsp. minced garlic  
1 ½ tsp. minced ginger

Main Dish:

3 lb. chicken breasts  
1 egg  
1 cup cornstarch  
1/8 cup water  
1/8 cup soy sauce  
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1 tsp. pepper

Stir Fry:

1/8 cup vegetable oil

2 cup sliced green onions

16 small hot dried peppers

1 Tsp. MSG -- (optional)

½ cup soy sauce

¼ cup corn starch

To make sauce, mix cornstarch and water together. Add garlic, ginger, sugar, soy sauce, vinegar and sherry. Add broth and MSG and stir 'til sugar dissolves. Refrigerate 'til needed.

Cut chicken into chunks. Mix chicken, soy sauce and pepper. Stir in egg. Add cornstarch until chicken is coated evenly. Add oil to help separate chicken pieces. Divide chicken in small quantities and deep-fry at 350° until crispy and light brown. Do not overcook. Drain on paper towels.

Place a small amount of oil in wok and heat 'til just hot. Add onions and peppers and stir-fry briefly (peppers will give off acrid smoke...be careful). Stir sauce; add water or water/cornstarch if needed. This amount will fill two large platters and serves 6-8. Serve with white steamed rice.

Yields: 8 servings

### Thai Red Curry

2 Tbls. canola oil

1 onion finely chopped

2 tsp. minced garlic

½ tsp. dried coriander

1 Tbls. red curry paste

2 tsp. grated fresh ginger

1 ½ Tbls. fish sauce

1 ½ cans of coconut milk

1 ½ - 2 cups chicken broth

1 Tbls. sugar

1 red bell pepper julienned

1 carrot finely julienned

1 can lychee fruit

½ can pineapple (16 ounce)

1 cooked chicken breast

¾ cup of frozen peas

2 medium tomatoes sectioned (large chunks)

Sauté onions in oil until clear. Chicken broth and then all other ingredients except: chicken, peas and tomatoes. Let simmer for 20 minutes. Start Jasmine rice. A few minutes before the rice is done add the remaining ingredients. Adjust the sweetness of the dish by adding the juice of the lychee and pineapple juice. Garnish with salt, fresh cilantro and fresh lime.

### Moo Goo Gai Pan

4 chicken breast halves; skinned, boned, and sliced  
salt and pepper to taste  
4 clove garlic, minced  
2 cup water  
1 Tbls. cornstarch  
5 Tbls. corn oil  
2 cups sliced carrots  
2 cups snow peas  
8 oz fresh mushrooms; sliced  
4 lb. white cabbage; chopped  
2 Tbls. sugar  
4 Tbls. soy sauce  
6 scallions; chopped

In a bowl, toss the sliced chicken with the salt and pepper, garlic and cornstarch mixture. Set aside.

Heat 3 tablespoons of the corn oil in a wok and add the carrots. Cook for a few minutes before adding snow peas cabbage and sugar. Stir-fry for 2 minutes, then cover and cook for 5 minutes. Remove from the wok.

Boil three packs of roman noodles without the seasoning packets. When soft, drain and set aside.

Heat the remaining 2 tablespoons of corn oil in the wok and stir-fry the chicken for 2 minutes over high heat. Add the soy sauce and mix well. Cover and cook for about 6 minutes, or until the chicken is cooked through. Add the cooked vegetables, scallions and mushrooms. Toss everything together for about 1 minute. Serve hot with steamed rice.

Fry raman noodles in vegetable oil and soy sauce.

Yield: 10 servings

### Thanksgiving Turkey Pot Pie

Mix 6 Tbls. butter, 6 Tbls. flour, 2 cups turkey broth, 1 ¼ cup milk, ½ tsp. pepper, 1 tsp salt, 4 cups cooked turkey, 1 cooked medium onion, ¾ cup cooked peas. Add 3 soft carrots and 3 potatoes.

Preheat oven to 425°. Melt the butter in a saucepan, stir in the flour, and cook, stirring for 2 minutes. Slowly add the broth, milk, pepper and salt. Cook for 5 minutes, until thickened and smooth. Put the turkey pieces in a deep pie plate or casserole dish. Cover with sauce and stir in the onions and peas. Place prepared pie crust on top. Poke holes to let off steam. Bake for 25-30 minutes or until the crust is nicely browned.

Makes 2 pies. Freezes well. Serves 5.

### *Fish*

### CPK Jambalaya Pasta

Blackened chicken and shrimp in a spicy Jambalaya sauce with crawfish, andouille sausage and served

on linguini and topped with fresh scallions.

This is a three step process.

#### Chicken

2 Tbls. olive oil

2 tsp. garlic - minced

1 tsp. soy sauce

½ tsp. salt

½ pound boneless skinless chicken breasts

Preheat broiler. In a small bowl, stir together olive oil, garlic, soy sauce, and salt. Marinate chicken breasts in mixture at room temperature for 10-20 minutes. Broil chicken until cooked through (10 minutes). Cut into 1/2 inch cubes. Set aside or refrigerate.

#### Jambalaya Sauce

2 tablespoon butter

½ pound sausage (preferably Johnsonville's Spicy Italian) - cut in 1/2" slices

If you can't find good sausage, use a mixture of pepperoni and hard salami.

½ pounds shrimp

¼ pound crawfish tails

1 medium onion - diced

1 medium green bell pepper - diced

1 cup diced celery

2 ½ cups chicken stock

1 cup tomatoes - canned, crushed in puree

2 ounces tomato paste

2 Tbls. soy sauce

½ tsp. salt

1 Tbls. garlic

½ tsp. cayenne pepper

¼ tsp. cumin

½ tsp. dried sage

½ tsp. thyme

¼ tsp. pepper

1 bay leaf

In a large saucepan, melt butter over medium heat. Add the sliced sausage, stirring occasionally, for 12 minutes. Add the onion and bell pepper. Cook, stirring frequently, until vegetables are tender (10 minutes). Add the chicken stock, tomatoes, tomato paste, soy sauce, salt, thyme, sage, cayenne pepper, cumin, pepper, and bay leaf. Stir to blend and bring to a boil. Reduce heat and simmer for 30 minutes.

#### Peppers and Onions

¼ cup bottled sweet chili sauce or barbecue sauce - (I like Bulls Eye)

1 tablespoon soy sauce

1 tablespoon olive oil

1 medium red bell pepper - cut in 1" squares

1 medium red onion - sliced into rings

In a medium mixing bowl, stir together the barbecue sauce, soy sauce, and olive oil until thoroughly

blended. Add pepper and onions to mixture. Grill or broil coated vegetables until evenly browned (4-5 minutes).

### Grand Finale

Combine chicken, jambalaya sauce and peppers and onion mixture. Add crawfish and pasta. Cook until shrimp are done.

### Pasta

1 pound pasta

1 Tbls. Italian parsley - chopped

(You can also use rice)

Spoon Jambalaya on to a bed of fresh pasta.

### Nutritional Information

Calories: 567 Calories From Fat: 21%

This recipe gets better as it sits in the refrigerator. I like to make it the day before.

### Halibut Thermidor

In a small baking pan, pour 1 cup milk on 1 pound halibut. Cover and bake at 350° for 10 minutes. Take milk out to make a white sauce.

In a sauce pan mix: milk, salt, pepper, 2 Tbls. flour, 2 Tbls. butter and a small onion. Thicken and add ½ cup sharp cheddar cheese to sauce. Pour sauce over fish. Cover and cook another 10 to 20 minutes. Afterwards, uncover fish and broil for a few minutes until light brown. The amount of cooking time is extremely variable. Especially if the fish and milk are cold when you start.

### Southern Fried Fish

Take some sort of white meated fish. I've eaten shark, speckled trout, red fish, alligator, walleye, white bass, perch, pike, stripped bass, sand trout and croakers this way. Mix corn meal, salt, pepper, cayenne pepper and garlic powder. Cover the fish with the corn meal mixture and fry until crispy. I fry at 360° degrees. For small perch filets I fry them for 3½ minutes.

Serve with white rice.

### Dad's Trout Recipes

#### *Cajun*

Scale and bone trout, place on foil, pour on Dad's stuff in a can.

Broil until well cooked.

#### *Italian Dressing*

Scale and bone trout, place on foil, pour on Italian dressing, salt and pepper. Broil until well cooked.

#### *Fried*

Scale and bone trout, flour both sides, fry until golden brown. Add salt, pepper and lemon.

### Broiled Shrimp

Clean and devein shrimp. Melt some butter in a cast iron skillet. Put in shrimp and a crushed clove of garlic. Broil until butter bubbles. Stir occasionally. Don't burn it.

### Butter Shrimp

Clean and devein shrimp. Wash and dry with paper towels.

Melt some butter in a cast iron pan. Add garlic powder to the butter. Stir in the shrimp till covered with butter. Broil until done. Don't overdo it or they get stringy. It's easy to make but challenging to get perfect. Don't burn the butter. However, getting it toasted and bubbly with a dark skin on top is awesome. Sometimes I sprinkle a little cayenne powder on top.

Serve on white long grain rice. Spoon on butter and add some soy sauce.

### Coconut Shrimp

Clean and devein shrimp. Dip shrimp in cornstarch. Dip in egg whites. Dip in coconut. Place on wax paper. Deep fry until golden brown. Eat with red bell pepper Jalapeno jelly.

### Shrimp en Brochette

Marry a medium shrimp and oyster. Wrap in bacon with secure with a toothpick. Broil until bacon is cooked.

# *Pizza & Pasta*

## *Pizza*

### *Winkel Homemade Pizza*

Make pizza dough. (see Anna's Pizza Dough)

Roll out dough fairly thin. Layout on some corn meal. Immediately put on sauce (Anna's Pizza/Spaghetti Sauce is great). Put pepperoni on a paper towel and zap in the microwave to remove some of the grease. 30 seconds is about right. Place pepperoni all over the pizza. Cover with Mozzarella cheese. Don't go crazy. Add about the same about of medium cheddar cheese. Add green olives, black olives, sundried tomatoes. Sprinkle some red pepper flakes, garlic powder and basil. Finish with fresh grated parmesan cheese. You can add some roasted bell peppers and/or fresh slices of tomato if you like.

Toppings in order: pizza sauce, peperoni, mozzarella cheese, cheddar cheese, sundried tomatoes, black olives, green olives, garlic powder, pepper flakes, parmesan cheese.

Bake at 425° on the bottom rack for about 12-15 minutes.

### *Winkel Focaccia*

Using focaccia dough or regular pizza dough, roll out thin and place on pizza pans.

Cover with a little pizza sauce. Not enough to make it soggy. Add some slivered pepperoni. Globes of fresh mozzarella cheese, lots of cherry tomatoes and parmesan cheese. The pie shouldn't look like an American pizza. You should be able to see the dough after assembled.

Bake at 425° on the bottom rack for about 12-15 minutes.

Serve with a drizzle of olive oil.

### *Wolf's Deep Dish Pizza*

The master version of the incredible Chicago style double crust deep dish pizza.

Dough:

3 and ½ cups all purpose flour  
2 tsp. sugar  
1 tsp. salt (or crazy salt & garlic powder)  
1 pkg. active dry yeast  
2 Tbsp. vegetable oil  
1 cup lukewarm water

Sauce:

16 oz can whole tomatoes (drained)  
16 oz tomato sauce

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1 Tbsp. "Italian Seasoning" (from Spice Time)  
½ tsp. crushed red pepper  
½ tsp. garlic powder  
½ tsp. sugar  
½ tsp. oregano  
¼ tsp. black pepper  
1/8 tsp. salt  
1/8 tsp. cayenne pepper  
\*\*For a less spicy version, exclude the red pepper.

#### Insides:

¾ lb. mozzarella cheese (grated)  
1/3 lb. provolone cheese (grated)  
1 lb. sausage ("hot" if you like) OR 1 lb. pepperoni  
3 medium onions (fat dice)  
1 large green pepper (fat dice)  
½ lb. mushrooms (chopped)

#### Toppings:

¼ lb. mozzarella cheese (grated)  
¼ cup grated parmesan cheese

#### The Procedure

Thoroughly stir flour, salt and sugar. Dissolve yeast in lukewarm water and add to the flour mixture. Stir again and then add the vegetable oil. Continue mixing the dough until it begins to form a ball in the bowl. Place the ball of dough on a lightly floured dry area and knead for 8-10 minutes. Next, place the ball in a greased bowl and cover it with a clean cloth. Having heated your oven at 200° for 5-10 minutes, turn off the oven and place the covered bowl inside, allowing the dough to rise until doubled in size. Then punch dough down and allow to rise another 20 minutes.

While the dough is rising, prepare the other ingredients. Combine the sauce ingredients; mashing the whole tomatoes up into pulp (I use my potato masher). Heat to boiling at a medium temperature, then reduce heat to lowest setting and allow to simmer. Process the lb. of mozzarella, putting ¼ of it aside for the topping. Fry up the sausage (if using), onions, green pepper, and mushroom for the insides (if using pepperoni, you don't need to cook it first). Drain these and let cool somewhat before mixing them with all the cheese (for the insides) in a large mixing bowl. If using pepperoni, add to cooked vegetable and cheeses at this point.

When ready, split the dough into 2 roughly equal balls. Roll out the bigger half to form a circle slightly larger than your pizza pan. Place dough in pan with it overlapping the edges of the pan.

Empty the large mixing bowl stuff into the pie, spread evenly and pat down. There should be a ¼ inch or so of clearance. If not, remove some of the insides.

Grab the smaller half of the dough and roll out to form a circle. This circle of dough should be enough to cover the top of the pie, completely enclosing the insides; pack excess dough around the edges (we form a small lip).

Now spread the sauce over the entire second layer of dough. You may have some extra sauce; try to cover all the dough without spilling sauce over the sides.

Mix the topping cheeses and sprinkle evenly over the top of the pizza. Have the oven preheating to 500 and wait until oven reaches this temperature, switching dial to bake for the last minute (this seems a little unclear so we've just baked it at 375-400° for 25-30 minutes. If the cheese starts browning, we just tent foil over the top for the last 10 minutes or so. Don't undercook, because you want your dough underneath cooked).

Place the pizza on the middle rack of the oven and bake for about 25 minutes. The crust exposed over the edge should turn golden brown, and the topping cheese should be melted (not burnt).

Finally, allow your masterpiece to cool for a few minutes before cutting.

## *Pasta*

### *Classic Lasagna*

Brown 1 pound of hamburger. Boil 10 oz. lasagna noodles (8-12 sticks). Separately, mix 2 cups cottage cheese, 2 cups shredded mozzarella cheese, 1 egg, 1/4 cup parmesan cheese, 1 Tbls. chopped fresh parsley, 1 tsp salt and 1/4 tsp. black pepper. When hamburger is done add 3 cups spaghetti sauce and layer all ingredients in pan and cover with foil.

Build:

1 layer sauce, 1 layer noodles, 1 layer of hamburger/cheese mixture, repeat and top with sauce and mozzarella cheese.

Bake at 350° for 45 minutes. Take foil off and cook 10 more minutes to brown. Let sit for 10 minutes before cutting. Makes 8 to 10 servings.

### *Jerry's Favorite Spaghetti & Meatballs*

Meatballs:

1 pound ground elk  
1 egg  
1/4 cup saltine crumbs  
1/2 tsp. salt  
1/8 tsp. pepper  
1 medium onion  
1 Tbls. oil

Mix ingredients all ingredients, except onions, and form into small balls. Cook meatballs on stove until brown and then finish in oven. While the meatballs are cooking, sauté the onions.

Pasta:

For two hungry people cook 10 oz of angel hair pasta. Lay pieces of cheddar and a small amount of mozzarella cheese on top. Zap in microwave for 1 minute each plate. Place a dollop of sour cream on top and a bit of spaghetti sauce. I like Rago Parmesan. Salt and Pepper and eat up. Bread on the side is good.

### Angel Hair Pasta

Boil until soft. Add a little olive oil or butter. Grate some REAL Parmesan cheese on top. If you have zucchini or crooked neck squashes you can fry it up with butter and garlic and put it on top.

### Jerry's Chicken or Shrimp Sundried Tomato Pasta

Grill: green and red bell peppers and chicken thighs. After grilled cut chicken & peppers into strips. (If using shrimp; broil in butter and just fry the peppers in olive oil)

Fry: peppers, chicken, green olives, black olives, sun dried tomatoes and mushrooms in olive oil.

Boil: Fresh linguine.

Fry: All ingredients together for a minute or two and serve. (Add salt)

### Jerry's Scallop Pasta

Warning: This is a tough recipe. I refine it every time and it still never turns out the same. Timing with the scallops and pasta is difficult. It's challenging to get a beautiful seer on the scallops without overcooking them. It is better to overcook your pasta rather than overcooking your scallops. Angel hair cooks quickly. Other pastas will need more time. This recipe is best made with two people. Person one focuses tomato sauté and the pasta. Person two focuses on the scallops.

#### Ingredients:

2-4 Tbls. diced sundried tomatoes  
1 cloves garlic  
2 tsp. basil  
½ tsp. red pepper flakes  
½ tsp. salt  
4 Tbls. olive oil  
8 large scallops (4 scallops per person)  
1 Tbls. vegetable oil  
12 oz. angel hair pasta  
¼ cup cream  
Parmesan cheese

Set out scallops two hours in advance. You can defrost them in warm water. Change the water a few times as it gets cold. Make sure the scallops are room temperature and as dry as possible.

<b>Cook One</b>	<b>Cooke Two</b>
Sauté tomatoes, basil and garlic in olive oil. I like to have plenty of oil so you can dip your bread so it's not a big deal of you have more. Sauté just to infuse the oil with the flavors. Set aside.	In a separate pan add vegetable oil. Heat until very hot. (You may need a little more oil but don't use too much or it will splatter and you will be tempted to turn down the heat.)
Get your water boiling.	
Add angel hair to the boiling water. Angel hair cooks quickly. About 6-7 minutes.	About two minutes after adding the pasta, add scallops.

	Let your scallop's sear. Don't mess with them. Don't let the heat go too low or they will leak their juices. This will toughen them up and fill the pan with liquid and they won't sear. Cook 3 min each side. You don't want to overcook the scallops. If you have different sized scallops they won't all finish the same.
Add the tomato sauté back on a medium heat. When pasta is done, add it to the tomato sauté and toss around. Add cream and heat until cream gets a little darker and thick.	Remove the scallops and place in the serving dish covered with foil.

Serve in pasta dishes with freshly grated parmesan cheese and warm French bread.

If you have good scallops this dish is always really good. But to have it be fabulous, the planets need to be in alignment.

There are lots of ways to mess with the recipe. The scallops are awesome with butter. I like to cook the butter a long time until it is brown and has a skin on it. That's tough to do in cooking them with the scallops. It's tough to get a sear on the scallops without burning the butter. As a result, they cook to slow and lose their liquid. That cools down the mixture and you are basically poaching the scallops. However, the butter gets a fantastic flavor and can be saved for later to add on leftover pasta. I've heard you can add oil to butter to cook at a higher temperature. I need to test that. After removing the scallops, you can continue cooking the butter until it forms a bubbling brown skin on the top. This gives the butter a nutty flavor. Broiling the butter like you do shrimp scampi gets the butter the best.

You can add more or less garlic, tomatoes, basil and cream. It's always good.

### *Creamy Chicken and Rigatoni*

On medium heat 1 Tbls. olive oil in a large skillet. Add 1 pound of boneless, skinless chicken, cut into 1 inch pieces. Add 2 finely chopped garlic cloves, 1 to 2 teaspoons of dried chopped basil leaves and 1 to 2 teaspoons dried chopped oregano leaves. Stirring frequently cook meat until it is no longer pink on the inside.

To this mixture add 2 14.5oz cans diced tomatoes, 1 pint heavy whipping cream, ½ teaspoon salt, ½ teaspoon pepper and ¼ teaspoon red pepper. Add some cooked broccoli. I like to add some fresh sliced mushrooms and/or bell peppers. Reduce heat to low and simmer uncovered for 10 minutes or until it starts to thicken.

Cook up 16oz. rigatoni. Before the pasta is soft add broccoli to boiling water. Cook for another minute or two. Drain well and mix with vegetables and chicken. I like to continue to cook it until it is pretty thick.

Serve with a good quality French bread and freshly grated Parmesan cheese.

Serves 8 (495 Calories, 205 from fat)

### *Anna's Fast Chicken Pasta*

Dice 4 skinless chicken breasts. Sauté chicken in 1 Tbls. olive oil with 2 smashed cloves of garlic, ¼ tsp. of oregano and ¼ tsp. of basil

When chicken is done, add a small handful of chopped pecans or pine nuts and about 8 to 15 chopped sun dried tomatoes (oil packed) with about one tablespoon of the tomato oil. Add ½ cup cream and let cook until thick. Sprinkle with Parmesan cheese and salt. Add cooked fresh pasta to mix. I love the spinach and red pepper angel hair.

### Anna's Fast Chicken Pasta II

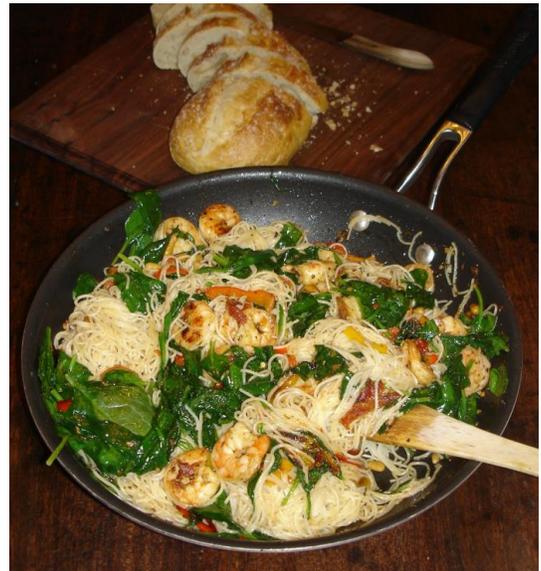
Put a little olive oil in a frying pan. Add about seven sliced chicken tenders, some basil and oregano leaves. Brown on high heat. After browned add 1 tsp. garlic, add some oil from Anna's Roasted Peppers and a bunch of the roasted peppers.

Cook some fresh pasta.

Add freshly grated parmesan cheese and salt to taste.

### Shrimp Portofino

In a skillet, add some olive oil or butter, and bring to medium high heat. Add shrimp and pine nuts. Boil some fresh pasta. When pasta is done, strain and add to shrimp. Add cream and sauté for a minute. Just before it is done, add a bunch of baby spinach leaves. Cook until barely wilted. Top with Parmesan cheese.



### Anna's Curry Pasta

Basic white sauce  
1 chicken bouillon cube  
2 tsp. curry powder  
dash red pepper  
chicken  
cooked egg noodles

Start with a basic white sauce (flour, butter and milk). Then add bullion, curry and pepper.

When thick add precooked chicken or turkey and cooked noodles.

### Anna's Meatless Pasta

In a frying pan, sauté a pint to a quart of Anna's Spaghetti sauce. Add sundried tomatoes, red pepper flakes, garlic, basil, oregano, roasted bell peppers and 1-2 cups chopped grilled zucchini.

Cook some penne pasta.

To the rago, add pasta, several handful of spinach, and ¼ cup of cream. Let it cook until the spinach is wilted. Serve with fresh Parmesan cheese and French bread.

## Macaroni & Cheese

Boil macaroni until soft. I don't like it el dente. Drain off water. While still hot, add real medium or sharp cheddar cheese on pasta and cover until melted. Stir it up and serve with salt and pepper.

Variations:

- Add some spaghetti or tomato sauce. (Add the tomato sauce first to have the cheese kind of lumpy. Add sauce last if you want the cheese stringy.)
- When the pasta only has 3-4 minutes to go, dump a bunch of broccoli in the water with the pasta. Drain when the pasta is done. Sprinkle in some onion powder, cayenne pepper and paprika along with the cheese.
- Use egg noodles instead of macaroni. Add some cream to the cheese.
- Use angel hair pasta, put on plate and add sharp cheese. Zap in microwave until cheese is melted. Add sour cream and spaghetti sauce on top. Eat with saltines. Meatballs are great.
- Eat the macaroni with just some butter, salt and pepper

## New Year's Lobster and Pasta

Get one 10oz pound lobster tail for each person. It is really best if they are the same size so they finish cooking at the same time. I've found that one in four lobsters is subpar. I like to mix the lobster chunks so everyone gets good pieces.

With a heavy knife or kitchen shears cut down the center of tail. Remove the lobster keeping the end of the tail connected to the shell. Lay the butterflied meat on top. Place them in a cast iron skillet. Let the tails dry out a bit. You can pat with a paper towel if needed. Spoon some garlic butter on top.

In a skillet add some olive oil, garlic, pepper flakes, basil and sun dried tomato. Sauté for 10-15 minutes. Add some cream and salt, and sauté a bit longer before turning to low.

Timing is critical on this. Cook the pasta and lobster at the same time. Both need 10-15 minutes.

For 5 people, boil 16 oz. penne pasta.

Broil the lobster on high, on the middle rack with the door closed. You can spoon on more butter midway when you check them.

Larger tails, may need to be placed farther away from the heat. For an 8 to 10 oz. tail, the rule of thumb is somewhere between 8 to 9 inches away from the heat. Cooking time for an 8 to 10 oz. tail it would be between 10 to 12 minutes. I have found a huge disparity published recommended cooking times.

When the pasta is done, drain and add to sautéed mixture in skillet.

Remove the lobster and slice into chunks. Add lobster to pasta and toss around. You can also toss with the butter at bottom of pan that it was broiled in and lay it on top of the pasta.

Serve pasta with freshly grated parmesan cheese accompanied with a high quality bread.

Take the remaining drippings and shells and boil for stock. Put the stock in the freezer for gumbo.

### *Jeff's Favorite Beef Stroganoff*

Brown 1 pound of hamburger with 1 small to medium onion. Add some sliced fresh mushrooms if you have some. After it is browned, add 9 oz of noodles and 3 cups of water. After noodles are soft, add some cream of chicken soup (apx. ½ can) and sour cream (apx. 2 Tbls.) until you like the consistency and taste. Add salt and pepper.

# *Soups & Stews*

## *Dad's Smoked Chicken and Beans*

Using left over smoked chicken, pick off chunks of meat. Save chicken drippings from bottom of pan. Boil for 1 hour to get flavor and small bits of meat off chicken. Keep adding water as necessary. Prepare beans as recommended on package. Add 1 tsp. of baking soda to help soften. Pinto and Lima beans work well. I like large lima's the best. Combine a chopped onion and presoaked beans with meat and drippings and boil for a long time. Over an hour. Extra beans can be frozen in plastic bags.

## *Anna's Spicy Soup*

The day before you want soup; soak 16oz. lima beans. We do 8oz. small and 8oz. large.

Get package of Johnsonville Hot Italian sausage. Remove the casings and break up.

Dice two onions and fry with a tablespoon of oil. Add sausage and ¼ cup water. The water helps cook the sausage but boils off. Cook until sausage is brown and the onions are clear. Add basil, oregano and other Italian seasonings. We like to add quite a bit.



In a large pot, combine sorted and cleaned beans with the sausage/onion mixture. Add 2 cups chicken bouillon. Add 1 can diced tomatoes, 2 cloves chopped garlic and one bay leaf. Add enough water to cover beans. Let simmer on the stove until beans are soft (probably two hours).

It usually tastes best the next day.

## *Grandma Dot's Chicken & Dumpling Soup*

2 cups chicken bouillon  
salt  
pepper  
Mrs. Dash  
a fat chicken  
½ cup to 1 cup rigatoni pasta  
frozen peas  
4 to 7 carrots  
big onion  
10 to 15 potatoes  
Parsley



Defrost a fat chicken. Cut off excess fat and other junk. Boil for about an hour. If you get gray suds on top of the water, scope them off. The gray stuff is under the skin and it is released when the skin starts to break up.

While the chicken boils, cut up carrots, onions, potatoes and celery. I like to cut up some of the carrots into really small pieces. I like to have carrot in every bite not just when one happens on the spoon. I cut

the potatoes two different ways. I cut up some into chunks so I can boil them faster. It's a good idea to skin them first instead of pulling them off later. I cut some of the potatoes into small pieces like the carrots. The small pieces pretty much fall apart in the soup making it a bit creamy. This is a good time to start boiling the potatoes for the dumplings.

In the soup pot; add carrots, small potato pieces, rigatoni, frozen peas, parsley, onion, celery. Put in a Tbls. salt, some Mrs. Dash, pepper and two cups of chicken bouillon. Cook for another 45 minutes to an hour. When this is done you can start adding the dumplings.

When you think the chicken is cooked enough so that you can pull the meat off the bones, remove it and pour cold water on top. Take the chicken water and pour it in the soup pot. I prefer not to completely disintegrate the chicken. If you do, it is hard to keep the small bones out of the soup and the whole process of dividing the chicken and the bones takes longer.

### Dumplings

Combine: 2 cups boiled and totally mashed potatoes, about 1 ½ cups flour, 1 ½ Tbls butter, 1 tsp salt, ½ tsp nutmeg (to taste), 1 Tbls. milk and 2 eggs. When consistency is correct (thick and stiff), drop into boiling soup. They should float after a minute or two. The recipe makes a ton of dumplings. Unfortunately a ton is never enough.

If you don't use enough flour; the dumplings will fall apart. If you use too much flour, they will be chewy. I don't usually add all the dumplings at once. I usually cook some, serve the food and then add the rest. I also cook enough potatoes so that I can make more dumplings to the leftovers in a few days.

Hint: Don't burn your tongue. It usually isn't a problem for first timers but after you have had these dumplings it is hard to wait until they are cool.

### Tortilla Soup

Boil chicken (skimmed off grey foam). Cook 2 hours. Remove chicken.

To stock add the following:

- 3 small diced jalapenos
- 1 Tbls. cumin
- 1 tsp. coriander
- 1 tsp. smoked chili powder
- 1 tsp. smoked paprika
- 1 Tbls. dried cilantro leaves
- 1 Tbls. dried oregano leaves
- 2 tsp. garlic powder
- 1 medium diced onion
- 5 medium diced tomatoes
- 6 chicken bouillon cubes
- ½ tsp. salt
- ½ tsp. pepper

Simmer 30 minutes.

Add juice of 2-3 limes and chicken pieces. Serve with diced avocado, tortilla chips and fresh cilantro.

## Taco Soup

Brown a pound of hamburger with one diced onion. Brown meat with some taco seasoning (optional). While meat is browning, mix in a large pot: 1 can strained kidney beans, 2 cans of corn, 1 can of black beans, 1 can of green chilies, 1 can of tomatoes, 2 cups water, 2 cloves of garlic. 1 tsp. cumin, 1 tsp. chili powder, 1 tsp. salt and ½ tsp. pepper. There is no correct portion of these ingredients. Just get close. When the burger is browned add the meat and onions to the mix. Let it simmer for 30 minutes or so. Add a little more water if it isn't soupy enough. Put the soup in bowls and melt some mozzarella or Monterey jack cheese on top. Eat with good corn chips. Toss some corn chips in the soup and let them get soggy.

## Baked Potato Soup

4 bacon strips, diced  
1 small onion, chopped  
1 clove garlic, minced  
3 tablespoons all-purpose flour  
1 teaspoon salt  
1 teaspoon dried basil  
½ tsp. pepper  
3 cups chicken or pork broth  
3 large baked potatoes, peeled and cubed  
1 cup half-and-half cream (or milk)  
½ tsp. hot pepper sauce (Cholula works)  
Shredded Cheddar cheese  
Minced fresh parsley (dried works)

In a large saucepan, cook bacon until crisp. Drain, reserving 1 tablespoon drippings. Set bacon aside. Sauté onion and garlic in the drippings until tender. Stir in flour, salt, basil and pepper; mix well. Gradually add broth. Bring to boil; boil and stir for 2 minutes. Add the potatoes, cream and hot pepper sauce; heat through but do not boil. Garnish with bacon, cheese and parsley.

## Anna's Vegetable Soup

4 Tbls. olive oil  
1 16oz. can Tomatoes  
1 onion (sliced)  
2 carrots (sliced)  
1 cup chicken bouillon  
2 small zucchini (diced)  
5 green onions (diced)  
6 button mushrooms (diced)  
1 tsp. salt

Sauté onions and carrots in 2 Tbls. olive oil, until soft.

In a blender, puree two-thirds of the onion/carrot mixture, 1 can tomatoes, handful of fresh cilantro, with chicken bouillon.

In a pan, sauté zucchini, green onions and button mushrooms until tender. Add blender mixture and the

remaining one-third of the onion/carrot mixture and simmer for five minutes.

This is a great accompaniment with grilled cheese sandwiches.

### Vegetable Soup

1 head chopped broccoli  
1 head chopped cauliflower  
5 big carrots (scrubbed and cut)  
½ onion  
2 cups chicken bouillon  
cook until tender  
puree everything but some carrots and broccoli

Separately:

In a saucepan make a white sauce (fairly thin)  
1 ½ Tbls. butter, flour, milk  
add vegetable puree to sauce  
add one or two cans of chopped stewed tomatoes  
add salt and pepper to taste

Eat with toast.

### 6th Ward Beef Stew

Cut 2 pounds red meat into small pieces. Cover with flour and brown all sides in 3 Tbls. butter. Add 2 Tbls. additional butter and 1 ¼ cup diced onions. Continue to cook until onions are clear. In a stew pan add meat, onions, 2 cups bouillon water, 1 tsp Kitchen Bouquet, ¼ tsp. Mrs. Dash and 5 more cups water. Cover and let simmer between 40 minutes to 2 hours. Stir so the bottom doesn't burn. Add 4 cups carrots and continue to cook for 25 minutes. Add: 4 cups potatoes w/ skins and cook 25 more minutes. If necessary, add water with potatoes. If you have too much water, leave the top off the pan to evaporate some off.

### New England Style Clam Chowder

1 can 51 oz. chopped sea clams (Costco)  
1 ½ inch cube salt pork, diced small (diced ham cooked in some bacon works)  
2 onions, finely chopped  
4 Tbls. flour  
4 Tbls. butter  
4 medium potatoes, peeled and diced  
2 cups cream (half and half for a lighter version)  
2 cups milk  
4 stalks celery, finely chopped  
2 bay leaves  
parsley, salt and pepper to taste

Drain clams and reserve juice. Dice pork and sauté. Remove pork and cook onions and celery in fat until soft. In a large pot combine potatoes, clam juice, pork, bay leaves, onions, and celery and simmer until potatoes are tender. Combine butter and flour in sauté pan and cook until bubbly. Gradually add milk

stirring constantly. (basically white sauce) Add to large pot and stir. Add cream. Add clams. (some prefer fewer clams – about ½ cup can be saved out to make a pasta dish later) Add parsley, salt and pepper to taste. Simmer a little longer and serve.

### Broccoli Soup and Toast

2 onions\*  
4 medium potatoes  
3-5 heads of broccoli  
4+ cups broth  
Cream  
Cheddar Cheese

Dice onions, sauté in a small amount of oil until soft. Boil potatoes in broth until almost soft. Add chopped broccoli and sautéed onions. When the broccoli is cooked, blend in blender. Add a touch of cream and some grated cheese to taste. Enjoy with toast!

\*Note: Onions can just be added with the potatoes but I like the sautéed flavor.

Serve with some grated cheese on top. Toast is really good with this soup. Jalapeno jack cheese is also good.

### Vegetarian Chili and Corn Cups

(Serves 6)

1 ¾ cups dried beans  
12 large tomatoes  
5 Tbls. olive oil  
5 diced celery stalks  
3 carrots peeled and diced  
2 large yellow onions  
5 cloves minced garlic  
1 jalapeno (seeded and minced)  
2 ¼ tsp. grated orange zest  
3 quarts vegetable stock or beef broth  
1 Tbls. chili powder  
1 tsp. cumin  
1 tsp. coriander  
¼ cup minced cilantro

#### Corn Cups

¼ pound cream cheese (room temperature)  
½ cup unsalted butter (room temperature)  
1 egg  
1 1/3 cup flour  
2/3 cup corn meal  
½ tsp. baking powder  
¼ tsp. salt

Prepare the bean according to directions on bag. Peel tomatoes and puree in blender. In a stockpot on  
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medium heat, add olive oil, celery, carrots and onions. Sauté until softened. Add garlic, jalapeno, orange zest, stock and beans. Bring to a boil and then let simmer uncovered. About 2 hours.

When chili is done add chili powder, cumin, coriander, salt and pepper.

About 30 minutes before serving chili, preheat oven to 325°. Lightly oil six baking dishes. We use popover cups.

In a bowl, beat cream cheese and butter until creamy. Beat in the egg. In another bowl, stir together the flour, corn meal, baking powder and salt. Fold into egg mixture, folding just until blended. Do not over mix. Using your fingers, line the cups with mixture. Bake until light golden brown. 18-20 minutes.

When cups are done add chili, garnish with cilantro and eat.

### Jerry's Jambalaya

8 oz. cans of oysters (optional)  
16 oz. can tomatoes (undrained, cut up)  
10 oz. can condensed chicken broth  
6 oz. can tomato paste  
¾ cup uncooked rice  
2 tsp. sugar  
1 tsp. thyme leaves  
1 tsp. garlic powder  
1/8 tsp. cayenne pepper (You can use more--a lot more)  
1/8 tsp. pepper (same as above)  
1 bay leaf  
2 Tbls. butter  
1 medium onion (coarsely chopped)  
1 medium green pepper (coarsely chopped)  
1 pound large shrimp  
1 grilled chicken breast (sliced)  
3 Johnsonville Spicy Hot Italian sausages

I like to use the small shrimp from the butcher shop; not the real small salad shrimp in a can. The one's I use are about the size of three small salad shrimp. They cost about \$5.99 a pound. I don't like them if they are too fishy. Sometimes they are on sale for \$3.99 a pound because they are getting old. If you don't mind a fishy flavor use them. Don't take this lightly. I love shrimp but sometimes don't enjoy the Jambalaya because the shrimp are overkill. Add oysters and shrimp at the end.

Melt butter; sauté onion for 2 to 3 minutes or till tender. Stir in remaining ingredients; blend well. Cover; simmer for 20 to 30 minutes until rice is tender and liquid has been absorbed, stirring occasionally. Remove bay leaf. Serves 8 people.

### Jerry's Gumbo

With this recipe--the sauce is king. The roux is the base and the bay leaves make it unique. Chicken, pheasant, shrimp, strawberry res. crayfish, crab, oysters, fish...it doesn't really matter. I've never mixed seafood and poultry. Maybe you can but I haven't done it. If using pheasant for chicken breasts, I grill it hard to get some grill marks and then slice into chunks before adding to the gumbo.

This tastes even better the next day. If you want the second day flavor, make the roux and stew the day before and just add the meat the second day.

¾ cup (4 oz.) vegetable oil  
¾ cup flour all-purpose flour  
1 ½ pounds raw shrimp  
1 pound fresh langostinos (crayfish, crab or whatever)  
1 pound Andouille sausage, cut into 1/4-inch pieces and browned.  
1 quart stock  
1 quart. water  
1 cup diced onion  
½ to 1 cup diced celery  
½ to 1 cup diced green peppers  
1 cup tomatoes  
2 Tbls. minced garlic  
1 Tbls. salt  
½ tsp. black pepper  
1 tsp. fresh thyme, chopped  
¼ tsp. cayenne pepper  
2 bay leaves (make sure they are fresh, they lose strength over time)  
1 tsp. file' powder (if you can find it)  
1 ½ cups okra (boil few minutes and strain before adding to get rid of some slim)

Over medium high heat, combine oil and flour in a black iron skillet or Dutch oven. Begin stirring and don't stop until you reach a peanut butter colored roux. You will smell it as it cooks, and it is a nutty aroma you seek that is perfect for a seafood gumbo. Darker roux is for heavier wild game dishes, so don't go too far past this point.

When roux is the color of peanut butter add the onions, celery, bell pepper. Continue stirring until the vegetables turn translucent. Combine all the vegetables and then add the stock along with the bay leaves and other seasonings (except the file powder). Bring the liquid to a slow boil. Reduce the heat to a simmer and let it cook for one hour. Check it and give it a stir every 15 minutes.

The key to this gumbo is not to overcook the seafood. You can stage the base gumbo to this point and hold it there indefinitely. Actually, it gets even better the longer it sits. When you are ready to serve it and your rice is about done, remove from heat and add the shrimp, crabmeat, and browned sausage. Add the file' powder while stirring constantly. Let sit for about 10 minutes. The shrimp will cook as it rests.

Don't over season seafood gumbo. Your guests can always add their own hot sauce and gumbo file' at the table.

Ladle the gumbo around a mound of white, long grain rice and garnish with a sprinkle of diced green onions. Serve with hot French bread.

Stock:

Stock is important in all gumbo recipes, but especially seafood. I make my own with shrimp heads and shells. I always boil up our New Year's lobster shells.

Place the shrimp heads and shells in a 4-quart saucepan along with the 2 quarts of water, set over high heat and bring to a boil. Decrease the heat to low and simmer for 1 hour or until the liquid has reduced to 1-quart. Remove from the heat and strain the liquid into a container, discarding the solids. Note: If you can't find shrimp with heads, you won't get all the flavor benefits. You might substitute another "fishy" source. If you don't have enough seafood stock just use chicken stock.

The shrimp stock is the *Pièce de résistance* of the recipe. It might gross some people out to use the shrimp heads like this, but the flavor that it contributes to the gumbo is great. I have also found the better quality shrimp make an impact too. Reserve any juice that come with the shrimp (if you get them off the boat) for the stock. Reducing the stock by ½ volume is critical too. You might reduce it more to get more flavor. If you can't find whole shrimp, creativity is your task to capture the flavor of the ocean.

**Bay Leaves:** These impart the signature flavor notes of gumbo. I have found the strength of their aroma fades rather quickly after the package is opened. It is a small price to pay to buy more rather than use what is in your cupboard. Add more to the pot if you think it needs it.

# *Salads*

## *Jerry's Sundried Tomato Pasta Salad*

½ cup sundried tomatoes packed in oil  
1 ½ cups mayonnaise  
20 oz. rotini pasta  
1 small onion finely chopped  
3 scallions  
½ cup chopped celery  
2 cups cherry tomatoes sliced in half  
¼ cup roasted bell peppers packed in oil, chopped  
½ cup Kalamata olives chopped  
2 tsp. salt  
1 ½ tsp. black pepper  
½ tsp. red pepper flakes

Cook pasta until just barely done. Just past el dente. Rinse in cold water.

Finely chop sundried tomatoes. Add to mayonnaise. You can add some of the oil from the tomatoes if you like.

In a large bowl combine, mayo, onions, tomatoes, olives, salt, bell peppers pepper and pepper flakes, tomatoes and pasta. Sprinkle scallions on top.

Consider adding: Dijon mustard, lemon juice, parsley, roasted jalapeno, fresh red bell pepper, red onion, garlic, fresh basil, garlic, pine nuts or different vegetables.

## *Simplified Mommy Opes Raspberry Salad*

Mix one large package of Raspberry Jell-O. Add 1 package frozen raspberries. If you have pomegranates they are good to add. Chill and top with whipped cream. I like to double the recipe and use a package of blackberries. Even use more berries.

## *Anna's Mixed Green Salad*

Mixed Greens or baby spinach  
Sliced strawberries  
Slice Almonds  
Feta cheese

Poppyseed Dressing:

1/2 cup apple cider vinegar  
1 teaspoon dry mustard powder  
1/4 cup red onion, chopped (if you don't have red, white works too)  
1/2 teaspoon salt  
1 tablespoon poppy seeds  
1/4 cup sugar

1 cup vegetable oil  
Splash of balsamic

### *Santa Rosa Rice Salad*

(Serves 6-8, more if just a side dish)

1 box of long grain and wild rice mix, cooked with seasonings  
Juice of one lemon  
3 chicken breast halves, cooked and diced  
4 green onions, sliced  
1 red bell pepper, diced  
3 ounces Chinese pea pods, ends removed  
2 medium avocados, diced  
1 cup chopped pecans, toasted  
Lettuce leaves for garnish

Dressing:

2 cloves garlic, minced  
1 Tbls. Dijon mustard  
½ tsp. salt  
¼ tsp. sugar  
¼ tsp. pepper  
1/3 cup seasoned rice wine vinegar  
1/3 cup vegetable oil

1. Combine dressing ingredients in blender. Cover & refrigerate.
2. Mix all salad ingredients except avocados and pecans. Combine with dressing and refrigerate 2 to 4 hours. Before serving, add avocados and pecans and garnish with lettuce leaves.

This recipe can be made a day ahead.

### *Jicama Salad*

Skin a large jicama. Finely julienne. Mix the juice of three or so lemons. Add a couple of tablespoons of sugar. You want it to still be very tart. Combine the jicama and lemon mixture. It's best if it sits for a few hours.

You can add diced strawberries, cilantro, mint, or Cheyenne pepper if you want.

### *Basic Salad*

Mix lettuce, carrots, peas, tomato, red onion, cucumbers, sprouts, sun flower seeds, avocado, fresh parmesan cheese, Jicama, bell peppers. Top with croutons and blue cheese dressing.

### *Grilled Chicken Salad*

1 avocado  
1 medium red onion  
4 chicken breasts

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2 carrots  
1 tomato  
1 head green leaf romaine lettuce  
¼ cup crumbled blue cheese  
½ cup croutons

Rub down four chicken breasts with olive oil, lemon pepper and garlic powder. Toss on a very hot grill. After a bit of time, turn down the grill to low. You don't have to grill it till it is done. If you are ready to take it off but you don't think it is done, just stick it on a plate and zip it in the microwave for three or four minutes.

While the chicken rests; rip some lettuce, cut some red onion, carrots and tomatoes. Cut the chicken into bite sized chunks. Assemble the salad at the table. Greens, chicken, croutons, avocado, crumbled blue cheese and Italian style dressing.

### Shrimp Salad

2 cans shrimp  
1 7oz. packaged sea shell pasta  
1 green onion, chopped  
1 small onion, chopped  
1 stalk celery, chopped  
½ cup mayonnaise  
1 Tbls. minced parsley  
2 Tbls. lemon juice  
salt

Cook pasta and mix all ingredients. Serve on bed of lettuce.

### Chicken Salad

4 cups bite sized cooked chicken  
2 Tbls. grated onion  
1 cup sliced celery  
2/3 cup mayonnaise  
4 Tbls. cream  
2 Tbls. vinegar  
pepper  
salt

Mix all ingredients. Serve on bed of lettuce.

Variations: diced cucumber, apple chunks, cut grapes

### Potato Salad

5 pounds potatoes  
4 Tbls. lemon juice  
2 stalks celery, chopped  
4 hard-boiled eggs, coarsely chopped

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1 cup mayonnaise  
3 Tbls. cider vinegar  
1 ½ cups bread and butter pickles, chopped  
1 medium onion, chopped  
¾ Tbls. yellow mustard  
1 tsp. white sugar  
salt and pepper to taste

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes. Drain, and transfer to a large bowl.

Place eggs in a medium saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and peel under cold, running water. Chop, and set aside.

Stir the eggs, celery, sweet pickle cubes, prepared mustard, mayonnaise, onion and white sugar into the potatoes. Season to taste with salt and pepper. Cover, and chill in the refrigerator for at least 3 hours before serving. Sprinkle with paprika.

### Taco Salad

Fry up a pound of hamburger or tofu with taco seasoning (yes I said tofu). Add an onion and taco seasoning. Heat some corn chips in the oven. Toss the corn chips in a bowl and dump on cheese, hamburger, kidney beans, lettuce, avocado, sour cream, tomatoes, cilantro and salsa. Ranch salad dressing is also good on top.

### Lora's Broccoli Salad

1 pound bacon (cut into squares)  
3 bundles Broccoli  
1 bundle Cauliflower  
Sunflower seeds  
cranberries  
3 long green onions  
1 cup mayonnaise  
3-4 Tbsp. vinegar  
4 Tbsp. sugar

Cut bacon into squares and fry. While cooking cut up vegetables. Mix dressing until sugar begins to dissolve. In a large bowl, combine vegetables, raisins and sunflower seeds. Don't add bacon until you are ready to serve.

### Green Bean Feta and Walnut Salad

2 pounds fresh green beans, trimmed  
1 medium purple onion, thinly sliced  
1 (4-ounce) package crumbled feta cheese  
1 cup coarsely chopped lightly toasted walnuts  
¼ cup olive oil  
¼ cup white wine vinegar

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1 Tbls. Dijon mustard  
½ tsp. minced garlic  
1 tsp. salt  
½ tsp. pepper

Use fresh French beans from (Costco), and arrange in a steamer basket over boiling water. Cover and steam 15 minutes or until crisp-tender. Immediately plunge into cold water to stop the cooking process; drain and pat dry. Blend together olive oil and next 5 ingredients. Pour vinaigrette over green bean mixture, and chill 1 hour; toss just before serving.

### *Spinach Salad*

Put some baby leaf spinach in a bowl. Add some dried cranberries, diced apples, roasted sliced almonds and some poppy seed dressing.

### *Greek Salad*

Romaine lettuce  
Cucumbers  
Tomatoes  
Feta  
Red Onion  
Dressing

# *Vegetables*

## *Fried Okra*

Take cut okra and cover with salt and peppered corn meal. Fry in bacon grease until crispy.

## *Lima Beans*

Take them out of the plastic bag. Boil on high for about 10 minutes. Eat with salt, pepper and butter.

## *Snap Beans*

Steam until tender. Don't overcook. Eat with salt, pepper and butter.

## *Asparagus*

Steam fresh asparagus until tender. Don't overcook. Eat with salt, pepper and butter.

## *Corn and/or Peas*

Take frozen vegies and put in a plastic bowl. Cover with plastic wrap and zap for 3 minutes. Eat with salt, pepper and butter.

## *Meaty White Sauce on Baked Potatoes*

Toss some large potatoes in the oven. After they are close to done, make a white sauce with a little hamburger gin it. Pour the sauce on the potato. This is nothing to write home about but it is something to make once in a while.

## *Jerry's Mashed Potatoes*

Skin potatoes and boil until very soft.

Whip with electric beaters until creamy. Add milk, sour cream, cream cheese, cream, butter (if it is loaded with fat put it in!). Continue to mix with salt, pepper, dill weed, cayenne pepper and paprika to taste. Don't be afraid to make it spicy!

## *Edible Brussels Sprouts*

Believe it or not, Brussels Sprouts are edible. Even bacon does help them but this recipe does.

Ingredients:

2 tablespoons butter, divided

1 ½ pounds Brussels sprouts, halved

1 cup chicken broth

½ cup green onions, thinly sliced (white and pale green parts only)

2 morita or pasilla chiles, stemmed, seeded, and coarsely chopped

½ cup pine nuts (you can use some pecans instead)  
½ cup heavy cream  
Salt and freshly ground black pepper

Directions:

Melt 1 Tbls. of the butter in a large heavy saucepan over medium-high heat. Add the Brussels sprouts and stir until coated with the butter, 1 minute. Add the broth, cover, and simmer until the Brussels sprouts are tender, about 7 minutes. Uncover and continue to simmer until all of the broth has evaporated, about 4 minutes. Transfer the Brussels sprouts to a medium bowl.

Melt the remaining 1 Tbls. butter in the same pan. Add the green onions, chiles, and pine nuts. Sauté until the nuts are toasted and the chiles are tender, about 2 minutes. Stir in the cream and bring to a boil. Reduce the heat, return the Brussels sprouts to the pan, and toss to coat them with the cream. Season with salt and pepper, to taste, and serve.

This sauce is good on potatoes as well.

### Fried Potatoes

Take extra baked potatoes and sliver them up. Fry them in bacon grease with some onion. Add salt and pepper.

### Baked French Fries

Mix two egg whites with ¼ cup of olive oil. Add ½ tsp. salt and ½ tsp. pepper. Whisk into an emulsion. Cut 4 large baking potatoes into ¼ inch strings. Blend with emulsion. The pepper will help you know how evenly you've coated them.

Spread evenly on two greased jelly roll pans. Cook at 350° for 15 minutes. They shouldn't be piled up. Stir and bake for another 15 minutes. If you have larger pieces of potatoes you may need a bit more time.

### French Fries

Cut potatoes into ¼ inch strings. Rinse well. Soak in ice cold water for an hour. Strain and dry. Heat peanut oil to 350-75°.

Fry potatoes for 6-8 minutes. Add some salt.

Baked: Toss potatoes with egg white and olive oil wash. Bake in the oven at 375° for 30-40 minutes. Stir them after 20 minutes.

### Baked Potatoes

Zap in microwave and then dry out in oven at 400° for 10 minutes. Top with butter, sour cream, fresh chives (if you have them), salt and pepper.

### Funeral Potatoes

2 pounds shredded potatoes (thawed hash brown potatoes)

1 can (10 oz.) condensed cream of chicken soup (you can use less if you like)  
½ stick butter, melted  
1 ½ cup sour cream  
2 cups cheddar cheese, grated, divided  
1 small sautéed onion (optional)  
1 tsp. garlic powder  
Salt and pepper to taste

Combine soup, butter, sour cream, 1 cup cheese, onion, salt and pepper. Mix well. Add the potatoes and stir gently until combined.

Place potato mixture in a sprayed 2-3 quart casserole dish or 9 x 13-inch baking pan. Top with the remaining 1 cup cheese.

Bake uncovered at 350 degrees for 45-60 minutes.

Optional: sprinkle with corn flakes

### *Anna's Fried New Potatoes*

Boil red new potatoes until soft. Fry in olive oil with garlic and spices. Top with parmesan cheese. Eat with salt and pepper or blue cheese dressing.

### *Au gratin Potatoes*

4-6 large potatoes (peeled and sliced)  
1 Tbsp. parsley  
1 can skim evaporated milk  
½ tsp. garlic powder  
salt and pepper to taste  
2 Tbsp. flour  
½ cup Parmesan cheese

Spray a baking dish with Pam. Layer 1/2 potatoes in bottom of dish. Top with half the onions, cheese, garlic, parsley, salt, pepper, and flour. Add remaining potatoes. Top with the remaining ingredients, then pour milk over all. Bake in a preheated 375° F oven for approximately an hour or until potatoes are tender.

### *Baked Yams or Sweet Potatoes*

Wash and poke some holes in a few sweet potatoes or yams. Place on a pan lined with foil. Bake at 400° for one hour. Take out and spoon out meat. Cover with butter, salt and pepper.

### *Wayment's Potatoes*

Cut potatoes into wedges. Place on a cookie sheet. Butter the tops and sprinkle on Season All or Lowry's Season Salt. Bake until done.

### Anna's Stir Fried Vegetables

Cut tofu into small pieces (raisin size) and soak in soy sauce. Cut up carrots, broccoli, peppers, mushrooms etc. Fry in hot oil. Add tofu to vegetables. You can add various spices such as clam sauce, Mongolian fire oil, salt, pepper, ginseng... Boil some Chinese pasta. Fry boiled pasta, soaked with soy sauce, in oil. Rice is also good to add. Put vegetable mixture on pasta and eat.

### Honey Glazed Carrots

Slice thin 5-6 large carrots. Place in a skillet with a approximately 1 Tbls. water, 1 Tbls. butter and 1 Tbls. honey. Fry on high until tender. They can have some crunch in the middle.

### Fried Egg Plant

Cut eggplant into ¼ inch slices. Cover with salt and let sit for 30 minutes. Wipe off water and salt. Coat eggplant with breadcrumbs and Parmesan cheese. Fry in butter or olive oil until brown. Anna loves this recipe. I like the flavor but the pieces that are a bit mushy make me sick.

### Lora's Hashed Browns

With some frozen hashed browns from the store add onion, bacon pieces, green onion, salt and pepper. Bake in a casserole dish until done. Top with cheese and sour cream.

### Anna's Roasted Peppers

Slice red or yellow (not green) bell peppers into thirds. Lay flat on a cookie sheet. Broil until black. Watch them carefully. Cover with foil for twenty minutes to steam and cool. Peel the black off and put in a jar with olive oil. Keeps in the refrigerator for one week. Use on pizza, foccacia, pasta, sandwiches etc.

### 15 Bean Stew

Buy a package of mixed beans. Follow directions for cleaning and soaking. Please beans in large pot. Add 2 quarts of water and 1 pound of sliced precooked sausage. I like Johnsonville's Spicy Italian. Also add: 2 medium chopped onions, ½ tsp. red pepper, 2 tsp. salt, 1 12 oz. can diced tomatoes, parsley flakes, 2 cloves minced garlic and 1 tsp. chili powder. I personally don't like lentils but I love lima's. So adjusting the ratio of these beans is appreciated.

You can add thyme, sage, marjoram, paprika, black pepper, cumin, etc. Sometimes the beans come with a flavor packet. You can add that as well.

# *Cereal, Rice, Beans*

## *Cracked Wheat*

Boil 3 cups water with a dash of salt. Add 1 cup cracked wheat. Let it sit overnight. Eat with white sugar and milk, though heavy cream is way better. If you are ever making this for us when we are sick or something; Hunter likes it with honey, Anna likes it with brown sugar and Jerry likes it with white sugar and cream.

## *Jerry's Oatmeal*

2 cups oatmeal  
3 cups boiling water  
1 large apple (chopped) – I like granny smiths  
1 cup dried cranberries  
4 Tbls. sugar  
½ tsp. salt  
¾ cup chopped walnuts  
2 cups sliced strawberries  
Serve with a bit of cream on top



Boil water. Add to oatmeal and stir. Put in microwave for a 90 seconds. It should start to puff up in the middle. Add remaining ingredients. Stir. Let sit for a few minutes. You can add more water if you want it more smooth. Serve with cream on top. You can add a little non-dairy creamer if you don't have cream.

This is a versatile recipe. If you don't have strawberry's, nuts or cranberries you are fine.

I like a bit more sugar so I add 1 more Tbls. to my bowl.

Serves 4-5 people

## *Grits*

Cook grits as the package says. My favorite is to dump in powdered sugar and that's it. Brown sugar is also good. I think adding butter gives it a nasty taste but hey that's me.

## *Anna's Granola*

Mix:

4 cups oatmeal, 1 cup wheat germ, 1 cup sweetened coconut, ½ cup unpacked brown sugar, ½ cup oil, 1 Tbls. Vanilla mixed in ½ cup water. Add slivered almonds, walnuts and/or pecans

Bake at 350 for one hour. Stir every 15 minutes. Pour honey on to taste before last 15 minutes of cooking. After the granola is cool, add Sunsweet chopped dates.

### Tasty Rice

Follow the directions for making long grain rice. Before cooking, add a little lemon juice and minced cilantro.

### Saffron Rice

1/8 tsp. powdered saffron  
2 cups boiling water, divided  
2 Tbls. butter  
1 cup uncooked long-grain white rice, not rinsed  
1 tsp. salt

Steep the saffron in 1/2 cup boiling water.

In a skillet that can be tightly covered, melt the butter over medium-high heat. Stir in the rice and salt. Cook, stirring constantly, until the rice begins to absorb the butter and becomes opaque, but do not brown the rice.

Quickly pour in the remaining 1 1/2 cups boiling water along with the saffron water. Cover immediately, reduce heat to low, and cook 20 minutes, or until all of the liquid is absorbed. For best results, do not remove the lid while the rice is cooking.

### Anna's Ham Fried Rice

Apx. 4 cups cooked white rice (can be leftovers from the night before)  
1/4 cup soy sauce  
4 oz. diced ham  
2 Tbls. Canola oil  
3 eggs  
1 tsp. garlic  
1/2 cup peas  
3 stalks green onions

Mix soy sauce with rice. Add to heated oil. Stir fry for a few minutes. Add eggs and stir fry for a minute. Add garlic and peas and fry a few more minutes. Finally, add green onions.

### Falafel

Mix 3 oz. Casbaah brand falafel with 1/2 cup water. Let sit for 10 minutes. Form into 6 small patties. They should be about 1/2 inch thick. Fry on medium heat for 3-5 minutes or until brown. The oil should go half way up the sides of the patties.

Mix 1/2 of a large diced tomato, 1/2 diced cucumber, some diced onion, 2 Tbls. olive oil and 2 Tbls. lemon juice.

In a pita pocket spoon in some plain yogurt, vegetable mix and two falafel patties. Eat up.  
(Serves 2 people)

## Homemade Falafel

1 cup dry garbanzo beans, soaked overnight or ½ cup garbanzo beans and ½ cup dry fava beans  
1 bunch parsley, cleaned and stems removed  
1 medium onion, cut into four parts  
1 tsp. Sahara Spice Mix  
1 tsp. salt

Put beans, parsley and onion into food processor. Process on high until mixture is course sand consistency. Add spice and salt to taste. Form into balls about the size of a small egg. (There are special falafel tools to do this, but two spoons will work). Heat enough vegetable oil to cover balls in a deep skillet or pan (a wok works well too) on high heat, then reducing to medium high. Place balls in oil and cook for several minutes turning as needed until each side is a deep brown. Remove from oil and place on paper towels to remove excess oil.

To serve, open a half slice of pita bread and spread with Hummus. Place two falafel balls into the pita. Add lettuce, tomatoes, onions. Add tahini dressing. Or falafel balls can be eaten on a plate accompanied by rice and taboule.

## Homemade Refried Beans

2 cups dry pinto beans  
2 tsp. salt  
2 tsp. taco seasoning  
½ tsp. cumin  
1 tsp. chili powder  
2 tsp. onion powder  
1 tsp. garlic powder

Soak beans in a 2 quart saucepan filled with water overnight. Drain water. Add more water to within a couple of inches of the top of pan. Bring to a boil. Reduce heat and simmer about 1 ½ hours until beans are soft. Add salt, taco seasoning, onion powder and chili powder. Simmer another ½ hour. Let cool. Pour in blender and blend until smooth. More water can be added if it is too thick. Makes about 6 cups. Can be frozen in smaller containers until ready to use.

## Jerry's Beans & Nachos

Lay out large white corn chips on a plate. Sprinkle with white rice. Spoon on globs of refried beans. Cover with cheddar cheese. Layer on onion and jalapeño peppers. Zap in the microwave for a minute and a half. In my opinion, they taste better from the microwave than from a conventional oven. Salt and spoon on salsa and a touch of sour cream.

### Chicken:

I like to get cut up some chicken and marinate it in honey mustard. Fry it up with onions and put on the nachos.

### Pork:

Layer on some pulled pork.

### Smoked Chicken:

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If I have some smoked chicken around (See Smoked Chicken or Fish), put a little on top. Dynamite!

### Texas Beans

1 16 oz. package of pinto beans  
1 large onion  
2 cloves garlic  
1 pound Italian sausage

Cook up a package of pinto beans. Separately, cook a pound of bacon or spicy Italian sausage. In the remaining fat, sauté a large diced onion.

When the beans are almost ready add the onion, 2 cloves garlic and salt and pepper to taste. When beans are soft add the meat.

Serve with rice and fresh flour tortillas.

### Quick Beans

32oz. package of pinto beans  
1 large diced onion  
1 Tbls. Black pepper  
1 Tbls. Salt  
2 cloves garlic or powder  
1 tsp. cumin  
1 Tbls. bacon grease or oil  
4 quarts water (you can substitute some water with pork stock)

Rinse and sort beans.

In an 8 quart pressure cooker add all ingredients. Get the cooker to full steam (high 15psi) and cook for 20 minutes. Let cool and eat.

Serve with hot sauce, fresh flower tortillas and rice.

Optional: You can add meat such as pork, smoked turkey or sausage when you are done. Adjust with different spices and peppers.

Note: Even the same types of beans vary in density. Sometime they may need more time.

### Quick Refried Beans

16oz. package of pinto beans  
8 cups water  
1 tsp. black pepper  
2 tsp. salt  
1 tsp. cumin  
1 tsp. garlic powder

Mix everything in the pressure cooker. Cook at 15psi for 20 minutes. Poor into the blender and blend to

the consistency you like. They absorb more water so it can be a bit runny but poor off any excess if necessary.

# *Filled Things*

## *La Casita Enchiladas*

Cook and fork-split a beef roast. Cook with tons of onions. Zap a corn tortilla in the microwave to soften. Roll the enchilada with beef roast and onions. Cover with red or green salsa. Zap in the microwave for two minutes. Put some refried beans on the plate and Monterey Jack cheese on the enchilada. Zap until cheese is melted.

Roll the enchilada in a warm flour tortilla and eat like a burrito.

## *Chicken Tacos*

Boil some chicken breasts. Shred them up with a fork. Add some McCormick Mesquite Fajita mix (actually make the mix) to the chicken.

Fry up some onions. You can spice them by adding some Salsa Verde.

Fry some corn tortillas until somewhat crispy. You should still be able to bend them.

Assembling the Tacos

Put a little Monterey Jack cheese on the tortilla. Add some onions and chicken. Zap in the microwave until the cheese is melted. Fold and add some sour cream and red salsa.

## *Fish Tacos*

Cook some fish. Trout or Tilapia work great. Make a taco out of warm corn tortillas. Add some cabbage, Pico de Gallo and Marvell's Green Ranch.

## *Chicken Soft Tacos*

Cook some chicken nuggets. Cook some tortillas on the stove. Fill tortilla with chicken, cheese, lettuce and dressing.

## *Anna's Enchiladas*

Brown hamburger and mix in favorite salsa and tomato sauce.

Soften tortillas in hot oil (put them in and immediately take them out). Fill each tortilla with hamburger mixture and cheese (grated cheddar & Monterey Jack) and roll up. Place in 9x13 pan. Cover with more sauce and cheese. Bake about ½ hour until cheese bubbles. Eat with salsa and sour cream on top.

## *Fajita's*

Soak chicken in Italian dressing and then fry with onions and peppers. Put in a flour tortilla with salsa, sour cream and limejuice. This recipe doesn't give the chicken as much flavor as I would like. We are working on giving the chicken more punch. We haven't cared for the fajita mixes from the store.

## Fajita's II

Cut two pounds of chicken breasts into thin strips. Marinate in McCormick Mesquite Marinade. Sauté two large onions and a bell pepper. Brown the chicken on high heat. The high heat keeps the meat juicy. Serve with warmed flour tortillas with salsa, sour cream and limes.

Leftovers are very good served in a toasted pita.

## Martha Inzunza's Tamale's

Get recipe.

## Corn Tortilla Little Donkey's

Brown some burger with an onion. Butter a corn tortilla and fry until somewhat crisp. Put some cheese, refried beans and burger on it while it cooks. Add some salsa, sour cream, salt, pepper and fold up.

## Cheese Crisp/ Quesadilla

Spread a small amount of butter on one side of a flour tortilla. Toss it in a skillet and place a little cheese on one side. Flip one side over so it looks like a half moon. Brown both sides, cover with sour cream and salsa.

Optional: place large slivers of avocado on top. For a chicken quesadilla, put in some left over chicken inside the tortilla before frying.

## Little Donkey's (Burritos)

Zap some refried beans. Toss it in a THIN freshly cooked flour tortilla with cheddar cheese, salsa, sour cream and lettuce. Try adding rice or black beans.

## Jerry's Breakfast Sandwich

Brown sausage, then cut in chunks and toss with scrambled eggs and cheddar cheese. Roll up in a flour tortilla.

## Egg Rolls

Brown some hamburger. Mix the hamburger with chopped cabbage and julienne carrots. Roll in egg roll wrappers and deep fry until brown. Eat with rice and Beaver brand hot mustard.

# *Sandwiches*

## *Grilled Cheese Sandwiches*

Butter white or wheat bread on one side. Place on skillet with thin slices of cheese on top then cover with the other side of bread. Salt the top of the bread. When golden brown serve with lay's potato chips and dill pickles that are very vinegary.

It also is good served with mustard and a slice of ham on it.

## *Hamburgers*

I don't do anything special. Just make a burger.

## *Jerry Sandwich*

Cook up some white rice.

Sauté a large onion. Brown one pound hamburger. Add some taco spice. You don't need to add so much that it becomes taco meat. (You can also use left-over pork roast and onions.)

Grill some un-cooked flour tortillas. Add rice, meat, onions, salsa, sour cream and salt to tortilla. Top with "Cilantro Jalapeno dressing".

Great as left-over's.

## *Cucumber Sandwich*

Toast thick white bread. Spread on some Miracle Whip. Cut up a cucumber and place slices on toast.

## *Apple Tuna Fish Sandwich*

Cut up an apple and some onion. Add to tuna fish and Mayo. Put on bread with lettuce. Also great using toasted bread.

## *Bagel Ham and Cream Cheese*

Toast a bagel. Add cream cheese and ham.

## *Anna's Enhanced Fishwich*

In a bowl, mix tuna, mozzarella cheese, salt, pepper, onions and miracle whip. Spread on homemade bread, butter both sides of bread and grill until brown.

## *Corey's Grilled Cheese, Ham and Mustard Sandwich*

Make a typical grilled cheese sandwich but put on a small layer of quality ham and mustard.

### Chili Dogs

Take a high quality hot dog (I like Armor brand) and fry it in bacon grease. Ok, high quality is pushing it but some are better than others. Place some cheddar cheese and dog in the bun and dump chili over the top. Add some mustard on top and eat up.

### Jerry's New York Hotdogs

Buy some thick sausage style dogs. Fry these in a skillet with peppers and onions. Before they are done add in a bunch of ketchup and mustard. Make a slurry and dump it on a slightly stale, slightly toasted bun. Not one of those skinny buns. Use the type that are large and almost rectangular.

### Regular Hot Dogs

Armor or Nathan's brand, fried in bacon grease with mustard, ketchup and a bread and butter pickle.

### Corn Dogs

I love fresh corn dogs. You know the hand dipped and fried ones. They sell them in the mall with lemonade. I love them with mustard. As for the frozen kind. I can't eat them. Nevertheless, I add them to the recipe book because Hunter says they are his favorite food.

### Panini

Slice high quality bread. It can be peasant bread, ciabatta or an Italian.

Make a sandwich with artichoke spread, roasted bell pepper, Monterey Jack cheese, ham. Put some olive oil in a pan and toast on both sides. Smash it down with a spatula.

Optional: fresh oregano or basil leaves, tomato, mayonnaise, onion, Dijon, mozzarella, prosciutto,

# Casserole

## Spinach & Artichoke Casserole

2 10 oz. packages of spinach, thawed and squeezed dry  
1 13 oz. can of artichoke hearts, drained and chopped.  
½ cup cream  
1/8 tsp. salt  
1/8 tsp coarsely ground black pepper  
2/3 cup grated parmesan cheese  
1 8 oz. package cream cheese  
1 cup whole milk

Preheat oven to 350° F.

In a bowl, combine spinach, artichokes, cream salt, pepper and 1/3 cup Parmesan cheese.

In a small bowl, with mixer at medium speed, beat cream cheese until fluffy, occasionally scraping bowl with rubber spatula. Reduce speed to low, gradually add milk, just until blended.

Spoon spinach mixture into a shallow 8x8 glass baking dish. Pour cream cheese mixture evenly over spinach mixture. Sprinkle with remaining 1/3 cup Parmesan cheese. Bake for 25-30 minutes or until edges bubble and top is golden.

Makes 8 servings. Apx. 235 calories.

## Anna's Zucchini Quiche

This recipe is all about fresh vegetables. If you make it with home grown produce it will be much better than if you buy them at the store in the off season.

olive oil  
1 large chopped onion  
1/4 teaspoon minced garlic  
4 small sliced zucchini (enough to fill a pie shell)  
4 sliced Roma tomatoes (reserve some slices for top of pie)

5 beaten eggs  
fresh parmesan cheese  
fresh basil



Sauté onions, garlic, zucchini and tomatoes until soft. Salt to taste. Place in uncooked pastry shell. Arrange reserved tomato slices on top of pie. Pour eggs over and grate on parmesan cheese. Place fresh basil on top. Bake about 30 minutes at 400°.

### Lora's Tuna Casserole

Boil some form of pasta (usually macaroni or angel hair). Strain and put back in pot. Toss in ½ cup cream of chicken soup, cooked frozen corn, cooked frozen peas, cooked lima beans, some onion, a can of tuna, salt and pepper, cheddar cheese and crunched up potato chips. Bake a while. Cheese needs to be fully melted. It's not rocket science! Slop it on a plate and eat. Optional: Add some sour cream and/or milk to moisten.

Frankly, now that I am an adult I think this is a bit disgusting.

# Desserts

## Cakes

### Macaroni Grill Chocolate Cake (Mormon Version)

#### Cake Ingredients:

1  $\frac{3}{4}$  cups mayonnaise (Best Foods)  
1  $\frac{3}{4}$  prepared Postum or Pero (1  $\frac{3}{4}$  hot water + 2 teaspoons Postum)  
1 Tbls. lemon juice  
1  $\frac{1}{2}$  tsp. vanilla  
3 cups flour (add 2 Tbls. for high altitude)  
1 Tbls. baking soda  
1 cup cocoa powder (SACO premium cocoa)  
1  $\frac{1}{2}$  cups granulated sugar

#### Ganache Ingredients:

1 cup heavy whipping cream  
8 ounces semisweet chocolate chips.

Preheat oven to 350°.

Combine mayonnaise, Postum, lemon juice, vanilla. Add to flour, baking soda, cocoa powder and sugar mixture. Combine ingredients, but do not over mix.

Butter and flour a 13x18 inch jelly roll pan or a 9x13 inch cake pan. Bake for approx. 18 minutes if using a jelly roll pan and approx. 40-45 minutes for 9x13. Two round cake pans for 32 minutes. Use a toothpick to check doneness and make allowances for different oven usage. Let cool for 30 minutes then cover with plastic wrap or foil until you add the ganache.

#### Ganache Frosting:

Place 8 ounces of chocolate chips in a metal bowl. Microwave cream to boiling point. Pour cream over chocolate chips and stir with a wire whisk until smooth. Let cool till it thickens a bit then pour on cake.

Serve à la mode with vanilla ice cream.

### Anna's Chocolate Cake

Cake: Mix 1 and  $\frac{2}{3}$  cups flour, 1 cup sugar,  $\frac{1}{2}$  cup cocoa, 1 tsp. baking soda, and a  $\frac{1}{2}$  tsp. salt. Add  $\frac{1}{2}$  cup sour cream, 1 cup milk, 1 egg,  $\frac{1}{2}$  cup oil, and 2 tsp. vanilla. Pour in a 9 by 13 greased and floured pan. Bake at 350° for 30-35 minutes.

Frosting: When cake is still hot from oven, sprinkle with about  $\frac{1}{2}$  cup chocolate chips. When they melt spread them with a knife. Immediately sprinkle with chopped walnuts.

### Basic Devil's Food Cake

Preheat oven to 350°

Combine:

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1 ½ cup flour  
1 ¼ cup sugar  
½ cup unsweetened cocoa  
1 ¼ tsp. baking soda  
1 tsp. salt

Separately Combine:

1 cup \*buttermilk  
2/3 cup oil  
1 tsp. vanilla  
2 eggs

\*If you don't have buttermilk you can substitute 1 cup regular milk and 1 Tbls. Vinegar or lemon juice.

Blend all ingredients at low speed then beat at medium speed for 3 minutes.

Pour batter in greased and floured cake pan. Bake for 25-30 minutes. Verify that the cake is done with the toothpick test.

Cool for 5 minutes before removing from pan.

### *Fabulous Carrot Cake*

Original recipe makes 1 - 9x13 inch cake

4 eggs  
¾ cups vegetable oil  
½ cup applesauce  
1 cup white sugar  
1 cup brown sugar  
1 Tbls. vanilla extract  
2 cups all-purpose flour (plus 2 Tablespoons high altitude)  
1 tsp. baking soda  
2 tsp. baking powder  
½ tsp. salt  
3 tsp. ground cinnamon  
¼ tsp. nutmeg  
3 cups grated carrots  
1 cup chopped pecans or walnuts

Frosting

½ cup butter, softened  
8 ounces cream cheese, softened  
3 ½ cups confectioners' sugar  
1 tsp. vanilla extract  
1 cup chopped pecans or walnuts

Preheat oven to 350°. Grease and flour a 9x13 inch pan and cook for 1 hour. (Or cook in a jelly roll pan and bake for about 22 - 25 minutes)

In a large bowl, beat together eggs, oil, applesauce, sugar and vanilla. Mix in flour, baking soda, baking

powder, salt, cinnamon and nutmeg. Stir in carrots. Fold in nuts. Pour into prepared pan.

Bake in the preheated oven for 40 to 50 minutes for a 9x13 or 22 - 25 minutes for a jelly roll pan, or until a toothpick inserted into the center of the cake comes out clean.

To Make Frosting: In a medium bowl, combine butter, cream cheese, confectioners' sugar and 1 teaspoon vanilla. Beat until the mixture is smooth and creamy. Cover with chopped walnuts. Frost the cooled cake.

### Italian Lemon Pound Cake

#### Ingredients:

##### For the cake:

1 cup butter, softened

2 cups sugar

3 eggs

½ cup of sour cream

1 teaspoon vanilla extract

4 Tbls. lemon juice

Zest of 2 lemons (around 2 tablespoons)

½ teaspoon of fresh ginger, minced

3 cups all purpose flour

1 tsp. baking powder

½ tsp. salt

½ cup buttermilk (or alternatively you can combine 1 tablespoon vinegar in a ½ cup of whole milk)



##### For the lemon glaze:

1 ½ cup powdered sugar

3 Tbls. fresh lemon juice, room temperature

#### Instructions:

Preheat oven to 325°F.

Combine flour, baking powder, and salt and leave aside.

In another bowl, beat sugar and butter until light and fluffy. Add in eggs, one at a time. Whisk in the sour cream, vanilla, lemon zest, lemon juice, and ginger.

Mix ½ of the flour mix into the butter mix. Pour in the buttermilk and then beat in the remaining flour mix. Combine just until the flour disappears.

Spread the cake mixture into a Bundt pan, (you can also use a spring form pan) which has been generously sprayed with nonstick baking spray. Place in the oven and bake for around 65-80 minutes or just until a tester inserted in the center of the cake comes out clean. Then, remove from the oven and let cool for 5 minutes. In the meantime, prepare the lemon glaze.

#### Lemon Glaze:

Beat the lemon juice and powdered sugar together until you get a smooth glaze mixture. Next, turn it over on a cake platter and drizzle the lemon glaze over the cake while still warm – so the glaze could soak into the cake. Leave the cake to cool completely.

Serve with whipped cream or lemon cream cheese frosting.

Lemon Cream Cheese Frosting:

Combine 4 oz. of cream cheese, softened, 1 Tbs. of lemon zest, ¼ cup of lemon juice and 2 cups of powder sugar. Mix until smooth and creamy.

### Lora's Awesome Pumpkin Cake

4 eggs  
1 cup oil  
2 cups sugar  
1 tsp. vanilla  
2 cups canned pumpkin  
2 cups flour  
1 tsp. baking soda  
1 tsp. salt  
2 tsp. cinnamon

Mix ingredients and pour into greased and floured 11x17 cooking sheet. Bake at 350° for 20min.

Frosting:

3 oz. Philadelphia cream cheese  
1 stick butter  
3 ½ cups powdered sugar  
1 tsp. vanilla  
7 Tbsp. milk

Whip together. Spread on cake. Sprinkle walnuts on top if you like.

### Rhubarb Cake

1 ½ cup lightly packed brown sugar  
1 cup oil  
1 cup buttermilk  
1 tsp. cinnamon  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. vanilla  
1 egg  
2 ½ cup flour  
1 ½ cup rhubarb, cut in small pieces  
½ cup walnuts  
1 Tbs. butter, softened  
¾ tsp. cinnamon  
½ cup sugar

Mix brown sugar, oil and buttermilk. Add 1 tsp. cinnamon, soda, salt, vanilla, egg and flour. Mix well. Add rhubarb and nuts, mix well. Spoon into greased 9x13 or 2 loaf pans. Combine butter, sugar and 2/4 tsp. cinnamon, mix until crumbly. Sprinkle over batter. Bake at 350°. For 9x13 it takes between 40-45 minutes. For loaves about an hour or until a toothpick comes out clean.

## Apple Cake

(Serves 8 to 10)

9 Tbls. unsalted butter  
3 golden delicious, gala or fuji apps (peeled and sliced)  
1 ½ cup flour  
1 ½ tsp. baking powder  
1 tsp. cinnamon  
½ tsp. salt  
1 cup sugar  
zest of ½ lemon  
2 eggs  
¼ cup milk  
confectioners' sugar, for dusting  
cinnamon, for dusting

Melt 1 Tbls. butter in skillet over medium heat. Add apples and cook until softened (about 10 minutes). Heat oven to 375°. Butter and flour a 9x13 pan. Combine flour, baking powder, cinnamon and salt; set aside.

In a large bowl, beat remaining 8 Tbls. butter with the sugar and lemon zest until light and fluffy. Beat in eggs, one at a time, until well mixed. Using a wooden spoon, beat in flour mixture in tee batches, alternating with milk in two batches. Stir in apples.

Scrape batter into pan and bake until toothpick comes out clean (50-60 minutes). Turn out on a wire rack and cool. Just before serving, dust with confectioner's sugar and cinnamon. Serve with whipped cream.

## Italian Cream Cake

For the cake:

2 cups all-purpose flour  
1 tsp. baking soda  
1 cup unsalted butter, softened  
2 cups granulated sugar  
5 large eggs, separated  
1 Tbls. vanilla extract  
1 cup buttermilk  
1 cup flaked coconut

For the frosting:

2 cups whipping cream  
1 tsp. vanilla  
¼ cup sugar

Preheat oven to 350°. Grease and flour 3 9-inch round cake pans.

Whisk together flour and baking soda. Set aside.

Using an electric mixer on medium speed, beat butter until fluffy. Gradually add sugar and beat well.

Add egg yolks, one at a time, beating well after each addition. Mix in vanilla.

Add flour mixture, alternating with buttermilk, and beat at low speed. Begin and end with flour mixture. Stir in coconut.

Beat egg whites until stiff peaks form. Gently fold into batter.

Pour batter into prepared pans. Bake for 25 minutes, or until a pick inserted into the center comes out clean.

Cool cakes in pans on wire racks for about 10 minutes. Then, remove from pans to wire racks to cool completely.

To make the frosting:

Whip about 2 cups whipping cream. Add 8 ounces room temperature cream cheese. Add 1 tsp. vanilla and sugar to taste (perhaps 1/4 cup)

Spread frosting between cake layers and on top and sides of cake.

### *Fantastic White Cake*

2 cups all purpose flour  
1 ½ cups sugar  
3 tsp. baking powder  
1 tsp salt  
1 cup milk  
¼ cup butter  
¼ cup coconut oil  
2 tsp. vanilla  
4 egg whites

Heat oven to 350°. Grease and flour two 9- inch round cake pans. In a large bowl, combine flour, sugar, baking powders, salt, milk, butter and oil. At a low speed until moistened; beat 2 minutes at medium speed. Add vanilla and egg whites. Continue beating an additional 2 minutes. Pour into prepared pans. Bake at 350° for 20-30 minutes or until toothpick comes out clean. Cool 10 minutes; remove from pans. Cool completely. Service with frosting or whipped cream. Excellent in a berry trifle.

If using a 9x13 inch pan, grease and flour the bottom only. Bake 25-35 minutes. Check with toothpick. High altitude: Increase with 3 Tbls. flour. Bake at 375° for 20-30min.

### *Basic Yellow Cake*

2 ½ cups all-purpose flour  
1 ½ cup sugar  
3 tsp. baking powder  
1 tsp salt  
1 ¼ cups milk  
2/3 cup shortening

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2 tsp. vanilla  
2 eggs yolks  
2 eggs

Heat oven to 350°. Generously grease and lightly flour bottom only of 13x9 inch pan. In large bowl, blend all ingredients except vanilla, egg yolks and eggs, at low speed until moistened. Beat 2 minutes at medium speed. Add vanilla, egg yolks and eggs; beat 2 more minutes at medium speed.

Cake can also be baked in two 9 inch or three 8 inch round pans.

High Altitude: Increase flour by 2 Tablespoons and milk by ¼ cup; use 3 whole eggs. Bake at 375° for 30-40 minutes.

### *Gingerbread Cake*

1 1/3 cup flour  
¾ tsp. cinnamon  
¾ tsp. ginger  
½ tsp. baking powder  
½ tsp. baking soda  
½ tsp. allspice  
¼ tsp salt  
½ cup firmly packed brown sugar  
½ cup shortening  
½ cup boiling water  
½ cup molasses  
1 egg (slightly beaten)

Preheat oven to 350°. Grease bottom only of 9x9 or 8x8 square pan. In large bowl, combine first 7 ingredients. Add remaining ingredients; blend well. Pour batter into prepared pan. Bake for 25-35 minutes or until toothpick in the center comes out clean. Serve slightly warm with whipped cream.

High altitude: decrease baking powder to ¼ tsp. Bake at 375° for about 30 minutes.

### *Chocolate Truffle Tort*

#### Step 1

Mix 12 oz. semi-sweet chocolate (chocolate chips work) and 1 ½ stick butter (preferably unsalted). Melt over a double boiler.

#### Step 2

Separate 6 eggs  
Whisk egg yolks over double boiler till a lemony yellow.

#### Step 3

Stir eggs into lukewarm chocolate mixture.

#### Step 4

Whip egg whites till soft peaks form. Fold whipped whites into chocolate mixture.

## Step 5

Add contents to a greased spring form pan with a circle of wax paper at the bottom. Wrap exterior with foil. Place in a 9x13 pan with an inch of water. Bake at 350° for about 50 minutes. Cool cake in spring form pan on rack.

### Flourless Chocolate Torte

10 oz semisweet chocolate chips  
¾ cup butter, cut into six pieces  
5 large egg yolks  
¼ cup plus 2 Tablespoons sugar  
1 teaspoon vanilla extract  
dash of salt  
3 large egg whites at room temperature

Preheat oven to 300°. Grease the bottom of an 8 in. round spring form pan and line it with parchment paper. Grease the paper and the sides of the pan, then dust with cocoa powder.

In the top of a double boiler, combine the chocolate and the ¾ cup butter. Set over barely simmering water and melt, then whisk until well blended. Set aside to cool slightly.

In a large bowl, with a mixer set on medium high speed, beat together the egg yolks, ¼ cup sugar, vanilla, and salt until pale and very thick. Gradually pour in the chocolate mixture and continue beating until well blended.

In deep, clean bowl, using a mixer on medium-high speed beat the egg whites until foamy. Gradually add the remaining sugar and continue to beat until medium-firm peaks form. Scoop half of the egg whites onto the chocolate mixture and fold them in gently. Fold in the remaining whites just until no streaks remain.

Pour the batter into the prepared pan and spread it out evenly. Bake the torte until it puffs slightly and a toothpick inserted into the center comes out very moist but not liquid, about 45 minutes. Let cool on rack for 30 minutes.

Run a small knife around the inside of the pan to loosen the cake, then invert onto a flat plate. Lift off the pan and carefully peel off the parchment paper. Let cool completely. Cover and refrigerate until very cold, at least 4 hours or overnight.

### *Fruit Desserts*

#### Apple Clafoutis

(Serves 6 to 8)

1 Tbls. butter  
3 gala, golden delicious or fuji apples (peeled and sliced)  
¼ cup plus 1/3 cup sugar  
3 large eggs, lightly beaten  
1 tsp. salt  
1 ¼ cup milk  
¼ cup flour  
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¼ cup apple juice  
confectioners's sugar for dusting

Heat oven to 350°. Butter a 10 inch pie plate. Melt butter in skillet over medium heat. Add apples and ¼ cup sugar. Cook until apples are soft and lightly brown (about 10 minutes). Spread over bottom of pie plate. Whisk eggs with remaining 1/3 cup sugar and salt, milk and juice. Sift flour over mixture and whisk until smooth. Pour over apples and bake until puffed and set (about 50-60 minutes).

Dust with confectioner's sugar and broil to caramelize top. Serve warm with vanilla ice cream.

### *Anna's Springtime White Cake with Strawberries*

Make a basic white cake recipe. Ice with whipped cream frosting (cream, powdered sugar, vanilla, corn starch). Top with strawberries and kiwi fruit.

### *Mixed Berry Trifle*

Make a white cake. Cut into squares. ½ cake per trifle.

Blancmange (vanilla pudding) 1 batch per trifle  
6 tablespoons cornstarch  
8 tablespoons sugar  
¼ teaspoon salt  
4 cups milk  
2 teaspoons vanilla

Mix cornstarch, sugar, and salt with ½ cup of the milk. Heat the remaining milk, then slowly add it to the cornstarch mixture, stirring constantly, in a heavy-bottomed pan over moderately low heat or in a double boiler. Continue to cook for about 15 minutes so that the raw taste of the cornstarch disappears. Let cool, then add the vanilla.

Whipped cream – heavy whipping cream (almost a quart),  
sugar to taste and vanilla

Mixed berries (frozen from Costco) I pour a good portion in a bowl and dust with sugar.

Layer in a trifle dish with pudding, cake squares, whipped cream and frozen mixed berries. Repeat 3 times. Last layer of berries look pretty in center.



### *Pies & Pastries*

#### *Basic Pie Crust*

For two pies:  
2 cups flour  
¾ cup shortening  
1 tsp. salt

5-7 Tbls. ice water

Mix the salt and flour. Add other ingredients and chop up with two butter knives. You can also use a fork. Mix until the crumbs are no larger than a pea.

Add enough cold water to make soft dough (approximately 5-7 Tbls.).

Roll out dough between two dusted sheets of wax paper or Glad plastic wrap. Extra dough makes great cookies baked with sugar and cinnamon on top.

### *Rockin' Coconut or Banana Cream Pie*

#### Ingredients:

1 9-inch pie shell, baked (prick with fork, cook at 450° for 9-12 minutes)  
3 cups whole milk  
¾ cup white sugar  
1/3 cup all-purpose flour  
¼ teaspoon salt  
3 egg yolks, slightly beaten  
2 Tbls. butter  
1 tsp. vanilla  
3 bananas or for coconut use 1 cup coconut in the milk

#### Instructions:

Have baked 9-inch pie shell ready. In another saucepan, combine the sugar, flour and salt; gradually stir in the milk. Over medium heat, stirring constantly, cook until thickened. Cover and, stirring occasionally, cook for two minutes longer. In a small bowl, have the 3 egg yolks, slightly beaten, ready; stir a small amount of the hot mixture into beaten yolks; when thoroughly combined, stir yolks into hot mixture. Cook for one minute longer, stirring constantly.

Remove from heat and blend in the butter and vanilla. Let sit until lukewarm then pour in pie shell. Top with a thick coating of toasted coconut.

For banana cream pie, add sliced bananas to pie shell and pour in warm filling.

Let the pie cool in the fridge for 3-4 hours before serving.

### Minute Brand Tapioca Pies (Blackberry Pie)

For 1 Blackberry pie, mix 4 cups berries, ¼ cup tapioca, 1 cup sugar and 1 Tbls. lemon juice. Let stand 15 minutes.

Heat oven to 400°. Add filling to pie crust and dot with 1 Tbls. butter. Cover with crust and poke holes in top. Brush on a beaten egg. Place some foil below pie to catch drippings. Bake 1 hour.

For Apple pie, use 6 cups sliced apples, 2 Tbls. tapioca, ¾ cup sugar, ½ tsp cinnamon and ¼ tsp. nutmeg.

For Cherry pie, mix 4 cups cherries, 3 Tbls. tapioca, 1 1/3 cup sugar and ¼ tsp almond extract.

For Peach pie, mix 4 cups sliced peaches, ¼ cup tapioca, ¾ cup sugar and 1 Tbls. lemon juice.

### Pumpkin Pecan Crumble

#### Ingredients:

1 boxed yellow or white cake mix  
1-2 sticks butter (see notes in instructions)  
1 16 oz. can pumpkin\*  
2 eggs  
1 can sweetened condensed milk  
1 tsp. cinnamon  
½ tsp. pumpkin pie spice  
¼ tsp. ginger  
1/8 tsp. cloves  
1/8 tsp. nutmeg  
1/2 tsp. salt  
1/3 cup chopped pecans  
1/2 tsp. additional cinnamon for topping

#### Method:

Preheat oven to 350°.

Place 2 cups of the cake mix in a bowl. Cut in 3 Tbls. chilled butter. Just use your fingers to crumble the butter until it's in small crumbly pieces. Place mixture in a 9×13 baking dish and press flat with your fingers. Mix pumpkin, eggs, sweetened condensed milk, and spices until smooth. Pour on top of the cake mixture in the pan. Now take 1 cup of the dry cake mix and mix in ½ tsp. cinnamon. Sprinkle it all over the top of the pumpkin mixture. Next sprinkle on the chopped pecans. You'll have 3 distinct layers now.

Drizzle 3 Tbls. melted butter on top. That butter is going to combine with the cake mix and make magic in the oven. Pop it in your 350° oven for about 40 minutes or so. A knife should come out without globs of pumpkin on it and the topping should be nice and golden. You can serve warm, chilled or room temperature. Topping options are whipped cream, cool whip, or vanilla ice cream.

This makes a dessert about an inch thick or less. That's because I like a high topping-to-pumpkin ratio. If you'd like it thicker, use a large can of pumpkin and double the rest of the filling ingredients (Eggs, sweetened condensed milk, and spices). Leave the rest of the recipe the same.

## Key Lime Pie

### Ingredients:

½ cup lime juice (3 to 4 limes)  
4 teaspoons grated lime zest  
4 egg yolks  
1 14-ounce can sweetened condensed milk  
11 graham crackers, processed to fine crumbs  
3 tablespoons granulated sugar  
5 tablespoons unsalted butter, melted

### Instructions:

Preheat oven to 325°

Separate eggs. Whisk the egg yolks and lime zest together in a bowl until tinted light green. This takes about 2 minutes. Beat in milk, then juice and set aside at room temperature till it thickens.

Melt butter. Mix graham cracker crumbs and sugar in another bowl. Add butter and stir with a fork until well blended. Put crumb mixture into a 9-inch pie pan and press over the bottom and up the sides of the pan. Try using the bottom of a measuring cup to make sure the graham cracker mixture forms a firm crust on the bottom of the pie pan.

Bake crust on the center rack for about 15 minutes until the crust is lightly brown, remove and let cool to room temperature.

Pour the lime filling into crust, spread evenly, and then bake for 15 minutes until the center sets, but still wiggles when shaken.

Remove from oven and cool to room temperature. Refrigerate for at least three hours until well chilled.

Top with whipped cream.

## Chocolate Pie

### Crust:

crush 52 OREO cookies  
½ cup melted butter

### Filling:

16 oz. cream cheese  
1 container (8 oz.) sour cream  
8 oz. confectioner's powdered sugar  
1 tsp. vanilla extract

### Topping:

¼ cup sugar  
2 Tbsp. cornstarch  
1 tbsp. flour  
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¼ cup powdered cocoa  
¼ tsp. salt  
¼ cup milk  
3 egg yolks, beaten  
2 cups milk  
¾ cup sugar  
1 Tbsp. butter  
1 tsp. vanilla extract  
1 tsp. almond extract

Directions:

Crust

Mix pecans and walnuts and add to pie crust or, if desired, use 2 frozen pie crusts, baked according to package instructions, with nuts divided evenly over bottom of crusts. Set aside to cool. Optional: you can add some roasted chopped pecans or walnuts to the crust. You can also use graham cracker crusts.

Filling

Mix cream cheese, sour cream, confectioner's sugar and 1 tsp. vanilla with electric mixer or food processor until well blended. Divide evenly between pie crusts. Refrigerate for 2 hours or longer.

Topping

In a bowl, blend ¼ cup sugar, cornstarch, flour, cocoa, salt, ¼ cup milk and egg yolks; set mixture aside. Place 2 cups milk and ¾ cup sugar in a saucepan and bring to a boil over high heat, whisking constantly, to bowl ingredients. Transfer bowl ingredients back into saucepan and bring to boil, stirring constantly, over medium heat. Continue to cook for 5 minutes. Stir in 1 Tbsp. butter and 1 tsp. vanilla and almond extracts. Cool and spoon over Pies. Refrigerate Pies.

Makes 2 pies

Lemon Pie

1 (9 inch) pie crust, baked  
5 Tbls. cornstarch  
1 cup white sugar  
1 tsp. salt  
2 cups water  
3 egg yolks  
2 Tbls. butter  
5 Tbls. lemon juice  
¼ tsp. lemon zest  
3 egg whites  
6 Tbls. white sugar

Preheat oven to 350°. To Make Lemon Filling: In a double boiler, combine cornstarch, sugar, and salt. Stir in water, mixing well. Cook until mixture is thickened, stirring frequently. Remove from heat. Place egg yolks in a medium bowl and beat well. Slowly pour ½ cup of cornstarch mixture into egg yolks, whisking constantly. Pour egg yolk mixture back into cornstarch mixture in double boiler, continuing to whisk constantly. Return double boiler to heat and cook mixture 2 minutes longer, stirring constantly. Remove from heat. Stir butter or margarine, lemon juice, and lemon rind into thickened mixture. Allow mixture to cool, then pour into pie shell. To Make Meringue: In a large metal or glass mixing bowl, beat

egg whites until foamy. Add 6 tablespoons sugar a little at a time, continuing to beat until all sugar is incorporated and whites are stiff. Spread meringue into pie shell, making sure to completely cover lemon filling. Bake in preheated oven for 15 minutes, just until meringue is golden brown. Chill before serving.

Meringue is gross. I scrape it off.

### Anna's Pecan Pie

3 eggs (well beaten)  
1 cup Karo Syrup (dark)  
½ cup brown sugar  
1 ½ cups pecan halves  
2 Tbls. butter (melted)  
1 tsp. vanilla  
¼ tsp. salt



Combine all ingredients and place in unbaked pastry shell.  
Bake 45 minutes at 350°. If you bake it a little longer it will still be fine.

### Anna's Apple Pie

6 shredded Fuji apples (peeled and cored)  
½ cup sugar  
1 ½ Tbls. flour  
1 tsp. cinnamon  
¼ tsp. nutmeg  
1 capful lemon juice

Mix ingredients and pour in an uncooked pastry shell. Pour about ½ cup heavy cream on top.

Bake at 350° for around an hour. It should be slightly brown on top.

Serve with ice cream or whipped cream.

### Baklava

1 ½ pound chopped walnuts  
1 tsp. cinnamon  
½ tsp. cloves  
5 Tbls. sugar  
1 pound melted sweet butter  
1 pound phyllo dough

Mix first 4 ingredients in a bowl. Brush bottom of a pan with butter. Layer 10 leaves of phyllo, brushing each with butter. Alternate 1 layer of phyllo, brushed with butter, with 1 layer of nut mixture until all but 10 leaves of pastry are used. Put last ten layers, alternating with butter as on bottom. Cut pieces into parallelograms. Mark with sharp knife but do not cut all the way through. Tuck edges into pan as you would a pie crust. Bake at 325° for 1 ¼ hours. It will be a golden brown when cooked.

While baking mix 1 ½ cup sugar, ¾ cup water and 1 Tbls. fresh lemon juice in a small saucepan. Stirring constantly, cook over moderate heat until sugar dissolves. Increase the heat and boil the syrup until it reaches a temperature of 220° on a candy thermometer. Remove from heat and stir in 1 Tbls. honey. Let cool until lukewarm.

When baklava is done, remove from oven and immediately pour mixture over top. It will crackle and pop so don't be alarmed. Let it sit until cool. Cut into wedges. Keep in refrigerator.

## *Cookies*

### *Preces Cranberry Cookies*

3 cups all purpose flour  
1 tsp. baking powder  
¼ tsp. baking soda  
½ tsp. salt  
½ cup butter  
1 cup sugar  
1 cup packed brown sugar  
1 egg  
¼ cup milk  
2 Tbls. Lemon juice  
3 cups fresh or frozen cranberries (stemmed and chopped)  
1 cup chopped walnuts

Preheat oven to 375°. Measure flour, baking powder, soda and salt into a bowl. Stir with a fork until mixed.

Cream butter and sugars in a large bowl until fluffy; beat in egg, milk and lemon juice. Stir in flour mixture, a little at a time until well blended; stir in cranberries and walnuts. Drop dough by teaspoonfuls, about 1 inch apart, onto greased cookie sheets.

Bake 15 minutes, or until firm and golden. Remove from cookie sheets to wire racks and let cool.

Makes 8 dozen cookies.

### *Christmas Crunch Cookies (Gift in a Jar)*

(Layered in order in a 1 quart jar)

1/3 cup white sugar  
1 cup oats  
1 cup chocolate chips or M&M's  
1/3 cup brown sugar  
1 cup flour  
¼ tsp. baking soda  
1/3 cup Rice Krispies  
½ cup chocolate chips

Empty cookie mix into large mixing bowl. Add 2 eggs, 1 Tbls. butter and mix well. Drop by tsp. onto

a greased cookie sheet.

Bake at 350° for 10-12 minutes.

### *Preeces Gingersnaps*

2 ¼ cups sifted all-purpose flour  
1 cup packed brown sugar  
¾ cup salted butter  
¼ cup molasses  
1 egg  
1 teaspoon baking soda  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
½ teaspoon ground cloves  
¼ cup sugar

In a large mixing bowl place about half of the flour. Add brown sugar, shortening, molasses, egg, baking soda, ginger, cinnamon, and cloves. Beat with an electric mixer on medium to high speed until thoroughly combined; scraping the sides of the bowl occasionally. Beat in the remaining flour.

Shape the dough into 1-inch balls. Roll the balls in sugar to coat. Place balls 2 inches apart onto ungreased cookie sheet or cookie sheet covered with parchment paper.

Bake in 375° oven for 8 to 10 minutes or until edges are set and tops are crackled. Cool on cookie sheets for 1 minute. Remove cookies and cool on wire racks. Makes about 48 cookies.

Dip half the cookie in Guittard White Chocolate Chips or Ambrosia Alabaster White Confectionary Coating [In big chunks at Orem Maceys].

### *Gingerbread Cookies*

2 cups all-purpose flour  
1 tsp. baking powder  
1 tsp. baking soda  
1 cup packed brown sugar  
1 ½ cups all-purpose flour  
2 tsp. ground ginger  
1 tsp. ground cloves  
1 tsp. ground cinnamon  
1 tsp. ground allspice

Mix 2 cups of the flour with the baking soda and baking powder. Mix the remaining 1 ½ cups flour with the spices. In a one-quart, wide-mouth canning jar layer the ingredients starting with the flour baking powder mixture then the brown sugar and finally the flour and spice mixture.

Attach a card to the jar with the following directions:

#### Gingerbread Cookies

1. Empty contents of jar into a large mixing bowl. Blend together well.

2. Add ½ cup softened butter or margarine, ¾ cup molasses and 1 slightly beaten egg. Mix until completely blended. Dough will be very stiff so you may need to use your hands. Cover and refrigerate for 1 hour.
3. Preheat oven to 350°.
4. Roll dough to ¼ inch thick on a lightly floured surface. Cut into shapes with a cookie cutter. Place cookies on a lightly greased cookie sheet about 2 inches apart.
5. Bake for 10 to 12 minutes. Decorate as desired.

### Ginger Snaps (Pepparkakor)

The Swedish word, pepparkakor, literally translates as pepper cakes. The first pepparkakor were honey cakes, flavored with pepper and other spices such as cloves, cardamom, cinnamon and anise, and were imported from German monks beginning in the 1300s. Over time, the pepper was eliminated from most but not all Swedish pepparkakor recipes and honey was replaced by beet sugar syrup. Today, Swedes buy gingersnaps year-round from bakeries and grocery stores. But for many families, baking pepparkakor at home, using cookie cutters shaped like Christmas goats, pigs, angels, hearts, stars, men and women, remains an essential part of the Christmas festivities.

½ cup sugar  
1 egg well beaten  
½ cup melted shortening  
¾ cup dark molasses  
4 cups sifted flour (I'm almost positive it should be 2 cups. Verify this but I'm almost sure it is 2 cups.  
1 tsp. baking soda  
½ tsp. salt  
1 tsp. cinnamon  
½ tsp. cloves  
1 ½ tsp. ginger (fresh is best)  
½ tsp. nutmeg  
½ tsp. red pepper

While beating, gradually add: sugar, eggs, shortening and molasses. Sift together in another bowl: flour, and rest of ingredients. Add egg mixture alternately with ½ cup hot water, to flour mixture, mixing well after each addition. Cover bowl with wax paper & refrigerate overnight or at least several hours.

Break off small pieces and roll out to 1/16th inch thickness on lightly floured board. Cut with 3" cookie cutter, re-rolling left overs. Bake on greased sheet at 400° for 5 to 8 minutes.  
Makes 3 to 4 dozen.

### Chocolate Chip Cookies

Combine:

1 cup butter, ¾ cup sugar, ¾ cup brown sugar, 1 tsp. vanilla, 2 eggs, 2 ½ cups flour, 1 tsp. baking soda, ½ tsp. salt, 2 cups chocolate chips (semisweet), 1 cup chopped nuts.

Cream butter, sugar, brown sugar and vanilla first then add eggs then everything else.  
Bake 8 to 10 minutes at 375°.

Variation: For chocolate chocolate-chip add ½ cup cocoa powder to the dry ingredients.

### Texas Pecan Cookies (probably Jerry's Favorite Cookie)

1 cup butter  
½ cup white sugar  
1½ tsp vanilla extract  
½ tsp. almond extract  
2 tsp. water  
2 cups all-purpose flour  
1 cup chopped pecans  
½ cup confectioners' sugar

#### Directions:

In a medium bowl, cream the butter and sugar. Stir in extracts and water. Add the flour and pecans, mix until blended. Cover and chill for 3 hours.

Preheat oven to 325°.

Shape dough into balls or crescents. Place on a Silpat lined cookie sheet and bake for 15 to 20 minutes in the preheated oven. Remove from pan to cool on wire racks. When cookies are cool, roll in confectioners' sugar. Store at room temperature in an airtight container.

### Anna's Chocolate Chip Cookies

#### Combine:

½ cup sesame seeds, 1 cup coconut, ½ cup rice crispies, 1 cup butter, ¾ cup sugar, ¾ cup brown sugar, 1 tsp. vanilla, 2 eggs, 2 ¼ cups flour, 1 tsp. baking soda, ½ tsp. salt, 2 cups chocolate small chips (1 cup milk & 1 cup semisweet), 1 cup chopped nuts.

Cream butter, sugar, brown sugar and vanilla first then add eggs then everything else.

Bake 8 to 12 minutes at 375°.

### Peanut Butter Chocolate Chip Cookies

¾ cup peanut butter  
1 ¾ cup flour  
½ cup shortening  
¾ tsp. salt  
1 ¼ cup brown sugar  
¾ tsp. baking soda  
3 Tbls. milk  
2 Tbls. vanilla  
1 egg

Combine: peanut butter, shortening, brown sugar, milk & vanilla. Beat on medium speed until well blended. Add egg and blend well.

Combine: flour, salt, & baking soda. Add to creamed mixture.  
Add 1 bag chocolate chips & ½ cup walnuts (optional)

Drop by spoon full.

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Bake at 375° for 8-9 min.

Yeilds 3 dozen

### Anna's Cookie Recipe

½ cup unsalted butter  
½ cup shortening  
¾ cup white sugar  
¾ cup brown sugar  
1 tsp. vanilla  
2 eggs  
1 cup white flour  
2 cups white wheat flour  
1 tsp. soda  
½ tsp. salt  
1 cup coconut

Mix dry ingredients and then add other. Completely mix and divide dough.

Variations:

With half the dough, add:

½ cup white chocolate chips  
½ ckup cranberries  
½ cup pecans

With half the dough, add:

½ cup chocolate chips  
½ cup peanut butter  
½ cup walnuts

Place chunks on greased cookie sheet. Bake at 375° for 10 minutes.

### Anna's Oatmeal Raisin Cookies

1 stick softened butter  
½ cup firmly packed brown sugar  
¼ cup granulated sugar  
1 egg  
½ tsp. vanilla  
¾ cup flour  
½ tsp. baking soda  
½ tsp. cinnamon  
½ tsp. allspice  
¼ tsp. salt  
1 ½ oats  
½ cup raisins  
½ cup chopped walnuts (optional)

Heat oven to 350°. Beat together margarine and sugars until creamy. Add eggs and vanilla; beat well.

Separately, mix flour, baking soda, cinnamon and salt. Mix dry and wet ingredients together. Add in oats and raisins. Drop tablespoon sized balls onto ungreased cookie sheet. Bake 10-12 minutes or until golden brown. Cool one minute on cookie sheet and then place on wire rack. They are the best the next day!

Makes apx. 2 dozen

### *Sister Terrell's Ginger Snaps*

¾ cup butter  
¾ brown sugar  
¾ cup molasses  
1 egg  
3 cups flour  
1 ½ tsp. baking soda  
1 tsp. cinnamon  
1 tsp. ginger  
¼ tsp cloves  
¼ tsp salt  
Sugar on top

Bake 350° for 5 min

### *Excellent Oatmeal Cookies*

1 cup butter, softened  
1 cup light brown sugar (packed)  
½ cup white sugar  
2 eggs  
2 tsp. vanilla  
1 ¼ cups flour  
½ tsp. baking soda  
1 tsp. salt  
3 cups quick-cooking oats  
1 cup chopped walnuts

Preheat oven to 325°. In a large bowl, cream together butter and both sugars until smooth. Beat in eggs one at a time and then stir in vanilla. Add flour, baking soda and salt until just blended. Mix in the oats and walnuts. Drop heaping spoonful's onto ungreased baking sheets.

Bake for 12 minutes.

### *Renae Hansen's German Chocolate Cookies*

Oh man, are these good!

Topping:

1 cup sugar  
1 cup evaporate milk  
½ cup butter  
1 tsp. Vanilla

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3 egg yolks (beaten)  
1 ½ cup coconut  
1 ½ cup chopped pecans  
Mix and heat until thick and bubbly

Of the resulting mixture set aside 1 ¼ cup  
Let topping cool for 1 hour

Combine:  
1 package dry German chocolate cake mix  
½ cup flour  
topping except the set aside 1 ¼ cup

Drop 1" balls on ungreased cookie sheet. Push thumbprint in and drop 1 tsp topping inside. Bake at 350° for 10 - 15 minutes. DON'T over cook.

### Chocolate Cringle Cookies

Cream Together: 2 cups sugar, ½ cup oil, 4 oz. melted unsweetened cocoa (let cool), 4 tsp vanilla.  
Add: 4 eggs (1 at a time) then stir in Dry goods: 2 cups flour, 2 tsp baking powder, ½ tsp. salt.  
Mix and refrigerate for 3 hrs.

Drop tsp size balls in powdered sugar  
Bake on a greased sheet for 10-12 minutes at 350°.

### Sugar Cookies

½ cup shortening  
2 eggs  
3 ¾ cups flour  
4 tsp. baking powder  
½ cup sour milk (milk with a little lemon juice)  
1 cup sugar  
1 tsp. vanilla  
½ tsp. salt  
½ tsp. soda

Cream together shortening and sugar. Add eggs and beat until fluffy. Add vanilla and begin sifting in the dry ingredients (add dry ingredients and milk alternately). Chill

Roll out ¼ inch thick. Use cookie cutter to create shapes.

Bake on greased cookie sheet for 10 to 12 minutes at 375°.

Decorate with butter cream frosting.

### Davis Sour Cream Sugar Cookies

5 cups flour  
1 tsp. baking soda  
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1 tsp. baking powder  
½ tsp. salt  
1 cup shortening  
1 ¾ cups sugar  
1 cup sour cream  
2 eggs  
1 tsp. vanilla

Beat eggs, add vanilla, sour cream, shortening and sugar. Mix dry ingredients. Combine wet and dry mixtures. Rollout to a ¼ inch. Cut into shapes. Bake at 400° for 10-12 minutes.

#### Cream Cheese Frosting

1 3oz. package cream cheese  
¼ cup butter  
1 tsp. vanilla  
2 cups powdered sugar  
food coloring

#### Sister Blacks Brownies

Mix: ½ cup cocoa, 2 cups sugar, and 1 cup melted margarine. Add 4 eggs (beating one at a time), 1 and ½ cups flour. And if desired ¾ cup nuts and 2 tsp. vanilla. Grease large deep cookie sheet and pour in mix. Bake 20 minutes at 325°. Frosting: ½ cube margarine, 1/3 cup cocoa, 4 cups powdered sugar, 1 tsp vanilla and 1/3 cup canned milk or cream. Beat until fluffy.

#### *Puddings and Jello*

##### Tapioca Pudding

Using minute tapioca, mix 1/3 cup sugar, 3 Tbls. Tapioca, 2 ¾ cups milk, 1 well beaten egg. Add to sauce pan and let sit for 5 minutes. Stirring constantly, cook on medium heat until mixture comes to a full boil. Remove from heat. Add 1 tsp. vanilla. Cool 20 minutes then spoon into dishes. Serve warm or cool.

##### Crème Brulee

1 quart heavy cream  
2 tsp. vanilla extract  
½ cup sugar  
6 large egg yolks  
2 quarts hot water  
½ cup sugar

Preheat the oven to 325°.

In a medium saucepan, combine heavy cream, and vanilla. Stir constantly over medium heat, for about 7-8 minutes until mixture starts to bubble, close to a simmer. Remove saucepan from heat. Cover and let set for 15 minutes.

In a medium bowl, whisk together ½ cup sugar and the egg yolks until well blended and it just starts to lighten in color. Add the cream a little at a time, stirring continually until all is combined. Pour the liquid into 6 (7 to 8-ounce) ramekins. Place the ramekins into a large cake pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins.

Bake at 325°, just until the crème brulee is set, but still trembling in the center. Bake approximately 40 to 45 minutes.

Remove the ramekins from pan and refrigerate for at least 2 hours and up to 3 days.

Remove the crème brulee from the refrigerator for at least 30 minutes prior to browning the sugar on top. Divide the remaining ½ cup sugar equally among the 6 dishes and spread evenly on top. Let sugar moisten. Using a torch, melt the sugar and form a crispy and browned top. Don't burn it. Let it sit at least 5 minutes before serving.

### Tangy Fruity Jello

1 box (6oz.) raspberry Jell-O

Fruit

- Frozen raspberries
- 1 11oz. can mandarin oranges (Do not add the liquid. Acidic liquids prevent the jello from setting up.)
- Pomegranates

Make Jell-O to normal specifications. Before Jell-O sets up add the fruit. Place in refrigerator. After it sets up, cover with cool whip.

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### Cool Whip Jello

2 boxes (6oz.) raspberry Jell-O

5 oz. Cool Whip

Fruit of choice

Add both boxes of jello to a 9x13 cake pan. Add 3 cups boiling water. Stir until dissolved. Add 2 cups of cold water and 5-6 cups of ice. Stir until the ice melts. If it starts to setup before the ice is melted, remove ice chunks with a slotted spoon. Wisk in the Cool Whip. Add fruit.

## Pretzel Jello Salad

2 2/3 cups broken pretzel  
3/4 stick butter (may be more)  
12 oz. cream cheese  
1 1/4 cup sugar  
9 oz. cool whip  
6 oz. strawberry jello  
2 cups boiling water  
1 cup cold water  
1 large bag of frozen strawberries (cut in half or quarters)

Melt butter in 9x13 inch glass pan. Add pretzels and bake at 400° for 10 minutes. While this is cooling, mix cream cheese with sugar.

When the pretzels are cool and the cream cheese is at room temperature; spread over pretzels. Spread cool whip on top and chill.

Dissolve jello in boiling water. After dissolved, add one cup cold water and frozen berries. If using fresh berries, wait until the water has cooled.

After jello has cooled, pour in glass pan mixture. Chill in refrigerator. You can add whip cream on top if you want.

## *Frostings & Fillings*

### Ganache

Shave 8 oz. of semisweet chocolate into a steel bowl. Pour on 3/4 cup hot heavy cream and 2 Tbls. melted butter. Stir until all chocolate is melted. Pour on cake.

### Butter Cream Frosting

2/3 cup softened butter  
4 cups powdered sugar  
3 to 5 Tbls. Milk  
1 tsp. vanilla

In large bowl, cream butter until light and fluffy. Gradually mix and add powdered sugar. Beat well after each addition. Add vanilla and milk a tablespoon at a time. Beat to desired spreading consistency.

### Coconut Pecan Frosting

In a sauce pan combine:  
1/2 cup brown sugar  
1 cup evaporate milk  
1/4 cup butter or margarine  
3 beaten eggs

Stirring continuously, heat on medium until it starts to boil. Immediately add 1 tsp. vanilla, 1 cup coconut and 1 cup chopped pecans or walnuts. Let cool and spread on cake.

### Whipped Cream

Using an electric mixer, whip the cream on the highest speed until it begins to stiffen. Add a touch of vanilla and powdered sugar to taste. Finish whipping cream until it mountains up. Don't overdo it or you will have sweet butter!

### *Frozen*

### Easy Ice Cream

Chocolate

2 cups half and half

1 ½ cups sugar

½ cup cocoa powder

1 tsp vanilla extract

2 cups whipping cream

Combine half and half, sugar, cocoa powder and vanilla until smooth. Pour mixture in canister. Stir in whipping cream. Process. When almost finished add ¾ cup chopped pecans.

Strawberry

2 cups whipping cream

2 cups half and half

1 cup sugar

2 cups fresh strawberries

1 tsp vanilla extract

Puree ¾ cups strawberries and chop up the other ¼ cup. Add all ingredients together and stir until sugar is dissolved. Pour ingredients into canister and process.

Freezing Instructions for Oster Ice cream maker:

Place canister in ice bucket. Pour 1 cup cold water into ice bucket and place 1 inch of ice around cream canister. Sprinkle ⅓ cup table salt on ice. Continue layering ice and salt to the top of ice bucket. Pour 1 cup cold water over top of ice. Turn on unit. As ice melts, add more ice cubes. For each 1 cup ice add ¼ cup salt. Process until consistency is reached or until frozen mixture reaches top of canister. Approximate time 18 to 25 minutes. If adding nuts add them just before the mixture is finished.

### Jerry's Favorite Shakes

Super Chocolate:

Mix Dutch chocolate ice cream and whole milk in a blender. Add more none sweetened cocoa and ¼ to ⅓ of a banana. Add ½ tsp. hazelnut flavoring. Mix until well blended. Depending on the ice cream you use, you may need to add more sugar. Adding tons of extra cocoa can make it bitter and you may need to add a touch more sugar to balance it out.

Blue Berry:

Mix good vanilla ice cream with fresh blue berries in a blender. I also love fresh blue berries on vanilla ice cream in a bowl.

Christmas:

Mix vanilla bean ice cream and milk. Add a touch of eggnog and sprinkle some nutmeg on top.

### Banana Split

Cut one small banana into chips. Put at bottom of a bowl. Toss on 2 or 3 scoops of vanilla bean ice cream. Pour a couple of tablespoons of chopped walnuts on top. Heat up some hot fudge and pour it on top. Adding a little whipped cream from a can is a nice touch.

### Fruit Slush

In a blender mix any of the following:

Ice, kiwi fruit, spenda

Ice, kiwi fruit, strawberries, spenda

Ice, frozen raspberries, frozen peaches, spenda

2/3 frozen mixed berries, 1/3 fresh pineapple and rice milk (enough to cause blending)

I haven't been too thrilled adding frozen blueberries. They didn't seem to go well with either kiwi or peaches.

### Sorbet

Dissolve 1 1/2 - 2 cups sugar in 2 cups water. Bring to boil over medium heat. Let cool.

In a blender, puree fruit until you have three 3 cups. Add two mixtures together in ice cream maker. Follow machine instructions.

We have used: kiwi fruit and strawberries. Depending on the sweetness and type of fruit the amount of sugar will vary.

### Banana Shake

Put a frozen banana in the blender with some milk. Grind up. You can add some cocoa powder, nutmeg or hazelnut flavoring if you like. It is very close to ice cream.

### Blueberry Shake

Vanilla ice cream, fresh blueberries, milk

### *Candies and Other Snacks*

## Jerry's Favorite Truffles

Light inside with expensive chocolate.  
Rolled in cocoa and then rolled in pecans.

8oz. semi-sweet dark chocolate, finely chopped  
½ cup heavy cream, brought to a boil  
1 Tbls. unsalted butter, softened  
½ cup unsweetened cocoa powder  
Variation: Add hazelnut, pistachio or black walnut oils.  
About ¼ tsp. for apx. 4 oz. chocolate.



Place chocolate in a stainless-steel bowl and make a well in the center. Pour in cream and stir, gradually pulling chocolate in from sides, until mixture is smooth. Add butter and stir until blended. Cover and refrigerate 15-18 min. Using 2 teaspoons, form chocolate into balls and roll in cocoa powder: place on a chilled plate and refrigerate until firm. Roll in cocoa again and refrigerate until served. Can be kept in a covered container in refrigerator 5-6 days. Makes 40-50 truffles.

## Sesame Seed Candy

A street candy, sold at practically every corner in Havana.

### Ingredients:

1 cup water  
1 ¾ cups sugar  
1 cup dark corn syrup  
2 tbsp. unsalted butter  
¼ tsp. baking soda  
2 ½ cups toasted sesame seeds

### Directions:

Mix all the ingredients except the sesame seeds, in a medium-sized saucepan.

Cook over medium heat, stirring constantly, for several minutes until mixture reaches 260 degrees on a candy thermometer, or until a bit of the mixture dropped into iced water forms into a hard ball. (You really need to hit 260-262 degrees and keep it there a few seconds without going over. Otherwise you get a peanut brittle consistency. If you don't stay at 260 long enough it never tightens up. Quickly add the sesame seeds and continue to stir until well coated.

Remove from the heat. Pour into a 9x13x2 inch buttered pan all at once, scraping the bottom of the saucepan. Smooth to about 3/8 inch thickness with a buttered spatula.

Allow to cool slightly and cut into 1x2 inch bars. When completely cool transfer to a wax paper-lined airtight container and separate layers with additional paper. Store in a cool, dry place. Makes about 50 bars.

### Toasting Sesame Seeds:

1. For stovetop toasting, use a wide frying pan.
2. Heat the sesame seeds on medium heat, shaking the pan occasionally.
3. Remove the seeds when they darken and become fragrant.

4. For oven toasting, preheat the oven to 325 degrees Fahrenheit.
5. Spread the seeds out on a baking sheet.
6. Bake until the seeds brown and become fragrant.
7. For both methods, allow the toasted seeds to cool.
8. Store in a covered jar at room temperature.

It takes me between 3 and 5 minutes to toast sesame seeds on the stovetop, and about 15 minutes using the oven.

### Pop Corn

Zap a bag of regular Pop Secret popcorn in the microwave.

### Grandma's Screaming Yellow Zonker Popcorn

Buy a 2 pound bag of yellow popped popcorn. It should be very yellow.

Combine and heat, 1 pound butter, 1 cup light karo syrup and 2 2/3 cup sugar.

Bring to a rolling boil that won't stir down. Boil for 3 minutes.

Take off heat and add 1 16oz. package of small marshmallows, 1 tsp. vanilla and some nuts.

Dump the popcorn in a bunch of bowls and pour the hot mixture over them. Stir with spoons. Don't get any on your finger! It is hot.

### Pine Nuts

Wet nuts. Sprinkle with salt. Bake at 350° for about 10 minutes. Take them out before you think they are done.

Jack's rules apply. "You must blindly reach in for each pine nut. You can't look in the pile for a big nut. They must be taken at random."

### Jane's Chocolate Toast

Butter white bread toast and sprinkle Nestle's Chocolate Quik on top.

Then sit down and watch the "Little Rascals".

### Cinnamon Toast

Butter white bread toast and sprinkle cinnamon and sugar on top.

### Ritz Crackers with Peanut Butter and Jelly

What else can I tell you?



# Sauces & Dips

## Anna's No Meat Gravy

Sauté 2 Tbls. minced onions and 3 Tbls. butter. After they are clear, add 3 Tbls. flour. Cook slowly until it turns brown. Add 1 ½ cups chicken or beef broth, a little at a time. Stir constantly for 5 minutes. Add ½ tsp. Kitchen Bouquet and salt and pepper to taste.

Makes 1 ½ cups

## Meat Gravy

Get out your cast iron skillet. Start by making a roux by mixing equal parts butter (oil drippings) and flour. Use the following table to get the right thickness per the amount of stock you have.

	Thin	Medium	Medium Thick	Thick
Butter	1 Tbls.	2 Tbls.	3 Tbls.	4 Tbls.
Flour	1 Tbls.	2 Tbls.	3 Tbls.	4 Tbls.
Liquid	1 cup	1 cup	1 cup	1 cup

Whisk constantly. Let mixture bubble until it turns blond to light brown (4-5 minutes). The darker the roux the more flavor and less thickening ability it will have.

To ensure lump-free thickening, cold ingredients must always be added to hot. When making roux as part of a recipe, the liquid ingredient must be cold or room temperature, and slowly whisked into the hot roux. Do this by adding the liquid a little at a time, whisking until smooth between each addition, until the roux forms a thin paste, then whisk in the remaining liquid and bring the mixture to a simmer.

The gravy begins to thicken soon after the liquid is combined with the roux, but it must be simmered for 10 to 20 minutes in order to reach its full flavor and thickening potential. This additional cooking time allows the flour to soften and absorb the liquid, resulting in a silky smooth soup or sauce. If the simmering time is too short, the flour in the roux will remain grainy.

Add ½ tsp. Kitchen Bouquet and salt and pepper to taste.

*Roast Garlic Gravy:* For every 4 cups finished gravy, stir in 2 cloves minced roasted and puréed garlic.

*Herbed Gravy:* For every 4 cups finished gravy, stir in up to 2 tablespoons minced fresh herbs, such as thyme, sage, rosemary, parsley, or tarragon, or a combination.

## Anna's Pizza/Spaghetti Sauce

8 cups pureed fresh Roma tomatoes  
1/3 cup olive oil  
2 large onions (diced)  
1 Tbls. oregano  
1 Tbsp. basil  
4 cloves garlic  
1 tsp. salt

6/22/18

½ tsp. pepper  
Dash of red pepper

Sauté onions in oil. While cooking, wash and de-stem tomatoes. Munch tomatoes in blender. Add tomatoes and spices to skillet and bring to a boil. Turn down to low heat and simmer on low heat for 30 minutes.

Canning (5000 feet): Put in pressure cooker. Add 1 or 2 inches of hot water. Heat until steam is venting. Let vent for 10 minutes. Put the weight on the vent. Pressure cook at 13psi for 8 minutes.

### Marvell's Green Ranch

2 cups Mayonnaise  
¾ cup butter milk  
1 jalapeño  
1 Tbls. vinegar  
1 tsp. salt  
½ Tbls. crushed garlic  
½ bunch cilantro  
½ tsp. pepper  
½ tsp. sugar

Cut the leaves off the cilantro and chop. Don't worry about small stems. Cut the stem and seeds out of jalapeno. Add all ingredients to blender and mix thoroughly.

Awesome on fish tacos.

### Kneaders Sauce

1 1/8 cup (9-oz) light mayonnaise  
1/3 cup (3-oz) light sour cream  
2 tsp. yellow mustard  
1 to 2 tsp. sugar  
1/8 - ¼ tsp. salt

### Turkey Gravy

In a large skillet add 1/3 cup oil from turkey drippings. Add flour to form a paste. Cook on medium heat until it browns and bubbles. Gradually add more drippings. You can use less oil and more of the stock. Add 1 tsp. of Kitchen Bouquet. You can use more of you want a darker color but be careful because it is pretty strong. Continue to add stock letting it thicken until you have the amount of gravy you need. Add some salt and pepper. If you need more gravy than it is producing, while still staying thick, you can add some thickener. Thickener would be cold water and corn starch or cold water and flour.

### Hummus

1 16 oz. can of garbanzo beans or ½ cup dry beans soaked overnight  
½ tsp. salt

2 cloves fresh minced garlic or ½ tsp. garlic powder  
juice from 1 lemon or ¼ cup concentrated lemon juice  
½ cup tahini (ground sesame paste available at health food stores)  
¼ cup water (if necessary)

Mix beans, salt, garlic and lemon juice in food processor on high speed until pureed. Add tahini and process again. If the mixture is too thick, add a small amount of water until the hummus has a pudding-like texture.

### Salsa

2 cups tomatoes (diced)  
4 Tbls. white onion (diced)  
1 Tbls. fresh jalapeño (diced)  
2 Tbls. green onion (sliced)  
1 Tbls. bell pepper (diced)  
2 Tbls. fresh cilantro (diced)  
1 tsp. salt  
1 tsp. garlic

If you make the above recipe you will basically get a salad. It tastes good but I prefer a more salsa like consistency. So, we make the recipe twice. One batch is mixed in the blender and one is not. Then we combine.

You may want to run both jalapenos through the bender so someone doesn't get a chunk by accident.

If you have a little fresh corn from the garden you can add an ear.

### Cabbage Salsa

This is a great alternative to regular salsa when tomatoes are not in season.

In the image you can see it has tomatoes but they are absolutely not necessary. Especially outside of season. I definitely wouldn't add canned tomatoes. Some fresh corn is a nice addition if in season.



Cut half a cabbage into tiny pieces. I don't like shredded long strips when using chips. Sometimes I buy a purple cabbage to add to the green cabbage for some funky color.

In a large bowl, add some garlic powder to the cabbage. Squeeze a couple of limes. Add 2-3 diced jalapenos. One large diced onion. About a third bunch of chopped cilantro. A healthy dose of black pepper. Salt to taste. The salt mostly depends on how salty your chips are.

It tastes better the second day and I prefer it at room temperature. Great on fish tacos.

## Texas Caviar

Drain, rinse and combine the following in a large bowl:

- 1 15oz. can corn
- 1 15oz. can black Beans
- 1 15oz. can black eyed peas

Add but do not rinse on small can of diced green chilies.

Finely chop and add the following:

- 1 yellow pepper
- 1 red pepper
- 1 green pepper
- 6 Roma tomatoes
- 1 bunch green onions
- 1 bunch cilantro

Marinate in a large bore of zesty Italian dressing for 6 hours.

Serve with tortilla chips. Keep chilled

## Sauce à l'oignon

Slice two onions and sauté in butter and salt till light brown. Deglaze pan with some white wine or rice wine vinegar and chicken broth. Puree onions. Start a roux with butter and flour and add broth and return onions to the pan. (If not smooth still blend sauce in blender.) Add some truffle oil. Serve over meat and potatoes topped with fresh chives. Great on pork tenderloins.

## Guacamole

2 large ripe avocados (mashed)  
2 Tbls. lemon juice  
pepper  
salt  
¼ cup chopped onion  
½ cup chopped ripe tomatoes

You can speed this whole process up by just adding salsa to mashed avocados.

## Artichoke Dip “The Best Dip on Earth”

22 ounces of artichoke hearts (we like the one’s packed in oil)  
4 ounces green chilies  
1 cup shredded fresh parmesan cheese  
1 cup mayonnaise  
½ small onion  
¼ cup roasted red bell peppers

Chop artichoke hearts and chilies. Add mayonnaise and cheese and bake in the oven at 350° for 30 minutes.

Finely chop onion and ¼ cup roasted red bell peppers. Sauté onions and peppers in olive oil. Then stir into dip and cook another 15 minutes.

It’s pretty hard to mess up the recipe. All you really need are the artichokes, mayonnaise and Parmesan cheese. Serve with various types of crackers.

## Terry’s Quick Dip

In a glass dish add one square of cream cheese. Shape cheese till round. Dump on top a jar of pesto sauce. Cover with grape tomatoes. Bake at 350° until warm throughout.

Serve with good quality crackers.

## Sweet & Sour Sauce

1 cup rice-wine vinegar  
½ cup water  
½ cup sugar  
¼ cup brown sugar  
1 Tbls. chopped fresh red chilies (seeds and ribs removed, adjust the amount to your liking)  
1 tsp. salt  
1 tsp. minced garlic  
1 tsp. chopped cilantro stems and roots, strings removed  
1 cup halved, seeded and thinly sliced cucumber  
8 cilantro leaves (garnish)

Combine the first 8 ingredients in a saucepan. Cook over low heat for 2 minutes, stirring to dissolve the sugars. Remove to a bowl; cool. Stir in the cucumber and garnish with cilantro leaves. Serve.

### *Cream Syrup*

This syrup puts all others to shame.

Ingredients:

1 stick of butter  
1 cup of sugar  
1 cup of cream  
1 tsp of vanilla

Bring the butter, sugar, and cream to a boil and let boil for 60 seconds.

Then turn heat off and add the tsp of vanilla. Be careful when you do because it will bubble up a lot when you do. I prefer this to the buttermilk syrup. It also doesn't separate in the refrigerator like the buttermilk syrup does.

### *Buttermilk Syrup*

Combine:

1 stick of unsalted butter  
1 cup sugar  
½ cup buttermilk

Bring to boil in a large pan. Remove from heat and stir. Add 1 tsp. baking soda, 1 tsp. vanilla. Mixture will fizz to twice the size. Let mixture sit while stirring occasionally. Serve while hot.

### *Derick and Julia's Apple Cider Syrup*

Boil: ½ gallon apple cider, 2 cups sugar, ¼ cup butter, ½ Tbls. cinnamon, ½ Tbls. nutmeg. After it comes to a boil add dissolved mixture of 1/3 cup corn starch in ½ cup cold water. Boil until thickened (5-10 minutes). Pour in jars and refrigerate. It will last months in the fridge. Spread large quantities on "cakes".

### *Anna's Blue Cheese Dressing*

4 oz. Pkg. (1 cup) crumbled blue cheese  
¾ cup oil  
1 cup dairy sour cream  
1 tsp. salt  
½ tsp. sugar  
1/8 tsp. pepper  
1 garlic clove, minced  
¼ cup tarragon vinegar  
½ tsp. Worcestershire sauce

In a small bowl, beat blue cheese at low speed. Gradually add ½ cup of the oil; beat until smooth.

Gradually add remaining oil, beating continuously. Add remaining ingredients; beat until well blended. Cover, refrigerate. (Makes 2 1/3 cups)

### *Cilantro Jalapeno Dressing*

In a blender combine, 1 3/4 cup mayonnaise, 2 Tbls. water, 2 Tbls. distilled white vinegar, 1 rinsed and stemmed jalapeno, 1 peeled garlic clove, 1/2 cup lightly packed fresh cilantro, and 1/4 tsp. pepper. Mix until smooth. Add salt to taste.

Good on salad, fish, burritos or whatever.

### *Marvell's Poppy Seed Dressing*

1 1/2 Tbls. poppy seeds  
3/4 cup red wine vinegar  
1/2 sugar  
1 1/2 cup oil  
3/4 tsp. dry mustard  
1 1/2 tsp. salt

### *Anna's XYZ Dressing*

Alsflsjf  
Sadfasfas  
Asdfasdf

### *Sugar Glaze*

3 cups powdered sugar  
2/3 cup hot water (enough to make a runny consistency)  
1/2 tsp. vanilla  
1-2 Tbls. honey (optional)

Half or quarter this recipe in most cases.

### *Mustard-Garlic Butter with Thyme*

2 Tbls. unsalted butter, softened  
1 medium clove garlic, pressed through garlic press  
1 Tbls. Dijon mustard  
1 tsp. minced fresh thyme leaves  
Ground black pepper

In a small bowl, mash together all ingredients, including black pepper to taste.  
Makes about 3 tablespoons

# *Seasonings*

## *Taco Seasoning*

1/3 cup dry minced onion  
2 tsp. salt  
2 Tbls. chili powder  
2 Tbls. paprika  
1 tsp. garlic powder  
1 tsp cumin  
½ tsp. oregano  
2 tsp. flour

## *Sahara Spice Mix*

2 parts black pepper  
1 part cinnamon  
1 part cumin  
½ part cayenne  
¼ part cardamon  
1 part coriander

Add 2 parts curry for spicier taste, as in Middle Eastern, Pakistani or Bangladeshi foods. Mix all spices and store in an air-tight container. Add basil leaves for fish, grilled chicken and mousaka.

## *Garam Masala*

2 tsp. coriander seed  
2 tsp. cumin seed  
1 tsp. black peppercorns  
½ inch cinnamon stick  
½ tsp. cloves  
1 tsp. green or brown cardamom pods  
1-2 bay leaves

Cut open the cardamom pods and remove the seeds. Discard the pods and the funny stuff around the seeds. Break the bay leaves up into small pieces.

Roast everything together over low heat in a dry (no oil) frying pan - nonstick is best - until they start to smell nice.

Remove from the heat and grind together in a coffee grinder.

Makes about 2 Tbsp.

# *Drinks*

## *Jerry's Blackberry Tea*

Zap a cup of water in the microwave. Stir in one heaping teaspoon of homemade blackberry jam. If you're sick try making it from the Jalapeno jam.

## *Honey Tea*

Heat 1 cup water. Add 2 tsp. lemon juice and 4 tsp. honey.

## *Hunters Favorite Milk*

Add crushed Ice and root beer.

# *Canning Foods*

## General Canning Information

Low-acid foods must be processed in a pressure canner to be free of botulism risks. Low-acid foods include meats, dairy, sea food, poultry, vegetables and many fruits.

Higher acid foods (and those which have been acidified, such as pickles) that may be safely canned in a boiling water bath canner include jams, pickles, applesauce, peaches, peach butter, spaghetti sauce without meat, salsa and tomatoes.

"Pressure canning is the only safe method for home canning vegetables. *Clostridium botulinum* is the bacterium that causes botulism food poisoning in low-acid foods, such as vegetables. The bacterial spores are destroyed only when the vegetables are processed in a pressure canner at 240 degrees Fahrenheit (F) for the correct amount of time.

The spores are present everywhere, but are harmless until it finds itself in a moist, low-acid, oxygen-free environment or a partial vacuum. Under these conditions, the bacterium can grow and produce toxins dangerous to people and animals.

The fact that the lids sealed means that a vacuum was formed inside the jars. It does not mean that spoilage organisms were killed.

## **Venting**

All pressure canners, including "self-venting" pressure canners, need to be vented 10 minutes before the pressure is allowed to rise to be certain that all air is removed from the pressure canner.

If there is air in the pressure canner, the temperature is much lower than if the canner contains only water and steam.

## **Pressures and Canning Duration**

Consult your canning manual for the pressure and duration for canning your specific food.

## Tomato Sauce

Assuming 5,000 feet elevation.

Add 1 or 2 inches of hot water to canner. Add jars and close lid. Heat until steam is venting. Let vent for 10 minutes. Put the weight on the vent. Pressure cook at 13psi for 8 minutes.

## *Jams*

### Anna's Blackberry Jam

(makes 8, 8 oz. jars)

Wash jars, lids and bands in hot, soapy water and rinse well. Dry bands and set aside. Cover jars with

water and boil for 10 minutes to sterilize. If you are over 1,000 feet above sea level, add 1 minute for every 1,000 foot of increase. Fill boiling-water container half-full with hot water and keep simmering (180°) until needed.

Wash and prepare fruit. Carefully measure prepared fruit into a 6-8 quart saucepot. Stir pectin into prepared fruit. Bring mixture to a full boil over high heat, stirring constantly. Add sugar. Return to a full, rolling boil for 1 minute and continue stirring. Remove from heat. Skim off foam if necessary.

Take jars out of simmering water, one at a time. Ladle hot jam into hot sterilized jars. Leave ¼ inch headspace. Wipe the rim and threads of each jar with a clean, damp cloth. Center heated lid on jar and screw band down evenly and firmly until a point of resistance is met (fingertip tight). As each jar is filled and capped, place in canner. Once canner is full, you may need to add boiling water to cover two piece caps by 1-2 inches. Place lid on canner and bring water to a gentle, steady boil. Process jam 10 minutes. Adjust processing time according to altitude.

After processing, remove jars and set them upright on a towel to cool (apx. 12 hours). Do not retighten bands. Once jars are cool, test each one for a seal by pressing the center of the lid. The lid should not flex up and down. If it does, immediately refrigerate or reprocess with a new lid for the full length of time. You can now remove the bands. Wipe sealed jars with a clean damp cloth. Label and store jars in a cool, dry, dark place.

5 cups crushed berries  
5 ½ cups sugar (if you use 5 cups you will get more of a syrup mixture)  
1 ¾ oz. package of pectin

Increase cooking time by ten minutes if you are located between 3,000 and 6,000 feet above sea level. Original recipe is from the 1 ¾ oz. Ball Fruit Pectin Jell box.

### *Jerry's Red Bell Pepper Jam*

4 cups roasted red bell peppers (apx. 12 large whole peppers)  
5-6 large jalapeños  
1-2 tsp. red pepper flakes  
4 cups sugar  
1 cup apple cider vinegar  
4oz. powdered pectin

Cut and roast red bell peppers. (Preserve a few seeds to add to each jar) Roast skin side down on a grill or skin side up if broiling. Roast until skins are black. After roasting, place them in a covered bowl and let them sit for 20-30 minutes where they will continue to cook. After they cool, remove skins.

Slice and remove seeds of 5 or so large jalapeños. It depends on the amount of heat that you want. It's pretty tough to be consistent since peppers vary so widely.

In a blender, mix the jalapeños with ½ cup apple cider vinegar. Add between 1/3 to 1/2 of the bell peppers and mix a bit longer. Finely chop the rest of the bell peppers.

*If you want it to have a jelly, puree the jalapeños and one bell pepper. Finely chop the remaining bell peppers.*

In a pot, bring the peppers, pectin, pepper flakes and additional ½ cup of vinegar to a boil. Add the sugar and boil for 4 more minutes.

Immediately add jam to clean hot jars. Clean lip of jar, add lid and hand tighten screw ring. Process for 20 minutes in boiling water bath.

This jam is fairly loose. If you add more sugar it will set up firmer but I don't like it that sweet. You can cook it longer or use a low methoxyl pectin instead.

### Jalapeño Jelly

6 large jalapeños  
2 red bell pepper  
6 cups sugar  
1½ cups cider vinegar  
1 Tbls. crushed red pepper flakes (optional)  
1 pouch liquid Certo pectin

Remove the seeds from the red bell peppers and finely chop. (If you want it to be more jam like consistency, puree the bell peppers in a blender.) Remove about two thirds of the seeds from the jalapenos and finely chop them as well. More seeds equals more heat.

You should have 2¾ cups of chopped peppers. Add peppers, vinegar and sugar to a pot and bring to a boil. Stir constantly. It should come to a good boil while stirring. Let boil for 1 minute. Add pectin and pepper flakes. Boil for exactly 1 more minute and remove from heat.

Add jam to clean hot jars. Clean lip of jar and add top. Process for 20 minutes in boiling water bath.

Makes 6 cups of jelly.

# *Enhanced Foods*

## *Frozen Beef/Bean Burrito*

Zap for 2 minutes, toss on a slab of cheese and zap another minute or so. Spread on sour cream, salsa, salt and pepper.

## *Frozen Pizza*

Add real cheddar cheese and Bulls Eye barbque sauce and cook normally.

## *Vanilla Ice Cream*

Add Nestley's Quik and stir in.

## *Hunters Graham Crackers and Milk*

Hunter and Jake both love this.

## *Fake Strawberry Shortcake*

Bite size frosted mini-wheats, fresh strawberries, about 2 Tbls. cream and milk.

# *Non-Edibles*

## McEwan's Boiling Potpourri

Simmer in 2 quarts of water:

1 orange (quartered)  
1 lemon (quartered)  
2 bay leaves  
3 cinnamon sticks  
40 cloves  
12 cranberries

## Silly Puddy

Pour Elmer's glue in a bowl. Add water with food coloring to the glue. Mix 1TbLs. of Borax to a little water. Pour it in the glue and it immediately turns to puddy. Spoon out the puddy and add another mix of Borax and water. Repeat until the glue is all puddy. The puddy will be a bit wet until you kneed it a bit. Cover when not in use.

You can also make a sort of puddy out of corn starch and water. It is very white. When you squeeze it starts to crumble. When you just hold it in your hand it starts to liquefy.

## Light Gentle Face Cream

¼ cup (+ 2 Tbls.) of distilled water  
½ tsp. citric acid  
2 tsp. glycerin  
1 Tbls. stearic acid  
2 Tbls emulsifying wax  
2 Tbls. sweet almond oil  
1 Tbls. cocoa butter  
½ tsp. preservative (grapefruit seed extract)

Combine and heat until waxes are just melted or until water begins to boil or bubble. Blend with chopsticks for 1 full minute. Let rest a few minutes and repeat 3 or 4 times. Let cool until it is warm. Add 15-20 drops essential oil, stir well and scoop into jars.

## Lip Gloss

¼ cup grated bees wax  
¼ cup olive oil  
Mix and melt on low heat in a small bottle setting in a pan of water.

Place in another small bottle setting in a pan of water.  
6 Tbls. mink oil with silicone and lanolin

2 tsp. bees wax mixture

Stir until melted. Add a few drops of your favorite oil base perfume or essential oil and color with a small amount of old lip stick. Pour into small jars.

### Smooth White Clay

2 cups soda  
1 cup cornstarch  
1 ¼ cup cold water

Mix in a saucepan and bring to a boil. Boil 1 minute until consistency of mashed potatoes. Place dough on counter and cover with a wet paper towel. Let it cool. Knead until smooth. Make shapes, animals, jewelry etc. Let dry. Paint with craft pens.

### Super Strong Bubbles

1 cup joy dishwashing detergent  
2 cups warm water  
3-4 Tbls. glycerin  
1 tsp. sugar

Use a variety of things to blow bubbles: cookie cutters, funnels, coat hangers, straws.

### Ooblick

Mix equal parts cornstarch and water together in a bowl or bucket. Scoop up a handful and squeeze. It turns to liquid. This is a fun sensory experience for all ages. It can be messy, so do it outside. Cleans up easily with water.

### Gak

Mix 6 Tbls. water and 1 tsp. borax. Mix well.

In a separate bowl, mix 1 Tbls. Elmers glue and 1 Tbls. of water. If you want it colored, add food coloring now.

Stir a scant 2 tsp. of the borax solution in the glue-water. Continue stirring until the mixture gets thick.

Knead the gak until it is pliable. Bounce, stretch, roll, pop and snap it.

# *Hints*

## *Cooking Meat*

Cook meat as fast as you can. I don't know much about searing in juices. I just know that the longer you cook it, the more juice comes out. If you cook fast, the meat will be much better.

## *Deep Frying*

Deep fry at 365°

When deep-frying, it is best to use neutrally flavored oil like safflower or peanut oil. Oils like extra-virgin olive oil have a low smoking point, which means that they will burn at a much lower temperature, making whatever you are frying taste scorched and bitter. Use enough oil so there is enough to cover whatever items you intend to fry.

Place the pot or pan of oil over a high heat. Heating a large amount of oil can take a long period of time. Deep-frying should be done with the oil at 365° F (185° C); use a candy thermometer to keep track of the oil's temperature. Oils will begin to burn between 400 and 450° F (200 and 225° C) and will catch fire at around 500° F (250° C), so it is very important to monitor the temperature of the oil. Once the oil has reached the desired temperature, reduce the heat to low. If you notice that the temperature on the thermometer begins to drop, turn the stove up a small amount until the temperature has crawled back up to 365° F (185° C).

## *Camping*

### *Cooking Bacon*

If you have to make tons of bacon at once; just break up the bacon and stir it on the griddle on high heat. You don't have to lay the bacon in strips. You will find that all the bacon is done at the same time.

### *Breakfast Burritos*

Cook a left over potato with some onions. Add sausage and eggs. Put on flour tortilla with some cheese and hot sauce.

### *English Muffin Breakfast Sandwiches*

Cook bacon, grill muffins, fried eggs, with cheese.

### *Plastic Bag Omelets*

Boil a large pot of water. Give each boy a zip lock bag. Have them fill it with two eggs, cheese, onions, ham or whatever. Close the backs getting as much air out as possible. Squeeze the bags until the ingredients are mixed together. Use a marker to know which bag is yours. Drop the bags into the boiling water. They will float. They take a while to cook.

Take your bag out when done, open and add some ketchup, salt and pepper. Eat right out of the bag.

Hints:

- Bell peppers don't work very well because they never get cooked in time.
- It is useful to mark the bags so that people can tell which one they made.

Hmong Noodles

Ingredients:

4 pounds bacon  
6 cups carrots  
4 cups onions  
6 cups broccoli  
6 cups celery  
4 cups bell peppers  
8 cups cabbage  
4 cups mushrooms  
1 ¼ cups or 24 Tbls. soy sauce  
¾ cup or 12 Tbls. Worcestershire sauce  
¾ cup or 12 Tbls. sesame oil  
30 packages chicken ramen noodles with a few flavor packets  
salt  
pepper

In three 12" deep Dutch ovens (at least one needs to be deep).

Cut bacon into 1 inch pieces. In a Dutch oven cook bacon. While it cooks, slice up vegetables. Separate bacon. In bacon grease, cook carrots, onions and broccoli. Cook for a short while. Add celery, peppers and cabbage. Add bacon, soy sauce, and Worcestershire sauce and sesame oil.

Open ramen noodles. Lay squares on top of vegetables. Add water to the middle of the noodles. Cover and cook until soft. Uncover and boil off remaining water. Add salt and pepper to taste.

At a campout we made this for 10 adults and 20 Priests/Teachers. We had just the right amount.

The amounts of vegetables don't really matter.

Carl Anderson's Cowboy Stew

Ingredients:

1 pound stew meat  
1 small bottle bulls eye BBQ sauce  
mustard  
ketchup  
1 large onion  
1 can corn  
1 can black beans  
7-8 cans of pork and beans, drain most of the juice (two different brands is good)  
Bisquick  
Cheese  
2 cans green chilies  
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½ pound bacon

In a 12” Dutch oven, fry a pound of stew meat with an onion and bacon. When cooked add ½ bottle of bbq sauce and ketchup and mustard to taste. Add beans and corn. Add rest of bbq sauce. Close it up and let simmer until it bubbles.

Make Bisquick biscuits and put 6 or so on top of stew. Move coals to top of oven. When the biscuits are done sprinkle with cheese and let melt. (Feeds 7 young scouts and 4 adults)

### *Book Cliffs Tater Tot Pie*

Ingredients:

2 pounds hamburger  
4 pounds frozen tater tots  
1 large onion  
2 cans French cut string beans  
2 cans cream of mushroom  
1 pound medium cheddar cheese  
Salt and pepper  
ketchup  
1 loaf bread

In a 12” Dutch oven, brown hamburger with onion. You can always add some bacon grease if you want. Remove tots. Put tots in oven. Put browned meat on top. Add beans. Loosen up the cream of mushroom soup with some milk or water. Pour on top. Sprinkle lots of cheese. Put coals on bottom and top of oven. Everything is already cooked. You are just heating it all up. Serve with bread. (Feeds 7 young scouts and 4 adults)

### *Scout Breakfast*

Ingredients:

24 little sizzler sausages  
18 eggs  
24 flour tortillas  
1 pound medium cheddar cheese  
Salt and pepper  
ketchup

In a 12” Dutch oven, cook sausages. Remove sausages and cook scrambled eggs. Add cheese and melt. Warm tortillas. Serve two sausages with a scoop of cheesy eggs on tortilla. (Feeds 7 young scouts and 4 adults)

### *Carl Andersons Pineapple Cake*

Ingredients:

1 box yellow cake mix  
3 eggs  
water  
oil  
1 can pineapple

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½ stick butter  
brown sugar

In a 12” Dutch oven put the pineapple from one can. Also add some of the juice.

Mix the cake according to instructions. Use the rest of the pineapple juice as some of the liquid. Pour the cake mix on the pineapple. Sprinkle with brown sugar and top with pats of butter from ½ stick.

Put 6-8 briquets on the bottom and twice as many on top. When you smell the cake it is probably done. Do the toothpick test to make sure.

More fruit on the bottom doesn't hurt. We used fruit cocktail and raspberry/lemon cool aid once. It had a great red color to it. We even used bacon grease instead of oil and it turned out fine.

## *Other*

### *Weights and Measures*

3 teaspoons = 1 Tablespoon  
4 Tablespoons = ¼ cup  
2 Tablespoons = 1 liquid ounce  
2 Tablespoons fat = 1 ounce  
2 ¼ cups granulated sugar = 1 pound  
1 ⅓ cups firmly packed brown sugar = 1 cup granulated sugar  
3 ½ cup confectioners' sugar = 1 pound  
4 ½ cups sifted cake flour = 1 pound  
4 cups general purpose flour = 1 pound  
3 cups corn meal = 1 pound  
1 Tablespoon cornstarch = 2 Tablespoons flour  
2 ⅓ cups rice = 1 pound  
1 cup chopped nuts = ¼ pound

### *Cleaning a Dutch Oven*

Add some water to the oven and boil in the fire. Stir with a spoon, scraping off food. Once clean, wipe out with an oiled paper towel.

### *Pectin*

You don't have to use pectin to make jam or jelly. Some fruits have enough pectin naturally to firmly set jam. Adding pectin allows you to reduce boiling time which lowers yield, darkens and changes the flavor of the product.

There are several different types of pectin and each works a little differently. The two main types of pectin are high methoxyl pectin and low methoxyl pectin:

The high methoxyl pectin needs acid and sugar for it to work and is most commonly used for traditional fruit preserves. Low methoxyl pectin needs calcium present for the gelling process to work, which makes it better for low or no sugar preserves.

High methoxyl pectins are the kind most people probably think of when they think of canning.

High methoxyl pectins are easily found in most supermarkets. Common brands are Sure-Jell, Ball, Certo, MCP, and many others.

Different brands have differing processing requirements. If you are going to make a recipe from the box, follow the recipes in that brand's box only. Don't swap brands because recipes are formulated specifically for that brand and its unique requirements.

Dry and liquid forms of high methoxyl pectins are not interchangeable either. Each has their own advantages, and which you use is mostly personal preference. Certo is the most common liquid pectin you'll find, but Ball also makes a liquid pectin which some people prefer.

There are also rapid-set and slow-set high methoxyl pectins. The difference is in the Degree of Esterification (DE). The rapid-set ones have a high DE and are used for products where you want chunks of fruit suspended in a gel, as in marmalades. Slower-set ones have a slightly lower DE and are good for clear jellies.

A nit-picky detail about high methoxyl pectins is that they are very finicky about changes to a recipe. If you try to make a double batch of jam, they won't set up well. Definitely make two separate batches rather than double a recipe. Also don't tweak the ingredients very much; a little bit of change in spices can be tolerated, but anything more will probably also affect the ability of the pectin to set up.

High methoxyl pectins need inordinate amounts of sugar. Usually the sugar concentration required is above 55 percent, meaning that there is more sugar than fruit in the recipe, causing the jam to be super-sweet. Many people (including me) don't like this.

If you want to lower the amount of sugar in your jams, consider a low methoxyl pectin instead.

Powdered pectin is added before boiling with the sugar added once it reaches the boiling point. For liquid pectin do the reverse.

Though liquid and powdered pectin are not interchangeable. Generally, 1 Tbls. of liquid pectin is equal to 2 tsp. of powdered.