

Recipes from Home

Delicious Tried and True Ferguson Family Favorites



Compiled and edited by Katie Ferguson

December, 2010

Welcome to the version 3.1 of the Recipes from Home cookbook. I created the first rudimentary version of this cookbook back in 2003 when Ian and I moved into our first apartment. When I went into the kitchen, I looked around blankly—what should I cook? That’s when I realized that I needed to collect all those old stand-by recipes from our families so I could make them, too. That first collection I called “Recipes from Home” because, although we lived in Massachusetts, a good homey meal could bring Seattle a little closer.

Since then, I have discovered the joy of feeding people as I collected and tried out these recipes. There’s great intimacy in eating with friends. Jesus broke bread with His disciples, fed thousands of people, and called on His followers to feed the hungry. The early church “followed a daily discipline of worship in the Temple followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God.” (Acts 2:46) As a church body, we remember Christ’s death and resurrection by eating and drinking in the sacrament of Communion. I hope that, as you make these recipes, you will find every meal a blessed celebration full of exuberance and joy.

A note on the cookbook’s organization. Somewhat arbitrarily, I have divided the cookbook into eight sections:

- Breads
- Breakfasts
- Soups and Salads
- Sides
- Entrées
- Cookies
- Cakes and Muffins
- Pies, Puddings, Cobblers, and Crisps

My passion for baking sweet bready things is clearly given away in this dessert-heavy collection.

In the spirit of a traditional family cookbook, I encourage you to take the extra space in the margins and between the lines to write in your own innovations. If you find a dramatic improvement to recipes, or if you have a fail-proof recipe you love, or if you find editorial errors, email me and share – maybe your recipe will make it into the next edition!

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Breads

Banana Nut Bread

Comfort Food, page 73

Prep

Heat oven to 350°. Grease an 8×4×2- or 9×5×3-inch loaf pan.

1 ½ cups all-purpose flour
1 ½ teaspoons baking powder
¼ teaspoon baking soda
¼ teaspoon ground allspice or nutmeg
½ teaspoon salt

In a large mixing bowl, stir together the flour, baking powder, baking soda, spice, and salt. Set aside.

1 slightly beaten egg
1 cup (3 medium) mashed banana
¾ cup sugar
¾ cup cooking oil

In a separate bowl, combine egg, banana, sugar, oil.

½ cup walnuts or pecans
½ cup chocolate chips

Mix the wet ingredients into the dry ingredients *just until moistened*. Batter should be lumpy.

Fold in nuts and chocolate chips.

Pour batter into greased loaf pan.

Bake 50 to 55 minutes, or until a toothpick inserted near the center comes out clean.

Cool the bread in the pan for 10 minutes.

Remove the bread from the pan and cool thoroughly on wire rack.

Wrap and store the bread overnight before slicing.

Makes 1 loaf (16 servings).

Variations

2 egg whites
1 teaspoon lemon peel, finely shredded

Substitute egg whites for slightly beaten egg. Stir in lemon peel with banana.

Nutrition Information (excluding chocolate chips)

Per serving:

178 calories, 3 g protein, 26 g carbohydrates, 8 g fat (2 g saturated), 13 mg cholesterol, 62 mg sodium, 115 mg potassium.

Biscuits

Mare Sullivan

Prep

Heat oven to 450°.

From Scratch

2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
½ cup shortening
¾ cup milk

In a medium mixing bowl, combine flour, baking powder, and salt.

Use a pastry blender to cut the shortening into the flour mixture until it forms a crumbly, lumpy mixture. Stir in the milk until a dough forms.

With Bisquick

2 ¼ cups Bisquick
¾ cup milk

In a medium mixing bowl, stir together Bisquick and milk until a dough forms.

Turn the dough out onto a well-floured surface and knead 8 to 10 times.

Roll the dough out ½ inch thick and cut with a 2-inch cookie cutter or glass.

Bake on an ungreased baking sheet until golden brown, 12 to 14 minutes (from scratch) or 8 to 10 minutes (Bisquick).

Bisquick Biscuit Nutrition Information

Per serving:

135 calories, 3 g protein, 19 g carbohydrates, 5 g fat (1 g saturated), 0 mg cholesterol, 430 mg sodium.

Challah Bread

Cookingbread.com

1 cup lukewarm water
2 egg yolks (save the whites)
3 tablespoons honey
2 tablespoons oil

In a large mixing bowl, combine water, eggs, honey, and oil. Whisk until mixed.

2 cups bread flour
1 teaspoon salt
1 ½ teaspoon instant yeast

Stir the flour, salt, and yeast into the egg mixture. Beat together until smooth and extremely well mixed.

Set aside. Allow to rest uncovered for 15 minutes.

2 ½ cups of flour, divided

After 15 minutes, stir the remaining flour into the dough, ½ cup at a time.

Flour

When the dough is firm enough to work with, decant it onto a well-floured surface and knead for 10 minutes. The dough will become soft and elastic.

If the dough remains too sticky to knead, add flour 1 tablespoon at a time until the consistency improves and the dough no longer sticks to your hands.

Large greased or oiled bowl
Plastic wrap

Place the kneaded dough into a large bowl coated with oil and roll the dough ball around to lightly coat it with oil.

Cover the bowl with plastic and set it in a warm, but not hot, place to rise for 1 to 1 ½ hours, or until doubled in bulk.

When the dough has risen, take it out and cut it into 3 equal parts.

Roll each third into a 15-inch long rope.

Lay the ropes out parallel to each other and curve the outer two pieces in so that their ends touch the end of the inner rope.

Firmly attach the ropes together at that end.

Start the braid at the attached end. Braid the dough.

Once the dough has been braided, pinch the ends together and tuck them underneath the loaf.

Place the braided dough onto a baking sheet lined with parchment paper. Set aside.

2 egg whites, whisked to foam

Whisk the egg whites until they become very foamy.

Use a pastry brush to paint the foam onto the braided loaf, covering the entire loaf with egg wash.

Set the extra egg whites aside, but do not discard.

Cover the egg-washed braid with plastic wrap and allow to rise about 1 to 1 ½ hours, or until doubled in bulk.

2 egg whites, whisked to foam

When the dough has risen, remove the plastic wrap and paint the braid with egg white foam again.

Sesame or poppy seeds

Sprinkle the loaf with seeds.

Bake at **400°** for 20 minutes. After 20 minutes, rotate the bread in the oven and turn the heat down to **375°**. Bake for another 15 to 20 minutes, or until the loaf is golden-brown.

Cool on a wire rack.

Nutrition Information

Not available.

Cornbread

Mare Sullivan

Prep

Heat oven to 400°. Grease a 9×9-inch pan, muffin pan, or round cast iron skillet.

1 cup cornmeal
1 cup flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons brown sugar
½ cup frozen corn

In a large mixing bowl, stir together cornmeal, flour, baking powder, salt, brown sugar, and frozen corn. Set aside.

2 eggs, beaten well
1 cup milk
¼ cup vegetable oil or melted butter or margarine

In a small bowl, whisk eggs. Whisk in milk and oil.

Make a well in the dry ingredients and pour wet ingredients into the well. Stir until dry ingredients are just moistened.

Pour batter into pan. Bake for 15 to 25 minutes, or until a toothpick inserted in the center comes out clean.

Fresh Corn Variation

Fresh corn

Cook corn on the cob until tender. Slice corn off the cob and substitute for frozen corn.

Nutrition Information

Not available.

Notes: Do not use cupcake papers if baking in a muffin pan.

Dutch Apple Bread

Mare Sullivan

Prep

Heat oven to 350°. Grease an 8×4-inch loaf pan.

½ cup butter or margarine
1 cup granulated sugar
2 eggs
1 teaspoon vanilla

In a large mixing bowl, beat together butter or margarine and sugar with an electric mixer until smooth.

Stir in eggs and vanilla, beating well.

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt

In a separate bowl, sift together flour, baking soda, and salt.

½ cup orange juice
1 cup apples, finely chopped
½ cup cranberries, chopped

Stir half the dry ingredients into the wet ingredients. Add the orange juice. Stir in the remaining dry ingredients, stirring batter until well mixed.

Fold in apples and cranberries just until mixed.

Pour batter into greased pan. Bake for 55 to 70 minutes, or until a toothpick inserted in the center of the loaf comes out clean.

Nutrition Information

Not available.

Lemon Blueberry Bread

Mare Sullivan

Prep

Heat oven to 350°. Grease an 8×4-inch loaf pan.

½ cup butter or margarine, softened
¾ cup granulated sugar
2 tablespoons lemon juice
2 eggs

In a large mixing bowl, beat together butter or margarine, sugar, lemon juice, and eggs.

1 ½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt

In a medium mixing bowl, sift together flour, baking powder, and salt.

½ cup milk

Stir half the dry ingredients into the wet ingredients. Add the milk and stir. Add in the remaining dry ingredients.

1 tablespoon lemon zest
½ cup chopped walnuts
1 cup blueberries, washed and drained if fresh or drained if frozen

Fold lemon zest, walnuts, and blueberries into the batter.

Pour batter into a greased loaf pan.

Bake 60 to 70 minutes, or until a toothpick inserted in the center of the loaf comes out clean.

Cool in pan 10 minutes. Remove from bread from pan and cool completely before slicing.

Nutrition Information

Not available.

No-Knead Artisan Bread

Jaden Hair, Steamy Kitchen

½ cup whole wheat flour
2 ½ cups bread flour
½ teaspoon instant yeast
1 teaspoon table salt
1 ½ cups lukewarm water

In a large mixing bowl, combine whole wheat flour, bread flour, yeast, and salt. Stir in water.

Cover the bowl with plastic and set it in a warm, but not hot, place to rise for 12 to 20 hours, or until doubled in bulk.

Decant the dough onto an extremely well-floured pie cloth or kitchen towel. It will be very sticky. Scrape any dough that has stuck to the edges of the bowl out and combine with the main body of dough. *Do not knead or squish.*

Pie cloth
Flour

Wet your hands to prevent the dough from sticking. Grab the lump of dough and tuck the edges in towards the middle. Turn dough over to put the seam on the bottom.

Wrap the dough ball in the rest of the towel and let rise for 2 hours, or until doubled in bulk.

5-quart cast-iron pot with lid
Or any large ceramic, Pyrex, or cast-iron pot at least 4 inches tall that has a lid

1 hour into the rising, put the empty pot into the oven and begin heating oven to **450°**.

After 2 hours, remove the hot pot from the oven. Carefully transfer the dough from the towel into the pot. Shake the pot to even out dough distribution.

Cover with the lid and bake for 30 minutes.

Uncover and bake 15 to 20 minutes.

The bread is done when it sounds hollow when tapped, or it reaches 210° inside.

Nutrition Information

Not available.

Notes: Re-crisp the crust by baking at 350° for 10 minutes.

Pitas

Floyd, The Fresh Loaf

3 cups all-purpose flour
1 ½ teaspoons salt
1 tablespoon sugar or honey
2 teaspoons (1 packet) yeast

Mix flour, salt, sugar, and yeast.

2 tablespoons olive oil
1 ¼ to 1 ½ cups lukewarm water

Add olive oil and 1 ¼ cups of water to the flour mixture. If a ball of dough doesn't form from all the flour, add up to ¼ cup more water.

Large greased or oiled bowl
Plastic wrap

Once the ingredients form a ball, place the ball on a floured surface and knead for 10 minutes.

Place the kneaded dough into a large bowl coated with oil and roll the dough ball around to lightly coat it with oil.

Cover the bowl with plastic and set it in a warm, but not hot, place to rise for 1 to 1 ½ hours, or until doubled in bulk.

After 1 ½ hours, punch down the dough to release the trapped gases.

Divide the dough into 8 equal pieces and roll into balls. Place them on a well-floured towel.

Cover the balls with a damp kitchen towel and allow to rest for 20 minutes.

While the dough is resting, heat the oven to **400°** and put a pizza stone or upside-down baking sheet in the oven to heat.

After 20 minutes, roll each ball of dough into a round ⅛ inch thick.

Carefully place one or two pitas on the hot pizza stone. Bake for 3 minutes or until they puff up. Bake for up to 3 to 5 more minutes.

Nutrition Information

Not available.

Notes: Some pitas just don't want to puff. This has to do with thickness. Roll the pitas thinner.

Breakfasts



Cinnamon Rolls (page 16)

Chocolate Swirl Coffee Cake

Betty Crocker Cookbook, courtesy of Mare Sullivan

Prep

Heat oven to 400°. Grease an 8×8×2-inch pan.

Topping

½ cup flaked coconut
¼ cup chopped nuts
¼ cup granulated sugar
1 tablespoon butter, melted

In a small bowl, combine coconut, nuts, sugar, and butter. Set aside.

Batter from Scratch

2 cups buttermilk baking mix
¼ cup granulated sugar
1 egg
¾ cup milk
2 tablespoons butter, melted

In a large mixing bowl, combine baking mix, sugar, egg, milk, and butter.

Beat vigorously with an electric mixer for 30 seconds.

½ cup semisweet chocolate pieces, melted

Pour batter into greased pan.

Spoon melted chocolate over the batter. Marble it by cutting parallel lines with a knife through the batter.

Sprinkle evenly with topping.

Bake for 20 to 25 minutes, or until golden brown.

Batter from Bisquick

2 cups Bisquick
¾ cup milk
2 tablespoons granulated sugar
1 egg

In a large mixing bowl, combine Bisquick, milk, sugar, and egg, until well mixed. Substitute for batter above.

Bisquick Batter Nutrition Information

Per serving:

310 calories, 5 g protein, 46 g carbohydrates, 12 g fat (4 ½ g saturated), 50 mg cholesterol, 720 mg sodium.

Cinnamon Rolls

The Last Suppers, pages 86 – 88

Dough

¾ cup unsalted butter
1 cup milk
¾ cup granulated sugar
1 ¼ teaspoons salt

In a small sauce pan, heat butter, milk, sugar, and salt until the butter is melted. Set aside to cool.

3 ¼ packages (7 ½ ounces) active dry yeast
½ cup lukewarm water
1 teaspoon granulated sugar

In a large mixing bowl, sprinkle the yeast over the warm water, add sugar, and set aside for 10 minutes, until the mixture is bubbly.

5 large eggs
8 ½ to 9 ½ cups all-purpose flour

When the butter milk mixture is cooled, add it and the eggs to the bubbly yeast mixture and beat until it is well-combined.

Stir in the flour 1 cup at a time, mixing completely before adding the next cup. Add enough flour to form a stiff dough.

Turn the dough onto a well-floured surface and knead until smooth and satiny, about 10 minutes.

Place the kneaded dough in a large, clean, buttered bowl. Roll the dough around in the bowl to cover it with butter.

Cover the bowl loosely with a kitchen towel and allow to rise in a warm place until doubled in bulk, about 1 hour.

Filling

5 cups brown sugar, firmly packed
1 ¼ cups unsalted butter, softened
3 tablespoons cinnamon

In a medium bowl, beat together brown sugar, butter, and cinnamon into uniform small crumbly chunks. Set aside.

Butter two 9×13-inch glass baking pans.

After the dough has doubled, punch it down to release the gases. Roll the dough into a large rectangle 24×36 inches (2×3 feet).

Spread the filling evenly over the surface of the dough.

Roll the dough up lengthwise and cut at 2-inch intervals to make 12 rolls.

Place 6 rolls in each buttered dish. Cover loosely with a kitchen towel and allow to rise in a warm place until doubled in bulk, about 1 hour.

Bake at **350°** for 20 to 30 minutes, or until puffed and brown. Serve warm topped with cream cheese frosting.

Cool extra rolls on wire racks.

Cream Cheese Frosting

½ pound cream cheese, softened

¼ cup whipping cream

1 teaspoon vanilla extract

3 to 4 cups powdered sugar, sifted

Beat together cream cheese, cream, and vanilla. Stir in powdered sugar 1 cup at a time and beat slowly until soft and smooth, not stiff.

Nutrition Information

Not available.

Notes: *My dough doesn't double in bulk the second time, but it turns out fine.*

Crepes

Betty Crocker Cookbook, courtesy of Mare Sullivan

1 ½ cups all-purpose flour
1 tablespoon granulated sugar
½ teaspoon baking powder
½ teaspoon salt

In a large mixing bowl, combine flour, sugar, baking powder, and salt.

2 cups milk
2 eggs
½ teaspoon vanilla
2 teaspoons butter, melted

In a separate bowl, whisk together milk, eggs, vanilla, and butter.

Thoroughly mix wet ingredients into the dry ingredients.

Butter

Heat a frying pan or cast-iron skillet on medium. Melt butter in frying pan.

Pour ¼ cup of the batter into the hot buttered frying pan, rotating it to spread the batter evenly.

Cook until the edges curl slightly. Flip and cook for another 30 seconds.

Fillings

Fresh berries, washed and dried
Frozen berries, thawed
Vanilla or plain yogurt
Powdered sugar in a sifter

Top crepes with toppings to taste. Roll crepe around filling and sift lightly with powdered sugar.

Nutrition Information

Not available.

Notes: For best results, use real butter, not margarine.

English Muffins

Floydm, The Fresh Loaf

Active Dry Yeast

1 package active dry yeast
¼ cup water, lukewarm
Pinch granulated sugar

Combine water, yeast, and sugar in a bowl and let stand until foamy, about 10 minutes.

Instant Yeast

1 tablespoon instant yeast

Stir dry yeast directly into flour mixture.

2 cups all-purpose flour
2 teaspoons salt
1 egg
1 ¼ cups milk, warm
2 tablespoons butter, melted

In a large bowl, combine flour and salt. Make a well in the center.

Add yeast mixture, egg, milk, and butter to well. Mix until creamy, about 2 minutes.

2 to 2 ½ cups all-purpose flour, divided

Add remaining flour to bowl ½ cup at a time, mixing completely. Add flour until a soft dough that just clears the sides of the bowl forms.

Turn dough onto a well-floured surface and knead 3 to 5 minutes.

Return dough to a clean, buttered bowl, cover with Saran wrap, and allow to rise 1 ½ hours or until doubled in bulk.

Cornmeal

When dough has risen, turn it onto a surface sprinkled with cornmeal. Sprinkle the top of the dough with cornmeal.

Roll the dough into a rectangle ½ inch thick. Cut with a round cookie cutter.

Heat large frying pan on medium. Place muffins on pan and bake until quite dark, 5 to 10 minutes. Flip and cook until done.

Optional: bake cooked muffins on a baking sheet in the oven at **350°** for 5 to 10 minutes.

Nutrition Information

Not available.

French Toast

Vermont Morning

1 egg
¼ cup milk
Dash cinnamon

In a shallow square pan, whisk together egg, milk, and cinnamon.

Dried-out French bread, sliced

Place bread slice in the pan of egg and milk. Allow bread to soak on one side for 30 seconds, then flip and allow the other side to soak for another 30 seconds.

Butter

Heat a frying pan or cast-iron skillet on medium. Melt butter in frying pan.

Place the egg-soaked bread in the frying pan and cook until the bread crust looks cooked halfway up.

Flip the bread and cook another 5 minutes.

Serve buttered and topped with toppings.

Topping

Powdered sugar
Maple syrup
Jam
Fresh sliced strawberries or other fruit

Nutrition Information

Not available.

Oatmeal

Vermont Morning

½ cup Vermont Morning oatmeal
¾ cup milk

In a deep microwaveable bowl, combine Vermont Morning and milk. Microwave on medium for 6 minutes.

Stir in toppings and eat immediately.

Toppings

½ cup vanilla or plain yogurt
1 teaspoon cinnamon
¼ cup brown sugar
¼ cup raisins, fresh or frozen blueberries, fresh raspberries, or fresh sliced strawberries

Nutrition Information

Not available.

Oatmeal Pancakes

Comfort Food, page 109

1 cup milk
¾ cup quick-cooking rolled oats
Or 1 cup of your favorite oatmeal, cooked

In a small sauce pan, heat milk until hot. Stir in oats. Let stand, covered, 5 minutes.

¾ cup all-purpose flour
2 tablespoons brown sugar
2 tablespoons baking powder
¼ teaspoon salt
¼ teaspoon baking soda

While the oatmeal cooks, combine the flour, brown sugar, baking powder, salt, and baking soda.

Stir the cooked oatmeal into the flour mixture.

2 eggs, beaten
1 tablespoon cooking oil

Stir together the eggs and cooking oil. Add all at once to the oatmeal-flour batter. Mix batter *just until blended* – it should be slightly lumpy.

For each pancake, pour about ¼ cup of the batter onto a hot, lightly greased frying pan.

Cook until the pancakes are golden brown, turning to cook the second side when bubbles rise in the middle of the pancakes and the edges are slightly dry.

Toppings

Maple syrup
Powdered sugar
Fresh berries
Peanut butter

Oatmeal Berry/Chip Pancakes

½ to 1 cup fresh or frozen berries or chocolate chips, divided

Prepare pancakes as above, but sprinkle each pancake with berries or chocolate chips immediately after pouring the batter onto the frying pan.

Nutrition Information

Basic pancake:

354 calories, 11 g protein, 53 g carbohydrates, 11 g fat (3 g saturated), 112 mg cholesterol, 404 mg sodium, 418 mg potassium.

Notes: *These tend to burn, especially if you add berries. Cook slowly on a low heat for best results.*

Pancakes

Betty Crocker

2 cups Bisquick
1 cup milk
2 eggs

In a mixing bowl, blend together Bisquick, milk, and eggs.

For each pancake, pour about $\frac{1}{4}$ cup of the batter onto a hot, lightly greased frying pan.

Cook until the pancakes are golden brown, turning to cook the second side when bubbles rise in the middle of the pancakes and the edges are slightly dry.

Berry or Chocolate Chip Pancakes

Blueberries
Raspberries
Chocolate chips

Prepare pancakes as above, but sprinkle each pancake with berries or chocolate chips immediately after pouring the batter onto the frying pan.

Toppings

Maple syrup
Powdered sugar
Fresh berries
Peanut butter

Nutrition Information

Per serving:

90 calories, 3 g protein, 12 g carbohydrates, 3 g fat (1 g saturated), 30 mg cholesterol, 280 mg sodium.

Smoothies

Katie Ferguson

1 banana
½ cup orange juice
½ cup plain or vanilla yogurt

Peel banana and break into pieces. Drop pieces into a blender. Pour orange juice and yogurt over top.

Blend on liquefy until smooth.

¾ cup frozen or fresh blueberries
½ cup frozen or fresh raspberries
1 ½ cups frozen strawberries

Add blueberries and raspberries to the blender. Blend until smooth. Add strawberries and blend to desired thickness.

Hawaiian Smoothie

Orange sherbet
½ cup coconut
Fresh fruit
1 can pineapple

Substitute orange sherbet for yogurt
Add coconut or fruit to blender with berries.

Substitute pineapple juice for orange juice and add ½ the can of pineapples along with the banana.

Nutrition Information

Not available.

Sunrise Muffins

Kate McCarthy, *Momentum Magazine*

Prep

Heat oven to 400°. Line muffin tin with paper muffin cups.

Dry Ingredients

<i>Ingredient</i>	<i>One Batch</i>	<i>Master Mix</i>
Whole wheat flour	1 cup	5 cups
All-purpose flour	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Quinoa flour	$\frac{1}{4}$ cup	1 $\frac{1}{4}$ cups
Baking powder	1 tablespoon	5 tablespoons
Salt	$\frac{1}{2}$ teaspoon	2 $\frac{1}{2}$ teaspoons
Cinnamon	2 teaspoons	10 teaspoons
Ground ginger	1 teaspoon	5 teaspoons
Ground nutmeg	$\frac{1}{2}$ teaspoon	2 $\frac{1}{2}$ teaspoons
Dried fruit	$\frac{3}{4}$ cup raisins	3 $\frac{3}{4}$ cups

In a medium bowl, combine whole wheat flour, all-purpose flour, quinoa flour, baking powder, salt, cinnamon, ginger, nutmeg, and dried fruit.

If making a master mix, store in airtight container. When baking with master mix, combine 2 $\frac{3}{4}$ cups plus 2 tablespoons master mix with wet ingredients.

Wet Ingredients

1 large egg
2 egg whites
1 cup buttermilk
1 cup honey
1 cup apple, grated
1 teaspoon vanilla

In a large bowl, lightly beat egg and egg whites. Mix in milk, honey, apple, and vanilla.

Gently fold dry ingredients into wet ingredients.

Fill the muffin cups with batter to just below the edge.

Bake for about 15 minutes, until lightly golden brown, or until a toothpick inserted in the center comes out clean.

Cool muffins completely on a wire rack. Store frozen in Ziploc bags.

Nutrition Information

Not available.

Notes: Buttermilk substitute: 1 cup regular milk, curdled with 1 tablespoon cider vinegar.

Waffles

Lucas Clemons

Prep	Heat waffle iron.
1 $\frac{3}{4}$ cups all-purpose flour 2 teaspoons baking powder 3 teaspoons granulated sugar $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon cinnamon	In a large mixing bowl, combine flour, baking powder, sugar, salt, and cinnamon. Set aside.
3 egg yolks, beaten 1 $\frac{1}{2}$ cups milk	In a small bowl, combine egg yolks and milk.
$\frac{1}{2}$ cup vegetable oil 3 egg whites	<p>Stir wet ingredients into dry ingredients. Stir cooking oil into batter and mix well.</p> <p>Carefully fold in egg whites, stirring until just mixed. <i>Do not over-mix.</i></p> <p>Pour $\frac{2}{3}$ cup of batter onto a heated waffle iron. Close and bake.</p>
Toppings Maple syrup Fresh berries, washed Frozen berries, thawed Powdered sugar	
Nutrition Information Not available.	
Notes: <u>For best results, divide and add eggs as described.</u>	

Soups and Salads

Bean Soup

The Book of Mexican Foods, page 23

2 cans red kidney beans
2 cups water
1 medium onion, chopped
1 garlic clove, crushed
1 to 1 ½ teaspoons chili powder
Salt, to taste

In a stock pot, combine beans, water, onion, garlic, and chili powder. Simmer 30 to 40 minutes.

In batches, pour soup into a blender or food processor fitted with a metal blade and process until the soup is smooth and homogeneous.

Adjust the consistency by adding more water if necessary.

Return the soup to the stock pot and reheat. Season with salt, if desired.

Salsa
Sour cream
½ cup mozzarella cheese, shredded

Serve soup topped with salsa, sour cream, and cheese.

Makes 4 servings.

Nutrition Information

Not available.

Bok Choy Salad

Food Network, courtesy of Lake Austin Spa Resort

1 medium head of bok choy, washed and diced
4 green onions, sliced

Combine bok choy and onions. Chill.

One 3-ounce package ramen noodles
***Or* chow mein noodles to taste**
½ cup slivered almonds, toasted
2 tablespoons sesame seeds, toasted

Break up the ramen noodles and combine in a small bowl with almonds and sesame seeds.

¼ cup extra-virgin olive oil
2 tablespoons lemon juice
1 tablespoon tamari

In a measuring cup, combine oil, lemon juice, and tamari.

Before serving, combine the bok choy and noodle mixtures. Drizzle the dressing on the salad and toss to coat.

Nutrition Information

Not available.

Broiled Bread and Caesar Salad

Unknown

Caesar Salad

1 head lettuce, washed and shredded
Caesar salad croutons
Grated Parmesan cheese
Caesar salad dressing

Combine lettuce, croutons, cheese, and dressing in a salad bowl.

Broiled Bread

1 French bread
Butter or margarine, softened
Grated Parmesan cheese

Slice bread. Place bread slices onto a baking sheet and spread with butter or margarine. Sprinkle Parmesan cheese evenly over bread slices.

Move one of the oven racks up into the broiling position. Broil the bread until the cheese is crispy and golden.

Serve salad with the hot bread.

Nutrition Information

Not available.

Clam Chowder

Mare Sullivan, November 26, 2006

2 to 3 strips of bacon, cut into 1-inch chunks
3 to 4 celery stalks, washed and cut into ½-inch chunks
1 medium onion, peeled and cut into 1-inch chunks
2 to 3 medium potatoes, diced into ½- to 1-inch cubes
2 to 3 tablespoons parsley
1 teaspoon ground nutmeg
1 teaspoon ground sage
½ teaspoon black pepper
1 tablespoon chicken bouillon or salt to taste

In a large stock pot, begin cooking the bacon on medium heat. When you flip the bacon, add celery, onion, and potatoes.

Stir in the remaining ingredients and cook until the onions and celery are tender.

¼ cup all-purpose flour

Pour off most of the bacon grease, retaining enough for flavoring.

Add in flour to the pot and stir over medium heat until it thickens.

Clam juice drained from chopped clams
1 cup milk

Stir the clam juice and milk into the pot and cook until it thickens again. Add milk to regulate soup consistency.

2 to 3 cans chopped clams, drained
½ cup frozen corn, thawed (optional)

When the soup is the consistency you want, stir in the clams and, if desired, corn.

Cook over low to medium heat, stirring frequently, until the soup reaches the desired temperature. *Do not overheat.*

Serve warm with no-knead bread (page 10).

Nutrition Information

Not available.

Chef Salad

Unknown

1 head lettuce, washed and shredded
1 cup cheddar cheese, cubed
1 cup Colby Jack cheese, cubed
1 cup thick sliced turkey, cubed
2 hard boiled eggs, thinly sliced
1 cup bacon bits, crumbled
Ranch dressing

Place desired amount of lettuce on a large dinner plate. Sprinkle with the remaining ingredients and drizzle lightly with Ranch dressing.

Excellent as a large dinner salad with broiled bread or as a side salad.

Nutrition Information

Not available.

Triple Corn Chowder

Comfort Food, page 66

One 12-oz bag frozen corn kernels
Or fresh corn kernels, cooked and removed from cob

1 cup chicken stock
1 red bell pepper, chopped
1 small tomato, chopped
¼ cup green onion, finely chopped
¼ cup onion, chopped
1 can black beans
½ teaspoon black pepper
½ teaspoon white pepper
¼ teaspoon chili powder

In a large stock pot, combine corn, chicken stock, bell pepper, tomato, green onion, onion, black beans, peppers, and chili powder.

Bring to boiling; reduce heat. Cover and simmer for at least 30 minutes. Do not drain.

1 ½ cups milk
3 tablespoons flour
¼ cup cornmeal

Stir together milk, flour, and cornmeal. Stir into soup. Cook, stirring constantly, until thickened and bubbly. Stir 1 minute more.

Cheddar cheese, freshly-grated
Salsa
Guacamole (page 42)

Serve topped with grated cheese, salsa, guacamole, and sour cream.

Plain Corn Chowder

½ cup dried beef or ham

Prepare as above, except omit tomato, green onion, black beans, chili powder, cornmeal, cheddar cheese, salsa, and guacamole. Stir dried beef or ham in with milk.

Serve with a side of coarsely broken corn chips.

Nutrition Information (Plain Corn Chowder)

Per serving:

125 calories, 5 g protein, 26 g carbohydrates, 1 g fat (1 g saturated), 4 mg cholesterol, 629 mg sodium, 343 mg potassium.

Roasted Tomato Soup

Tyler Florence, Food Network

Prep	Heat oven to 450°.
2 ½ pounds fresh heirloom tomatoes 6 cloves garlic, peeled and chopped 2 small yellow onions, sliced ½ cup extra-virgin olive oil Salt and freshly-ground pepper (optional)	Wash, core, and quarter tomatoes. Spread the tomatoes on a 9×13-inch pan (may need multiple pans). Sprinkle garlic and onions atop the tomatoes. Drizzle tomatoes with olive oil and season with salt and pepper. Seal the pan with foil. Roast tomatoes for 20 to 30 minutes or until caramelized.
1 quart chicken stock 2 bay leaves 4 tablespoons butter	Combine the chicken stock, bay leaves, and butter in a large stock pot. When the tomatoes are caramelized, use a perforated spoon to transfer the tomatoes, onions, and garlic from the pan into the stock pot. Discard the olive oil. Bring the soup to a boil, then cover and simmer 30 to 45 minutes. When tomatoes are falling apart, turn off heat and let soup cool completely. When the soup is completely cool, pour in batches into a blender and puree until the soup is mostly homogeneous.
½ cup fresh basil leaves, washed and chopped ½ pint heavy cream (optional) Parmesan cheese No-knead bread	Reheat soup on low heat. Stir in basil leaves and heavy cream. Serve sprinkled with Parmesan cheese and fresh no-knead bread.
Nutrition Information Not available.	
Notes: <i>Prepare the soup ahead and let cool overnight before blending.</i>	

Sides



Roasted Heirloom Tomatoes (page 48)

Applesauce

Washington State Apple Commission, courtesy of Deborah Ferguson

8 apples, peeled, cored and cut into chunks
½ cup water
¼ cup granulated or brown sugar

In a large mixing bowl, combine apples, water, and sugar. Transfer to a 2-quart microwave-safe dish that has a lid.

Put the lid on the dish and microwave on high for 12 to 14 minutes, or until apples are tender.

Flavorings

1 teaspoon grated lemon zest
1 teaspoon vanilla extract
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg

Stir desired flavoring into the cooked apples.

Microwave on high for an additional 3 minutes.

Stir the applesauce or, for finer texture, mash it with a potato masher or puree it in a food processor.

Cool before serving.

Makes 4 cups.

Nutrition Information

Per serving:

137 calories, 0.3 g protein, 35 g carbohydrates, 0.6 g fat, 0 mg cholesterol, 0.3 mg sodium.

Beet Chips

Culinary Competitor

Prep	Heat oven to 400°.
2 beets	Wrap beets in aluminum foil and bake for 1 ¼ hours, until soft. Remove from oven and peel. Slice into ⅛-inch slices.
2 slices center cut bacon Pepper, to taste 2 tablespoons blue cheese 3 stalks green onion, chopped	Sauté bacon in a heavy skillet. When cooked, remove and set aside on a paper towel. When cooled, chop bacon finely. Sauté cooked beet slices in the bacon drippings until crispy. Sprinkle with pepper, to taste. Remove from pan, top with bacon, blue cheese, and green onion. Serve warm.
Nutrition Information	
Not available.	

Butter Dips

Deborah Ferguson

Prep

Heat oven to 450°.

¼ cup butter or margarine

Melt butter or margarine in a 9×9-inch baking dish.

1 ¼ cup flour

2 teaspoons granulated sugar

2 teaspoons baking powder

1 teaspoon salt

¾ cup milk

In a mixing bowl, stir together flour, sugar, baking powder, and salt.

Add in milk and mix just until dough forms.

Turn dough onto a well-floured surface and knead lightly 10 times.

Use a rolling pin to roll dough to an 8 inch square.

Cut dough in half and then into 18 strips.

Remove hot dish from oven. Coat dough strips in the melted butter. Lay out close together in pan.

Bake for 15 to 20 minutes or until golden brown.

Nutrition Information

Not available.

Cranberry Jell-O Salad

Jane Slover

1 package fresh cranberries

Use a food processor to finely chop cranberries.

Pour cranberries into a large mixing bowl and set aside.

1 orange, peeled and quartered

1 orange, quartered (leave peel on)

Chop both oranges in a food processor until the peel is very fine. Add to the bowl of cranberries.

4 medium tart apples, peeled, cored, and cut into quarters

1 ½ cups sugar

Chop apples finely in a food processor. Add to the bowl of fruit and mix. Stir sugar into fruit.

1 package cranberry or raspberry Jell-O

2 cups boiling water

In a 9×13-inch glass pan, stir together dry Jell-O mix and water until transparent. Carefully stir fruit mixture into Jell-O, spreading fruit evenly.

Refrigerate until completely set.

Nutrition Information

Not available.

Notes: *Do not attempt to chop cranberries in a blender.*

Guacamole

Mare Sullivan, May 23, 2007

1 ripe avocado
1 to 2 tablespoons lemon or lime juice
¼ cup salsa

Cut the avocado and scoop out the innards. In a small bowl, mash the avocado to the desired chunkiness. Stir in juice and salsa to taste.

Serve immediately.

Makes 2 servings.

Nutrition Information

Not available.

Mashed Potatoes

Koskovich-Sullivan-Ferguson original recipe

1 pound Yukon gold potatoes, washed and quartered

In a large pot, boil potatoes until a fork enters them easily or they start falling apart.

½ cup margarine
½ cup sour cream
Green onions, chopped finely
Pepper to taste

Drain potatoes. Using a potato masher, mash the potatoes, adding margarine, sour cream, green onions, and pepper, all to taste.

Serve hot with more butter or gravy.

Variation

4 to 8 medium russet potatoes

Peel potatoes and cut into sixths. Prepare as described.

Nutrition Information

Not available.

Mexican Rice

The Book of Mexican Foods, page 94

1 ½ cups long-grain rice

Put rice into a bowl and cover with boiling water. Let stand for 30 minutes.

After 30 minutes, drain the rice, transfer it to a strainer, and let it dry for 1 hour.

2 tablespoons vegetable oil
1 large onion, chopped
2 garlic cloves, finely chopped
4 to 6 fresh red or green chiles

Heat oil in a deep cast-iron skillet over low heat. Stir in rice until all grains are coated with oil. Add onion, garlic, and chiles.

Cook, stirring frequently, until the onion is transparent and the rice is golden.

2 medium tomatoes, peeled, seeded, and chopped
4 cups chicken stock
Salt, to taste
Pepper, to taste
½ cup cooked or frozen peas, thawed

Add tomatoes and stock to the rice in the skillet and season with salt and pepper.

Cover and simmer for 20 to 30 minutes, until the liquid has been absorbed and the rice is tender and fluffy.

Stir in peas 5 minutes before it finishes cooking.

Cilantro sprigs

Serve warm, with cilantro sprigs as a garnish.

Nutrition Information

Not available.

Pesto

Unknown

2 cups of fresh basil leaves, washed and dried
½ cup pine nuts or walnuts
3 medium garlic cloves, minced

In a food processor, combine basil and pine nuts. Pulse until they are finely chopped.

Add garlic and pulse again until everything is thoroughly combined.

½ cup extra-virgin olive oil
½ cup Parmesan or Romano cheese

With the food processor on, slowly drizzle the olive oil in a constant stream into the basil mixture.

Scrape the sides well with a spatula.

Add the grated cheese and pulse again until blended.

Makes 1 cup of pesto.

Nutrition Information

Not available.

Potato Salad

Unknown

4 pounds White Rose potatoes, peeled and cubed
Sweet pickle juice

Boil potatoes until very soft. Drain cooked potatoes and soak in pickle juice while cooling.

Dressing

½ pint sour cream
½ pint mayonnaise
4 tablespoons mustard
3 tablespoons salt
Pepper to taste
Paprika to taste
Milk (optional)

In a bowl, combine sour cream, mayonnaise, mustard, salt, pepper, and paprika. Thin with milk if desired.

Drain potatoes and mix with dressing, coating potatoes.

Refrigerate overnight before serving. Serve cold.

Nutrition Information

Not available.

Raw Fries

6 potatoes, peeled and sliced thinly
4 tablespoons butter or margarine, divided
Salt
Pepper

Melt 2 tablespoons of butter in a frying pan.

Spread a layer of potatoes one slice thick in the frying pan and sprinkle with salt and pepper. Repeat until the potatoes are 3 layers thick.

Dot the top layer with remaining 2 tablespoons of butter.

Cover and cook over medium heat for 20 minutes. Flip the potatoes over and uncover, cooking until golden brown.

Nutrition Information

Not available.

Roasted Heirloom Tomatoes

April McGreger, Grist Magazine

Prep

10 pounds heirloom tomatoes
1 head garlic, cloves separated but not peeled
4 to 5 sprigs thyme
1 cup extra-virgin olive oil
2 to 3 tablespoons kosher or sea salt, divided

Heat oven to 250°. Line two baking sheets with parchment paper or foil.

Wash tomatoes and slice tomatoes in half across their equator, or into thirds if very large.

Lay the sliced tomatoes on the baking sheets in one layer, seed side up. Drizzle with olive oil. Scatter with garlic cloves and thyme.

Sprinkle each tray with 1 tablespoon salt.

Roast for 6 hours, until most of the juices have evaporated and the slices have shrunk to half their original size.

Let tomatoes cool on pan.

Basil
Marjoram
Oregano
Cooked garlic cloves, peeled

When tomatoes are cool, use a spatula to transfer them to very clean wide-mouth pint canning jars. Layer herbs and cooked garlic cloves between tomato slices.

Leave about 1 inch of space at the top of each jar. See below for preservation methods.

Variations

2 to 3 shallots, halved but not peeled
Dried red chili peppers

Add shallots or chili peppers to baking sheet before baking.

When baked, layer between tomatoes with herbs and garlic.

Short-Term Preservation

Top filled jars with a 1 inch layer of olive oil. Seal with clean lids. Store refrigerated for 3 to 4 months.

Long-Term Preservation: Frozen in a Jar

Top filled jars with a thin layer of olive oil, leaving 1 inch of space at the top. Date the jars and place in freezer without lids.

When frozen, seal with clean lids. Store frozen for up to 1 year.

Long-Term Preservation: Frozen in a Bag

Pack cooled tomatoes into quart freezer bags. Date them. Store frozen for up to 1 year.

Long-Term Preservation: At Room Temperature in a Jar

1 teaspoon lemon juice or red wine vinegar
Extra-virgin olive oil

Pack tomatoes in a sterilized jar, leaving 1 inch of space at the top.

Add 1 teaspoon lemon juice or vinegar to tomatoes. Top with olive oil, leaving ½ inch of space at the top.

Seal with sterilized lids.

Line the bottom of a large pot or canning kettle with a folded dish towel. Place jars of tomatoes in the kettle on top of the dish towel at least ½ inch apart.

Fill the pot with water until it covers the jars by at least 1 inch. Bring to a low boil. Reduce to a simmer and simmer for 30 minutes.

Carefully remove the hot jars and place on a clean towel to cool. Do not disturb until completely cooled. Store on a cool, dry shelf for up to 1 year.

Nutrition Information

Not available.

Scalloped Potatoes

Ian Ferguson

Prep

Heat oven to 300°.

3 to 6 medium potatoes, peeled and thinly sliced
3 cups cooked ham, cubed

Layer half the potatoes over the bottom of a 9×13-inch baking dish. Sprinkle half the ham cubes on top of the potatoes. Set aside.

½ cup milk
3 tablespoons flour
1 can cheddar cheese soup
1 ½ cups cheddar cheese, grated
1 teaspoon salt
½ teaspoon pepper

In a small sauce pan, combine milk and flour with no heat until completely blended. Heat on low, whisking constantly, until the sauce thickens.

Stir in cheddar cheese soup and grated cheese, stirring constantly until cheese melts.

Variation

Cheese sauce from scratch (page 64)

Substitute cheese sauce from scratch for sauce described above.

Parmesan or cheddar cheese, shredded

Pour ⅓ of the cheese sauce over the potatoes and ham, covering them completely.

Layer the remaining potatoes on top of the cheese, sprinkle the remaining ham on top, and pour the remainder of the cheese sauce over the top.

Sprinkle with Parmesan or cheddar cheese.

Bake for 2 ½ hours, or until the potatoes are very soft when stabbed with a fork.

Nutrition Information

Not available.

Spinach Dip

Deborah Ferguson

1 packet dry Mrs. Grass or Knorr Vegetable Dip and Soup Mix
1 cup sour cream
1 cup mayonnaise
One 10-ounce package frozen chopped spinach, thawed and dry
Or 16 ounces fresh baby spinach, sautéed
1 small can water chestnuts, sliced or chopped
3 small green onions, chopped

In a mixing bowl, combine the vegetable dip mix, sour cream, mayonnaise, spinach, water chestnuts, and green onions.

1 round bread loaf

Remove a thin layer of the top of a round loaf and cut it into 1-inch squares. Scoop or cut out the inside bread and cut into 1-inch chunks. Set aside in a sealed container until ready to serve.

Pour the dip into the hollowed-out bread.

Serve with the extra bread and vegetables for dipping.

Nutrition Information

Not available.

Sweet Potato Casserole

Eating Well, courtesy of Deborah Ferguson

Prep

Heat oven to 350°. Grease an 8×8-inch pan.

2 ½ pounds (3 medium) sweet potatoes, peeled and cut into 2-inch chunks

Place sweet potatoes in a large sauce pan and cover with water. Boil. Cover and reduce heat to medium. Cook until tender, about 10 to 15 minutes.

Drain well. Mash with a potato masher. Take 3 cups of the mashed potatoes. Use extra for something else.

2 large eggs
1 tablespoon canola oil
1 tablespoon honey
1 teaspoon vanilla
½ cup non-fat milk
½ teaspoon salt

In a medium bowl, whisk together eggs, oil, and honey. Stir 3 cups of sweet potato into the bowl and mix well. Add milk, vanilla, and salt.

Spread sweet potato mixture in greased pan. Sprinkle with topping. Bake 35 to 45 minutes, or until heated through and the top is lightly browned.

Topping

½ cup whole-wheat flour
½ cup brown sugar, packed
1 tablespoon canola oil
1 tablespoon butter, melted
½ cup pecans, chopped

In a small bowl, mix together flour, brown sugar, canola oil, and butter. Stir in pecans.

Orange Zest Variation

2 teaspoons orange zest, freshly grated
4 teaspoons frozen orange juice concentrate (optional)

Stir orange zest in with milk.

Stir orange juice concentrate into the topping with the butter.

Nutrition Information

Per serving:

242 calories, 5 g protein, 36 g carbohydrates, 10 g fat (2 g saturated), 46 mg cholesterol, 170 mg sodium, 351 mg potassium.

Tomato Sauce

Amanda Rappleyea, April 30, 2007

2 big cans whole plum tomatoes

In a large bowl, crush tomatoes. Set aside.

Olive oil

1 small onion, chopped

3 cloves garlic, crushed

Crushed red pepper, to taste

4 tablespoons sugar

Coat the bottom of a sauce pan with olive oil.

Sauté onions, garlic, and red pepper until onions are transparent.

When onions are cooked, add sugar and stir until dissolved, about 15 seconds.

1 small can Contadina tomato sauce with Italian herbs

1 small can Contadina tomato paste with Italian herbs

Basil

Oregano

Salt

Stir crushed tomatoes, tomato sauce, and tomato paste into the sauce pan.

Add basil, oregano, and salt to taste.

Simmer over low heat, covered, until ready to serve.

Nutrition Information

Not available.

Entrées

Baked Herb Chicken

Unknown

Prep

Heat oven to 325°.

4 to 6 chicken breasts

Arrange chicken breasts in 9×13-inch glass baking pan.

1 can Cream of Mushroom soup

1 teaspoon lemon zest

2 tablespoons lemon juice

½ teaspoon salt

¼ teaspoon basil

¼ teaspoon oregano

In a small mixing bowl, combine soup, lemon zest, lemon juice, salt, basil, and oregano.

Pour soup mixture over the chicken.

Bake uncovered for 1 ¼ hours. Serve hot with rice and steamed broccoli.

Alternative Baking Option

Bake at **250°** for 2 ½ to 3 hours.

Nutrition Information

Not available.

Chicken and Biscuits

Where's Mom Now that I Need Her?, page unknown

Prep

Heat oven to 375°.

Chicken Filling

2 cans Cream of Mushroom soup

¾ cup milk

Tuscan or Italian seasoning

3 to 4 chicken breasts, cooked and cubed

16 ounces frozen green beans, thawed and drained

16 ounces frozen peas, thawed and drained

Other vegetables, as desired

In a large mixing bowl, combine soup, milk, and seasoning. Stir in chicken, green beans, and peas.

Transfer mixture to a 9×13-inch baking pan. Retain the dirty mixing bowl.

Bake at **375°** for 20 to 25 minutes, until bubbly.

Biscuit Topping

2 ¼ cups Bisquick

¾ cup milk

Or biscuits from scratch (page 4)

About 10 minutes before the chicken filling finishes cooking, combine Bisquick and milk in the dirty mixing bowl.

Transfer the sticky dough to a well-floured surface and knead several times.

Roll the dough to ½ inch thick and cut with a floured glass.

When the chicken mixture is done, remove the pan from the oven and top it with the uncooked biscuits.

Bake at **450°** for an additional 10 to 15 minutes, or until the biscuits are golden brown on top.

Pie Crust Variation

1 to 2 pie crusts

Bake one pie crust in a pie pan. Fill with chicken mixture. Top with remaining pie crust.

Bake at **350°** for approximately 20 to 25 minutes, or until the crust is golden brown.

Nutrition Information

Not available.

Chicken Artichoke Casserole

Mare Sullivan

Prep	Heat oven to 350°.
3 pounds broiler/fryer chicken 1 sprig parsley, fresh 1 celery top 1 carrot, quartered 1 bay leaf ½ top thyme ½ teaspoon salt ½ teaspoon black pepper, freshly ground Water	Place chicken pieces, parsley, celery, carrot, bay leaf, thyme, salt, pepper, and water in a large stock pot. Cover and simmer 1 hour, or until the chicken is tender. Cool chicken in stock. Remove meat from bones in good-sized pieces.
10 ounces artichoke hearts, thawed	Arrange meat and artichoke hearts in a 1 ½-quart casserole pan. Set aside.
Cheese Sauce 2 tablespoons butter 2 tablespoons flour Milk 1 ½ cups cheddar cheese, grated ¼ teaspoon nutmeg	In a sauce pan, melt butter and whisk in flour until smooth. Stir in milk to achieve desired texture. Stir in cheese and nutmeg.
Topping ¼ cup fine dry bread crumbs ½ teaspoon savory ½ teaspoon top thyme	Combine bread crumbs, savory, and thyme in a separate bowl.
1 tablespoon butter, in pats	Pour cheese sauce over chicken and artichoke hearts. Sprinkle with topping. Dot with butter pats. Bake uncovered for 30 minutes or until golden brown.
Nutrition Information Not available.	

Club Sandwich

Unknown

Two slices sandwich bread, toasted
Mayonnaise
Turkey sandwich meat, sliced thinly
Tomato, washed and sliced
Lettuce, washed and shredded
Pickle, thinly sliced
Cheddar cheese, thinly sliced
Bacon, cooked
Avocado, thinly sliced

Make a sandwich with the toasted bread. Spread each piece of bread with mayonnaise, then layer with turkey lunch meat, tomato, lettuce, pickle, cheddar cheese, bacon, and avocado.

Serve immediately.

Nutrition Information

Not available.

Enchiladas

Mare Sullivan

Prep	Heat oven to 350°.
60 ounces Las Palmas enchilada sauce 1 can Cream of Mushroom soup	In a large sauce pan, combine enchilada sauce and soup. Stir thoroughly and simmer on low heat until warm.
Tortillas Ground turkey, cooked Black beans, drained Chopped black olives, drained Green onions, washed and chopped Refried beans Grated cheddar cheese	<p>Coat the bottom of a 9×13-inch glass baking pan with sauce.</p> <p>Lightly coat one tortilla with enchilada sauce. Fill the tortilla with turkey, black beans, olives, green onions, refried beans, and cheese. Roll the tortilla up and place in pan seam-side down.</p> <p>Repeat until the pan is full.</p> <p>Drizzle with extra sauce and sprinkle with cheese.</p>
Lettuce, washed and shredded Salsa Guacamole Sour cream	<p>Bake uncovered for 30 minutes or until hot and bubbly.</p> <p>Serve topped with lettuce, salsa, guacamole, and sour cream.</p>
Nutrition Information Not available.	

Herb-Baked Lemon Salmon

Katie Ferguson original recipe

Prep	Heat oven to 400°.
1 ¼ pound salmon fillet or tail Lemon juice Sage leaves	Lay salmon in a glass pan. Drizzle generously with lemon juice. Place sage leaves on top of the salmon.
½ cup butter or margarine, melted Thyme, ground Dried bay leaves Green onion, chopped finely	In a small bowl, combine butter, thyme, bay leaves, and green onion. Pour the margarine mixture over the salmon.
	Bake for 20 minutes, or until salmon is flaky and opaque. Serve with mashed potatoes (page 43) and steamed broccoli.
Nutrition Information Not available.	

Honey-Baked Chicken

Mare Sullivan

Prep

Heat oven to 350°.

3 to 4 chicken breasts

Arrange chicken breasts in a shallow glass pan and set aside.

½ cup butter or margarine, melted

½ cup honey

2 tablespoons mustard

1 teaspoon salt

1 teaspoon curry powder (optional)

In a small bowl, combine butter, honey, mustard, salt, and curry powder. Pour the honey mustard mixture evenly over the chicken breasts.

Bake for 1 ¼ hours, basting every 15 minutes. The chicken should be tender and nicely browned, but not pink inside.

Nutrition Information

Not available.

Lasagna

Mare Sullivan

Prep

Heat oven to 325°.

2 pounds nonfat cottage cheese
2 eggs, slightly beaten
1 cup mozzarella cheese, shredded
½ cup Parmesan, Romano, or Asiago cheese, grated
2 tablespoons parsley
2 tablespoons oregano
1 tablespoon basil
Salt and pepper, to taste

In a large mixing bowl, combine cottage cheese, eggs, mozzarella cheese, Parmesan-type cheese, parsley, oregano, and basil. Set aside.

Meat Variation

Turkey or chicken kielbasa or sausage, cooked and sliced

Add turkey or chicken sausage to cottage cheese mixture.

Lasagna noodles
2 cans very cheap spaghetti sauce
1 pound mozzarella cheese, grated

Coat the bottom of a 9×13-inch glass baking pan with sauce.

Place one layer of noodles on the sauce, breaking noodles to fill the pan completely.

Coat the noodles with half to a third of the cottage cheese mixture.

Sprinkle evenly with mozzarella cheese.

Coat the cheese with another layer of sauce. Repeat the layering of **sauce, noodles, cottage cheese**, and **mozzarella** until the pan is full.

Finish with a layer of noodles coated with sauce and topped with mozzarella and Parmesan cheese.

Tightly seal the pan with foil, keeping the foil covering away from the top. Bake for 1 ¼ hours.

Remove the foil and broil for an additional 5 minutes, if desired. Remove from oven and let stand for 10 to 15 minutes before serving.

Nutrition Information

Not available.

Macaroni and Cheese

Jessica Rauch

4 quarts water
½ bag macaroni or other noodles

Boil water. Pour noodles into boiling water and cook until done. Drain noodles and return to pot.

Cheese Sauce

2 teaspoons butter
2 teaspoons flour
2 cups milk

While water boils, heat butter in a medium sauce pan over low heat until it melts. Whisk in flour until completely combined.

Turn the heat up to medium, adding the milk in small portions, whisking constantly. Allow each portion of milk to be combined completely before adding the next portion.

⅛ teaspoon nutmeg

When milk is completely added, stir in nutmeg.

Stir constantly until the sauce thickens. Do not boil.

1 cup sharp cheddar cheese, grated
¼ cup Parmesan or feta cheese, grated or crumbled

When sauce has thickened, stir in cheese until melted.

Pour sauce over noodles and stir to coat the noodles thoroughly.

Nutrition Information

Not available.

Mexican Baked Potatoes

Cyclist's Food Guide, page 23

Prep	Heat oven to 350°.
2 to 4 russet potatoes	Wash potatoes and arrange them on a baking sheet. Poke them with a fork. Bake for 1 to 1 ½ hours, or until they are very soft when stabbed with a fork.
Black beans Cheddar cheese, grated Green onions, chopped Salsa Sour cream Lettuce, washed and shredded	Remove the potatoes from the oven and slice them into quarters. Top the hot quarters with black beans, cheddar cheese, green onions, salsa, sour cream, and lettuce.
Nutrition Information Not available.	

Quesadillas

Katie Ferguson

2 whole wheat tortillas
Cheddar cheese, sliced thickly
Feta cheese, crumbled

Place one tortilla in a frying pan or cast-iron skillet. Cover it with cheddar cheese and sprinkle feta cheese. Top it with the other tortilla.

Cook on medium-low heat until cheese starts to melt. Carefully flip and cook until the cheese is entirely melted and running out the edges.

Toppings

Canned black beans, drained
Salsa
Guacamole
Lettuce or spinach, washed and shredded
Tomato, washed and sliced
Refried beans
Sour cream or plain yogurt
Ground turkey or chicken, cooked and seasoned with chili powder

When cheese is melted and both tortillas are golden, transfer the quesadilla to a large plate and top it with the toppings, all to taste.

Nutrition Information

Not available.

Snow on the Mountain

Mare Sullivan

Prep

Cook brown rice.

Chicken Lava Sauce

1 can Cream of Mushroom or Chicken soup
1 cup milk
¼ cup flour

In a large sauce pan, combine soup, milk, and flour. Heat on medium until bubbly.

½ cup peanut butter
2 cups chicken, cooked and cubed

Add peanut butter and chicken to the sauce pan. Mix well.

Cover and allow to simmer, stirring occasionally, for at least 30 minutes. Longer simmering time allows the flavors to mix better.

1 cup brown rice, cooked

To serve, heap rice on a plate in a mound. Pour lava sauce over top of the rice, then sprinkle with desired toppings.

Toppings

Tomatoes, sliced in small chunks
Chunky pineapple, drained
Raisins
Grated coconut
Bananas, peeled and sliced
Peanuts or almonds, slivered

Nutrition Information

Not available.

Notes: Volumes are negotiable in this forgiving recipe; go by taste and number of people to feed.

Sole Meuniere

Barefoot Contessa Back to Basics, Food Network

½ cup all-purpose flour
2 teaspoons salt
1 teaspoon freshly-ground pepper

Combine flour, salt, and pepper in a large, shallow dish or plate.

4 fresh sole fillets, 3 to 4 ounces each
6 tablespoons unsalted butter, divided
1 teaspoon lemon zest
6 tablespoons lemon juice, divided

Heat 3 tablespoons of the butter in a large sauté or frying pan over medium heat, just until it starts to brown.

While the butter is heating, dredge both sides of two of the sole fillets in the flour mixture. When the butter is hot, place the fillets in the hot butter.

Reduce the heat to medium-low and cook for 2 minutes. Carefully flip the fillets over and cook for 2 minutes on the other side.

While the second side cooks, sprinkle half the lemon zest and half the lemon juice on the fillets.

When the fillets are cooked, put them on an oven-safe plate and put them in the oven, heated to **200°**, to keep them warm.

1 tablespoon fresh parsley, minced
Salt, to taste
Pepper, to taste

Repeat with the other two fillets.

To serve, sprinkle with parsley, salt, and pepper.

Nutrition Information

Not available.

Turkey Burgers

Joe Sullivan

1 pound lean ground turkey
1 egg
Cheddar cheese, sliced thinly

In a mixing bowl, use your hands to combine uncooked ground turkey and egg until it is a consistent texture.

Form the turkey mixture into balls and flatten into patties.

Cook on a frying pan or grill until browned on the bottom and the patty looks cooked partway up the side.

Flip and allow to cook an 5 additional minutes. Top with sliced cheddar cheese if desired.

Hamburger buns, toasted and buttered

Serve on hamburger buns, topped with toppings.

Toppings

1 tomato, sliced
1 head of lettuce, washed and shredded
Bacon, cooked
Ketchup
Mustard
Thousand Island dressing

Nutrition Information

Not available.

Turkey Meatballs

Joe Sullivan

Prep	Cook egg noodles.
2 eggs 2 teaspoons Italian seasoning ½ teaspoon pepper 3 tablespoons dried minced onion or ¼ cup fresh onion, chopped	In a medium mixing bowl, combine eggs, Italian seasoning, pepper, and onion.
1 to 1 ½ pounds lean ground turkey, raw	Add ground turkey to dry ingredients, mixing until well combined.
2 cups bread crumbs, fresh Or 1 cup bread crumbs, prepared	Use your hands to mix bread crumbs into turkey mixture. Shape turkey into 1 ½-inch balls. Heat frying pan on medium. Brown the meatballs in the frying pan, turning occasionally to cook evenly on all sides.
Meatball Sauce 1 can chicken broth 2 to 3 tablespoons cornstarch mixed with cool water	Heat chicken broth in a sauce pan. Stir in cornstarch-and-water mixture and heat to boiling, stirring frequently, until it thickens. Add cooked meatballs to sauce and simmer about 10 minutes.
Egg noodles, cooked	Serve meatballs and sauce over cooked egg noodles.
Nutrition Information Not available.	

Turkey Stroganoff

Where's Mom Now That I Need Her?, page unknown

1 pound lean ground turkey

1 can Cream of Mushroom soup

½ cup milk

2 tablespoons butter or margarine

Pepper to taste

In a large frying pan, cook ground turkey completely. Add soup, milk, butter or margarine, and pepper to the cooked turkey and stir until combined.

Turn the heat down to low and allow the sauce to simmer, covered, for 25 minutes, stirring occasionally.

1 package rotini noodles

Bring an appropriate amount of water to boil. Add noodles and cook until tender, about 5 to 7 minutes.

At the same time, add sour cream to the turkey sauce and stir until combined.

Drain noodles when done.

Serve noodles hot topped with sauce.

Nutrition Information

Not available.

Notes: Expect it to be difficult to stir the soup into the cooked turkey. Stir occasionally while it simmers to ensure complete mixing.

Twice-Baked Potatoes

Mare Sullivan

Prep	Heat oven to 350°.
4 to 6 russet potatoes, washed	Wash potatoes and arrange them on a baking sheet. Poke them with a fork. Bake for 1 to 1 ½ hours, or until they are very soft when stabbed with a fork.
½ cup butter or margarine 1 cup nonfat sour cream 6 slices bacon, cooked and crumbled 2 cups cheddar cheese, grated 1 head broccoli, steamed and chopped finely	While potatoes cook for the first time, prepare remaining ingredients.
	When potatoes are cooked, remove from oven. Slice off the top one-fifth of the potatoes. Scoop the potato innards into a large mixing bowl. Replace the empty peels on the pan. Stir butter and sour cream into hot potato innards, mixing thoroughly. Add bacon, cheddar cheese, and broccoli, stirring until well mixed.
½ cup cheddar cheese, grated	Fill the potato skins with the potato mixture and top with cheddar cheese. Bake for an additional 30 minutes.
Potato Skin Texture	For soft-skinned potatoes, rub cooking oil into potatoes before the first baking. For crunchy-skinned potatoes, omit cooking oil rub.
Nutrition Information	
Not available.	
Notes:	<i>Have a small glass pan handy to cook the extra potato innards in, as they never fit in the skins again.</i>

Waikiki Meatballs

Mare Sullivan

1 ½ pounds ground turkey, raw
¾ cup fine bread crumbs
½ cup onion, minced
1 egg
1 ½ teaspoons salt
¼ teaspoon ginger
Milk

In a mixing bowl, combine turkey, bread crumbs, onion, egg, salt, and ginger until well mixed.

Shape turkey mixture into 1 ½-inch balls.

1 tablespoon shortening

Melt shortening in a large frying pan. Cook meatballs until browned. Remove cooked meatballs from heat and keep warm.

Pour fat from frying pan.

Sauce

2 tablespoons cornstarch
½ cup brown sugar, packed
Pineapple juice strained from one 13 ½-ounce can of pineapple chunks
½ cup vinegar
1 tablespoon soy sauce

In a medium mixing bowl, stir together cornstarch and sugar.

Stir in pineapple syrup, vinegar, and soy sauce until smooth.

One 13 ½-ounce can of pineapple chunks, drained
½ cup chopped green bell pepper

Pour sauce into the frying pan. Cook over medium heat, stirring constantly, until sauce thickens and boils. Boil and stir for 1 minute.

Add meatballs, pineapple chunks, and bell pepper. Heat through.

Serve hot over brown rice.

Nutrition Information

Not available.

Cookies



Oatmeal Variation Cookies (page 87)

Caramel Corn

Karlene Slover, courtesy of Deborah Ferguson

Prep

Heat oven to 250°.

14 cups popped popcorn
3 cups Cheerios
3 cups Rice Chex
2 cups peanuts or mixed nuts

In a large roasting pan, combine popcorn, cereals, and nuts.

1 cup butter or margarine
1 pound brown sugar
½ cup Karo corn syrup

In a sauce pan, combine butter, brown sugar, and Karo syrup. Boil for 5 minutes.

Pour the syrup over the popcorn and stir to coat popcorn evenly.

Bake for 1 hour, stirring every 10 minutes.

Nutrition Information

Not available.

Classic Chocolate Chip Cookies

As American as Apple Pie, page 140

Prep

Heat oven to 350°.

1 cup butter or margarine, softened
1 ½ cups granulated sugar
1 cup brown sugar
2 eggs
1 tablespoon vanilla

In a large mixing bowl, blend butter, sugars, eggs, and vanilla with an electric mixer until very creamy, about 2 minutes.

3 cups all-purpose flour
1 ½ teaspoons baking soda
½ teaspoon baking powder
1 ½ teaspoons salt

In a separate bowl, combine flour, baking soda, baking powder, and salt.

3 cups semisweet chocolate chips

Add the dry ingredients to the wet ingredients in 3 helpings, mixing on low just until blended each time.

Stir in chocolate chips by hand.

Scoop heaping tablespoons of cookie dough onto ungreased baking sheets, leaving 2 inches between cookies.

Bake for 12 to 15 minutes. *Do not over-bake.* The cookies will seem limp and unset when removed from the oven.

Cool on baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

Nutrition Information

Not available.

Mom's Chocolate Chip Cookies

Mare Sullivan

Prep

Heat oven to 375°.

1 cup butter or margarine, softened
 $\frac{3}{4}$ cup granulated sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla

In a large bowl, cream together butter or margarine and sugars. Mix in eggs and vanilla until smooth.

2 cups all-purpose flour
2 $\frac{1}{2}$ cups oatmeal, ground to flour
 $\frac{1}{4}$ teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda

In a medium bowl, sift together flour, ground oatmeal, salt, baking powder, and baking soda.

12 ounces chocolate chips
3 ounces Hershey bar, finely grated

Stir dry ingredients into wet ingredients in batches, creaming well. Mix chocolate chips and Hershey shavings into the dough by hand.

Roll dough into golf ball-sized cookies. Place cookies on an ungreased baking sheet.

Bake for 6 to 8 minutes or until the edges are lightly brown. Immediately remove from baking sheet. Cool on a wire rack.

Makes 3 to 4 dozen cookies.

Nutrition Information

Not available.

Nestlé Toll House Chocolate Chip Cookies

Nestlé Toll House

Prep

Heat oven to 375°.

2 ¼ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt

In a medium mixing bowl, combine flour, baking soda, and salt. Set aside.

1 cup butter, softened
¾ cup granulated sugar
¾ cup brown sugar, packed
1 teaspoon vanilla
2 large eggs

In a large mixing bowl, combine butter, sugars, and vanilla. Beat on medium to high until very creamy.

Add eggs, one at a time, beating well after each addition.

2 cups (12 ounces) semi-sweet chocolate chips
1 cup chopped nuts

Gradually beat dry ingredients into wet ingredients. Stir with a wooden spoon if dough gets too thick for mixer. Stir in chocolate chips and nuts.

Drop by rounded tablespoons onto ungreased baking sheets.

Bake for 9 to 11 minutes or until golden brown. *Do not over-bake.* Cool on baking sheets for 2 minutes. Cool completely on wire racks.

Chocolate Chip Alternatives

M&Ms, peanut chips, raisins, cranberries, blueberries, peanuts, walnuts, etc.

Substitute or supplement chocolate chips with other mix-ins.

Pan Cookies

Grease 15×10-inch jelly roll pan. Prepare dough as above and spread into the pan. Bake for 20 to 25 minutes, or until golden brown.

Nutrition Information

Per serving:

110 calories, 2 g protein, 14 g carbohydrates, 7 g fat (3.5 g saturated), 15 mg cholesterol, 85 mg sodium.

Chocolate Dreams

Deborah Ferguson, October 19, 2006

2 cups granulated sugar
¼ cup unsweetened cocoa
½ cup milk
½ cup butter
1 tablespoon light Karo syrup

In a large sauce pan, combine sugar, cocoa, and milk.

Add the butter and Karo syrup to the sauce pan and bring the mixture to a boil. Boil vigorously for 3 minutes.

½ cup chunky peanut butter
2 ½ cups quick-cooking rolled oats

After 3 minutes, stir peanut butter into the sauce pan until smooth. Stir in the oats.

Return the mixture to a boil briefly, then remove from heat and beat until slightly thickened.

Immediately drop by rounded spoonfuls onto waxed paper and cool completely.

Nutrition Information

Not available.

Notes: *The consistency of the cookies can be influenced greatly by the length of cooking time. Too long and it hardens too much; too short and it's too runny. Also, don't omit the Karo syrup – it's integral to the hardening process.*

Old-Fashioned Cinnamon Jumbles

Lucas Clemons

Prep

Heat oven to 400°. Grease baking sheets.

Topping

¼ cup granulated sugar
1 teaspoon cinnamon

In a small bowl, combine sugar and cinnamon. Set aside.

2 cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon

In a medium mixing bowl, combine flour, baking soda, salt, and cinnamon. Set aside.

½ cup butter, softened
1 cups granulated sugar
1 egg
¾ cup buttermilk
1 teaspoon vanilla

In a large mixing bowl, beat together butter, sugar, and egg until light and fluffy. Blend in buttermilk and vanilla.

Stir dry ingredients into the wet ingredients in batches until well mixed. Chill dough 1 to 3 hours.

Roll chilled dough into 2-inch balls and coat evenly with sugar and cinnamon mixture. Place 2 inches apart on a greased baking sheets.

Bake for 8 to 10 minutes. Cool on a wire rack.

Nutrition Information

Not available.

Magic Cookie Bars

Deborah Ferguson

Prep

Heat oven to 325°.

Graham Cracker Crust

½ cup butter, melted
1 ½ cups graham cracker crumbs

Melt butter and pour into a square glass pan. Sprinkle graham cracker crumbs evenly over the pan.

Press crumbs down firmly for form a crust.

14 ounces sweetened condensed milk

Pour condensed milk over crust.

Filling

1 cup chocolate chips
1 cup coconut, flaked
1 cup nuts, chopped

In a bowl, combine chocolate chips, coconut, and nuts.

Sprinkle mixture evenly over the condensed milk in the pan.

Bake for 25 minutes.

Cool 20 minutes and cut into bars. Serve while still warm.

Nutrition Information

Not available.

Chewy Molasses Spice Cookies

Martha Stewart

Prep

Heat oven to 350°.

2 cups all-purpose flour
1 ½ teaspoons baking soda
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground ginger
½ teaspoon salt

In a medium bowl, whisk together flour, baking soda, cinnamon, nutmeg, ginger, and salt. Set aside.

1 cup granulated sugar
¾ cups unsalted butter, softened
1 large egg
¼ cup molasses

In a large mixing bowl, beat the butter and sugar with an electric mixer until combined. Beat in the egg, followed by the molasses.

Reduce the mixer to low speed and gradually mix dry ingredients into the wet ingredients just until a dough forms.

½ cup granulated or coarse sugar, in a small bowl

To make a cookie, pinch off 1 tablespoon of dough and roll it into a ball. Coat the dough ball with the sugar.

Arrange the balls on ungreased baking sheets about 3 inches apart.

Bake for 10 to 15 minutes, or until the edges of the cookies are just firm. Cool 1 minute on baking sheets and transfer to wire racks to cool completely.

Nutrition Information

Not available.

Giant Molasses Cookies

Joanie Harper Gray, The Blind Alley (original source unknown)

Prep	Heat oven to 350°.
4 ½ cups all-purpose flour 4 teaspoons ground ginger 2 teaspoons baking soda 1 ½ teaspoons ground cinnamon 1 teaspoon cloves ¼ teaspoon salt	In a medium mixing bowl, combine flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside.
1 ½ cups shortening 2 cups granulated sugar 2 eggs ½ cup molasses	In a large mixing bowl, beat shortening until softened. Gradually add the sugar and beat until fluffy. Add eggs and molasses and beat well.
	Add half the dry ingredients to the wet ingredients. Beat until combined. Stir in the remaining dry ingredients with a spoon.
¾ cup coarse or granulated sugar	To make a cookie, use a ¼-cup ice-cream scoop to shape dough into 2-inch balls. Coat the dough ball with the sugar. Arrange the balls on ungreased baking sheets about 2 ½ inches apart.
	Bake for 12 to 14 minutes or until the cookies are light brown and puffed. Do not overbake or the cookies will be too chewy. Cool for 2 minutes on cookie sheet. Transfer to a wire rack to cool completely.

Nutrition Information

293 calories, 3 g protein, 42 g carbohydrates, 13 g fat (3 g saturated), 17 mg cholesterol, 129 mg sodium, 1 g fiber.

Muddy Buddies

Betty Crocker

9 cups Chex cereal

Measure cereal into a very large mixing bowl and set aside.

1 12-ounce bag semisweet chocolate chips
½ cup peanut butter
¼ cup butter or margarine
1 teaspoon vanilla

In a double boiler, melt chocolate chips. Stir in peanut butter and butter until smooth.

Remove from heat and stir in vanilla.

Pour chocolate mixture over cereal, stirring to coat cereal evenly.

2 2-gallon Ziploc bags
1 ½ cups powdered sugar, in thirds

In a two-gallon Ziploc baggie, alternately layer powdered sugar and chocolate-covered cereal.

Seal the bag completely. Place the sealed Ziploc bag upside down inside the extra Ziploc bag and seal the outer Ziploc bag.

Shake the bags vigorously until cereal is evenly coated with powdered sugar.

Spread on waxed paper-covered wire racks covered and allow to cool completely. Store in airtight containers in the refrigerator.

Nutrition Information

Per serving:

220 calories, 3 g protein, 30 g carbohydrates, 9 g fat (4 g saturated), 5 mg cholesterol, 200 mg sodium.

Oatmeal Variation Cookies

Comfort Food, page 101

Prep	Heat oven to 375°.
½ cup butter or margarine, softened ½ cup shortening 2 cups all-purpose flour, divided 1 ¾ cups brown sugar, packed ¼ cup milk 1 teaspoon baking soda 1 teaspoon ground cinnamon	In a large mixing bowl, beat butter into shortening with an electric mixer on medium to high for 30 seconds. Beat in 1 cup of flour. Stir in brown sugar, eggs, milk, baking soda, and cinnamon. Beat or stir in the remaining flour.
2 cups rolled oats ¾ cup raisins (optional) ½ cup chopped walnuts, almonds, pecans, or toasted pumpkin seeds (optional) ½ cup chocolate chips (optional)	Stir the oats, raisins, nuts, and chocolate chips into the dough. Drop by rounded teaspoons 2 inches apart onto an ungreased baking sheet. Bake for 8 to 10 minutes or until golden brown. Cool on wire rack. Makes 66 cookies (ha!).
Apple-Oatmeal Raisin Cookies ¾ cup finely-shredded, peeled apple	Prepare cookies as above, but omit milk and chocolate chips. Stir in shredded apple with oats.
Oatmeal Peanut-Butter Cookies ½ cup peanut butter 1 cup chopped unsalted dry roasted peanuts 1 cup semisweet chocolate chips	Prepare cookies as above, but omit cinnamon, raisins, and nuts. Substitute peanut butter for the shortening. Stir in peanuts and chocolate chips with oats.
Chocolate Chip Oatmeal Orange Cookies Orange zest	Prepare cookies as above, but omit cinnamon and nuts. Substitute orange zest for nuts.

Nutrition Information

Basic cookie (excluding chocolate chips):

86 calories, 1 g protein, 12 g carbohydrates, 4 g fat (1 g saturated), 7 mg cholesterol, 34 mg sodium, 58 mg potassium.

Apple cookie:

86 calories, 1 g protein, 12 g carbohydrates, 4 g fat (1 g saturated), 6 mg cholesterol, 34 mg sodium, 58 mg potassium.

Peanut-butter cookie (excluding chocolate chips):

84 calories, 2 g protein, 11 g carbohydrates, 4 g fat (1 g saturated), 7 mg cholesterol, 43 mg sodium, 67 mg potassium.

Peanut Butter Balls

Cookies, page 77

3 cups (about 18 ounces) semisweet chocolate pieces
2 tablespoons shortening

In a double boiler, melt the chocolate and shortening together. Set aside and keep warm.

One 12-ounce jar chunky peanut butter
One 15-ounce package powdered sugar, sifted
1 ½ cups graham cracker crumbs
1 cup shredded coconut
1 cup butter or margarine, melted

In a large bowl, combine peanut butter, sugar, cracker crumbs, and coconut. Pour butter over the peanut butter mixture and mix well.

Roll the dough into 1-inch balls. Use two forks to grab the dough balls and dip them into the melted chocolate, covering the dough completely. Allow the extra chocolate to drip off.

Place the chocolate-covered balls on a sheet of waxed paper and cool in refrigerator until set.

Nutrition Information

Not available.

Rice Krispies Treats

Kellogg's Cereal

Prep	Grease a 9×5×13-inch pan.
3 tablespoons butter or margarine One 10-ounce package fresh regular-size marshmallows Or 4 cups mini-marshmallows Or one 7-ounce jar marshmallow crème (Fluff) 6 cups Rice Krispies	In a very large sauce pan, melt butter over low heat. Add marshmallows a bit at a time until completely melted. Remove from heat. Stir in rice krispies until they are all well-coated with marshmallow-butter.
	Pour the rice krispies into the greased pan and use waxed paper to spread it evenly across the pan. Press it firmly into place. Cut into 2-inch squares and serve the same day.

Nutrition Information

Per serving:

140 calories, 1 g protein, 28 g carbohydrates, 3 g fat, 10 mg cholesterol, 105 mg sodium.

Snickerdoodles

Mare Sullivan

Prep

Heat oven to 400°.

Topping

2 tablespoons granulated sugar
2 teaspoons cinnamon

In a small bowl, combine sugar and cinnamon.
Set aside.

1 cup shortening, softened
1 ½ cups granulated sugar
2 eggs

In a large mixing bowl, beat together shortening, sugar, and eggs. Set aside.

2 ¾ cups all-purpose flour, sifted
2 teaspoons cream of tartar
2 teaspoons baking soda
½ teaspoon salt

In a medium mixing bowl, sift together flour, cream of tartar, baking soda, and salt.

Stir dry ingredients into the wet ingredients in batches until well mixed. Chill dough 1 to 3 hours.

To make a cookie, roll dough into 1 ½-inch balls. Coat the dough ball with the topping.

Arrange the balls on ungreased baking sheets about 2 inches apart.

Bake for 7 to 8 minutes, or until light brown but still soft. Cool on a wire rack.

Nutrition Information

Not available.

Wise Man Cookies

Mare Sullivan

Prep

Heat oven to 400°.

½ cup shortening
½ cup peanut butter
½ cup granulated sugar
½ cup brown sugar, packed
1 egg

In a large mixing bowl, mix shortening, peanut butter, sugars, and egg. Set aside.

1 ¼ cups all-purpose flour
¼ teaspoon baking soda
½ teaspoon baking powder
¼ teaspoon salt

In a medium mixing bowl, stir together flour, baking soda, baking powder, and salt.

Reese's Peanut Butter Cup Miniatures, unwrapped

Stir dry ingredients into the wet ingredients in batches until well mixed. Chill dough 1 to 3 hours.

Roll chilled dough into 1-inch balls. Place 2 inches apart on an ungreased baking sheet.

Bake for 10 to 12 minutes, or until cookies are set but not hard—not yet golden brown. Cool slightly on a wire rack.

Before the cookies cool completely, press one peanut butter cup into the top of each cookie. Allow to finish cooling.

Nutrition Information

Not available.

Zoo Cookies

Cookies, page 15

Prep	Heat oven to 375°. Lightly grease baking sheets.
½ cup unsalted butter, softened ½ cup shortening ¾ cup granulated sugar ½ cup packed light brown sugar	In a large mixing bowl, cream the butter, shortening, and sugars until light and fluffy.
1 egg 1 tablespoon vanilla 2 tablespoons fresh lemon juice 1 tablespoon lemon zest, finely grated	Beat in egg. Blend in the vanilla, lemon juice, and zest.
2 ½ cups all-purpose flour 1 tablespoon baking powder ¼ teaspoon salt	In a separate bowl, sift together flour, baking powder, and salt.
	Add the dry ingredients to the wet ingredients in two parts, mixing after each addition until dough forms.
	Divide the dough into thirds and repeat the following steps for each third individually.
	Place the dough on a well-floured surface and roll out to ¼ inch thick.
	Cut cookies and carefully place 1 inch apart on lightly greased baking sheets.
1 egg white mixed with 1 tablespoon water Colored sugar crystals	Use a pastry brush to paint the top of each cookie with egg white and water mixture. Sprinkle sugar crystals evenly over each cookie.
	Bake for 12 to 15 minutes, or until the cookies are very lightly browned. <i>Do not overcook.</i> Remove from baking sheet immediately and cool on wire racks.
Nutrition Information	
Not available.	

Cakes and Muffins

Apple Upside Down Cake

Karen Poage, Yakima Fruit Market *Grapevine*

Prep

Heat oven to 350°. Grease a 9×13-inch pan.

Topping

1 ½ teaspoons cinnamon
3 tablespoons granulated sugar

In a small bowl, combine cinnamon and sugar.

Sprinkle evenly over the bottom of a greased 9×13-inch baking pan.

4 Golden Delicious apples, peeled, cored, and cut into ¼-inch slices

Place apple slices on top of cinnamon and sugar in the bottom of the baking pan in 3 long overlapping rows.

2 cups all-purpose flour
2 cups granulated sugar
5 large eggs
1 cup vegetable oil
1 teaspoon vanilla extract

In a large mixing bowl, beat together flour, sugar, eggs, oil, and vanilla with an electric mixer on medium speed until well mixed.

Pour batter evenly over apple slices.

Bake 1 hour or until a toothpick inserted in the center comes out clean.

Cool on a wire rack for 30 minutes. When cooled, turn onto a serving plate. Dust with powdered sugar just before serving.

Nutrition Information

Not available.

Blueberry Muffins

Mare Sullivan

Prep

Heat oven to 375°. Grease muffin tin or line with paper muffin cups.

Topping

2 teaspoons granulated sugar
1 teaspoon cinnamon

In a small bowl, combine sugar and cinnamon. Set aside.

6 tablespoons butter or margarine, softened
 $\frac{3}{4}$ cup granulated sugar
1 egg

In a large mixing bowl, use an electric mixer to cream together the butter and sugar. Add egg and mix well. Set aside.

2 cups all-purpose flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

In a separate bowl, combine flour, baking powder, and salt.

$\frac{1}{2}$ cup milk, divided
1 teaspoon vanilla
1 pint blueberries, washed

Fold half the dry ingredients into the butter mixture, stirring until well mixed.

Add half the milk, stirring until well mixed.

Add the remaining dry ingredients, stirring until well mixed.

Add the remaining milk and the vanilla, stirring until well mixed.

Gently fold the blueberries into the batter.

Spoon the batter into prepared muffin tins, filling almost to the top. Sprinkle topping evenly across the muffin batter.

Bake for 30 minutes. Cool for 20 to 30 minutes before eating.

Nutrition Information

Not available.

Amazing Carrot Cake

Deborah Ferguson

Prep

Heat oven to 350°. Grease a 9×13-inch pan.

2 cups all-purpose flour
2 teaspoons cinnamon
2 teaspoons baking soda
½ teaspoon salt

Sift together flour, cinnamon, baking soda, and salt. Set aside.

3 eggs, beaten
¾ cup vegetable oil
¾ cup buttermilk
2 cups granulated sugar
2 teaspoons vanilla

In a large bowl, combine eggs, oil, buttermilk, sugar, and vanilla. Mix well.

2 cups carrots, grated
8 ounces crushed pineapple, drained
1 ½ cup coconut, shredded
1 cup nuts, coarsely chopped

Add the wet ingredients to the dry ingredients. Stir in carrot, pineapple, coconut, and nuts.

Pour batter into greased pan.

Bake for 55 to 60 minutes, or until a toothpick inserted in the middle of the cake comes out clean. While cake is baking, prepare glaze.

Buttermilk Glaze

1 cup granulated sugar
½ teaspoon baking soda
½ cup buttermilk
½ cup butter
1 tablespoon light corn syrup
1 teaspoon vanilla

In a sauce pan, combine sugar, baking soda, buttermilk, butter, and corn syrup. Bring to a boil. Cook for 5 minutes, stirring occasionally.

Remove from heat and stir in vanilla.

When cake is baked, remove it from the oven and slowly pour the glaze over it.

Cool the cake in the pan until glaze is totally absorbed, about 15 minutes.

Remove the cake from the pan and cool completely. Spread with frosting (page 98) when cool.

Cream Cheese Frosting

½ cup butter, softened

8 ounces cream cheese

1 teaspoon vanilla

2 cups powdered sugar

In a medium bowl, cream together butter and cream cheese until fluffy. Add vanilla. Gradually add powdered sugar. Mix until smooth.

Nutrition Information

Not available.

Carrot Muffins

Rachel Hartman

Prep

Heat oven to 400°. Grease muffin tin or line with paper muffin cups.

1 cup all-purpose flour
½ cup whole wheat flour
1 ½ teaspoons baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
½ teaspoon nutmeg

In a large mixing bowl, combine flour, whole wheat flour, baking powder, baking soda, cinnamon, salt, and nutmeg. Set aside.

2 eggs
¾ cup dark brown sugar
2 to 3 carrots, whole

In a separate bowl, beat together eggs and brown sugar until creamy.

Grate carrots directly into the egg bowl and stir until combined.

Let wet ingredients sit 10 minutes.

½ cup lemon juice mixed with ½ cup water
Or ¼ cup apple or orange juice
5 tablespoons olive or vegetable oil

After 10 minutes, add juice and oil to the wet ingredients. Whip until very creamy.

Fold together wet ingredients into the dry ingredients.

Pour batter into greased muffin pan, filling each well completely.

Bake for 15 minutes, or until a toothpick inserted in the center of a muffin comes out clean.

Nutrition Information

Not available.

Chocolate Butter Frosting

Unknown

½ cup butter, softened
2 ounces unsweetened chocolate, melted and cooled
2 cups powdered sugar
1 ½ teaspoons vanilla
2 tablespoons milk

Blend butter and chocolate together until smooth.

Carefully stir powdered sugar into the butter mixture. Add vanilla.

Adjust consistency with milk, if needed.

Nutrition Information

Not available.

Chocolate Chip Brownie Cake

Deborah Ferguson

Prep

Heat oven to 350°. Grease an 8×8-inch pan.

½ cup vegetable oil
1 egg
½ teaspoon vanilla
¾ cup water

In a large bowl, combine oil, egg, vanilla, and water.

6 tablespoons unsweetened cocoa
1 cup granulated sugar
1 ¼ cup all-purpose flour
½ teaspoon baking soda
½ teaspoon salt

In a separate bowl, stir together cocoa, sugar, flour, baking soda, and salt.

Chocolate chips

Mix dry ingredients into wet ingredients and until smooth.

Pour into a greased pan. Sprinkle with chocolate chips.

Bake for 30 minutes or until a toothpick inserted in the middle comes out clean.

Serve hot with vanilla ice cream.

Nutrition Information

Not available.

Happy Birthday, Jesus! Cake

Mare Sullivan

Prep	Heat oven to 350°. Grease and flour a 12-inch Bundt pan.
2 cups unsifted all-purpose flour ⅔ cup baking cocoa 1 ¼ teaspoon baking soda ¼ teaspoon baking powder	In a medium bowl, mix flour, cocoa, baking soda, and baking powder. Set aside.
1 ⅔ cups granulated sugar 3 eggs 1 teaspoon vanilla 1 tablespoon lemon juice	In a large bowl, beat sugar, eggs, vanilla, and lemon with an electric mixer on high for 3 minutes.
1 cup real mayonnaise	Beat mayonnaise into wet ingredients just until completely mixed.
	Add the dry ingredients into the wet ingredients, beating on medium speed just until the batter is moist and smooth. Do not over-mix.
1 can (21 ounces) cherry pie filling 1 cup raisins	Stir cherry pie filling and raisins into the batter by hand.
Powdered sugar	<p>Pour the batter into the pan. Bake for about 55 minutes, or until a toothpick inserted in the middle comes out clean.</p> <p>Cool in the pan for 15 minutes, then carefully remove and cool completely on a wire rack.</p> <p>When cooled, sift powdered sugar over the cake. Serve with vanilla ice cream.</p>

Nutrition Information

Not available.

Notes: Only served at Christmas time in the Sullivan family.

Orange Scone Berry Cakes

Northwest Bounty, courtesy of Laurie Stanton

Prep

Heat oven to 425°.

Topping

½ cup sugar

1 tablespoon freshly-zested orange peel

In a small bowl, combine sugar and orange peel. Set aside.

2 cups all-purpose flour, with 2 tablespoons reserved

1 tablespoon baking powder

1 teaspoon salt

2 tablespoons granulated sugar

½ cup butter

In a large bowl, stir together flour, excluding the reserved 2 tablespoons, baking powder, salt, and sugar.

Cut in the butter until well blended. Set aside.

1 egg

½ cup whipping cream

In a separate bowl, combine the egg and whipping cream.

Add the egg and whipping cream mixture to the dry ingredients and stir until just blended.

2 tablespoons butter, melted

Turn the dough onto a lightly floured board and knead for 1 minute. Roll the dough into a rectangle ¼ inch thick and brush with melted butter.

Sprinkle all the topping over the rectangle of butter-brushed dough.

Roll the dough up like a jelly-roll and seal the edge completely.

Cut the sealed dough into 8 equal pieces and place them on an ungreased baking sheet. Press down on each one gently.

Bake 15 minutes. *Do not cook to golden brown – this is overcooked.* Cool on a wire rack.

Serve topped with sliced, lightly-sugared strawberries and whipped cream.

Nutrition Information

Not available.

Strawberry Muffins

Old Nourse Farm CSA Newsletter

Prep

Heat oven to 400°. Grease muffin tin or line with paper muffin cups.

¼ cup shortening
½ cup granulated sugar
2 eggs

In a large mixing bowl, cream together shortening and sugar. Beat in eggs.

2 cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt

In a medium mixing bowl, sift together flour, baking powder, and salt.

½ cup milk

Add half the dry ingredients to the wet ingredients. Mix in the milk. Mix in the remaining dry ingredients.

1 cup strawberries, washed, hulled, and sliced

Carefully fold strawberries into the batter, stirring until just mixed.

Pour batter into a muffin pan. Bake for 25 minutes or until a toothpick inserted in the middle of a muffin comes out clean.

Serve warm.

Nutrition Information

Not available.

Pies, Puddings, Cobblers, and Crisps



Berry Delicious Pie (page 111)

Pie Crust

Mare Sullivan

2 cups all-purpose flour, scooped into measuring cup with a spoon
 $\frac{3}{4}$ cup Crisco
1 teaspoon salt

In a medium bowl, cut together flour and shortening with a pastry cutter until a coarse mixture forms.

Up to 6 tablespoons cold water

Carefully add water 1 tablespoon at a time, adding water just until it holds together.

Form dough into two balls and transfer to a well-floured pie cloth. Use a well-floured rolling pin to roll into flat round crusts.

Fold the crusts into quarters to transfer to a pie pan.

Nutrition Information

Not available.

Apple Crisp

Mare Sullivan

Prep

Heat oven to 350°. Grease a 9×9-inch pan.

Topping

½ cup brown or granulated sugar
¾ cup flour
⅛ teaspoon salt
6 tablespoons butter
Chopped nuts

In a medium mixing bowl, cut together sugar, flour, salt, and butter. Stir in chopped nuts. Set aside.

Apple Filling

6 apples, peeled, cored, and sliced
½ cup brown or granulated sugar
¼ teaspoon ground cloves
¼ teaspoon ground cinnamon
2 teaspoons lemon juice

In a large mixing bowl, combine apples, sugar, spices, and lemon juice.

Pour the apple mixture into the greased pan. Sprinkle evenly with topping.

Bake for 15 minutes, or until the top is nicely browned.

Serve hot with vanilla ice cream.

Nutrition Information

Not available.

Apple Pie

As American as Apple Pie, page 114

Prep	Heat oven to 450°.
------	--------------------

Pie Crust

Ingredient

Single Crust

Double Crust

All-purpose flour

1 ¼ cups

2 cups

Salt

¼ teaspoon

½ teaspoon

Sugar

½ teaspoon

1 teaspoon

Very cold butter, in pats

8 tablespoons

11 tablespoons

Very cold solid shortening

1 tablespoon

3 tablespoons

Ice water

3 tablespoons

5 tablespoons

Place flour, salt, and sugar in a food processor. Top with butter and shortening. Pulse until the consistency of coarse meal.

With food processor running, drizzle in ice water just until dough forms a ball.

Divide the dough in half. Roll one crust out and place in the bottom of the pie plate. Reserve the other dough ball for the top. Cover or wrap both crusts in plastic and refrigerate until ready to use.

Pie Filling

1 cup granulated sugar

1 cup unsweetened pineapple juice

10 to 12 medium apples, peeled, cored, and cut into eighths

In a large stock pot, bring sugar and pineapple juice to a boil until the sugar dissolves. Stir in prepared apples. Lower the heat and simmer until apples are barely tender but not soft, about 8 minutes.

When apples are cooked, use a slotted spoon to transfer them to a waxed paper-covered wire rack. Leave the liquid in the stock pot.

Allow apples to cool. When cooled, transfer apples to the chilled crust.

¼ cup water

1 tablespoon cornstarch

In a measuring cup, microwave water until warm and stir in cornstarch. Set aside.

2 teaspoons cinnamon

2 tablespoons butter

1 ½ teaspoons vanilla

Add cinnamon, butter, and vanilla to the juices in the stock pot. Bring to a boil. Stir cornstarch and water mixture into stock pot.

Boil, stirring constantly, until juices thicken, about 30 seconds.

Remove the stock pot from the heat and

pour juices over apples in the crust.

1 egg yolk
3 tablespoons milk

In a small bowl, combine egg yolk and milk.
Set aside.

Roll out the remaining crust and drape over the apples. Cut artistic slits in the top. Around the circumference, tuck the overhanging dough underneath itself and crimp.

Use a pastry brush to brush top crust with yolk mixture.

Place the pie on a baking sheet. Bake at **450°** for 20 minutes. If crust is golden and cooked, remove pie from oven and cover the crust with aluminum foil before continuing to bake.

Reduce the heat to **350°** and bake the pie for an additional 35 minutes, until crust is golden brown and apple filling is bubbling.

Cool completely on a wire rack before slicing. Store in the refrigerator wrapped well in foil or plastic wrap.

Nutrition Information

Not available.

Berry Delicious Pie

Tim Horst, *Bicycling Magazine*

Prep

Heat oven to 300°.

Pie Crust

4 cups all-purpose flour
1 tablespoon sugar
2 teaspoons salt
1 cup shortening

In a large mixing bowl, mix together flour, sugar, and salt in. Cut in shortening until the mixture resembles sand.

½ cup water
1 tablespoon cider vinegar
1 egg

In a separate bowl, stir together water, vinegar, and egg and set aside.

Add wet ingredients to the flour-and-shortening bowl and stir until moist. It will start looking like dough at this point.

Remove the dough from the bowl and form into two rounds. Roll both rounds into to ⅛ inch thick.

Put one of the crusts into the cast-iron skillet and bake at **300°** for 10 minutes. Let cool to room temperature before adding filling.

6 cups blackberries or other fruit

When the crust is cool, fill it with to the top with fresh berries or fruit.

Berry Filling

5 cups mixed berries
5 ounces maple syrup
½ cup brown sugar
5 ounces hot water

In a food processor, blend the mixed berries, maple syrup, brown sugar, and hot water.

6 tablespoons cornstarch
6 tablespoons cold water

Pour processed berry pulp into a large sauce pan and bring to a boil. Mix in the cornstarch and water and whisk the mixture until it thickens.

Pour thickened berry pulp over the berries in the crust. Top the pie with the other layer of crust, or make a fancy woven crust.

Place pie on baking sheet. Bake at **400°** for 15 minutes.

Nutrition Information

491 calories, 6 g protein, 77 g carbohydrates, 18 g fat.

Notes: *Use a **deep** cast-iron skillet. Expect to fill an extra 5×5-inch pan with overflow. Bake on top of a cookie sheet to catch bubbly overflow (it will happen. Trust me).*

One-Bowl Brownie Pie

Deborah Ferguson

Prep

Heat oven to 350°. Grease a 9-inch pie pan.

2 eggs
1 cup granulated sugar
½ cup butter or margarine, softened
½ cup flour
3 tablespoons cocoa
1 teaspoon vanilla
¼ teaspoon salt

In a mixing bowl, combine all ingredients. Beat with a mixer for 4 minutes.

Pour the batter into greased pie pan. Bake for 30 minutes.

Chocolate Pie

½ cup walnuts, chopped

Fold walnuts into batter.

Pie crust (page 107)

Pour batter into pie crust and bake 30 minutes.

Nutrition Information

Not available.

Chocolate Cherry Pudding Pie

Sullivan Family

1 graham cracker crust (page 83)
1 package instant chocolate pudding or chocolate pudding from scratch (page 115)

Fill pie crust with pudding. Refrigerate until pudding is set, about 4 hours.

1 can cherry pie filling

When pudding is set, remove pie from refrigerator and pour pie filling over top, spreading evenly. Refrigerate until ready to serve.

Serve cold.

Nutrition Information

Not available.

Chocolate Pudding

Mare Sullivan

½ cup sugar or honey
2 tablespoons cornstarch
2 tablespoons cocoa
2 cups milk

Combine sugar, cornstarch, cocoa, and milk in a heavy sauce pan. Cook over low heat until thickened, whisking constantly.

1 teaspoon vanilla
1 tablespoon butter or margarine
½ to 1 cup peanut butter

When thickened, stir in vanilla, butter, and peanut butter just until combined. Serve hot.

Store refrigerated in an airtight container.

Nutrition Information

Not available.

Notes: *If using for Chocolate Cherry Pudding Pie (page 114), substitute butter for peanut butter.*

French Apple Cobbler

Amanda Rappleyea, September 29, 2009

Prep

Heat oven to 375°.

Topping

3 tablespoons butter
½ cup granulated or brown sugar
1 egg

Cream together butter, sugar, and egg.

½ cup all-purpose flour
½ teaspoon baking powder
¼ teaspoon salt

In a separate bowl, combine the flour, baking powder, and salt.

Mix dry ingredients into the wet ingredients. Set topping aside.

Filling

5 cups apples, peeled, cored, and sliced
¼ cup water
1 teaspoon vanilla

In a large mixing bowl, combine the apples, water, and vanilla. Set aside.

2 tablespoons all-purpose flour
¼ teaspoon salt
¾ cup granulated or brown sugar
½ teaspoon cinnamon

In a small bowl, combine flour, salt, sugar, and cinnamon.

Mix the flour mixture into the apples and stir until apples are thoroughly coated.

Pour into a large glass pan. Drop topping by spoonfuls evenly over the apples.

Bake until the topping is golden.

Nutrition Information

Not available.

Lemon Curd

Shirley Brown

2 large eggs
2 large egg yolks
 $\frac{3}{4}$ cup granulated sugar

In a medium sauce pan, combine eggs and egg yolks. Whisk in sugar while cooking eggs over medium heat until the mixture begins to thicken.

$\frac{1}{2}$ cup lemon juice, fresh-squeezed
1 tablespoon lemon zest, freshly grated
 $\frac{1}{2}$ stick butter, in pats

Stir lemon juice, zest, and butter into sauce pan. Stir until the mixture thickens again, about 5 minutes.

Remove from heat and transfer to a cool bowl. Cover and refrigerate for at least 8 hours and up to 2 days before serving.

Nutrition Information

Not available.

Peach Cobbler

The Grapevine, July 2010

Prep

Heat oven to 350°.

Crust

6 tablespoons of butter

Melt butter in the bottom of an 8-inch baking dish or pie pan.

1 cup granulated sugar

$\frac{3}{4}$ cup all-purpose flour

1 teaspoon cinnamon

2 teaspoons baking powder

Dash salt

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

In a mixing bowl, combine sugar, flour, cinnamon, baking powder, and salt. Add milk, stirring until just mixed.

Pour the batter over the melted butter. Do not stir.

Filling

2 cups peeled, sliced peaches

1 cup fresh raspberries or blackberries

1 cup granulated sugar

In a large mixing bowl, combine peaches, berries, and sugar. Stir until sugar coats fruit evenly.

Pour the fruit over the batter. Do not stir.

Bake for 1 hour. Serve hot with vanilla ice cream.

Nutrition Information

Not available.

Pumpkin Pie

Mare Sullivan

Prep

Heat oven to 425°. Prepare two pie crusts.

2 cups granulated sugar
2 teaspoons cinnamon
1 teaspoon ground ginger
½ teaspoon ground nutmeg
¼ teaspoon ground cloves
1 teaspoon salt

In a medium bowl, combine sugar, cinnamon, ginger, nutmeg, cloves, and salt. Set aside.

4 large eggs
One 29-ounce can pumpkin filling
3 cups (24 fluid ounces) evaporated milk

In a large bowl, lightly beat eggs. Add in pumpkin filling and sugar mixture, mixing well.

Gradually add evaporated milk, stirring constantly until completely mixed.

Two pie crusts (page 107)

Pour half the pumpkin filling into each prepared pie crust.

Bake at **425°** for 15 minutes. Reduce temperature to **350°** and bake another 40 to 50 minutes, or until a metal knife inserted halfway between the center and the edge of the pie comes out clean.

Cool completely. Serve cold, topped with whipped cream. Store leftovers covered in the refrigerator.

Nutrition Information

Not available.

Strawberry Pie

Olde Nourse Farm Newsletter

4 tablespoons cornstarch
2 tablespoons water

Dissolve cornstarch completely in water. Set aside.

½ quart strawberries, washed and hulled
1 cup granulated sugar
1 tablespoon lemon juice

In a sauce pan, mash strawberries. Stir in sugar and lemon juice. Heat strawberry mixture on medium until thick, smooth, and transparent, stirring constantly.

When it starts to boil, stir in cornstarch mixture. Stir constantly for 1 to 2 minutes as the filling thickens.

When thickened, set aside to cool for 5 minutes.

1 pie crust, baked
½ quart strawberries, hulled and sliced

Pour sliced strawberries into the pie crust. Pour filling evenly over top of the uncooked berries.

Chill 2 hours before serving.

Serve topped with whipped cream.

Nutrition Information

Not available.

Winterfruit Pie

Anne Trainor

Prep

Heat oven to 425°.

Butter-Pecan Spice Crust

1 ¾ cups all-purpose flour
2 teaspoons sugar
1 ¼ teaspoon ground cinnamon
¾ teaspoon ground nutmeg
1 teaspoon salt
8 tablespoons unsalted butter, chilled, in pats
½ cup pecans, toasted and finely chopped
3 to 4 tablespoons ice water

Combine flour, sugar, cinnamon, nutmeg, and salt in a food processor and pulse to mix.

Add butter pats. Pulse on and off until mixture resembles coarse crumbs.

Add pecans. Pulse just until mixed.

With food processor running, add ice water 1 tablespoon at a time just until mixture comes together.

Divide dough in half. Form each half into a 6-inch disc.

On a lightly-floured surface, roll one disc into 11-inch circles. Transfer to a 9-inch pie plate, fold the edges under, and crimp.

Roll the other disc out ⅛ inch thick. Cut into strips and set aside.

Filling

½ cup water
1 ½ cup cranberries, fresh or frozen
1 cup sugar
4 cups Golden Delicious apples, peeled, cored, and thinly sliced

Bring water to a boil in a 3-quart pot. Add cranberries. Cook on medium-high, stirring occasionally, until cranberry skins start to break, about 5 minutes.

Dissolve in sugar, then mix in apples.

Bring to a simmer. Cook on medium heat, stirring often, for 5 minutes.

½ cup golden raisins
3 tablespoons flour
1 ½ teaspoons ground cinnamon
½ teaspoon ground nutmeg
⅛ teaspoon salt

In a bowl, toss together raisins, flour, cinnamon, nutmeg, and salt.

	Mix dry ingredients into apple mixture and cook, stirring often, over low heat for 1 to 2 minutes, just until juices thicken.
1 egg, beaten Granulated sugar	<p>Spoon filling into crust. Top with lattice or other beautiful crust.</p> <p>Brush crust lightly with beaten egg. Sprinkle glazed crust with sugar.</p> <p>Place pie on baking sheet and place in the center of the oven. Bake at 425° for 15 minutes.</p> <p>Reduce temperature to 375° and bake an additional 30 to 35 minutes, until juices are bubbly and apples are soft when poked with a fork.</p> <p>If needed, loosely cover pie with aluminum foil to prevent overbrowning.</p> <p>Cool on wire rack. Serve warm or at room temperature.</p>
Nutrition Information	
Not available.	

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