

2026 EDITION • 209 RECIPES

Hi Mum, would you please give me the recipe for ...

These recipes are bound together with the gratitude for the warm, everlasting friendships and happy memories of all the magnificent times that I was fortunate to spend in the art of cooking and sharing my creations.

I give these recipes, with love, to my two extraordinary children, Bryan and Katie, who have through osmosis become remarkable cooks and lovers of fine foods.



"What country is this from Mum?"

"Agghhh, I can't get this with chopsticks."

"But I want soft white bread."

"Corn, please."

"Mmmm, this jam is good"

"FRENCH PANCAKES PLEASE"

"Careful my Mum made that; you can get drunk eating this dessert!"

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660 Recipes

Anything with flour, milk and eggs only

Bert's Mum's English Muffins

2c. warm water	1 Tablespoon salt	1/3c. shortening
1/3 c. sugar	About 6 1/2 c. flour	
2 pkgs. dry yeast	2 eggs	

Combine water, sugar & yeast and stir until dissolved. Add salt and 2c. flour. Beat for 2 minutes with electric mixer. Add eggs and shortening, beat for 1 minute. Work in remaining flour (not too stiff a dough). Cover and let rise in bowl about 30 min. This makes dough easier to handle. Shape as desired (can be made into plain or cinnamon rolls). For English muffins: Roll dough to 1/2" thick, cut with 3 1/2" (coffee percolator basket does well) cutter and place on baking sheet which has been sprinkled with cornmeal. Sprinkle top with more cornmeal. Cover and let rise in warm place 40 - 45 min until quite light. Preheat ungreased griddles on low hear about 260 - 270(one thing up from low) and place on griddle. Bake 7 - 8 min on each side. I just do it until the sides are cooked and light brown and the muffins are raised. Makes about 2 dozen.

David Eyer Pancakes

2 eggs (3)	1/2 cup milk (3/4)	Dash nutmeg 1-teaspoon sugar
1/2 cup flour (3/4)	dash salt	

Melt 1/4 cut butter in a frying pan or a 10" round cake pan. Oven 425. Pour batter into frying pan and put in oven for 15 minutes. Sprinkle with 2 tablespoons powdered sugar and bake for another 5 minutes. Cut in wedges and serve with jam, jelly or lemons.

(Bert - June 1976)

French Pancakes

Sift

¾ cup all-purpose flour	2 tablespoon powdered sugar	1-teaspoon double-acting baking powder
Resift with: (I just sift all together once – this was when flour needed to be sifted before measuring)	½ teaspoon salt	

Beat

2 eggs

Add and beat

2/3-cup milk	1/3-cup water	½ teaspoon vanilla or ½ teaspoon grated lemon rind
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Make a well in the sifted ingredients. Pour in the liquid ingredients. (I just add all the dry stuff to the beaten liquid mixture). Combine them with a few sift strokes. Ignore the lumps – they will take care of themselves. Heat a 5-inch skillet. Grease it with a few drops of oil (I use butter). Add a small quantity of batter. Tip skillet and let batter spread evenly over bottom. Cook pancake over moderate heat. When brown underneath then flip and brown other side. (Small bubbles will appear on the topside when cooked. Use a little oil (butter) for each pancake. Spread with jelly, sprinkle with confectioners sugar or eat with maple syrup.

(Joy of Cooking)

Popovers – Doc’s (never fail)

2 eggs	1-cup milk
1 cup flour, sifted	½ teaspoon salt

Break eggs into bowl; add milk, flour, and salt. Mix well with spoon, disregarding the lumps. Fill greased muffin tins ¾ full. Put into COLD OVEN set controls for 450. Turn on heat and bake for 30 minutes. Success secret is starting with a cold oven and not opening the door to peek. Makes 9 popovers

Scones

2 cups sifted flour	2 eggs	2 Tablespoons sugar
6 Tablespoons butter	¾ tsp salt	raisins, currants, dry cranberries, add before milk
3 teaspoons baking powder	1/2 c. milk or cream	

Heat oven to 425. Lightly oil a cookie sheet. In a bowl sift flour, baking powder, salt and sugar. Cut in butter. Beat 1 egg and 1 yolk, add milk to beaten eggs. Stir into flour mixture. Knead lightly on a floured board. Roll (1 pat) into a circle and it says cut into wedges, but I don't. Brush with egg white (I beat the egg white with a Tbsp of cold water with a fork first) and sprinkle with sugar or cinnamon & sugar. Bake 12 - 15 min. When I use the cranberries, I often use buttermilk for the milk, add grated orange rind and add some orange juice.

(These are the original 660 recipes – for variations of scones – see Breads)

Sour Cream Waffles – Norwegian

5 eggs (warm- not cold)	½ c. sugar	1 c. flour, sifted
1 tsp. Ground cardamom	1 c. sour cream	4 Tbsp. Unsalted butter, melted

Beat the eggs and sugar together for 5-10 minutes until it falls back into the bowl in a lazy ribbon when the beater is lifted out. Fold alternately ½ the flour, cardamom, the sour cream, then and the remaining flour. Lightly stir in the melted butter and set the batter aside for 10 minutes. Pour about ¾ cup of the batter in the center of the hot waffle iron and cook until done. Serve with lingonberry or another tart jam. Makes 5-6 waffles.

Yorkshire Pudding

1 cup sifted all-purpose flour	2 eggs, well-beaten
½ teaspoon salt	1 cup bottled milk

When roast is done, remove from oven and keep warm. Pour ¼ cup hot drippings from pan in which roast was roasted into a loaf pan (you can just put oil in a pan and heat in oven – I usually make it right in the roaster but always use a square cake pan if I use another pan). Sift flour and salt together. Gradually stir in the combined eggs and milk, and then beat with an eggbeater until smooth. Pour into pan and bake in hot oven (450) for 25 – 30 minutes (no peaking). If it is puffy – that is the way the English eat it, if it falls – that is the way the English eat it

Serves 6

Appetizers

Antipasto

Genoa salami, rolled	Radishes	Provolone cheese, rolled and cubed
Carrot strips	Marinated artichokes	Marinated eggplant
Black olives	Prosciutto ham	Cherry tomatoes
Cauliflower buds, marinated	Italian tuna fish	Italian Giardini era salad
Green olives	Pepperoni, thinly sliced	Sweet roasted peppers
Scallions	Anchovies rolled with 1 tablespoon	Bread sticks, plain or sesame
Marinated mushrooms	lemon juice	Arrange on lettuce and serve with an
	Honeydew melon	oil and vinegar or Italian dressing

(YUWO Gourmet Luncheon, Morse College)

Artichoke Nibbles (Kate and Bryan's favourite term)

2 jars, each 6 oz. marinated artichoke hearts	¼ cup fine break crumbs	½ pound or 2 cups of shredded cheddar cheese (I use very sharp orange)
1 small onion (chopped)	1/8 teaspoon each of pepper, oregano, Tabasco (I just put what I want in)	2 teaspoon fresh parsley, minced or how you like it
1 clove garlic (minced)		¼ teaspoon salt
4 eggs		

Drain marinade from one jar into frying pan, drain the other jar. Chop all artichokes. Add onion and garlic to frying pan and sauté. Beat eggs with fork, add crumbs and seasonings to eggs and beat. Stir in rest of ingredients. Put in greased 7 x 11 or 9 x 9, (I use an 8x 8 and cook 5 min longer). Bake at 325 for 30 minutes (until set). Serve cold or reheat. Cool before cutting. (I like to serve is slightly warm but let it sit for about 10 minutes after taking out of oven to set).

Boursin Cheese

8 oz butter	1 tsp oregano	¼ tsp dill
2 – 8 oz packages of cream cheese, softened	¾ tsp garlic powder	¼ tsp basil
	¼ tsp marjoram	¼ tsp pepper

Mix all ingredients together until creamy, place in a container – I roll it into a ball surrounded by saran wrap until needed.

Serves 20

Chex Mix

(Deb's version of Chex Mix)

In a very large roaster melt 12 Tablespoons of margarine (or butter, half butter, half marg)	2 tsp McCormick all seasoned salt	½ tsp garlic powder (or to taste)
Add:	4 tsp Worcestershire sauce (most of the time I use soy sauce 5 tsp – not the heavy type)	¼ tsp cayenne pepper (if you like)
		½ tsp onion powder (if you like)
		Mix up

Add

2 c. corn chex	2 c. pretzel sticks (I use small round pretzels)	2 c. shreddie
2 c. rice chex	2 c. cheese sticks	Mix until all pieces are coated, heat in 250 oven for 45 min to 1 hour, stirring every 15 minutes
2 c. wheat chex	2 c. Crispix	
1 ½ – 2 c. salted mixed nuts (I use the ones without peanuts)	2 c. cheerios	

Chicken Curry Pate (delicious)

1 cup chicken livers	1 cup milk	18 oz. package cream cheese (whipped),
1 cup ricotta cheese, softened	½ cup diced pimento	2 teaspoon curry powder
2 tablespoon butter or margarine (I use butter)	2 chicken bouillon cubes	softened
2 tablespoon lemon juice	1/3 cup minced onion	Chutney
2 envelopes unflavored gelatin	2 egg, separated	Blanched whole almonds, lightly
3 cups finely chopped cooked chicken	1 cup whipping cream, whipped	toasted
	1 teaspoon salt or to taste	

Sauté chicken livers in melted butter in skillet, grind in food processor or blender. Soften gelatin in milk placed in saucepan. Add bouillon cubes and egg yolks, stir well. Place over low heat and stir constantly until gelatin and bouillon cubes dissolve and mixture thickens slightly, about 5 minutes. Add salt and curry powder.

Remove from heat. Cool slightly. Add ricotta cheese (beaten if too firm), lemon juice, chicken livers, cooked chicken, pimento and onion. Chill until mixture mounds slightly when dropped with a spoon.

Beat egg whites until stiff but not dry. Fold into gelatin mixture. Fold in whipped cream. Adjust salt to taste. Turn into 8- or 9- inch spring form pan. Chill until firm. Loosen sides of pan with tip of knife, release spring form and remove side of pan. Place on serving platter and garnish tope of pate with a lattice of whipped cream cheese picked from a pastry tube (fluted). Dot lattice with chutney and almonds.

Makes 24 servings.

(YUWO Luncheon Gourmet, February 4, 1982)

Chive Cheese Egg Dip

Soften 1 package (3 oz.) chive cream cheese. Stir in	¼ teaspoon salt	2 hardboiled eggs – well chopped
2 tablespoon mayonnaise	Dash pepper	Gradually beat in
1 teaspoon dry mustard	1 teaspoon Worcestershire Sauce	1/8 – ¼ cup milk
	Add	

Refrigerate until ½ hour before serving. Sprinkle with paprika.

Can be made 2 days in advance –
serve with wheat thins

(YUWO Luncheon Gourmet, October 10, 1974)

Crab Dip (Hot)

1 lb. Velveeta cheese, cut up ½ cup sliced green onions

16-7 oz. can crab meat, shredded and with the little tendon things removed (can use tofu crab/fish for the vegetarians and allergic)

1 ½ cup mayonnaise (this is not dietetic!!!)

Dash of white wine, dry vermouth, dry sherry or whatever you happen to have around – a slightly sweet sherry is good with the crab

Combine all ingredients and heat over a very low heat, stirring frequently, until melted and warmed through. Serve in a chafing dish or fondue pot with a candle – (not Sterno – it is too hot). The juice the crab is packed in can be added for a stronger flavor. May be made a day or two ahead and kept refrigerated.

Cranberry Brie Bites

Cooking spray	1 tube crescent dough	1/2 cup whole berry cranberry sauce
All-purpose flour, for dusting	1 wheel of Brie	1/4 cup finely chopped roasted, unsalted pecans

6 rosemary sprigs, cut into 1" pieces.

Arrange a rack in center of oven; preheat to 375°. Grease a mini (24-cup) muffin tin with cooking spray. On a lightly floured surface, roll out crescent dough and pinch together seams. Cut into 24 squares. Press squares into prepared cups.

Cut Brie into small pieces and place inside dough. Top with a spoonful of cranberry sauce, pecans, and one piece of rosemary.

Bake bites until pastry is golden brown, about 15 minutes.

Serves 24 78 cal

Curry-Chutney Cheese Ball

8 oz. cream cheese	½ - 9 oz. jar of Chutney (I use Major Grey's and use as much as I want – usually the whole thing)
1 teaspoon curry	

1/ cup toasted almond bits, chopped fine – I use one of the little bags and I don't chop them – I use the slivered almonds

Mix curry into softened cream cheese. Form into ball and refrigerate. Cut big pieces of chutney in half (I just pour out of the bottle). When ready to serve place curry-cheese ball on a plate, pour chutney over it. Ball may also be rolled in finely ground almonds, if desired (I just sprinkle the toasted almonds over the ball covered in chutney). I also let the ball sit out of the refrigerator for a few hours before serving – curry taste is enhanced when warmer.

Serves 12

Holiday Brie En Croute

½ package (17/3 oz size) Pepperidge Farm Frozen puff pastry sheets	¼ cup toasted sliced almonds	1 Brie cheese round – about 1 pound
1/3 cup dried cranberries, softened (I don't soften them)	½ cup apricot preserves or seedless raspberry jam	1 egg
		1-tablespoon water

Thaw pastry sheet at room temperature – about 30 minutes. Preheat oven to 400. Mix egg and water and set aside. Unfold pastry on a lightly floured surface. Roll into 14-inch squares (just roll so that you can gather it up around the brie wheel you are using.) Cut off corners to make a circle. Spread preserves to within 1 inch of pastry edge (I usually on spread it over an area that covers the top of the wheel). Sprinkle with cranberries and almonds over preserves. Top with cheese. Brush edges of circle with egg mixture. Fold two opposite sides over cheese. Trim remaining two sides to 2 inches from edge of cheese (I don't do this but would probably make it smoother – looks just fine the way I do it). Fold these two sides onto the round. Press edges to seal. Place seam-side down on baking sheet. Decorate top with pastry scraps if desired. Brush with egg mixture. Bake 20 minutes or until golden. Let stand 1 hour. Serve with crackers.

(Recipe states soften cranberries; in a bowl dried cranberries and ½ cup hot water. Let stand 1 minute. Drain and pat dry – I don't do this)

Serves 12.

Israeli-Style Hummus

1 cup dried chickpeas	⅓ cup (or more) fresh lemon juice	¼ teaspoon (or more) ground cumin
2 teaspoons baking soda, divided	1 teaspoon kosher salt, plus more	Olive oil (for serving)
4 garlic cloves, unpeeled	⅔ cup tahini (I use SOOM tahini)	

Place chickpeas and 1 tsp. baking soda in a medium bowl and add cold water to cover by 2". Cover and let sit at room temperature until chickpeas have doubled in size, 8–12 hours. Drain and rinse.

Combine soaked chickpeas and remaining 1 tsp. baking soda in a large saucepan and add cold water to cover by at least 2". Bring to a boil, skimming surface as needed. Reduce heat to medium-low, partially cover, and simmer until chickpeas are tender and completely falling apart, 45–60 minutes. Drain; set aside.

Meanwhile, process garlic, lemon juice, and 1 tsp. salt in a food processor until coarsely puréed; let sit 10 minutes to allow garlic to mellow.

Strain garlic mixture through a fine-mesh sieve into a small bowl, pressing on solids to release as much liquid as possible. Return liquid to food processor; discard solids. Add tahini and pulse to combine. With motor running, add ¼ cup ice water by the tablespoonful and process (it may seize up at first) until mixture is very smooth, pale, and thick. Add chickpeas and cumin and process, occasionally scraping down sides, until mixture is extremely smooth, about 4 minutes. Thin with more water if you prefer a looser consistency; taste and season with salt, more lemon juice, and more cumin as desired.

Spoon hummus into a shallow bowl, making a well in the center, and drizzle liberally with oil. Top as desired.

Makes about 4 cups. Serves: 8 (20 cal. per TBSP)

(Bon Appetit 2015)

Mrs. Howe's Layered Bean Dip

2 cans (10 ½ oz) bean dip - spread over a large shallow dish (say 9 ½ x 13 size)

Mash (in other words make guacamole - P.S. you can even buy it) 3 medium avocados

2 tsp lemon juice
½ tsp salt (use to taste)

¼ tsp pepper (use to taste) - You can make as much as you want but don't make any less than this amount - spread over Bean Dip layer

Mix: 8 oz sour cream
½ cup mayonnaise
1 package taco seasoning mix (1 ¼ - 1 ½ oz) size
and spread over the guacamole mix

Top with the following layers by sprinkling them over the sour cream mix and then each other:
3 medium tomatoes, chopped (about 2 c.)

1 large bunch of green onions, sliced
7 oz ripe olives, chopped (I use the canned ones, drained)
8 oz sharp old cheddar cheese, shredded

Keep refrigerated, serve with corn chips.

Olive Cheese Balls

Blend in a mixer: 2 cups finely shredded sharp cheddar cheese (I use orange)

½ cup softened butter
Add:

1 cup flour and 1 teaspoon paprika

Combine thoroughly. (I beat the cheese and butter with a hand mixer and then just use my hands to incorporate the flour and paprika). Shape 1 tablespoon of mixture around each of 48 large pimento-stuffed olives (I usually use the regular size not the queen size). Keep dipping your hands in flour to prevent sticking (I don't usually have a sticking problem and I think I use a little less than 1 tablespoon of mixture - enough to cover olive).

FREEZE. To serve, bake frozen balls on an ungreased cookie sheet at 400 degrees for 20 minutes or until golden brown.

Picnique-Stuffed Eggs

8 hard-cooked eggs
1 teaspoon capers, washed of their brine
½ cup mayonnaise
1 teaspoon finely chopped parsley

1 teaspoon Madeira
grating of fresh lemon rind
½ tablespoon Dijon mustard
1 small shallot, well minced

¼ cup cooked shredded lobster meat (or crab meat)
watercress leaves or fresh dill
Salt and pepper to taste

Cut eggs in half lengthwise. Remove yolks, crumble in a bowl and mash them with mayonnaise. Add Madeira, mustard, shredded lobster, capers, parsley, lemon rind, shallot and salt. Mix well together. The mixture should be spreadable but not runny. If too dry, add a teaspoon of mayonnaise, and if too wet add another hard-cooked egg yolk. Fill each egg half with a nice amount of stuffing. Dust with a grating of fresh pepper and garnish with a sprig of fresh dill.

Serves 8.

(YUWO Gourmet Luncheon May 11, 1978, same lunch as fruit ice cream)

Salmon Dip

½ cup dry white wine, such as Sauvignon Blanc	½ oz. smoked salmon, finely chopped (about 2 tablespoons) – I used almost double	1 teaspoon finely grated lemon zest plus 1 tablespoon fresh lemon juice
1 salmon fillet (8 oz.), skin on		½ teaspoon Dijon mustard
2 ounces Neufchâtel cheese or whipped light cream cheese (1/4 cup) at room temperature	1 tablespoon sliced scallion (white and pale green parts only; sliced ¼ inch thick)	¼ teaspoon coarse salt
		Freshly ground pepper
		4 heads Belgian endive, leaves separated

Put wine into a medium skillet. Add salmon and cover with lid. Poach salmon over medium high heat until it is opaque, 6 to 8 minutes.

Remove from heat. Let salmon cool completely in poaching liquid. Transfer salmon to a plate. Remove skin. Using a fork, flake salmon into large pieces.

Stir together cheese, smoked salmon, scallion, lemon zest and juice, mustard and salt in a bowl; season with pepper. Stir in flaked salmon. Serve dip with endive leaves. Dip can be refrigerated in an airtight container for up to a day (I thought it tasted better after sitting over night and then kept leftovers in the refrigerator for several days)

Serves 6: Makes about 1 cup

(Living, June 2006)

Salmon Mousse

1 envelope unflavored gelatin	1 tablespoon finely grated onion (I use 1+)	2 tablespoons finely chopped dill
1/4 c. cold water		2 cups finely flaked poached fresh salmon or red canned (15 oz. can = 2 c.) salmon, skin and bones removed
1/2 c. boiling water	Dash of Tabasco	
1/2 c. Hellmann's mayonnaise	1/4-teaspoon sweet paprika	
1 tablespoon lemon juice (fresh)	1 teaspoon salt	1 c. heavy cream

1. Soften gelatin in the cold water in a large mixing bowl. Stir in the boiling water and whisk the mixture slowly until gelatin dissolves. Cool to room temperature.

2. Whisk in the mayonnaise, lemon juice, grated onion, Tabasco, paprika, salt and dill. Stir to blend completely and refrigerate for about 20 minutes, or until the mixture begins to thicken slightly. (If it has been in for 25 minutes it is fine even if it doesn't look like it is)

3. Fold in the finely flaked salmon. In a separate bowl, whip the cream until it is thickened to peaks and fluffy. Fold gently into the salmon mixture.

4. Transfer the mixture to a 6 - 8 cup bowl or decorative mold. Cover and chill for at least four (4) hours.

5. Serve on toasts, black bread or crackers. Or serve as a first course, garnished with watercress.

At least 12 portions

Salsa (Karen's favorite)

1 large white onion, quartered	6 medium to large tomatoes (sometimes if they are too juicy I just use the plum tomatoes), quartered	Garlic cloves, to taste – I use about 5-6, minced
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Either chop these by hand or put in Cuisinart and chop coarsely.

Add:	Jalapeno peppers – if you like and as much as you like	Mix well. Refrigerate.
1 small can green chopped green chilies	1 tablespoon salt	

Sauerkraut Balls with Mustard Sauce

4 tablespoon margarine	1 pound bulk sausage	1 tablespoon chopped parsley
4 tablespoon flour	3 cups sauerkraut (drained and finely	DIP = 1 egg, 1 cup milk and bread
1 chopped onion	½ clove garlic	crumbs
½ cup broth (1 cube + ½ cup water)	chopped, rinsed too)	

Brown onion, add sausage and garlic to brown. Stir in flour, add broth, sauerkraut and parsley and cook a few minutes more until stiff. Chill. Roll into bite size balls and chill again or freeze until ready to use. Now roll balls first in a bit of flour, then egg and milk mixture and then in bread crumbs. Fry in deep fat. Keep warm in 300 degree oven until ready to serve

(YUWO Gourmet Luncheon, February 7, 1980)

Sausage Meat Rolls

Flaky pastry:	1-teaspoon salt	4 – 6 tablespoon ice water
2 cups sifted all-purpose flour	2/3 cup + 3 tablespoon chilled butter, divided	

Sausage meat roll

1-pound sausage meat	1 small grated onion	1 cup or more of bread crumbs
½ teaspoon poultry seasoning		depending on fatness of the meat (I use 1 cup)

To make flaky pastry, sift dry ingredients into chilled bowl (I don't chill the bowl); cut in 1/3 cup chilled butter; cut in another 1/3-cup butter until mixture is in lumps resembling small peas. Sprinkle ice water over all, a little at a time, until mixture can be gathered up with a fork and cleans the bowl. Form dough into a ball; wrap in saran wrap and chill for 1/2 hour. Roll out dough in rectangle about 1/3 inch thick. Cover with 3 tablespoons chilled butter, cut thinly. Fold upper third of dough over center; fold lower third of dough over upper flap, making 3 layers of dough. Give a quarter turn, roll the rectangle. Fold again in thirds; wrap; chill several hours or overnight.

To make sausage meat roll, mix all ingredients together, shape into 6 " rolls (I usually get six of them). Brown slightly in skillet and drain on paper toweling. Roll out pastry into oblong strip about 3 inches wide. (I roll the pastry out so that six pieces can be cut and then I put the six rolls on top of the rolled pastry and cut the rectangles) Place sausage roll in center of strip. Fold sides up sealing edges well by moistening with water. Cut into desired number of rolls. (I cook the sausage rolls in the six big rolls then cut into 1 inch pieces after cooked). Continue until all meat is used. Place on ungreased cookie sheet. Bake 450 for 20 minutes or until done.

(Edith Adams, Vancouver Sun)

Spinach Balls

2 packages (10 ounce) chopped frozen spinach, thawed, drained and squeezed	½ cup melted butter	¼ teaspoon pepper
2 cup Pepperidge Farm herb stuffing	¼ teaspoon thyme	½ cup Parmesan cheese
4 eggs, beaten	½ teaspoon garlic salt (I just use garlic powder)	½ cup chopped onion

You can adjust any of the spices to your taste.

Mix all together. Roll into balls. Put onto cookie sheet and freeze. Place in plastic bags for storage in freezer. To serve: place balls on cookie sheet and heat 10 – 15 minutes at 350

Makes about 4 dozen

(Louise Muehl)

Spinach Dip

1 package (10 oz) frozen chopped spinach, thawed and squeezed dry	2 teaspoon Dijon-style mustard	1 can (8 oz) sliced water chestnuts, chopped
1 container (16 oz) sour cream	2 envelopes vegetable soup mix-Knorr (I think I used leek soup too(other recipe says 1 package Knorr)	3 green onions chopped (other uses ½ onion finely chopped)
¾ cup mayonnaise (other one uses 1 cup)		salt and pepper to taste (I may put pepper in but never salt)

Combine spinach, sour cream, mayonnaise and mustard in a large bowl. Stir in envelopes of soup, water chestnuts and green onions. Cover and refrigerate for at least 2 hours – the longer the better.

To serve stir well and spoon into

Hollowed bread round

Hollowed red cabbage

Arrange bread, crackers or fresh vegetables around the dip

Texas Caviar

Boil together

1 cup sugar	1 cup olive oil	1 teaspoon pepper
1 cup cider vinegar	1 tablespoon salt	

Cool and pour over these ingredients, all chopped coarsely, except beans and corn.

1 cup green pepper	1 cup yellow pepper	1 can red beans, drained
1 jar pimiento	1 can black beans, drained (I use 2 cans)	1 cup celery
1 cup red pepper		1 Vidalia onion
1 can white corn, drained	1 cup orange pepper	1 can Hominy, drained

Marinate overnight. This keeps for days and can be served as a salsa or as a vegetable relish/side dish. I usually serve it like a salsa and use the Tostito's scoops. I also don't measure the peppers – I use one they are big and two if they are small.

(Bert Prestegard, Summer 2007 – the first visit to the cabin)

Tiny Ham Stuffed Tomatoes

Thinly slice the tops from pint cherry tomatoes; remove pulp- ugh – I cut the two little pieces of flesh on the inside then scoop with a very little spoon – small baby spoon works best; drain shells upside down on paper towels. In a small bowl combine:

1 – 2¼ oz. cans deviled ham (4,25 deviled ham = 1.89x recipe)	2 tablespoons sour cream (3.77 TBSP)	2 tablespoons horseradish (3.77 TBSP)
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Fill tomatoes, use same baby spoon to fill. Refrigerate, garnish with parsley.

Makes about 20.

Breads

Basic Yeast Breads

French-Style Bread

1 ½ packages active dry yeast	1-tablespoon salt	3 tablespoons yellow cornmeal
1 tablespoon granulated sugar	5 – 6 cups all-purpose or hard-wheat flour	1 egg white mixed with 1-tablespoon cold water
2 cups warm water		

Combine yeast with sugar and warm water in a large bowl and allow to proof. Mix the salt with the flour and add to the yeast mixture, one cup at a time until you have a stiff dough (after proofing, lightly stir yeast mixture, I put 2 cups of flour on top on yeast mixture and then put the salt on top of the flour and then mix, then I begin adding one cup at a time). Remove to lightly floured board and knead until no longer sticky, about 10 minutes, adding flour as necessary. Place in a buttered bowl and turn to coat the surface with butter. Cover and let rise in a warm place until doubled in bulk, 1 ½ to 2 hours.

Punch down the dough. Turn out on a floured board and shape into two long, French bread-style loaves. Place on a baking sheet (I use French loaf pans) that has been sprinkled with the cornmeal but not buttered. Slash the tip of the loaves diagonally in two to three places (need a very sharp, pointed knife for this) and brush with the egg wash. Place in a cold oven, set temperature at 400 and bake 35 minutes or until well-browned and hollow sounding when tops are rapped.

Best served warm – usually do not last – can be frozen and then heat to serve. Leftovers make great bread for the onion soup recipe – I often make the loaves just for that reason.

Makes 2-long loaves

(James Beard, "Beard on Bread")

Wholemeal Gluten Free Bread – Version 1 (Original)

250 g Gluten Free Alchemist Rice Free Blend B	50 g white teff flour	60 g potato starch flour
100 g sorghum flour	50 g buckwheat flour	80 g corn flour (cornstarch)
	160 g tapioca flour (starch)	

Weight all ingredients into an air-tight container. Seal lid and shake well to mix. Store in air-tight container.

(If want a slightly more earthy and dark loaf use 160 g Rice free Blend B flour and 90 g additional teff flour – white or brown instead of 250 g above)

130 g gluten free oat flour – grind	½ tsp bicarbonate of soda	1 tbsp runny honey
gluten free oats in a blender	3 tbsp dried milk powder or 2	1 ½ tsp lemon juice
18 g milled flax seed	tablespoons coconut milk powder	390 g/ml hand-warm water
35 g ground psyllium husk-- grind	7 g INSTANT dried yeast	A little extra oil/butter and brown rice
finely in a blender (not psyllium	3 large eggs (very large_	flour to coat the inside of the bread
powder)	3 tbsp sunflower or olive oil	tins
1 tsp fine sea salt		

Mix together the dry ingredients in an airtight container and shake to mix

Very lightly grease the inside of the bread tin(s) using either a little butter or oil, base line the tin with a piece of baking paper, cut to size and then gently coat the sides of the tin with a light dusting of brown rice flour. Tip out any excess.

In a large bowl, lightly beat together the eggs, oil, honey and lemon juice to combine.

Add the warm water and briefly whisk through to mix with the other wet ingredients. It will foam slightly, but this is fine

While the liquid is still warm, add the dry ingredients and beat with a silicon/wooden spoon/spatula until well blended.

Place the bowl to one side and leave to sit for 3 to 5 minutes to enable the flours to absorb the liquid, before thoroughly beating again. You should now have a dough “batter” that resembles thick porridge.

Transfer the batter into the tin(s) and using the back of a spoon (dipped in cold water) smooth the top(s).

Place the tins in a warm place to rise for about 30–40 minutes (If proofing at room temperature the dough will require up to an hour to rise). Should rise 3–4 cm above the tin with a gently rounded top.

Pre-heat the oven to 350. When the dough has risen, bake for about 25 minutes (small loaf) to 40 minutes (large loaf) until nicely browned.

As with all bread, this loaf is easiest to cut when left to cool completely, although (unlike most gluten free bread) it tastes totally delicious when still warm.

Remove from the oven and take out of the tins, leave to cool on a wire rack.

Wrap in clingfilm or put in a sealable bag to store and keep fresh. Store at room temperature is possible

Makes 1 loaf in a large pan – it overflowed the Pyrex glass bread pan.

<https://>

www.glutenfreealchemist.com/

[gluten-free-brown-bread-recipe/](https://www.glutenfreealchemist.com/gluten-free-brown-bread-recipe/)

Miscellaneous Breads

Steamed Brown Bread

There are as many recipes for this as for baked beans. Traditionally this is made with molasses – use 2/3 cup molasses in place of the maple syrup, and use 2 teaspoons of baking soda – eliminate the baking powder

1-cup cornmeal	1 teaspoon baking powder	2 cups buttermilk
1-cup rye flour	1 teaspoon baking soda	1 cup pure maple syrup
1 cup whole-wheat flour	1 teaspoon salt	1 cup raisins

1. Grease two 13- or 16-ounce coffee cans, including the insides of their plastic lids. Place a trivet; large enough to support both cans, in the bottom of a wide, deep pot. Add hot water to about 3 inches above the trivet. Place the pot on a burner over medium heat.
2. Toss the cornmeal, rye and wheat flours, baking powder, baking soda, and salt to mix in a large bowl. In a separate bowl, beat the buttermilk and maple syrup.
3. Make a well in the dry ingredients, add the buttermilk mixture, and stir just to blend. Fold in the raisins.
4. Divide the batter evenly between the cans and put on the lids. Wrap a large piece of foil over each lid and secure with a heavy rubber band or twine. Using a pairing knife, poke a couple of steam vents in the foil. Put the cans in the water; the level should rise about half to two-thirds the way up the sides of the cans. Cover the pot with its lid if it will fit, or fashion a foil tent.
5. Bring the water to a boil. Reduce the heat and simmer for approximately 2 hours. Check the water level once or twice, and replenish with boiling water if it falls below the halfway mark. The bread is done when a tester inserted deeply into the center emerges clean. Remove the bread from the cans.
6. Preheat the oven to 350F and lightly grease a baking sheet. Place the breads on the prepared baking sheet and bake for 5 minutes to dry the outside surfaces. Serve warm, or transfer the bread to a wire rack to cool completely.

Yield: 2 round loaves, 8-10 slices each

Scones

Best Ever Gluten Free Scones

Basic recipe – add your own additions to make cherry scones, ginger scones, blueberry scones, cinnamon chip scones, white chocolate scones.....

1 ¾ cup gluten-free multi-purpose flour (King Arthur or 6 pts superfine brown rice flour + 2 parts potato starch + 1-part tapioca starch)

Scant 1/3 cup sugar	½ teaspoon salt	2 large eggs
2 teaspoons baking powder	½ cup (1 stick) cold butter	1/3 cup cold milk (2%)
½ tsp xanthan gum	¾ cup additions (dried cherries, fresh blueberries, etc)	1 teaspoon gluten free vanilla extract

Preheat the oven to 400-degree F. Grease a large baking sheet or line with parchment. Whisk together flour, sugar, baking powder, xanthan gum and salt. Work in the cold butter until the mixture is crumbly with pea-sized or just larger bits of butter remaining. Gently stir in the additions. Whisk together the eggs, milk and vanilla until frothy. Add to the dry ingredients, stirring until well blended. The dough should be cohesive and very sticky. Place on a gf floured surface. Pat out to about 1 inch thick (do not attempt to roll out – the dough will be too sticky for this and adding more flour will only create a dry, dense, result). Use a biscuit cutter to cut into circles and place on the prepared pan. Lightly brush milk on top of the scones and sprinkle with sparkling sugar if desired. Place baking sheet, uncovered, in the freezer for 15 minutes. Bake for 15 to 20 minutes or until golden brown. Remove from the oven and let rest for 5 minutes before serving.

Yield: 8 scones

(Epicurious, 2018)

Apricot – Almond Scones

2 cups sifted flour	4 ½ teaspoons baking powder	½ teaspoon baking soda
¼ teaspoon ginger	2 tablespoons sugar	¼ teaspoon salt
½ cup butter, cut up	1 cup dried apricots, finely chopped (I don't chop particularly fine – and use a very full cup)	
¾ cup buttermilk	1 tablespoon cinnamon sugar	
1 teaspoon almond extract	1 tablespoon milk	

(I also put in crystallized ginger – chopped – however much I feel like chopping > 1 teaspoon)

Heat oven to 425. Lightly oil a cookie sheet. In a bowl sift flour, baking powder, salt, ginger and sugar. Cut in butter with pastry blender or fork until crumbly. Add buttermilk, apricots, crystallized ginger, and almond extract (I add and stir in apricots and ginger before milk so that pieces get coated with flour and stay separate), stir until moistened. Turn dough out onto a lightly floured board, knead 5 or 6 strokes. Roll (I pat) into a circle and it says cut into wedges, but I don't. Brush with milk and sprinkle with sugar or cinnamon & sugar. Bake 12 – 15 min.

Instructions for Advantium speed cook oven: Use black tray – pat into 8" circle. Then I brush with milk, sprinkle with cinnamon sugar and carefully cut into 8 wedges. Slightly pull out from center to separate wedges. Cook for 16 – 18 minutes (usually 18) at U=HI, L=LO or until golden brown.

Tea Breads

Banana Bread

1 ¾ c. sifted flour	½ tsp salt	2 eggs well beaten
2 teaspoons baking powder	1/3 c. shortening	1 c. mashed ripe bananas (2-3)
¼ tsp baking soda	2/3 c. sugar	

(I use 1 tsp almond flavoring too, mix with eggs)

Sift together flour, baking powder, soda and salt. Beat shortening until creamy in mixing bowl. Add sugar gradually and continue beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition until smooth. Turn into a well-greased bread pan and bake in a moderate oven (350) for 1 hour and 10 minutes or until done. 1 loaf

Zucchini Bread

In a bowl beat 3 eggs until frothy, beat in 2 cups sugar, 1 cup vegetable oil, 1-tablespoon vanilla – beat until thick and lemon colored. Stir in 2 cups loosely packed, coarsely grated zucchini and 2 cups flour sifted with 1 tablespoon cinnamon, 2 teaspoons baking soda, 1 teaspoon salt and ¼ teaspoon baking powder. Fold in 1 cup chopped walnuts. Pour mixture into 2 oiled and floured loaf pans and bake in oven preheated to 350 degrees for 1 hour or until cake tester (toothpick or skewer) inserted in center comes out clean.

Icing (very good on top)	1-tablespoon butter - softened	2 cups icing sugar
4 oz cream cheese (1/2 of regular package)	1 teaspoon vanilla	Beat until fluffy.

Breakfast

Brie and Sausage Breakfast Casserole

1 (8 oz.) round Brie*	7 large eggs, divided	1 tablespoon chopped fresh or 1
1 pound ground not pork sausage	3 cups whipping cream, divided	teaspoon dried rubbed sage
6 white bread slices (use whole	2 cups fat-free milk	1 teaspoon dry mustard
wheat, oatmeal..)	1 teaspoon seasoned salt	Garnish with chopped green onions.
1 cup grated Parmesan cheese		

Trim and discard rind from top of Brie. Cut cheese into cubes; set aside. Cook sausage in a large skillet over medium-high heat, stirring until crumbled and no longer pink; drain well.

Cut crusts from bread slices, and place crusts evenly in bottom of a lightly greased 13 x 9 inch baking dish. Layer evenly with bread slices, sausage, brie and grated Parmesan cheese.

Whisk together 5 eggs, 2 cups whipping cream, salt, mustard, sage and milk; pour evenly over cheeses. Cover and chill 8 hours.

Whisk together remaining 2 eggs and 1 cup whipping cream; pour evenly over chilled mixture.

Bake 350 for 50 minutes or until set. Garnish if desired.

*Substitute 2 cups (8 oz.,) shredded	½ cup butter or margarine	1 ½ teaspoons ground cinnamon
Swiss cheese, if desired	1 ½ cup sugar	½ teaspoon ground nutmeg
Yield: 8-10 servings	8 large Granny Smith Apples, peeled,	
Serve with Spiced Apples	cored and sliced	

Melt butter in a large skillet over medium-high heat; add apples and remaining ingredients. Sauté 15 – 20 minutes until apples are tender

Makes 8 servings.

(Southern Living February 2003)

Huevos Rancheros

In a small skillet sauté 1 Tbsp of minced onion (I use as much as I want probably about ½ c and only chopped) and 1 fresh hot green pepper minced (jalapeno – I don't use a whole one just probably about four slices) and 1 small clove garlic minced (I use 3 or 4 cloves) in 2 Tbsp olive oil until onion is golden. Add 1c. tomato sauce (1 regular small can), ½ tsp oregano and ¼ tsp salt or to taste. (I also add some minced green Mexican frying peppers – about ½ of the small can). Simmer mixture for 3 min. and then break 4 eggs over it. Cover the skillet and simmer mixture for 7 minutes or until eggs are just set. Serve the huevos with tostadas.

Serves 4.

Huevos Rancheros, Tony's

Coat frying pan with thin coat of olive oil. Add diced potatoes (can dice as small as you like) and as much as you like, fry and turn the potatoes as needed to keep them from burning scraping the crisp bits from the bottom of the skillet. Add additional oil and butter only if absolutely necessary. Add salt and pepper to taste, chili powder to taste for extra spice. Add diced onions (once again as small as you like, not really big hunks and as much as you like per serving) continue to sauté and scrape the potatoes and onions from the bottom of the pan until they are deep golden brown. Meanwhile heat a tortilla and top with a layer of black beans (can use refried beans as well), heat (microwave works). Top with onion and potato mixture. Fry one or two eggs, easy over or to your yolk taste. Grate 3/4-cup cheese (cheddar, Monterey Jack or a combination of both), chop a green onion and dice a tomato while eggs are cooking. Spread about half of cheese over top of onion mixture, top with eggs. Secret ingredient – do not leave out – Hatch Huevos Rancheros Original Sauce. Heat approximately 1 cup and pour over eggs. Top with cheese, green onions and diced tomatoes. Serve immediately. Increase amounts as needed for multiple servings. Fabulous.

1 serving.

(Tony Kowal, March 2005)

Make-Ahead Breakfast Casserole

8 ounces Ciabatta bread cut into 1 inch cubes	sweet Italian turkey	Cheddar cheese (I used cheddar
1 pound turkey breakfast sausage (I used	1 ¼ cup fat-free milk (I used 1%)	1 (8 OZ) carton egg substitute
½ cup chopped green onions	1 cup (4 ounces) reduced fat shredded sharp	with chipotle)
	2 large eggs	2 tablespoon chopped fresh parsley
		cooking spray

Pre heat oven to 400 degrees. Arrange bread cubes in a single layer on a baking sheet. Bake at 400 for 8 minutes or until toasted. Heat a medium skillet over medium high heat. Coat pan with cooking spray. Add sausage to pan; cook 6 minutes or until browned, stirring to crumble. Combine sausage, bread and onions in a large bowl. Combine milk, cheese, eggs, and egg substitute in a medium bowl, stirring with a whisk. Add milk mixture to bread mixture, tossing to coat bread. Spoon mixture into a 2 quart baking dish, coated with cooking spray (I buttered). Cover and refrigerate overnight or for at least 8 hours.

Preheat oven to 350 degrees. Uncover casserole. Bake at 350 for 50 minutes or until set and lightly browned. Sprinkle with parsley; serve immediately.

6 servings (about 1 cup)

(Cooking Light May 2007, pg. 276)

Southwestern Breakfast Casserole

1 (8 ½ oz.) package corn muffin mix	8 oz. hot turkey Italian sausage (I use more)	1 (10 oz.) can diced tomatoes and green chilies, undrained
1 teaspoon cumin		Cooking spray
3 cups (1/2 in) cubed white bread (use a whole grain)	1 cup chopped onion (I use red)	1 cup (4 oz.) shredded reduced-fat Monterey Jack or mild cheddar cheese, divided
1/8 teaspoon black pepper	2 ½ cups fat-free milk	
	1 (8 oz) carton egg substitute	

You can assemble this entire dish up to a week ahead. Bake the corn muffin mix ahead; store in an airtight container in the freezer for a couple of days. Assemble the casserole according to directions; cover and freeze. A day in advance, take it out of the freezer and thaw in the refrigerator (about 24 hours). Uncover and let stand 30 minutes at room temperature before cooking; bake as directed.

Prepare corn muffin mix according to package directions; cool. Crumble muffins into a large bowl; stir in bread. Set aside. Remove casings from sausage. Cook sausage and onion in a large non stick skillet over medium heat until browned, stirring to crumble. Drain.

Combine cumin, milk, pepper, tomatoes and egg substitute; stir with a whisk until well-blended. Add sausage mixture; stir well. Stir into bread mixture. Spoon half of bread mixture into an 11x7 inch baking dish coated with cooking spray (I use olive oil – non spray – use your own mister). Top with 1/2 cup cheese. Spoon remaining bread mixture over cheese. Cover and refrigerate 8 hours or overnight.

Bake in 350 oven for 20 minutes or until set. Top with ½ cup cheese, and bake an additional 20 minutes or until set. Let stand 10 minutes before serving.

Serves 8.

(Cooking Light 2000)

Make a vegetarian version using vegetarian hot Italian sausage – served both versions at a party – everyone raved about the vegetarian version!

Streusel French Toast from the Kitchen of : The Landmark Inn, Cooperstown, New York

2 loaves cinnamon raisin bread	2 teaspoons pure vanilla	1 cup brown sugar
12 jumbo eggs	½ teaspoon cinnamon	1 cup walnuts, chopped
2 cups milk	½ teaspoon nutmeg	8 oz. cream cheese, softened
2 cups heavy cream	½ cup butter, melted	

Preheat oven to 350, bake 40-50 minutes.

Streusel French Toast: Spray a 9" x 12" casserole pan. Make cream cheese sandwiches. Cut sandwiches in a tic-tac-toe style. Place cream cheese sandwich cubes into casserole pan. Mix eggs, milk, cream, vanilla, cinnamon, and nutmeg. Pour over the bread. Leave ¼ inch + room at the top of the casserole dish for rising in the oven. Cover and place in refrigerator overnight.

Topping: Mix melted butter and brown sugar. Microwave slightly for easy spreading. Spread over top. Sprinkle with chopped walnuts.

Serves 12.

Stuffed French Toast

24 (1-oz) slices cinnamon-raisin bread	1 cup half and half	1 (8-oz.) block fat-free cream cheese, softened – I use regular
Cooking spray	1 cup sugar, divided	1 (8-oz.) block 1/3 less-fat-cream cheese, softened
3 cups f1% low-fat milk	1 tablespoon vanilla extract	Bottled cinnamon-sugar (optional)
2 cups egg substitute, divided	1/8 teaspoon ground nutmeg	

Trim crusts from bread. Arrange half of the bread in a 13 x 9 inch baking dish coated with cooking spray – I use olive oil, misted or butter the dish.

Combine milk, 1 ½ cups egg substitute, half and half, and ½ cup sugar in a large bowl, stirring with a whisk. Pour half of milk mixture over bread in dish.

Combine ½ cup egg substitute, ½ cup sugar, vanilla, nutmeg and cheeses in a food processor or blender, process until smooth. Pour cream cheese mixture over moist bread in dish. Top with remaining bread; pour remaining milk mixture over bread. Cover and refrigerate 8 hours or overnight.

Uncover and cook 350 for 55 minutes. Let stand 10 minutes before serving. Sprinkle with cinnamon-sugar, if desired.

Yield: 12 servings (serving size: 1 piece)

(Cooking Light)

Desserts

Bars

Brownies

Peppermint Cookies n' Cream Brownies	3 cups sugar	1 2/3 cups all purpose flour
1 cup butter	1/2 tsp salt	1/3 cup unsweetened cocoa powder
6 oz. unsweetened chocolate, chopped	2 tsp vanilla extract	3 cups roughly chopped peppermint oreo-type cookies (approx 18)
4 large eggs, room temperature		

Preheat oven to 350F. Line a 9×13-inch baking pan with aluminum foil, and grease lightly.

In a medium-large saucepan over low heat, melt together butter and chocolate, stirring occasionally. Whisk in sugar, salt and vanilla, then turn off heat.

Whisk in eggs one at a time, waiting until each is fully incorporated before adding the next. Stir in flour and cocoa powder until mixture is uniform. Stir in peppermint oreo cookies and pour batter into prepared pan. Crush 3-4 additional cookies finely and sprinkle on top of batter, if desired.

Bake for about 35 minutes, until a toothpick inserted into the center comes out with moist crumbs, but not coated with batter.

Cool brownies in pan for about 20 minutes, then lift brownies in the foil out of the pan and place on a wire rack to cool completely before slicing.

Makes 36 brownies (or 48 bite-sized brownies).(Charis Anderson August 5, 2011)	1/2 cup butter, melted and cooled	1 large egg
Maple Coconut Blondies	1/2 cup sugar	1 cup all purpose flour
	1/2 cup maple syrup	1/4 tsp salt
	2 tsp vanilla extract	1 cup shredded coconut

Preheat oven to 350F. Lightly grease an 8-inch square baking dish.

In a large bowl, combine butter, sugar, maple syrup, vanilla and the egg and	whisk until smooth. Add in flour and salt and stir just until no streaks of	flour remain. Add in coconut and stir to distribute evenly. Pour into prepared baking dish.
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Bake for 30-35 minutes, until blondies are set and lightly browned.

Cool in pan on a wire rack.

Makes 20 blondies. (Charis Anderson August 5, 2011)

Chocolate Peanut Butter Fingers

3 sticks butter, sliced	1-cup chunky peanut butter (Skippy	1-teaspoon vanilla extract
1 ¾ cups graham cracker crumbs	Super Chunky Honey Nut – great if	1 – 12 oz package semi-sweet chips
	you can find it but I can never find it)	½ cup chopped peanuts (Optional – I
	2½-cup confectioner's sugar	don't use)

Place 2 sticks of butter in an 8-cup glass measure or bowl and microwave on HIGH for 1 ½ to 2 minutes or until melted. Stir in graham cracker crumbs, peanut butter, confectioner's sugar and vanilla mixing thoroughly. Spread mixture into a 9 x 13 inch baking pan.

Place chocolate chips and remaining stick of butter in a 4-cup glass measure or bowl and microwave on MEDIUM for 2 to 4 minutes, stirring every minute until chips are soft and shiny. Stir until mixture is smooth, then pour over peanut butter base. (Sprinkle with nuts) and refrigerate.

To make slicing and removal from dish easier, refrigerate for only 15 minutes. At the time cut into ½ to ¾ inch square; there should be about 60 – 65 squares and return to refrigerator until completely firm.

When ready to remove the dish, allow to stand at room temperature for 5 to 10 minutes, then re-cut along previous lines, and remove to paper liners or a cookie dish.

Dream Cake

1-cup flour	½ cup butter	Mix well and bake in a 10 x 11 inch pan for 20 minutes at 300
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Mix topping together

1 ¾ cup brown sugar	1-cup cocoanut	2-tablespoon flour
2 beaten eggs	1 cup chopped walnuts	½ teaspoon baking powder

Place this mixture on top of the first layer. Cook 25 – 30 minutes at 375. Cool then ice with white or pink frosting. Cut into rectangles.

(Granny)

7- layer Bars

In a 350 oven melt 1 stick of butter or margarine (I use butter – if going to each this have the best!) in a 9x13 inch pan.

Mix together in a bowl the following:	1 cup butterscotch bits (find these	1 1/3 cup cocoanut (I use the flakes
1 ½ cup graham cracker crumbs	same place as chocolate chips in	for this and not the shredded)
1 cup chocolate chips – semi-sweet	grocery store)	1 cup chopped nuts
(Eat remainder of package)		1 can sweetened, condensed milk

Mix all ingredients together – pour over melted butter. Bake 25 minutes @ 350, cool 15 minutes before cutting in squares

Nanaimo Bars

½ cup soft butter	5-tablespoon cocoa	1-tablespoon	1 egg
¼ cup white sugar	vanilla		

Mix together and cook in double boiler (I just do it in the pan directly on the burner but you have to be careful) until mixture looks like custard. Remove from heat. Combine 2 cups (32 single graham cracker wafers) crumbs, 1-cup (fine cut) coconut, and ½ cup walnuts. Add to first mixture. Pack in a greased (with butter) square pan.

Then combine ¼ cup butter and 2 tablespoons vanilla custard powder (use Birds Eye – not instant). Combine this with 3-tablespoon milk and 2 cup icing sugar. Make into a smooth paste and spread over the first mixture. Let it harden for ½ hour. Melt 4 squares semi-sweet chocolate and 1-tablespoon butter. Pour this mixture on top. Let stand for 24 hours. I keep it refrigerated.

Date Squares

Date mixture:	½ teaspoon salt
1-pound dates (pitted)	1-tablespoon butter

Water enough to cover. Cook the above mixture until done – soft type paste – take off heat – cool – ½ teaspoon vanilla when cool.

Oatmeal mixture

½ cup butter and ½ cup shortening	2 cups oatmeal	Mix mixture until crumbly.
½ teaspoon salt	1 ½ teaspoon baking powder	
1 cup flour	1 cup white sugar	

Put half oatmeal mixture into bottom of a square pan – press into bottom. Put date mixture on top, and then crumble rest of oatmeal mixture on top – press lightly. Cook 45 minutes at 375

Cakes

Christmas Cake (Fruitcake – Mum’s via Jean Green also Bert’s)

¼ lb. dried currants	½ cup dark rum or brandy	½ lb. candied cherries (¼ lb. red, ¼ lb. green)
1 lb. golden raisins	½ lb. seeded raisins	
soak overnight	1 lb. candied pineapple (if rings, cut into pieces)	¼ lb. candied citron
		1/8 lb candied lemon peel

1/8 lb. candied orange peel ¼ cup blanched whole almonds (you might have to blanch your own – just use whole almonds with skins on – pour boiling water over, leave until skins wrinkle, peel skins off – I put on paper towels to soak up moisture)

½ lb. pecans or walnuts (I use pecans)	½ teaspoon cinnamon	1 tablespoon milk
2 cups sifted all-purpose flour	½ teaspoon baking soda	1 cup white sugar
½ teaspoon mace	5 eggs, slightly beaten	1 teaspoon almond extract
	¼ lb. butter, soft (1/2 c.)	1 cup brown sugar

First day: Prepare all fruits. I soak the raisins and currents overnight in the rum or brandy.

Second day: Line pans with heavy waxed paper (I use brown paper bags cut to pan size). Sift 1½ cup flour with spices onto waxed paper. To keep fruits and nuts from sticking, mix with remaining ½ cup flour in a large bowl. Beat eggs slightly. Measure milk and mix together with almond flavouring. Cream butter, then cream in white and brown sugar until light. Mix in eggs, milk mixture and flour. Pour batter over fruits and nuts. Mix well (sometimes I use my hands). Fill pan by pressing mixture down firmly with your hands. Bake at 275 for 3 hours and 15 minutes. Let stand for a full ½ hour on a wire rack, and then turn out of pan. Store in a cool place. Wrap with cheese cloth and every four weeks pour ½ cup brandy or rum over cake.

I use a ??? spring form pan for one large cake or four small loaf pans (nice to make this way – can give them away, wrap each on individually in cheesecloth). I find the cake is easier to cut if you put it in the refrigerator.

Make an almond paste (or buy it at the store)	1 lb. blanched almonds	1 pound sugar
	1 cup water	½ cup orange juice

Grind almonds in a meat chopper using finest cutter (current world – use a Cuisinart). Run them through 3 or 4 times until very fine.

Cook sugar and water to 240 degrees F. Mix with chopped almonds. Add orange juice. Stir until creamy, turn onto a slab dusted with confectioner’s sugar, let stand and cool. Pack in a clean, airtight containers, store in cool, dry place at least one week. Makes 2 pounds.

I buy it at the store – roll out on a surface dusted with confectioners’ sugar to about ¼ inch thick, cut top and side shapes to fit cake – press onto cake pinching seams slightly.

Ice with Royal Icing (stuff breaks apart when set but that is the way it is)	4 egg white	¼ teaspoon salt
	5 cups sifted icing sugar	2 teaspoon almond extract
	1 teaspoon cream of tartar	

Combine first four ingredients in a large beater bowl and mix on low speed, then on medium to high speed for 10 to 15 minutes. Add flavouring. Dip the edge of a metal spatula in and out of the frosting. If a sharp edge or peak forms, icing is good consistency for spreading. Otherwise, beat in more sifted icing sugar until icing peaks. The icing should be slightly sifter for decorating tube work than for spreading on a cake. Keep bowl covered with a damp cloth to avoid crustiness. This recipe is easy to divide or multiply.

Cranberry Upside-Down Cake (one of my favorites – next to the fruit on top of the custard)

Butter the bottom and sides of a 9-inch round cake pan, 1 ½ inches deep, with 3 tablespoons softened unsalted butter, sprinkle ½ cup sugar evenly over the bottom, and arrange 1 pound cranberries (rinsed, picked over and patted dry) in the pan. (Frozen works as well)

In a bowl cream together ¾ stick (6 tablespoons) unsalted butter, softened, and ½ cup sugar, add 1 large egg and 1 teaspoon each of vanilla and minced orange rind, and beat the mixture until it is well combined. Into another bowl, sift together 1 ¼ cups all-purpose flour, 1 ½ teaspoons double-acting baking powder, and ¼ teaspoon salt. (I just sift onto wax paper or directly into the wet mixture as directed). Stir the flour mixture into the butter mixture, 1/2 cup at a time, alternately with ½ cup milk and stir batter until it is just combined. Pour the batter over the cranberries, smooth the top, and bake the cake on a baking sheet in the middle of a preheated moderate oven (350) for 1 hour, or until it is well browned. Transfer the cake to a rack and let it cool in the pan for 20 minutes. Run a thin knife around the inside of the pan and invert the cake onto a cake stand (or plate). In a small saucepan melt 1/3 cup red current jelly over low heat, stirring, and brush it over the cake. Serve the cake warm (I serve however it is when we are ready for dessert) or at room temperature with sweetened whipped cream.

(Gourmet, November 1980 - YUWO Gourmet Luncheon November 5, 1981 at Calhoun College)

Carrot Cake – Honey-Butter with Toasted Pecans and Citrus Cream Cheese Icing

Cake

Butter or non-stick spray	¼ teaspoon (1 ml) ground clove or allspice	1 cup (250 ml) granulated sugar
2 cups (500 ml) all purpose flour		1 teaspoon (5 ml) vanilla
1 ½ teaspoon (7 ml) baking powder	½ teaspoon (2 ml) salt	3 cups (750 ml) finely grated carrot
½ teaspoon (2 ml) baking soda	¾ cup (175 ml) butter, softened	1 apple, peeled and grated
1 teaspoon (5 ml) ground cinnamon	½ cup (125 ml) honey	1 cup (250 ml) toasted pecans, coarsely chopped
½ teaspoon (2 ml) ground nutmeg	2 eggs	

Icing

One 250g package regular cream cheese	2 teaspoon (10 ml) lemon juice	4 to 5 cups (1 to 1.25 L) sifted icing sugar
½ cup (125 ml) butter, softened	2 tablespoon (25 ml) finely grated orange, lemon, lime zest (or a mixture of all three)	
2 tablespoon (25 ml) honey		

Preheat oven to 350 F(180 C)

Butter two 9-inch (23 cm) layer pans or coat with a nonstick spray; line bottom with circle of parchment or waxed paper. Sift flour with baking soda, baking powder, spices and salt.

In another bowl, using an electric mixer, cream butter until lighter in colour and slightly fluffy. Slowly beat in honey, then eggs, one at a time. Beat in sugar and vanilla.

Add flour mixture to butter mixture in thirds, stirring until just absorbed. Stir in carrots, apple and pecans.

Divide batter between pans, smooth tops. Bake in oven centre for 35 to 40 minutes or until a cake tester inserted into cake centre comes out clean. Cool on a rack for 10 minutes; then turn out to finish cooling on rack.

To make icing, beat cream cheese with an electric mixer until smooth. Gradually beat in butter, then honey, zest and lemon juice. Gradually add icing sugar until thick enough for spreading. Spread between stacked layers, then over sides and top. Sprinkle with any extra zest or chopped pecans,

Makes 8 – 12 servings.

Bundt Carrot Cake

Make cake batter. Butter a 10 inch (3 L) bundt pan or coat with cooking spray. Evenly spoon in batter and smooth top. Bake in oven center for 55 to 60 minutes or until a cake tester inserted into cake centre comes out clean. Cool on a rack for 10 minutes; then turn out to finish cooling on rack. Make only half recipe of icing. Spread over cooled cake. Sprinkle with extra zest or chopped pecans.

(LCBO Food & Drink, Spring 2003, pg. 169)

Cheesecake

Use a spring pan (I rather think mine is the larger spring pan probably a 10")

Ingredients

1 ½ cups graham wafer crumbs	1/8 tsp. Cinnamon	1 Tbsp lemon juice
3 Tbsp white sugar	½ tsp vanilla	2 separated eggs
1 pound creamed cheese (2 pkgs)	¼ cup butter	1-cup thick sour cream
½ c. white sugar	1 tsp lemon rind	

Blend crumbs, butter and 2 Tbsp sugar. Press into a spring pan and ½" up sides. Bake at 300 for 5 min. Blend cream cheese and ½ cup sugar, cinnamon, vanilla, lemon (rind and juice) until really blended (like icing). Add egg yolks one at a time, and then fold in beaten egg whites (beaten until stiff). Pour onto crumbs. Bake at 300 for 45 minutes. Blend sour cream and 1 Tbsp sugar and 1 tsp vanilla and spread on top. Bake 10 minutes. Cool and chill.

Grandma's Strawberry Shortcake (Mum's recipe)

Biscuit shortcake, split while it's hot, buttered and filled with sugared barriers	½ teaspoon salt 1 well-beaten egg 4 teaspoons baking powder	1 quart sugared strawberries (can use any berry or Peaches – I let sit with sugar and assorted other flavorings – vanilla, almond, kirsch etc.)
2 cups enriched flour	½ cup milk	
1/3 cup shortening	1 tablespoon sugar	

Sift dry ingredients; cut in shortening until mixture resembles coarse crumbs. Add combined egg and milk. Stir just until flour is moistened. Spread evenly in a greased 8" round cake pan. Bake in hot oven (450) until golden brown, about 15 – 20 minutes. Split shortcake, spread with butter. (I find it easier to cut the shortcake into wedges and serve individually – makes a huge dessert). Fill and top with sugared berries. Serve with whipped cream (made with a tsp of vanilla extract or if have peaches almond extract).

Serves 6

Sacher Torte

Whip until fluffy

10 ounces sugar	6 egg whites – beat until stiff and add after flour	4 ounces butter
10 ounces butter		1-teaspoon water
Melt 8 ounces semi-sweet chocolate and fold into butter sugar mixture	#2 can sour pitted cherries, drain and fold in	6 ounces semi-sweet chocolate
6 egg yolks – add to batter one at a time	Bake at 350 for 45 minutes in a floured 10" pan	Put in a small saucepan and melt, blending together – let cool slightly to ice
4 ounces cake flour – stir in	Turn out and cool. Ice icing:	Decorate with almonds around perimeter so that there is one almond per piece of cake

(Mr. Shiller, May 1976 – an old German baker – wrote recipe as fast as I could)

These are toy soldiers that my mother cut out of sugar cookies, decorated and put them around a drum cake for one of my birthdays.

Cookies

Almond Meringues (Granny's)

2 egg whites	1-cup brown sugar
1-cup almonds (whole with skins on)	1-teaspoon vanilla

Beat egg white until they hold soft peaks, continue to beat adding brown sugar and vanilla slowly until meringue it glossy and stands in firm peaks. Fold in almonds.

Line a cookie sheet with brown paper or unglazed cooking paper. Drop by tablespoons covered cookie sheet. Bake at 250 – 300 until done (probably about ¾ to 1 hour) – the top turns slightly brown. Let cook and the peel off sheet.

Chocolate Cookies (Maria Eiler's sister Bonnie's cookies)

1 cup chopped hazelnuts	1 3 ounce package cream cheese, softened	2 cups plus 2 tablespoons all-purpose flour (high altitude: add 2 more tablespoons, for a total of 2¼ cups)
½ cup sun-dried cranberries	1 egg	½ teaspoon baking powder
2 cups (1 11 1/2 oz pkg.) extra large semisweet chocolate chips (Nestles Mega-morsels)	2 tablespoon milk	½ teaspoon salt
1 cup (2 sticks) unsalted butter softened	1 ½ teaspoons vanilla	1/4 cup Dutch-processed cocoa
1 cup granulated sugar	2 ounces best quality unsweetened chocolate, melted	1 cup commercially prepared marshmallow cream

Preheat oven to 325. Spread nuts on an un-greased cookie sheet and roast for 7 – 12 minutes, or until they are lightly browned and some skins have loosened. Set aside to cool.

Butter 2 cookie sheets. In a large bowl combine the chocolate chips, cranberries and cooled nuts; set aside. In another large bowl beat together the butter, sugar, cream cheese and egg until very creamy and smooth. Beat in milk, melted chocolate and vanilla. Sift together the flour, baking powder, salt and cocoa, then add to the butter mixture. Blend in the marshmallow cream, stirring until thoroughly combined. Add the chips, cranberries, and nuts. Stir until well mixed. Batter will be thick.

Using a ¼ -cup measure or a 4 tablespoon ice cream scoop, measure out batter and place 2 inches apart on cookie sheets, putting no more than 6 cookies per sheet. Bake 13 to 17 minutes, until puffed and cooked through (I think I patted them down a little before cooking). Cool on sheet for 1 minute, transfer to wire racks to cool completely.

Very good.

Granny's Cookies

2c. raisins	1 tsp vanilla	1½ tsp cinnamon
1c. H2O	4c. all purpose flour	½ tsp nutmeg
1c. shortening	1 tsp baking powder	¼ tsp allspice
2c. sugar	1 tsp soda	1c. chopped nuts
3 eggs	2 tsp salt	

Boil water and raisins for 5 min. Cream sugar & shortening, add eggs, beat well. Add vanilla, raisins and flour. Drop onto greased pans. Bake 400 until you like them.

Meringue Cookies (“Forgotten Kisses”)

2 large egg whites, at room temperature	2/3 cup superfine granulated sugar	1 cup mini semisweet chocolate chips
1/2 teaspoon cream of tartar	1 teaspoon vanilla extract	1 cup finely chopped walnuts (I use pecans)

Preheat oven to 350 degrees F and line 2 baking sheets with parchment paper. Set aside.

In a bowl of and electric mixer, beat egg whites until foamy. Add the cream of tartar and beat until fluffy but not at all dry (careful not to over beat) Add the sugar gradually, about 3 tablespoons at a time. When 1/2 the sugar has been added, add the vanilla extract. Continue beating and adding remaining sugar in batches, until all of the sugar is dissolved and the meringue is very skinny and light. Gently fold in the chocolate chips and chopped nuts. Working one teaspoon at a time, push a teaspoonful of meringue from the tip of on teaspoon with the back of another teaspoon onto the lined baking sheets, leaving 1 inch of space between cookies. Place the baking sheets in the preheated oven and turn the oven off. Leave the cookies (undisturbed) in the oven for at least 2 hours and up to overnight or until cookies are crisp and dry.

Makes 4 dozen

Eeril Lugasse, 2003

Oatcakes the Point

4 cups rolled oats	1 1/2 cups sugar	1 1/2 teaspoon baking soda
4 cups flour	1 1/2 teaspoon salt	2 cups shortening (recipe calls for lard)

Work shortening into dry mixture until mixture has consistency of fine crumbs. Stir in 3/4 cup cold water or enough to make a stiff dough and roll out thinly (I think that I left them about a little under a 1/4 ") on a surface generously sprinkled with rolled oats. Cut the dough into circles or triangles. Bake 375 for 15 minutes or until they are just beginning to brown.

Makes 70 three-inch cakes.

Old-Fashioned Oatmeal Cookies

1 cup sifted all-purpose flour	1/2 teaspoon salt	1/4 teaspoon nutmeg 1-cup raisins
1 1/3 cups brown sugar, firmly packed	1 teaspoon vanilla	3/4 cup shortening, softened
1/8 teaspoon baking soda	1 teaspoon cinnamon	
2 eggs	2 cups old-fashioned oats, uncooked	

Preheat oven to 350 degrees. Stir together flour, soda, salt, cinnamon and nutmeg into a bowl. Add shortening, sugar, eggs and vanilla; beat until smooth about 2 minutes. Stir in oats and raisins. Drop by heaping teaspoonfuls onto greased cookie sheets. Bake 10 to 12 minutes.

Makes about 3 1/2 dozen cookies.

Rum Balls

2 1/2 cup vanilla wafers, crushed	2 tablespoons cocoa	3 tablespoons dark corn syrup
1 cup icing sugar	1 cup finely chopped nuts (I usually use walnuts)	1/4 cup rum (I use dark Meyer's rum or any dark rum)

Mix all this together, form into balls and roll in chocolate pieces - next time I do this I am going to use crazy glue to keep the chocolate pieces on! (Update: 2006 – I was listening to the radio the other day and someone has the same recipe but they use toasted pecans, chopped)

Shortbread

1 pound butter

1 cup berry sugar (it is finer than
regular sugar but

regular white sugar will do)
4 cups all-purpose flour

Cream butter and sugar. Add flour slowly and keep mixing, then work with hands so that all is thoroughly kneaded together. Roll or pat out to ½" thickness. Cut as desired and bake on a slightly floured pan in 325 oven until light cream in color (I think about 8-9 minutes). I also put the whole thing into a big shortbread mold – takes top is light cream color.
almost whole recipe – cook for about
1 hour – may take a little longer –

P.S. If use cookie cutters – dip in flour each time you make a cut – shortbread will fall out of cutter easily

Almond Shortbread

7- ounce roll almond paste, chilled
and grated

2 sticks butter, at room temperature
2 egg yolks
2 ½ cups flour

1 teaspoon baking powder
Melted semisweet chocolate

In a bowl place grated almond paste, sugar and butter. Using an electric mixer on low speed mix well until incorporated. Mix on high until light and fluffy. Add egg yolks one at time, beating until mixture is light and sugar is dissolved. Reduce speed to low and add flour and baking powder. Mix only until all ingredients are incorporated. Spoon batter into prepared (9 x 13) pan. Press down gently so batter is same level throughout, probably about ½ inch to ¾ inch thick. Using the back of a knife, score very shallow lines into batter to mark the sizes and shapes you want for shortbread pieces. To make cutting easier after baking. Bake 22 to 26 minutes (350) or until the shortbread is a light golden colour. Cool pan on a wire rack. If desired, drizzle thin lines of melted chocolate across the shortbread. Cut along score lines. Store in airtight tins

Ice Cream

Decadent Chocolate Ice Cream

Preparation: about 30 minutes + cooling time, 25 – 30 minutes, optional 2 hours to “ripen” in freezer	2/3 cup sugar 2/3 cup Dutch process cocoa 1 ¼ cups heavy cream 2 large eggs 1 teaspoon vanilla	1 large egg yolk 6 ounces bittersweet chocolate, chopped (actually I buy the thin bars and just break them into small pieces)
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In a medium saucepan, combine the whole milk and heavy cream over medium low heat. With a sharp knife, split the vanilla bean lengthwise; use the blunt edge of the knife to scrape out the “seeds” of the vanilla bean. Stir the seeds and bean pod into the milk/cream mixture. Simmer the milk/cream mixture over low heat for 30 minutes. After 30 minutes, remove the vanilla bean pod; discard or rinse and reserve for another use (whatever that might be with no seeds!)

Combine the sugar, cocoa, eggs and egg yolk in a medium bowl; use a hand mixer on medium speed to beat the mixture until thickened like mayonnaise. Measure out 1 cup of the hot milk/cream mixture and with the mixer on low speed, add the hot milk/cream (and seed) mixture in a slow, steady stream and mix until completely incorporated. Stir the chopped chocolate into the saucepan with the hot milk/cream, then stir in the egg mixture into the hot milk/cream mixture. Cook over low heat, stirring constantly until the mixture thickens and begins to resemble a chocolate pudding. Transfer the chocolate mixture into a bowl. Cover with plastic wrap placed directly on the surface of the chocolate mixture, and refrigerate until completely cooled.

Pour the chilled custard into the freezer bowl (Cuisinart), turn the machine ON and let mix until thickened, about 25 – 30 minutes. If desired transfer the frozen ice cream to an airtight container and place in the freezer until firm, about 2 hours to “ripen”.

Makes 8 servings (in our house 2!)

(Cuisinart recipe book)

Fruit Ice Cream

3 cups milk	1 can (13 ½ oz) evaporated milk	1 ½ cups undrained, crushed
1 tsp. grated lemon rind	1 ½ cups orange juice	pineapple
3 cups sugar	(the above is one recipe – personally	seven layer bars, – if you have a
¾ cup lemon juice	anything	favorite
1 ½ c. heavy cream	3 ripe bananas, mashed	vanilla recipe then use that- also see
2 teaspoons grated orange rind	with evap milk in it tastes of evap.	below)
	milk except for	

Heat the milk and sugar together, stirring until the sugar dissolves. Add the cream and evaporated milk, cool and chill.

Prepare ice cream container and dasher according to manufacturer's instructions.

Fill the container with boiling water. Pour water off and allow to cool.

Plate the dasher in position and pour the chilled milk and cream mixture. The container should not be more than ¾ full to allow for expansion.

Set the container in the bucket and file lid and crank or motor in place. Do the ice thing with layered crushed ice and rock salt.

Freeze for about 20 minutes or until mixture is partly frozen. – this is like bread you just know – cranking becomes harder (Recipe says to check drain hole to make sure hole open at all times! – could be a big problem if your hole is blocked.)

Add remaining ingredients (I have already mixed them all together) to the container (the damn container is always too small to take all of the sauce so I put as much as I can in and then save the rest) and continue to freeze until machine slows or stops. Take care that no salt or ice gets into the hole in the top of the container – salt ice cream tastes terrible.

To ripen ice cream – pack ice cream into containers and freeze about 1 to 2 hours. I use the container I made it in (Ice cream seems a little soft but after this step is fabulous)– remove the dasher and thoroughly lick each piece of the blade – helps to have a dog below to catch the drips (ice cream very soft at this part of the process)– best part of the ice cream procedure is licking the dasher.

Yield: 1 gallon

Greatest Vanilla Ice Cream – this one is good – I usually double the recipe

Makes about 1 quart.	5 ½ tablespoons sugar	1 whole vanilla bean, split down the center
1 cup plus 2 tablespoons half and half	1 cup whipping cream	
6 large eggs yolks	5 ½ tablespoons sugar	¼ cup butter
		½ tsp. vanilla extract

In small heavy-bottomed saucepan slowly bring half and half to a boil. Place in refrig. Overnight or chill in freezer briefly but do not freeze. I used to just boil it the day before I was going to make it.

Cream egg yolks and 5½ tablespoons sugar, set aside.

In 2-quart saucepan combine whipping cream, remaining sugar and vanilla bean and slowly bring to boil, stirring frequently. Remove bean, using point of paring knife, scrape vanilla grains from inside hull. With fingers, rub off any cream or remaining vanilla grains and mix into cream.

Add about 1/3 cream mixture to yolks, whisking constantly. Pour this mixture into saucepan whisking constantly, and bring to just under the boiling point. Remove from heat and whisk in butter. Immediately place pan in cold water or over ice to stop cooking. Stir frequently until cool.

Strain through fine strainer, beat in half chilled half and half and vanilla. Place in ice cream maker and churn according to manufacturer's directions.

This can be doubled and will fit into 6-quart ice cream maker.

Frozen Lemon Cream (I love this dessert)

Crust

1/3-cup butter or margarine (butter is good)	1 ½ cup packaged graham cracker crumbs
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Filling

1 ½ cup heavy cream	1-cup sugar	1 ½ tablespoon grated lemon peel
4 eggs separated	½ cup lemon juice	

Line a 9x5x3 loaf pan with 9x12" strip of waxed paper – I also put a strip the other way too. Make crust – melt butter in a skillet, remove from heat – stir in graham cracker crumbs and ¼ cup sugar. Press 1 cup crumb mixture firmly into bottom of lined loaf pan. Refrigerate while making filling.

Make filling: Whip cream – set aside. In a medium bowl beat egg whites until soft peaks form when beater is slowly raised. Gradually beat in sugar, 2 tablespoons at a time – continue beating until stiff peaks form. With the same beater at medium speed, beat egg yolks until thick and light. Beat in lemon juice and peel until all well combined. Fold in egg yolk mixture, whipped cream into egg whites. Turn into crumb-lined loaf pan. Press remaining crumb mixture on top (don't press too hard). Freeze just until firm – about 4 hours. If frozen longer, let it stand at room temperature until it slices easily. To serve: loosen ends of lemon cream with a small spatula, then lift out with wax paper – invert onto serving plate. Cut crosswise until slices.

Marmalade Ice Cream

Add ¾ cup marmalade per litre of vanilla ice cream (he said 1 ½ cup but that is too much – at least for Bryan's marmalade)

Fabulous with rich chocolate – like Mr. Schiller's Sacher Torte	Chef at Elora Mill Inn (Mum's 85th , May 13, 2006)
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Mocha Madness Ice Cream

1 cup (227 g) cold whole milk	2 tablespoons (11 g) cocoa powder, Dutch process preferred	1 teaspoon vanilla extract
$\frac{3}{4}$ cup (149 g) sugar		8 (113 g) Oreo cookies, broken into small pieces
2 tablespoons (11 g) espresso powder	2 cups (454 g) cold heavy cream or whipping cream	

Whisk or mix together the milk, sugar, espresso powder and cocoa until the sugar has dissolved. Stir in the heavy cream and vanilla.

Freeze in an ice cream maker according to the manufacturer's directions.

Stir the cookie bits into the soft ice cream and serve immediately, or freeze for longer storage.

(King Arthur Flour)

Caramel Custard Ice Cream

$1\frac{1}{4}$ cups plus 2 tablespoons sugar	1 teaspoon vanilla extract	7 large egg yolks
2 cups heavy cream, room temperature	$\frac{1}{2}$ teaspoon kosher salt	$1\frac{1}{4}$ cups chilled whole milk

Place a fine mesh sieve over a medium bowl set in a large bowl filled a third of the way with ice water; set aside. Sprinkle a thin even layer of sugar into a large heavy saucepan. Cook undisturbed over medium heat until mostly melted, about 4 minutes. Sprinkle another layer of sugar over and cook, stirring around the edges of the saucepan with a heatproof spatula to move the melted sugar to the centre, until mostly melted, another minute or so. Repeat until you have used $1\frac{1}{4}$ cups sugar and it is mostly melted (there may be some undissolved clumps), 6 to 8 minutes. Continue cooking, swirling the saucepan (do not stir), until the caramel is very fluid and has turned dark amber, about 5 minutes. Remove from the heat and, adding gradually, stir in the heavy cream. The caramel will seize, but do not worry. Place the saucepan over low heat and stir until any hardened caramel is dissolved. Stir in the vanilla and salt; set aside.

Whisk the egg yolks and the remaining 2 tablespoons sugar in a medium bowl until lightened in colour and thick, about 1 minute. Whisking constantly, gradually add about $\frac{1}{2}$ cup of the hot caramel mixture to the egg yolk mixture. Whisk the mixture back into the saucepan, then cook over medium low heat, whisking constantly, until the custard is thick enough to coat a spoon and just holds the marks of the whisk, about 5 minutes. Immediately pour through the prepared sieve into the bowl. Stir constantly until cold, about 5 minutes, then whisk in the milk.

Process the custard in an ice cream maker according to the manufacturer's directions. Scrape into a loaf pan or airtight container and press plastic wrap directly onto the surface. Freeze until firm, at least 4 hours.

(Bon Appétit)

Chocolate Ice Cream (custard base)

6 oz. chocolate (semisweet or dark)	1/3 cup cocoa powder	2 teaspoons pure vanilla extract
1 ½ cups whole milk	¾ cup granulated sugar	¼ teaspoon kosher salt
1 ½ cups heavy cream	6 large egg yolks	

The Night Before

Freeze the bowl of your ice cream maker. The base needs to chill as well, so make it the night before too.

The Base

Fill a large bowl with ice and water and set aside. Fill a medium saucepan with about 2 inches of water and place over medium heat. Bring to a bare simmer, then set a large heatproof bowl on top. Add the chocolate and stir until melted. Let cool slightly.

In a medium saucepan over medium heat, whisk together the milk, cream and cocoa powder. When the mixture begins to boil, remove from the heat and set aside. In a large bowl, whisk the sugar and egg yolks until pale and thick ribbons form, 3 to 4 minutes (a hand mixer works). Whisking constantly, gradually add the hot milk mixture one ladle at a time to warm the egg mixture through.

Pour the mixture into the saucepan, whisk in the melted chocolate and place over low heat. Cook, stirring frequently with a wooden spoon, until the mixture thickens, making sure it never comes up to a simmer, about 4 to 5 minutes. To check, coat the back of the spoon and swipe a finger through it: if the line stays clean it is ready, about 170° on a candy thermometer.

When the custard is thickened, stir in the vanilla and salt. Strain into a large bowl and set in the ice bath. Cool to room temperature, then cover and chill 3 hours or overnight.

Churning

When the custard is chilled and the bowl is frozen, churn according to the manufacturer's instructions. At soft serve consistency transfer to another container and freeze until hardened, 2 to 3 hours or overnight.

Philadelphia Vanilla Ice Cream

1 ¾ cups heavy cream	1/8 teaspoon fine sea salt	Optional: 2 cups of add-ins; soft
1 ¼ cups whole milk	1 tablespoon vanilla extract, or 1	brownies, cookies and blondies all
¾ cup sugar	vanilla bean split in half lengthwise	work well

Pour 1 cup of the cream into a saucepan and add the sugar and salt. Scrape the seeds of the vanilla bean into the pot and add the pod as well. Warm over medium heat just until the sugar dissolves. Remove from the heat and add the remaining cream, the milk, and the vanilla extract if you are using extract. Stir to combine and chill in the refrigerator.

When ready to churn, remove the vanilla pod, whisk the mixture again and pour into the ice cream maker. Churn according to the manufacturer's instructions. Transfer to an airtight container and place in the freezer until ready to serve.

Notes: you can add a tablespoon of scotch as well.

Mango and Coconut Ice Cream (no machine)

3 to 4 cups mango chunks, very ripe fresh or frozen	2 tablespoons maple syrup, optional, or more depending on how sweet the mangoes are; any other sweetener works	1 teaspoon vanilla extract
2 tablespoons unsweetened milk of your choice (or filtered water), plus more depending on the consistency you want	14 oz. can of good full fat coconut cream, a brand with no fillers	

In a high speed blender or a food processor, add the mango chunks and milk and blend into smaller chunks, or until crumbly if using frozen.

Add the coconut cream, maple syrup and vanilla and continue blending until smooth. Add more liquid and scrape down the sides of the blender as needed.

Taste for sweetness and adjust depending on the sweetness of the mango.

Pour into a freezer friendly airtight container. Freeze for 3 to 6 hours, or until completely frozen.

To keep ice crystals from forming, take the container out every hour and stir the mixture smooth with a fork or a whisk, then put it back.

Allow to thaw for 20 to 40 minutes before scooping.

Dark Chocolate and Cardamom Ice Cream

4 ½ oz. dark chocolate (70% cocoa solids)	2 cardamom pods	1/3 cup superfine sugar
Seeds from ½ vanilla bean	¾ cup whole milk	¾ cup heavy cream

Melt the chocolate in a heatproof bowl over a pan of barely simmering water, making sure the bowl does not touch the water.

Split the vanilla bean lengthwise and scrape out the seeds with the back of a knife. Crush the cardamom pods with the flat of the blade.

Place the milk in a separate pan and heat to just under boiling point, then add the sugar, vanilla seeds and cardamom pods. Stir until the sugar is dissolved.

Using a strainer to catch the crushed cardamom pods, pour the milk into the melted chocolate and stir. Add the cream, stir well, and leave to cool at room temperature.

Once cool, pour into an ice cream maker and churn following the manufacturer's instructions. Keep in the freezer until required.

Serves 6 to 8

Homemade Caramel Sauce

1 cup sugar

6 tablespoons unsalted butter, room temperature

½ cup cream

½ to 1 teaspoon sea salt

In a heavy bottomed saucepan, heat the sugar over medium low heat until it is completely melted, swirling the pan gently every 20 seconds or so. The sugar will clump before it melts. Be patient and keep an eye on it so it does not burn.

Once melted, remove from the heat immediately and stir in the butter. The mixture will bubble violently. That is right.

Pour in the cream and ½ teaspoon of the sea salt. Stir until everything is combined. Taste a spoonful of cooled caramel and add the rest of the salt if you want it.

Pour into a small bowl or cup and allow to cool completely before using.

Yield: 1 ¼ cups caramel

Notes: use a good butter, since caramel is made of so few ingredients that the butter and cream show through. For a thicker caramel use only 1/3 cup of cream. Add anything you like at the end, a teaspoon of vanilla, cinnamon or ginger. It keeps in an airtight container for a month in the fridge and three months in the freezer.

For an amazing addition, add 1/2 to 1 tablespoon of bourbon and this will taste like butterscotch.

(Broma Bakery)

Bourbon Brown Butter Caramel Ice Cream (Bryan's)

1¼ cups plus 2 tablespoons sugar
1 ½ cups heavy cream, room temperature

½ cup butter (I use salted Irish; if you do not want salted, add ½ teaspoon of salt to the recipe)
1 teaspoon vanilla extract
7 large egg yolks

1¼ cups chilled whole milk
2 to 3 tablespoons of bourbon
A pan, pot, bowl or sink of ice water to cool the custard

The Caramel

Mix the cream, bourbon and vanilla in a bowl and set aside.

Take ¼ cup of the butter, put it in a saucepan and heat over medium high heat, stirring or whisking regularly until it just starts to brown. Pour this into the cream mixture and repeat with the second ¼ cup of butter. You can do the whole ½ cup at once, I just found it easier to brown and not burn a ¼ cup at a time. Set this aside.

Put the sugar into a medium saucepan over medium hot heat. Use a whisk to mix occasionally until melted, about 6 to 8 minutes. Continue cooking, swirling the saucepan (do not stir), until the caramel is very fluid and has turned dark amber, about 5 minutes.

Remove from the heat and, adding gradually, stir in the cream mixture. If you do this slowly the caramel will not seize; if you go quickly it will, but do not worry. I just pour the fluid back into the bowl it came from, put the saucepan over low to medium heat and stir until any hardened caramel is dissolved, then start adding the cream mixture again. When you are done you should have a smooth consistent caramel sauce. I have been transferring it to a second saucepan to get rid of any sugar chunks.

The Custard

If this is your first custard you may want to set up a strainer to catch any egg chunks: place a fine mesh sieve over a medium bowl set in a large bowl filled a third of the way with ice water. If you are good with custards, do not worry about it. I do not do this.

First measure out the 1 ¼ cups of milk and have it ready, so you are not whisking and pouring milk at the same time.

Whisk the egg yolks and the remaining 2 tablespoons sugar in a medium bowl until lightened in colour and thick, about 1 minute (either I am impatient or this is really closer to 3 or 4 minutes; I use a mixer). Whisking constantly, gradually add about ½ cup of the hot caramel mixture to the egg yolk mixture. I do this 2 or 3 times, to get 1 to 1¼ cups of caramel in with the eggs before transferring back. Whisk the mixture back into the saucepan, then cook over medium low heat, whisking constantly, until the custard is thick enough to coat a spoon and just holds the marks of the whisk, about 5 minutes (I do this with a whisk, not a mixer). Then either pour it through the prepared sieve into the bowl, or move the saucepan into the cold ice water, which is what I do. Stir constantly until cold, about 5 minutes, then whisk in the milk.

Process the custard in an ice cream maker according to the manufacturer's directions. Scrape into a loaf pan or airtight container and press plastic wrap directly onto the surface. Freeze until firm, at least 4 hours.

Notes: I have added cookie dough to the regular caramel recipe, but have not tried it with this one yet. This recipe is incredibly rich and smooth.

(my own, built on the Bon Appétit caramel custard)

Pies and Pastries

Pastry

1 lb. Shortening (Crisco)	regular King Arthur – probably makes	level with water (cold)
5 ½ c. flour (recipe calls for pastry	it a little heavier)	Sift flour, salt and baking powder into
flour but I use	1 teaspoon baking powder	a bowl, add shortening and blend
½ teaspoon salt	1 egg in a cut + 1 tablespoon vinegar –	with a pastry blender until
	fill to 1 cup	

shortening is the size of peas. Beat egg in a measuring cup, add tablespoon vinegar, fill with water – add

a little liquid at a time until pastry sticks together (on dry days you will use it all, on humid days maybe

only 7/8 of it – but don't let it get too wet). Take about ¼ of mixture, put on a floured surface, roll pie shell. Put rest in saran wrap – will keep about a week.

Makes 4 bottoms (or 2 pies tops and bottoms)

For 1 pie crust: 1 ½ cup flour, ½ teaspoon baking powder, ½ teaspoon salt, ½ cup shortening, 1/3 cup egg mixture

For one double pie crust (top and bottom): 3 cup flour, 1 ¼ c. shortening, 1 teaspoon salt (use less), 3/4 teaspoon baking powder, 1 egg –1 tablespoon vinegar- 5 tablespoon water

Gluten Free Pie Crust

2½ cups all-purpose flour Artisan	Optional: 1 tsp sugar	1/3 cup ice water
Blend	8 TBSP shortening – well chilled	Yield Two 8" pie crusts
1 tsp salt	8 TBSP unsalted butter – well chilled	

Baking directions

Preheat oven to 425. Grease two 8-inch pie pans. Combine dry ingredients in a bowl, or in the bowl of a stand mixer (Bert uses this) Using a pastry blender, fingers, or the paddle attachment of the mixer, cut cold butter and shortening into dry mixture until pea sized crumbs are formed. Add ice water and mix until dough can hold together in a ball. If needed, use of to 1 TBSP additional water. Divide dough into two balls. Working with one ball at a time, roll out dough between two pieces of plastic wrap to form a 10-inch circle. Remove wrap and gently press dough into pie pan. For prebaked shell: bake 15 minutes at 425, then turn down oven to 375 and continue baking for 10 – 15 minutes or until brown. Use prebaked or unbaked crust according to individual pie recipe.

Butter Tarts

To prevent butter tarts from bubbling over, stir as little as possible. Prepare sufficient pastry to line 15 medium-sized muffin cups. Do not prick.

Pour boiling water over ½ cup raisins or currants

Let stand 5 minutes and drain.

Stir together	1-cup corn syrup	Stir in drained raisins. (I also add
¼ cup soft butter	2 slightly beaten eggs	about ½ cup chopped walnuts or any
½ cup lightly packed brown sugar	1-teaspoon vanilla	nuts you have – not almonds)
Blend in	1 teaspoon lemon juice	

Fill pastry lined muffin cups about 2/3 full.

Bake in 375 oven for about 15 to 20 minutes or until pastry is golden brown.

Do not allow filling to bubble. – If it does it sticks the tarts to the tin – use a thin sharp knife and cut around the outside of the pastry to loosen from pan. I let them sit for about 5 minutes before I try to take out of the pan.

Makes 15.

(The Laura Secord Canadian Cook Book)

Karen Polizzo's Cherry Pie

9" pie	1 1/3 c. white sugar	1/2 c. flour
10" pie	(packed in water, drained)	2 Tbsp butter
2 cans (14.5 oz) sour (tart) cherries	1/3 c. flour	1 tsp. almond extract
(packed in water, drained)	1 2/3 c. white sugar	3 Tbsp butter
3 cans (14.5 oz) sour (tart) cherries	1/4 tsp. almond extract	

Make double crust – see above recipe – combine dry ingredients, add rest, mix to coat – –put in pie crust (not cooked), add top crust or lattice. Bake 425 for 30 minutes with foil over the edge of the crust, then remove foil and cook for another 15 minutes. Crust should be evenly brown –can sprinkle sugar over crust or paint an egg wash over crust before baking.

Karen Polizzo's Peach Pie

5 c. fresh peaches, skinned and sliced (I use 6 medium)	1 c. white sugar (a little more – peaches need a little more)	¼ tsp. Cinnamon
	¼ c. flour	1 tsp. Fresh lemon juice

Make double crust – see above recipe – combine dry ingredients, add rest, mix to coat – -put in pie crust (not cooked), add top crust. Bake 425 for 30 minutes with foil over the edge of the crust, then remove foil and cook for another 15 minutes. Crust should be evenly brown –can sprinkle sugar over crust or paint an egg wash over crust before baking.

Lemon Curd — see *Lemon Curd* (p. 83)

Granny's Lemon Meringue Pie

1 ¾ cups sugar	2 cups water	2 tablespoons butter
4 tablespoons cornstarch	4 eggs	¼ teaspoon lemon extract
4 tablespoons flour	1 teaspoon grated lemon rind	
¼ teaspoon salt	½ cup lemon juice (about 4 lemons)	

Combine sugar, cornstarch, flour and salt in a bowl – mix well. Heat water to a boil in a saucepan, lower heat. Add sugar mixture to the water stirring constantly. Cook stirring constantly 5 –7 minutes or until mixture holds a line when cut with a spoon. Remove from heat – do not let mixture boil. Separate eggs – beat egg yolks – stir in a generous ½ cup of hot mixture then quickly stir egg mixture back into saucepan, cook stirring constantly over medium heat for about 3 minutes or until mixture thickens again and mounds softly. Remove from heat and stir in lemon rind, lemon juice and butter until completely blended. Pour into pie shell.

Meringue

Beat egg whites with lemon extract until foamy – white and double in volume. Beat in ½ cup sugar (1 tablespoon at a time) until meringue forms soft peaks. Put meringue on filling – spreading to edges of crust – this keeps the meringue from shrinking. Bake at 350 for 12 minutes. Cool 4 – 5 hours before using – this lets it set – will be runny if eat it earlier.

Jenny Meyer's Pecan Pie

3 eggs	¼ cup soft butter	1 cup pecan halves
½ cup sugar	2-tablespoon flour	
1-cup dark Karo (corn) syrup	¼ teaspoon salt	

Cream butter, sugar and salt. Add eggs one at a time to mixture until blended. Add flour and syrup. Mix well. Arrange pecans in bottom of pie crust (I make beautiful circle designs) (uncooked pie shell) and pour mixture over top. Nuts will float up. Bake at 375 for 10 minutes; reduce heat to 325 for 50 minutes. Serve with whipped cream.

Chocolate Torte Royale (fabulous)

16 oz package (1 cup) semisweet chocolate bits	2 beaten egg yolks	¼ cup sugar
Cinnamon Meringue Shell	¼ cup water	¼ teaspoon cinnamon
	1-cup heavy cream	

Cinnamon Meringue Shell: Cover a cookie sheet with a piece of heavy paper (can use paper bag or commercial paper for cooking) draw an 8-inch circle in center. Beat 2 egg whites (save yolks for filling) with ¼ teaspoon salt and ½ teaspoon vinegar until soft peaks form. Blend in ½ cup sugar and ¼ teaspoon cinnamon gradually to egg whites beating until very stiff peaks form and all sugar has dissolved. Spread within circle – make bottom ½ inch thick and mound edge making it 1 ¾ “ high. Form ridges on outside with back of teaspoon. Bake at 275 for 1 hour. Turn off heat and let dry in oven (door closed) about 2 hours. Peel off paper.

Melt chocolate over hot, not boiling water – I melt it in microwave or directly on stove – in both cases just have to watch so that it doesn't burn or coagulate. Spread 2 tablespoons of chocolate over bottom of cooled meringue shell. To remaining chocolate add egg yolks and water, blend very thoroughly. Chill until mixture is thick. Combine cream, sugar and cinnamon, whip until still. Spread half over chocolate in shell. Fold remainder into chocolate mixture and spread on top. Chill several hours or overnight. Garnish with whipped cream and sliced pecans (I like to pipe the whipped cream and use candied violets or real small flowers are beautiful)

Makes 8 – 10 servings

Banana Cream Pie (Granny's)

1 baked 9-inch pie shell (when baking a pie shell prick the bottom and side to	5 ¼ tablespoon cornstarch ¾ cup granulated sugar ¾ teaspoon	3 ¾ cup milk 4 eggs, separated, beaten ¾ teaspoon almond extract
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Combine ½ the sugar, cornstarch and salt in top of a double boiler (I just use a regular pan but you need to watch the heat); add milk gradually while stirring constantly. Cook over boiling water until thickened, stirring constantly. Cover and cook 15 minutes longer stirring occasionally (you will have to turn the heat down if not on a double boiler or will burn). Stir a little of the hot mixture into the egg yolks beaten with the remaining sugar. Stir this mixture into the remaining mixture and cook for two minutes stirring constantly. Remove, cool and add almond extract. Pour into baked shell, alternately with banana (sprinkle banana's with lemon juice to keep from browning) layers. Cover with meringue or whipped cream.

(The Good Housekeeping Cookbook, 1942)

Fruit Pies

For a fresh fruit pie (9 inch)

Combine

4 cups prepared fruit (rhubarb, berries, cherries)	1 ½ to 2 ½ tablespoons Minit Tapioca ¼ teaspoon salt	1 – 1 ½ cups sugar
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Let stand 15 minutes before turning into unbaked pie shell. Cover with top crust. Bake in hot oven (425) for 40 minutes or until done.

French Apple Pie

1 unbaked 9-inch pie shell	½ cup sugar	¼ teaspoon cinnamon
6 cups sliced tart apples	¼ teaspoon nutmeg	

Topping

¾ cup brown sugar	¾ cup all purpose flour
½ cup butter	¼ teaspoon salt

Combine apples, granulated sugar and spices. Arrange in pie shell. If apples lack tartness, sprinkle with one tablespoon lemon juice. Combine flour, brown sugar and salt, cut in butter until mixture is crumbly. Sprinkle evenly over apples. Bake in hot oven – 425 for 15 minutes, then reduce heat to 350 and bake about 25 minutes longer or until apples are tender and crust is golden brown.

Best served with Vanilla Bean ice cream.

I use this same recipe for Apple Crisp – but leave off the pastry and put apples in a buttered bowl.

Fruited Rainbow Pie

Crust:	1 quart vanilla ice cream	½ cup fresh strawberries, sliced
1 1/3 cup ginger snap crumbs (about 20)	1 pint orange sherbet (I use quart too of this)	½ cup green grapes, halved and seeded (I don't seed)
3 tablespoons sugar	Topping:	¼ cup Cointreau or OJ (I use Cointreau)
¼ cup butter, melted	½ cup pineapple chunks in unsweetened juice, drained (or fresh)	
Filling:		

Crust: Mix together crumbs and sugar in butter. Press mixture firmly and evenly against the bottom and sides of a 9-inch pie plate, building up slightly around the rim. Bake 350 for 5 minutes. Cool, and then chill crust in freezer (I don't if you work fast enough – if it is 95 outside then maybe you should so the ice cream won't melt)

To prepare filling: spoon ice cream alternately with sherbet into crust to give a swirled appearance. Return to freezer.

To prepare topping: In a small bowl combine pineapple, strawberries and grapes. Toss with Cointreau or O.J. and chill 1 hour. Just before serving spoon over pie.

(New Haven Register, Spring 1979)

Pumpkin Pie

1 ¼ cup brown sugar	¼ teaspoon ginger	2 2/3 cup pumpkin mix
¾ teaspoon salt	¼ teaspoon cloves	1 ½ cup milk
1 ½ tablespoon flour	½ teaspoon nutmeg	¾ cup cream
¾ teaspoon cinnamon	3 eggs slightly beaten	

Make a pie shell, uncooked. Put eggs in a bowl, beat eggs, then add all ingredients and beat to blend well. Pour into unbaked shell. Cook 450 for 10 minutes, and then reduce heat to 350 for 45 – 50 minutes. May have to bake for about 10 more minutes. Cool and serve with whipped cream.

(Maria's Mum adds 2 -3 tablespoon whiskey to mixture)

Puddings

Creamy Rice Pudding

½ cup uncooked rice	1 teaspoon vanilla	½ cup sugar (I cut the sugar back a little and sometimes
¾ teaspoon salt	2 eggs, separated	A sprinkling of cinnamon
2 cups whole milk	½ cup raisins	use brown sugar)

Put the rice, salt and milk in a double boiler (I just use my All-clad pan directly on the burner) and cook until rice is tender – about ¾ of an hour. If it seems dry, add more milk. At half-time put in the raisins. Beat the egg yolks, add the sugar, stir some hot rice into the mixture, then add to the rice in the double boiler and cook for 2 or 3 minutes, stirring all the time. Remove from heat, stir in vanilla and a generous sprinkling of cinnamon. Add more milk (or cream), if it is dry; it should be moist.

Let it cook a bit –but no be quite cold when you serve it topped with a perky mound o the egg whites beaten stiff, with four teaspoons of sugar and a couple of drops of vanilla. (It usually doesn't last long enough to put the egg white on!)

(Food that Really Schmecks: Mennonite Country Cooking by Edna Staebler)

Plum Pudding (Gluten free)

(I love to make this but it is easier to buy as usually people take a teaspoon of the pudding to go with a half a cup of the hard sauce!)

150 g flame raisins	130 g soft dark brown sugar	85 g unsalted butter, softened
150 g sultanas (golden raisins)	100 g fresh brown breadcrumbs	1 lemon zest and juice
50 g Italian mixed peel (mix citron, lemon and orange)	gluten free) freshly ground from	1 orange zest only
100 g glace cherries, mixed colors	good quality bread – crusts removed	1 tbsp milk or dairy free alternative
50 g dates, chopped	see notes	2 large eggs at room temperature (US = extra or very large)
(red and green), quartered	Pinch fine sea salt	3 tbsp brand (or sub orange/apple juice for alcohol free pudding
4 tbsp rum warmed (Sub OJ or apple juice for alcohol free pudding)	1/3 tsp ground cinnamon	Additional brand/run/whisky to “feed” – optional
85 g ground almonds (almond meal)	1/4 tsp ground nutmeg	
	1/2 tsp mixed spice (UK mix – see below)	

Soak the fruit ahead of time

Weigh the raisins, sultanas, peel, cherries and dates into a bowl and add warmed rum, Stir well and leave to soak and hydrate for at least 4 hours preferably overnight.

Making the Christmas Pudding Batter

Prepare the pudding basin(s) by generously rubbing butter (or dairy free spread) onto the inside of the surface. Set aside. See Notes for sizing

In a large bowl, weigh and mix together almonds, fresh breadcrumbs, sugar, salt and spices,

Add soaked fruit (including any remaining liquid) and softened butter and mix through with hands or a firm spoon until even.

Add the lemon and orange zest and juice and stir well.

In a separate mixing bowl, whisk together the eggs, brandy and milk so that they are well combined.

Add the egg mixture to the rest of the batter mix and stir well.

Get everyone in the family to stir the pudding batter for luck while they make a wish.

Transfer the batter to the pudding basin(s) and pack down firmly with the back of a spoon to compress.

Covering the pudding with baking paper and foil to protect while steaming

I don't do this because I grease the inside of the lids as well and the inside sides of my tins and then lock the top on.

Look on the web for covering the pudding for steaming if you use an open basin.

Steaming the Pudding

You can look up how to steam the pudding for other basins but for my tins here is what I do

Put the tin in a saucepan – I put the rings for canning – on the bottom of the saucepan to keep the plum pudding tin off the bottom of the saucepan and to allow the boiling water to circulate under the pudding tin.

Pour boiling water into the saucepan, to a level half way up the basin

Bring to a boil and then turn down to just a simmer.

Steam the pudding for 4 hours, check intermittently and topping back up with boiling water to half way as required. Do not let drop below a quarter level or to boil dry. Do not pour over top of tin – or come close to lid with water.

Once cooked, lift the pudding from the pan and cool completely

Once cold – the English set aside in a cool, dark cupboard – I put in the refrigerator. – for 4 weeks to mature

OPTIONAL: Feed the pudding every 10 – 14 days (about 2 to 3 times in a month) with a little brandy/amaretto/whisky/ rum. Skewer a few holes into the surface and drizzle or “inject” the booze into the sponge. Recover when finished.

When ready to eat I reheated slightly (about an hour) in another saucepan of boiling water – pudding should be piping hot before flaming and serving. (If using a microwavable basin you can reheat for 3 minutes on high in the microwave – cover top with saran wrap or alternative)

Heat a small amount of brandy, place a spring of holly in the center of the pudding, pour brandy over all and light –

Bring to table – singing “We Wish You a Merry Christmas”

Serve with hard sauce

NOTES

Recipe makes either two almost 1-pint Christmas Puddings or on larger 1¾ pint – my tins are the larger one. Serves 12

Bread crumbs – I used homemade gluten free whole meal bread, original Version 1 (See recipe in Breads) – either hand baked whole meal or bread-maker whole meal version. If using a commercial gluten free brown bread, choose a brand that is as moist as possible. If it seems a little dry, add an additional 2 tsp of water or lemon juice.

(<https://www.glutenfreealchemist.com/traditional-gluten-free-christmas-pudding-recipe-figgy-pudding/>)

Hard Sauce

Cream ¼ pound butter (preferably unsalted for a finer sauce) until almost like whipped cream. Creaming the butter is the real secret of a perfect hard sauce. Gradually beat in 1 cup icing sugar – one tablespoon at a time. Work until absolutely smooth. Gradually add 3 tablespoons rum or brandy or 1 tablespoon vanilla or lemon juice. Heap into a glass or silver bowl. I keep it covered in the refrigerator.

Other

Bittersweet Almond Delight Truffles (award winning)

2.5 large Ghirardelli bittersweet chocolate (1 lb. 4 oz.)	6 Tablespoons butter	2 teaspoon almond extract (good quality)
1/3 cup heavy whipping cream	2 tablespoons Amaretto (good quality – makes a difference)	1 bar very dark chocolate enough to dip truffles in

Bring cream and butter to a simmer – until butter melted. Add chocolate, stir until melted. Remove from heat, mix in flavoring. Cool in refrigerator until firm. Make balls – use a melon baller dipped in HOT water (dip in between each ball). Place on wax paper on a cookie sheet, put in freezer until extra firm but not frozen. Dip in melted dark chocolate (65 – 80 % very dark chocolate). If balls keep falling off fork, return to freezer – did not cool long enough. Easiest to use a fork with two adjacent prongs (plastic – break off or bend metal fork (not my good silver) prongs down. Place truffle on cookie sheet again, swirl to cover up tong hole. Return to freezer until outer shell is crisp. If cooled too much or too quickly can become grainy. Easy to make up to four times the recipe at once – more efficient for the dipping chocolate. Do not roll in cocoa – alcohol will soak through the cocoa and look ugly, be sticky and slimy and people won't eat your truffles.

Makes a bunch.

(Bryan Armitage, December 2005)

Crème Brulee (Gary's)

4 egg yolks (save the white for
breakfast
2 ¼ cups heavy cream

¼ cup sugar
1 teaspoon vanilla extract

Optional – 1 inch vanilla bean (added
to cream)

1 of the following

2 ripe bananas
Or

1 cup blueberries
Or

1.2 cup chocolate chips

Preheat oven to 300 degrees – see point # 9 below

In a saucepan over medium heat, combine cream, sugar and either cut up bananas, mashed blueberries or c.c.'s. Cook stirring until steam rises, about 5 minutes. Let sit off the heat for 15 – 20 minutes.

In a bowl, beat the yolks and vanilla extract until blended.

Strain the cream through a fine sieve into a bowl.

SLOWLY pour the cream into the eggs, stirring constantly until smooth.

Divide mixture into four x 6 oz. ramekins.

Line a 3 inch deep baking pan with a kitchen towel (Gary uses paper towels).

Place the ramekins in the pan without letting them touch.

Pour hot water into the pan until it come up ½ way on the ramekins. (Gary puts the water into the pan with the towels and puts in over while oven preheating – water is hot)

Cover loosely with foil paper, and bake until set = for 45 – 60 minutes

Remove ramekins from the pan and let cool to room temperature.

Refrigerate at least 2 hours (overnight best).

Set oven to broil

Sprinkle 2 tablespoon sugar on top and place under broiler until sugar browns (or use a crème brulee torch)

Serve immediately.

Granny's Cherry Dessert (easy and good)

Use a square cake pan (8" will do)

1 white cake mix (pouch size is good)

slivered almonds – sprinkle over top

1 can cherry pie filling – put in bottom
of pan

– sprinkle over top of cherry pie filling

of cake mix – as many as you want

½ cup melted butter – shake melted butter over top.

Bake 350 for about 1 hour – serve warm with vanilla ice-cream scoops – can cook while eat main meal.

Louise Trinton's Chocolate Mousse (easy)

12 oz chocolate bits – semisweet
2 eggs
¼ cup sugar

2 teaspoons vanilla or rum
extract (can also use 2 –3
tablespoons real rum)

Combine in a blender above
ingredients until broken bits – add 1
½ cup milk heated to the boiling
point

blend 1 minute only. Pour into a greased mold (only if want to turn it out – if don't want to turn out then
do not need to grease – I also pour into individual serving cups/glasses etc). Chill. Can be made the day
before. Requires 8 – 10 hours to set. Serve with whipped cream. Can be made mocha by adding 2
tablespoons strong coffee with milk Serves 6 – 8

Chocolate Celebration Porter Cheesecake

Crust

2 cups (500 ml.) chocolate wafers
ground to a fine crumb

¼ cup (50 ml.) melted butter

Filling

1 cup (250 ml.) sour cream
3 tablespoon (45 ml.) cornstarch
2 cups (500 ml.) granulated sugar

3 lb. (1.5 kg) softened cream cheese
1 cup (250 ml) porter
4 eggs

1 ¼ cup (300 ml) melted semi-sweet
chocolate (used Ghirardelli – can
also Scharffen Berger or Callebaut)

Preheat oven to 275 F.

Line a 10 inch (23 cm) springform pan with parchment paper. Cover base and
sides of springform on the outside with foil (use the extra wide foil) so that no water can touch the cheesecake while
baking it. (I found a little water in bottom after sitting in oven – just cooling, I think).

Toss the crumbs with the butter and press the mixture into the bottom of the prepared pan. Reserve.

To make the filling, stir together sour cream, cornstarch and sugar in a bowl.

In a large bowl with and electric mixer, whisk together cream cheese, porter and eggs until very well combined. Gently
mix the sour cream-cornstarch mixture into the cream cheese mixture. Pour in the melted chocolate, and with a spatula
gently cut chocolate through to streak the mixture – it should look marbled (next time I am going to try not cutting
chocolate in until pour into pan then cut in slightly – chocolate mixed too much doing it their way)

Pour the batter into the prepared pan and tap on the counter to release any air.

Place in large baking dish or broiler pan. Pour boiling water around the springform about ½ way up the pan. Bake for 1
hour, replenish the water, if needed, and bake for 1 ¼ hours longer or until cheesecake has set.

After baking, turn the oven off and without opening the door, allow the cake to cool in the oven for about 2 ½ hours.
Remove foil and store overnight in the fridge.

Remove the sides of the springform and cut the cake with a wet knife warmed in hot water.

Serves 12 to 16

(LCBO Food & Drink, Winter 2003, pg. 100, original from Stephen Beaumont's Brewpub Cookbook)

Pêches Cardinal

(Poached peaches with raspberry puree)

6 cups water	2 cups sugar
8 large ripe but firm peaches, peeled, halved and stoned	1 four-inch piece of vanilla bean or 3 tablespoons vanilla extract

In a heavy 3-4 quart saucepan, bring the water and sugar to a boil over high heat, stirring until sugar dissolves (I only stir a couple of times at the beginning to mix the sugar in). Boil this syrup briskly for 3 minutes, then reduce heat as low as possible. Add the peeled peach halves and vanilla and poach them uncovered at a very low simmer for 10 – 20 minutes, or until they are barely tender when pierced with the tip of a sharp knife. Refrigerate the peaches in the syrup until they are cold. (They keep this way for several days).

Sauce Cardinal (this is a little bit of a pain but worth it)	2 ten-ounce packages frozen raspberries, defrosted and thoroughly drained (I use the kind without syrup)
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2 tablespoons superfine sugar (this is not powdered sugar, you can now find this in the grocery stores but regular sugar works too – may have to stir a little longer to dissolve).

1 tablespoon kirsch (kirsch is the best
but if I don't have it I use Cointreau or
orange flavored liqueurs)

With the back of a large spoon, puree the raspberries through a fine sieve (this is the tedious part) into a small mixing bowl. (I find that if I put about half the package at a time and just keep pushing through the sieve it works – I also use another spoon to take the stuff off the other side of the sieve periodically). Stir 2 tablespoons of superfine sugar and the kirsch into the raspberry puree. Refrigerate, tightly covered. (This also keeps for a few days)

Crème Chantilly	Garnish: Whole fresh raspberries or	raspberries (optional)
¾ cup heavy cream thoroughly chilled.	defrosted frozen	1 tablespoon vanilla extract
	2 tablespoons superfine sugar	

There is a long explanation of what to do – but basically make whipped cream that forms soft peaks.

To serve: transfer chilled peach halves with a slotted spoon to individual dessert dishes or arrange them attractively on a large platter. If you wish, you can place the halves on top of one another to resemble whole peaches. (Discard syrup or save it to use for poaching fruit again – I just keep whatever peaches you didn't use for dessert tomorrow). Mask each of the peaches thoroughly with the Sauce Cardinal. Decorate the peaches with Crème Chantilly. Then garnish with whole raspberries.

I sometimes like to serve it this way: put a scoop of vanilla bean ice cream in the bottom of a dish, put two halves of the peaches over ice cream to enclose the scoop then drizzle with the Sauce Cardinal. I don't use the Crème Chantilly.

Serves 8

(Foods of the World by Time/Life: Recipes: The Cooking of Provincial France)

Trifle

A piece of homemade pound cake about 5 " long and 4" wide and 3" high or the best suggestion yet – substitute a 12-ounce packages pound cake – I use Sara Lee frozen one

4 tablespoon raspberry jam	1-cup medium-dry sherry – need	2 tablespoon superfine sugar – if you
1 cup blanched almonds separated	more if you drink while making the	can't find substitute icing sugar or
into halves – I use the almond slivers	dessert –	just use regular
	¼ cup brandy	A double recipe of the custard sauce
	2 cups heavy cream	(see below) chilled until firm

2 cups fresh raspberries or 2 ten-ounce packages of frozen raspberries defrosted and thoroughly drained.

Cut the pound cake into 1-inch slices (I think I do about ¾") and spread them with the raspberry jam. Place 2 or 3 of the slices, jam side up, in the bottom of a glass serving bowl (a real trifle bowl has a foot on it or a stem holding it off the surface) 8 or 9 inches across and 3 inches deep (should be a little deeper). Cut the remaining slices of cake into 1-inch cubes, scatter them over the slices and sprinkle ½ cup of almonds on top. Then pour in the sherry and brandy and let the mixture steep at room temperature for at least 30 minutes.

In a large chilled bowl whip the cream until it thickens slightly. Add the sugar and continue to beat until the cream is stiff enough to form unwavering peaks on the beater when it is lifted out of the bowl.

To assemble the trifle, set 10 of the best berries aside and scatter the rest over the cake. With a spatula, spread the custard across the top. Then gently smooth half of the whipped cream over the surface of the custard. Using a pastry bag fitted with a large rose tip, pipe the remaining whipped cream decoratively around the edge. Garnish the cream with the 10 reserved berries and the remaining ½ cup of almonds.

The trifle is best served at once, but may be refrigerated for an hour or two or three or four..... (need to use that day although I must say the leftovers are very good – just not superb)

Custard Sauce

To make about 1 ½ cup sauce	1-tablespoon sugar	1 egg yolk
1 ½ cups milk	2-tablespoon cornstarch	½ teaspoon vanilla extract

In a heavy 1 to 1 ½ quart saucepan, combine ¼ cup of the milk and cornstarch, and stir with a whisk until the cornstarch is dissolved. Add the remaining 1 ¼ cups of milk and the sugar, and cook over moderate heat, stirring, until the sauce thickens and comes to a boil. (Important to stir so lumps do not form – cannot get rid of them if they do – start all over). In a small bowl break up the egg yolk with a fork and stir in 2 to 3 tablespoons of the sauce. Then whisk the mixture back into the remaining sauce (if you added the eggs directly to the hot sauce the eggs would cook on contact and form little egg lumps in your sauce – quite ugly). Bring to a boil again and boil for a minute, stirring constantly – not a hard-boil just a rolling one. Remove the pan from the heat and add the vanilla. Custard sauce is served not with such desserts as blackberry and apple pie, apple dumplings or jam sponge.

(Time Life Foods of the World: Recipes: The Cooking of the British Isles)

Entrées

Baked Beans (Mum's)

The night before put 2 cups beans in a bowl, rinse well – put into a large bowl with 12 cups water and leave to soak over night. In the morning drain and reserve liquid. Put beans in a saucepan, just cover with fresh water. Bring to a boil, lower heat and simmer for ½ hour. Drain off a spoonful and blow on beans – when skins wrinkle take them off the heat and cover. Drop a small peeled onion into your bean pot and strain off the bean water. Spoon beans into the pot pushing the onion down to keep it at the bottom.

In a bowl prepare	1 ½ teaspoon dry mustard	1/4-cup maple sugar
1/3-cup brown sugar	½ teaspoon ground black pepper	¼ teaspoon ginger
1-tablespoon salt	¼ cup black molasses	

Boil up beans steeping water for mixing up the seasonings, adding just enough to make it flow nicely. Push thick slices of salt pork (about 4 ounces is good cut in lengths) (don't use for vegetarian) down into the beans and when can't get any more in, pour in the mix adding boiling steeped water to the mixing bowl whisking to get all the seasoning. Keep pouring into pot until the liquid level is just above the beans. Tightly seal pot with foil allowing slack in mouth so that lid can be pressed down tight as an extra seal. Crimp foil carefully around neck. Put in oven – 250 for 8 hours (if more convenient – 12 hours at 200). Checking from time to time to see if necessary to top beans with steeped bean water – keep topped with water. Take foil off for final 30 minutes to brown. .

Serve with Steamed Brown Bread
(see above)

Cabbage Rolls

Parboil 12 large cabbage leaves, 3–4 minutes until they are limp enough to handle. Drain and lay flat. Place a heaping tablespoon of filling on the leaf; roll it up tucking in the ends. Tie with a thin string or secure with toothpicks. Bake covered at 350 for 2 hours or simmer covered for 2 hours in any of the following:

6 oz. can tomato paste and 1 can water

15 oz. tomatoes

15 oz. tomato juice

10 oz. consommé

1 c. consommé with 1 tbsp. tomato paste

1 c. white wine

Stuffings

1 ½ lb. sausage meat, 1 onion, chopped, salt and pepper, 6 oz. tomato and 1 can water, ¼ c uncooked rice, 2 tbsp. Worcestershire sauce

1 ½ lb. ground lamb, salt and pepper, 6 oz. tomato paste and 1 can water or 15 oz. tomato

Stuffed Cabbage without the Stuffing

2 tablespoons unsalted butter	4 cloves garlic	1 cup crushed tomatoes
2 small green cabbages	2 pounds ground pork	
1½ teaspoons kosher salt	1/3 cup apple cider vinegar	

In a large Dutch oven or wok on medium-high heat (but with more emphasis on the high), add the butter.

Chop up the cabbage and add it to the pan, along with the salt. Stir occasionally and let cook for 3 to 4 minutes, until it starts to soften.

While the cabbage is cooking, chop the garlic. Throw it in and stir whenever you're done chopping.

Push the cabbage fully to the side of the pan and add the pork. Let it cook for 3 to 4 minutes, or until the pork browns on one side.

Break up the pork with a spatula and add the cider vinegar and the tomatoes. Stir everything together and cook for another 2 to 3 minutes, or until the pork is just cooked through. Serve hot.

Serves: 4

(Today Show 2024)

Shortcut French Cassoulet

1 ½ tablespoons Duck Fat* (or butter may be substituted)	1 pound Garlic Sausages , uncooked**	2 small Carrots , chopped (unpeeled)
8 bone-in skin-on Chicken Thighs , patted with paper towels and lightly salted and peppered	½ pound thick-cut Bacon , cut across the bacon into 1 inch pieces 1 medium Yellow Onion, chopped	1 large stalk Celery , chopped
	1 medium Yellow Onion chopped	1 tablespoon fresh Italian Parsley , diced
		1 teaspoon Herbes de Provence
1 29-ounce can Cannellini (or White Kidney) Beans drained. I use Gordo's cassoulet beans see below		
4 cups (1 quart) Low Sodium Chicken Stock	3 large Garlic Cloves , minced	2 cups fresh Soft Bread crumbs from a baguette (I used a gluten-free Baguettes)+

BEANS: Check beans for debris, and rinse thoroughly. In a large pot, sauté aromatic vegetables (onions, garlic, celery, carrot, etc.) in olive oil. Add beans and enough water to cover by about 2 inches. Bring to a full boil for 10 to 15 minutes. Reduce heat to a gentle simmer, using a lid to help regulate the heat, and gently cook until done, 1 to 3 hours. Salt when the beans start to soften. A pre-soak of 2 to 6 hours will lessen the cooking time.

Preheat the oven to 350 degrees.

In a 5 ½ quart (or larger) pot or French/Dutch oven, liquefy the duck fat at medium heat.

Place chicken thighs skin down in the bottom of the pan. Allow to cook for 8 minutes on Medium to Medium High, periodically checking to be sure the skin is not sticking to the pan (if it is gently slide a heat-proof spatula underneath to free the skin).

Using heatproof tongs, turn the chicken thighs over and cook for an additional 3 minutes. Remove from pan to a plate; set aside.

Add the sausages to the same pan (be careful of hot fat splattering!) and cook until lightly browned on each side (approximately 3-4 minutes total). Remove and set aside (can be added to the plate with the chicken)

Add the bacon to the pan. Sauté to render the fat only (about 3 minutes). NOTE: The fat will turn a gray color and be more translucent though the bacon will still be supple and pliable. Remove with a heatproof slotted spoon, allowing excess fat to drain back into the pan before setting the bacon aside.

Reserve 2 tablespoons of the pan fat (leave it in the pan) and discard the remaining fat.

Add the onions to the pan and sauté over medium-high heat scraping all the browned bits from the bottom and sides of the pan. Sauté until the onions begin to turn translucent but are not limp. TIP: if you allow the onions to sit before stirring they will pick up more of the pan drippings.

Add the carrots, celery, parsley, herbes de Provence, beans and chicken stock; stir to combine.

Add the bacon to the pot; stir to combine. Insert the chicken thighs and sausage into the stew so they are covered.

In a small bowl combine the bread crumbs and diced garlic. Sprinkle it evenly over the stew.

Bake for 1 hour and 15 minutes, periodically pressing the bread crumbs into the stew which will help thicken it.

Place the stew underneath the broiler to slightly brown the top crumbs and remove from oven. Allow to sit for a few minutes. Cut sausages into 2" pieces stirring them back into the stew and serve. The stew is more flavorful the second day too.

Serves: 8 839 calories

Notes

*Duck fat may be purchased from gourmet or specialty food stores, or online (I bought mine from Amazon.com). It lasts a long time and can be a great substitute for sautéing to add different flavor.

**I suggest checking with a butcher for garlic sausage (I found some at Whole Foods in the butcher department). If they are not available a kielbasa may be substituted or see what your butcher suggests.

+To make Soft Breadcrumbs place chunks of baguette in food processor, chopper or strong blender and pulse until they form large crumbs.

To make the cooking even faster, the vegetables may be prepared the day prior to cooking and stored sealed in the refrigerator until cooking is ready to begin!

Cheese Soufflé

Butter	2 cups milk	½ pound shredded cheddar cheese
5 slices of bread	1 teaspoon prepared mustard	
4 eggs, beaten	salt to taste	

Preheat oven to 350, spread butter on both sides of the bread and cut into quarters and arrange in a casserole or baking dish. Combine the eggs and milk, mustard, salt and cheese. Pour over the bread. Set casserole in a pan of hot water. Bake for 50 minutes

(Bert, May 1975)

Joyce Baran's Chunky Chicken Chili

13% calories from fat	½ c. chopped carrot	1 (8 oz.) can tomato sauce
1 lb boneless, skinless chicken breasts, cut into bite-size pieces (I often use another pound)	2 cloves garlic, minced (I use as many as I want usually 4-5)	3 tsp. Chili powder
1 c. chopped onion	1-cup fresh tomato salsa	½ tsp cumin
½ c. chopped celery	1 (28 oz.) can tomatoes, undrained, cut-up (I use the diced/peeled)	1 (15 oz.) can Garbanzo bean, drained
		1 green bell pepper, chopped

Note: Chop vegetables to your liking – I prefer coarse. Spray a large nonstick saucepan with nonstick cooking spray (I put some olive oil into a 4 qt pan). Heat over med heat until hot; add chicken, onions, celery, carrots and garlic. Cook and stir until chicken is no longer pink. Stir in salsa, tomatoes, tomato sauce, chili powder and cumin. Bring to a boil, reduce heat. Cover and simmer 30 minutes, stirring occasionally. Stir in garbanzo beans (usually throw these in with salsa) and bell peppers, simmer until thoroughly heated (then I don't cook the green peppers very long) Serve over rice.

6 (1 ½ cup) servings

Cheesy Norwegian Crepes

Crepes:	¼ cup butter	2 tablespoon butter
2 cup shredded Jarlsberg cheese	½ teaspoon salt	2 medium tomatoes, chopped
2 eggs	Filling:	¼ teaspoon salt
½ cup all purpose flour	1 cup chopped fresh mushrooms	1/8 teaspoon pepper
½ cup milk	½ cup chopped onions (I use green onions)	1/8-teaspoon thyme, crushed

Crepes: In a bowl, combine ½ cup cheese, flour, eggs, milk, melted butter and ½ teaspoon salt. Blend well. Refrigerate for at least 30 minutes. Stir batter, if necessary thin slightly with additional milk. For each crepe pour about 2 tablespoons of batter into lightly greased 7-inch skillet with sloping sides. Turn skillet to coat bottom evenly. Cook until golden brown.

Makes 8

Filling: In a large skillet, brown mushrooms and cook onions in remaining 2 tablespoons of butter. Add tomatoes (I use plum as they are firmer and have less juice), salt, pepper and thyme. Cook several minutes, stirring often. Remove from heat and stir in 1-cup cheese. Divide filling among crepes. Roll up and place seam side down in a shallow heatproof dish. Sprinkle remaining 1/2-cup cheese down the center of crepes. Broil about 4 inches from heat until cheese is melted. Serve immediately.

Make 4 servings

(New Haven Register May 1979)

Chicken Broccoli Supreme

2 packages frozen broccoli – drop into boiling water just to separate, then cut in chunks and spread in bottom of pan.
can use fresh broccoli if you like

4 chick breasts or mix with dark meat as desired. Cook and cut in chunks (no bones). Spread over broccoli.

Mix: 1 cup cream of chicken soup (use 1 can) 1-cup mayonnaise 4 teaspoons fresh lemon juice

Pour over broccoli and chicken. Grate 2 packages (4 ounces each) cheddar cheese and spread over the above. Cube 6-7 slices of bread. Melt ¼ pound margarine and pour over cubes. Bake 1 hour until crisp and bubbly in 9 x 13 baking dish.

(Bert via Jenny Meyer, November 1976)

Chicken Pot Pie (chili cornbread topping)

2-tablespoon butter	½ cup celery chopped	6 tablespoon flour, stir to thicken-
½ cup onion – chopped or however much you want to use	Sauté these three ingredients until soft, then I add	then slowly add about

2-cup chicken stock, stirring to make the sauce thick.

Left the amount of chicken out of the recipe that I copied but I just add as much “hunked” chicken pieces as I like – often use a whole roaster and pick the meat off the bones (Kismet eats the skin and anything else she can beg from me)

1 10 oz package frozen mixed vegetables (or however many vegetables that you like) I often stir fry the same amount of vegetables just to the crisp stage – tastes terrific – frozen package while fast does not have as much flavor)

1-tablespoon parsley	1-teaspoon salt	pepper to taste- actually just add any amount of the spices to taste
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Crust

8 ½ oz cornbread mix (buy a good mix – it tastes better)	1/3-cup milk	Mix together and drop on top of chicken mixture
1 egg	¼ teaspoon chili (can use as much chili as you want but do not go over 1 tsp. and a dash of cayenne pepper)	Cook 375 for 50 min.

Creamed Chicken Supreme (Granny’s)

4 tablespoons butter	1-teaspoon season-all (McCormick)	1 tablespoon bell pepper flakes
4 tablespoons flour	2 cups milk	Dash mace, poultry seasoning, and white pepper
½ teaspoon salt	2 cups cut-up chicken (I use as much as I like – often a whole one)	
1/8 teaspoon nutmeg		

Can add any other vegetables that you like – Kate likes mushrooms, peas, real peppers.

Melt butter; blend in flour, salt and spices. Cook over low heat until smooth and bubbly. Remove from heat and stir in milk. Bring to a boil and cook for 1 minute stirring constantly. Stir in chicken, pepper flakes and reduce heat to lowest position (or use double boiler) and let stand for about 15minutes, stirring occasionally. Serve hot in patty shells, or over toast, waffles or rice. I often make dumplings with this dish(just plop the dumpling mixture on top of the bubbling creamed chicken (reduce heat even further so it won’t burn) and cook as directed – I use Bisquick.

Makes 6-8 servings.

Crepes: Filled with Chicken/Sherry Sauce

Crepes

In a small bowl stir with a wire whisk	3 tablespoon milk	1 tablespoon vegetable oil
until quite smooth	1 egg	1 egg yolk
4 heaping tablespoons flour		

Add enough from 1 cup milk to make batter of thin consistency. Refrigerate for 3 to 4 hours (may be refrigerated up to 1 week). Remove from refrigerator and add milk to make batter of thin consistency (between light and medium cream). Heat 6 or 7 inch frying pan: when hot wipe out with a piece of slightly buttered wax paper. Lower heat (now just use a non-stick pan). Cover bottom of pan with very thin layer of batter. Cook until golden on one side; turn and cook until golden on second side. Stack them as they cook. Rub pan with lightly buttered paper in between crepes. Crepes can be frozen – stacked or filled then frozen.

Notes: consistency of heavy cream, if stick add more flour and oil between every two crepes

Makes 12 6 or 7 inch crepes – my notes say 10 or 11	Chicken filling (for 12)	Can be made a day ahead or frozen
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Sauce

Melt 5 tablespoons butter. Stir in 5 tablespoons flour (off heat) and cook until lightly browned. Stir in gradually 1 cup hot milk and 1 cup hot chicken stock. Cook stirring until thickened. Cover over low flame 25 minutes, stirring occasionally.

Filling

Sauté until lightly browned	4 tablespoons mushrooms in 1 tablespoon butter
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Add 3 chopped shallots. Cook another minute.

Combine with	3 tablespoons sherry
2 cups chicken, cooked and diced	$\frac{3}{4}$ of sauce

Spread mixture on 12 crepes and roll up in jelly roll fashion (can be frozen at this point).

To remaining sauce add 1 egg yolk, beaten and 4 tablespoons heavy cream (can be frozen now). When ready to serve defrost and place room temperature crepes in a shallow greased baking dish. Heat sauce and pour over crepes. Top with grated parmesan cheese. Bake at 400 degrees for 10 – 15 minutes.

Crabmeat filling

Sauce: 2 tablespoons butter, 2 tablespoon flour, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup vegetable stock, salt and paprika.

Note – make more sauce – like double!

Filling: 3 tablespoon butter, 6 finely chopped shallots, $\frac{1}{2}$ pound crab meat. Take from heat and add to sauce with 2 beaten eggs yolks, 1 tablespoon Madeira, and 1 tablespoon finely chopped chives.

(YUWO Gourmet Luncheon, October 10, 1974)

Granny's Chili Spaghetti

2-tablespoon butter or margarine	½ pound ground chuck (I use 1	2-teaspoon chili powder
3 tablespoon chopped onion (to taste)	pound ground round)	1 no 303 can kidney beans, drained (the regular size)
¼ cup diced green pepper (or however much you like – or use red too)	1 no 2 can tomatoes (2 ½ cups – I like the diced kind)	½ pound spaghetti
	1 teaspoon salt	
	1 – 6 oz can tomato paste (2/3 cup)	

Sauté onion and green pepper until tender, add beef and sauté until lightly browned. Add tomatoes, tomato paste, salt and chili powder. Cook over a low heat stirring occasionally for 30 minutes. Cook spaghetti. Add beans to sauce, heat and serve – I usually throw the beans into the pan with the rest of the ingredients. – can add a few red chili peppers if want to spice up the sauce a little.

Granny's Meatloaf with Mum's variations

1-pound ground beef	1 egg, slightly beaten	1 tablespoon Worcestershire sauce
½ pound ground pork (I don't use – I just use beef)_	1 ½ teaspoon salt	¼ cup chopped onion – I just cut up an onion – kind of medium
1 can tomato sauce – 8 oz.	1 ½ cups soft bread crumbs (I just cut up bread)	
¼ cup chopped parsley	¼ teaspoon pepper	

Combine all in a bowl – mix with hands – quite a mess – Pack into a loaf pan – says to grease it but I don't. Bake at 350 for about 1 hour.

Strips of bacon across top before cooking – delicious

Sauce: 3 tablespoon brown sugar

¼ cup ketchup (or as it was called catsup)	¼ teaspoon nutmeg	Mix all together and put on top five minutes before finished cooking can be done alone or with bacon
	1 teaspoon dried mustard	

Instead of a loaf pan put in a Pyrex bowl and cook – turn out onto plate and then cover with mashed potatoes – serve in wedges.

Put half of the mixture into the loaf pan – add stuff in the middle – cheese, roasted peppers, mushrooms, etc then put remainder of mixture on top and cook as directed.

Gary's variation – line a cookie sheet with tin foil. Spread meat mixture over sheet to form a rectangle. Spread "stuffings" evenly over meat rectangle then roll up in jellyroll fashion. Cook on cookie sheet.

Irish Pub Meatloaf (goes with cabbage with caraway and mashed potatoes and parsnips)

1 tablespoon extra-virgin olive oil, plus some for drizzling	4 1" thick slices good quality white bread, stale or slightly toasted and torn	1 cup grated Irish sharp cheddar cheese
3-4 small ribs celery, finely chopped		1 tablespoon dried mustard
1 onion, finely chopped	1 cup whole milk	½ tsp cayenne pepper
1 carrot, peeled and finely chopped	½ lb. deli-cut corned beef brisket, chopped (use regular corn beef in the package)	3 tablespoons Worcestershire sauce
2 cloves garlic, finely chopped		2 large eggs, lightly beaten
Salt and pepper	1 ½ lb. ground beef	¾ lb. good-quality, thinly sliced smokey bacon
About ¾ cup stout beer (about ½ a bottle)		Preheat oven to 375F.

Line a rimmed baking sheet with parchment paper.

Heat olive oil, a turn of the pan, in a medium skillet over medium to medium-high heat. Add celery, onion, carrot and garlic, season with salt and pepper, and sauté to soften, 10 minutes, stirring frequently. Pour in beer and stir. Let beer reduce by half. Turn off heat and let cool.

Meanwhile, soak the bread in milk and grind the corned beef in a food processor, pulsing to finely chop. Place corned beef and ground beef in a bowl and add cheese. Wring out the bread and add it to the meat, crumbling it into small crumbs over the bowl. Add veggies and beer then season with salt, pepper, mustard, cayenne and Worcestershire. Add eggs then mix with your hands to combine.

Form meat into a long brick shape about 4 inches high on the parchment-lined baking sheet. Wrap bacon slices across the top then around sides of the loaf. Bake 1 hour in the middle of the oven then switch on broiler for a few minutes to crisp up that bacon!

Serve with mashed potatoes and parsnips, and sautéed cabbage with caraway alongside.

Serves 6-8

(Rachael Ray)

Kung Pao Chicken

1 1/2 lb. boneless & skinless chicken thighs, or chicken breast cut into 1" cubes
1 TBSP cornstarch
1 1/2 teaspoon toasted sesame oil

1/4 cup tamari or soy sauce
1 TBSP Shaoxing wine or dry sherry
1 TBSP Chinese black or rice vinegar
1 TBSP granulated sugar

1 TBSP sambal oelek or chile-garlic paste
1/4 teaspoon freshly ground white or black pepper
1/2 teaspoon kosher salt

For stir-frying

3 TBSP neutral cooking oil (vegetable, divided)
2 medium bell peppers, large dice
2 medium celery stalks, thinly sliced on a slight diagonal

2 medium stalks scallions, thinly sliced
2 cloves garlic, minced
1 TBSP peeled and minced fresh ginger (1" piece)

Kosher salt
1/2 cup roasted peanuts, or cashew nuts
Steamed rice for serving (optional)

Marinate the chicken. Place chicken into a medium bowl. Place the tamari, wine or sherry, cornstarch, sesame oil, salt and pepper in a small bowl and whisk until cornstarch is dissolved. Drizzle 2 TBSP of mixture over the chicken and toss to combine. Set chicken aside. Toast the nuts

Mix the sauce. Add vinegar, sugar, and sambal to the remaining marinade and whisk until the sugar is dissolved. Set aside.

Stir-fry the vegetables and aromatics. Heat a wok or large frying pan over medium heat until very hot. Drizzle in 1 TBSP oil then add bell peppers, celery and season with salt. Stir fry with a metal spatula until crisp-tender and browned in spots (about 4 minutes). Add garlic, ginger and stir fry until fragrant (about 30 seconds). Transfer to a plate

Stir-fry chicken. Drizzle remaining 2 TBSP of oil into the pan. Add chicken and spread into an even layer. Let cook undisturbed until golden brown and seared on the bottom (3-4 minutes) Stir-fry until just cooked through (2-3 minutes more)

Return the vegetable to the pan and stir-fry with the sauce. Add the reserved vegetables and peanuts to the pan. Re-whisk the reserved sauce to dissolve the cornstarch. Pour into the pan and stir-fry until the sauce thickens, is glossy and evenly coats everything in the pan (about 1 minute more), Sprinkle with scallions and serve immediately with rice.

Serves 4. (Prep time 30 min, cook time 20 min)

(Bert, 2023)

Lamb Curry

Sauté the following in margarine or oil:

$\frac{3}{4}$ cup sliced onions
1 cup diced celery

1 minced, peeled garlic clove (2 if you like garlic – I like so I often use more)

Add

1 $\frac{1}{2}$ cup cubed leftover lamb – I just add what I have sometimes up to four cups

2 cups lamb stock (boil bone from roast) (I do not boil the lamb bone but just add 2 cups water the four beef bouillon cubes)

1-teaspoon curry (or more to taste) (I add the curry to the sautéed vegetables before they are finished being sautéed)

Salt to taste (I don't use any)

Simmer for about 30 minutes – don't let the stock boil off. Thicken with flour before serving (I use rice flour). Serve with rice.

Serves 4

(Granny, 1950 – 1960)

Lamb Kebabs

Bone 1 large leg of spring lamb (or have the butcher do it – not as messy). Cut into 1-inch cubes.

In an large bowl combine

4 garlic cloves, crushed

1 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon each ground ginger,
ground allspice, ground cloves &
pepper

Crushed bay leaf

Stir in lamb cubes until well coated, then add 1-cup sour cream. Combine mixture thoroughly. Cover tightly for 3 days. Skewer with or without vegetables. Cook (I usually barbecue them)

(Gourmet, April 1970)

Lamb Kofta with Harissa Yogurt Sauce (This recipe is quick)

Rice

1 (3 ½ oz) bag boil-in-bag jasmine rice (I use regular jasmine rice enough for 4)

1 teaspoon saffron threads

2 tablespoons thinly sliced green onions

Kofta

2 tablespoons minced fresh cilantro (This tastes like soap to me so I use flat leaf parsley)

2 tablespoons grated fresh onion (I use shallots)

2 tablespoons 2% Greek Style plain yogurt (any Greek plain will do)

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon turmeric

2 teaspoons bottled (my Italian friends are cringing) minced garlic – so OK use fresh

½ teaspoon salt (I use Kosher and it is enough)

¼ teaspoon black pepper (or more if you like – I like)

1 pound (or I use a little more 1 ¼ lb) lean ground lamb

Cooking spray

Sauce

½ cup 2% Greek-style plain yogurt

¼ cup chopped bottled roasted red bell pepper (still cringing = use fresh if you have the time)

1 teaspoon ground cumin

1 teaspoon ground coriander

2 teaspoons bottled minced garlic (Yikes again)

½ teaspoon crushed red pepper (if you like it really not add a touch more but doesn't need it)

¼ teaspoon salt (I use Kosher and it is enough)

Cook Jasmine rice and saffron (either in the bag per directions or your favorite way to cook rice). Fluff (!) after cooking and sprinkle with green onions (I often serve onions on the side to let people decide if they want them or not)

Make Kofta – combine ingredients (not cooking spray). Shape into 12 oblong patties. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add patties to pan; cook 10 minutes or until done, turning occasionally to brown on all sides.

While Kofta cooks, prepare sauce. Combine all ingredients (actually I like to prepare this first because the longer it sits the better it is)

Serve the Kofta over the rice and serve sauce on side.

Yield: 4 servings (about 3 patties each, ¼ c. sauce and 1/3 cup rice)

Notes: Goes well with baby zucchini sliced lengthwise either grilled or sautéed with whatever herbs you like.

Also makes great lamb burgers and use the sauce as the lamb burger condiment

(Cooking Light April 2010)

Lasagna (Polenta, almost no cook)

2 18-ounce tubes prepared polenta (I used two different flavored kinds – Italian herb and roasted pepper)	1 teaspoon garlic powder (could use fresh)	1 ½ cups jarred pasta sauce (I used Nica's basil and pepper)
1 cup ricotta cheese (I used low fat but could use non fat)	½ teaspoon ground black pepper (am sure I used more – could even use some of the chipotle or	6 ounces Italian style cooked chicken sausage, finely chopped – (well hmmm – I chunked it, didn't cook it, used more than 6 ounces and added one hot Italian sausage for good luck)
2 cups grated mozzarella cheese (once again I used low fat fearing that the non fat would taste awful but will try the non fat next time)	Some of the other red peppers in addition)	½ cup grated parmesan cheese
1 egg		

Heat oven to 400 degrees. Coat a 2 quart casserole dish with cooking spray (if you add any more than the recipe use a bigger dish as this completely filled the 2 quart dish). Slice each tube of polenta into 9 rounds. Arrange 9 rounds in a single layer over the bottom of the pan. Set aside. In a medium bowl, mix together the ricotta cheese, 1 cup mozzarella, garlic powder, pepper and egg. Spread mixture in an even layer over the polenta.

In a small bowl, mix together the pasta sauce and chopped sausage. Spread half of the mixture over the cheese.

Arrange the remaining 9 rounds of polenta in a single layer over the sauce, then top with the remaining sauce.

Sprinkle Parmesan cheese and the remaining 1 cup of mozzarella over the sauce. Spray a sheet of foil with cooking spray, then use it to cover the lasagna and bake for 20 minutes.

Remove the foil and bake for another 15 minutes, or until the cheese is lightly browned. Let stand for 5 minutes before serving.

You can easily add whatever you like, as well as add additional layers of vegetables, including thinly slices onions, peppers, mushrooms, even roasted slices of eggplant. If more layers are added then increase the cooking time.

Makes 6 servings.

(New Haven Register, October 2010)

Print

One-Skillet Greek Chicken with Rice

1 lb chicken thighs or breast (I used bone-in and skin-on as I prefer this for flavor!)	Juice from 1/2 lemon	2 1/2 cup broth (chicken or veggie)
Olive oil	Sea salt and black pepper to taste	1 cup pitted kalamata olives and castelvetrano olives (or your favorite olives)
1/2 teaspoon garlic pwoder	1 shallot, peeled and sliced	2/3 cup feta cheese crumbles
1/2 teaspoon dried oregano	1 garlic clove, minced	
	1 cup basmati rice	

Preheat oven to 375 degrees F. Grease a oven-safe skillet with oil and warm on medium heat. Add chicken to skillet and season with salt, pepper, oregano and garlic powder and lemon juice. Sear for about 7-9 minutes, flipping halfway through over medium heat. Remove chicken from skillet then add in shallots and garlic and sauté for 5 minutes. Stir in rice and add in broth and bring to a boil, stir then simmer. Add in the chicken to the skillet then cook in oven for 20 minutes or un-4til liquid is absorbed. Remove skillet from oven and add in olives and feta cheese, drizzle olive oil on top then broil in oven for 1-2 minutes then remove from oven and enjoy warm! Serves 3-4. Cook time 35 min

(Rachel Mansfield 2025)

Onion Quiche

2 pounds minced onions (about 7 cups)	2 eggs	Pinch of nutmeg
3 tablespoons butter	2/3 cups whipping cream	2 ounces grated Swiss cheese (use more)
1 tablespoon oil	1 teaspoon salt	A partially cooked * pie crust
1 ½ tablespoon flour	1/8 teaspoon pepper	

Preheat oven to 375 degrees. Cook the onions in a heavy skillet with the oil and butter over low heat, stirring occasionally until they are extremely tender and golden yellow. This will take about an hour. Sprinkle with the flour, mix well and cook slowly for 2-3 minutes. Allow to cool slightly.

Beat the eggs in a mixing bowl with the cream and seasonings until blended. Gradually mix in the onions and half the cheese. Check seasonings. Pour into pie shell. Spread on the rest of the cheese and distribute about 1 tablespoon butter, cut into bits, over it. Bake in upper third of preheated oven for 25-30 minutes until quiche has puffed and browned.

*partially cooked pie shell

---- prick bottom of pastry with a fork at 1.2 inch intervals. Line with buttered foil-press it well against sides of pastry and fill with dried beans. Bake at middle level of preheated 400 degree oven for 8-9 minutes until pastry is set. Remove foil and beans. Prick bottom of pastry with fork to keep it from rising. Return to oven for 2-3 minutes more. Remove pastry from oven when the shell begins to color and is just beginning to shrink from side of pan.

(Julia Child)

Orzo Stuffed Peppers with Feta and Mint (delicious)

¾ cup dried orzo	3 garlic cloves, minced (I use more)	6 medium-size red, orange and/or yellow peppers
1 large onion, chopped	2 cups crumbled feta cheese (8 oz.)	1 ½ cups carrot or tomato juice (I use carrot)
4 oz. bulk Italian sausage (hot or sweet – I like hot)	¼ cup snipped fresh mint	½ teaspoon salt
2 stalks celery, chopped	¼ teaspoon ground black pepper	fresh mint leaves

In a 4 – 5 quart Dutch oven cook orzo according to the package directions, drain. Set aside. Wipe Dutch oven dry, set aside. In a large non stick skillet cook sausage, onion, celery and garlic until sausage is browned and onion is tender. Remove from heat, drain fat, stir in cooked orzo, cheese, mint and black pepper. Cut tops from peppers, remove seed and ribs. Slightly trim bottoms of peppers to stand upright (if needed). Spoon orzo mixture into peppers and replace tops, set aside. In Dutch oven stir together carrot juice and salt (I think I usually forget the salt.) I just put the peppers upright in the Dutch oven, add carrot juice and bring to a boil. , reduce heat and simmer covered 20 – 25 min or until peppers tender. Spoon juice over pepper on plate and sprinkle with mint.

Makes 6 servings

(Better Homes and Gardens April 2009)

Oven Barbecued Chicken and Biscuits

2 ½ - 3 lb frying chicken, cut-up (I use chicken breasts –about 6 halves) ¼ teaspoon salt (I don't use this to sprinkle on chicken)

2 tablespoons firmly packed brown sugar 2-tablespoon instant minced onion or ½ c. chopped onion (I just put in what I feel like)

½ tsp salt	¼ c. water	2 tablespoons grated Parmesan cheese
1/8 tsp pepper	1 teaspoon Worcestershire sauce	
1 garlic clove, minced (I use 2 or 3)	8 oz can of Pillsbury refrigerated buttermilk or country style biscuits (or any style you like)	½ teaspoon Italian seasoning (best to use this) or oregano
½ cup ketchup		
¼ c. vinegar		

Oven – 375. In an ungreased 13x9 inch pan, arrange chicken pieces skin side down (if they don't have any skin – be sure to find out which side it was on!); sprinkle with ¼ tsp salt (I don't do this) just plop those suckers in the pan. In a small saucepan combine the next pack of ingredients (both columns – brown sugar through Worcestershire sauce) – heat to boiling – pour over chicken and pop into oven – Hansel and Gretel like. Bake uncovered for 30 minutes. Turn chicken over during this time and spoon sauce over as well – if the sauce gets too thick add 2 – 3 tablespoons of water to sauce –

Move chicken to one end of the pan (this is why you need a 13x9 where the chicken swim in the pan rather than an 8x8 where they would have a better fit). Separate biscuits – dip each into sauce on both sides then place in pan in the cleared space that you made. Combine Parmesan cheese with Italian seasonings and sprinkle over biscuits (oh I can taste this already – I am hungry) Return to oven and continue baking for 15 to 20 minutes or until biscuits are brown. Eat fast before anybody else can get at the biscuits.

4 - 6 servings Partridge a la Mum A (Fabulous old Quebec farm recipe)

Two recipes

1. Roasted: (2) Cream butter with dry mustard (1 – 2 teaspoons) and rub. Rub 1 teaspoon of butter inside plus salt and pepper. Cover with bacon or salt pork, add wine. Cover and bake in oven for 20 min at 500, lower to 350 for about 1 hour. ½ cup red wine while in roast pan.

2,	4 teaspoons flour	Salt, pepper, thyme
In cabbage: (this is my favorite)	1 green cabbage, chopped coarsely	1 cup white wine
1 pound salt pork	4 – 6 onions, sliced thin	

Dice salt pork and put in pan. Tie the legs of the bird and roll in flour, brown in diced salt pork. Lower heat and cook for 25 minutes. Remove and add cabbage and onions to pan. Cover and cook on medium heat for about 15 minutes. Put partridges in cabbage, add salt and pepper, thyme and wine and cook over low heat for about 2 hours

Prize Tourtiere (French Canadian Christmas Eve)

Prepare pastry. Divide dough in half. Roll out one portion to line bottom of a deep 9-inch pie plate. Fill with meat filling. Roll out remaining pastry for top crust. Place over meat filling. Fold edge of top pastry under edge of bottom pastry, flute edge. Cut slits (or decorations) to allow for steam to escape. Bake at 425 for 30 minutes. Can be frozen before cooking. Very rich.

Meat Filling

1 ½ pound minced pork (lean)	½ teaspoon sage	Mix all ingredients in a saucepan, except potato. Bring to boiling point and allow to cook uncovered for 30 minutes. Add mashed potato and mix together. Chill Serves 6 – 8
1 medium onion, minced	½ teaspoon dry mustard 1/8-	
1 clove garlic, minced	teaspoon cloves	
1 ½ teaspoon salt	½ cup potato cooking water	
½ teaspoon thyme	1 large cooked potato, mashed	

(Grandma Armitage)

Prosciutto Lamb Burgers

½ cup plain dried bread crumbs	¾ teaspoon salt	¼ cup olive oil
¼ cup chopped fresh flat-leaf Italian parsley	¾ teaspoon freshly ground black pepper	fresh basil leaves (for topping each burger)
1 large egg, lightly beaten	1-pound ground lamb	Fresh tomato slices for topping each burger
2 tablespoons whole milk	6 large slices prosciutto, sliced medium-thin (for wrapping the burgers)	extra-virgin olive oil for drizzling
½ cup grated Pecorino Romano		Balsamic vinegar for drizzling
¼ cup chopped sun-dried tomatoes		

In a large bowl, combine the bread crumbs, parsley, egg, milk, sundried tomatoes, salt and pepper.

Stir to combine. Add the lamb and stir until incorporated. Divide the mixture into 6 (1 inch) thick burgers.

Place the slices of prosciutto on a cutting board or piece of parchment paper. Place 1 lamb burger in the center of each slice of prosciutto and wrap the prosciutto around the burger.

Place a large, heavy skillet over medium heat. Add the olive oil and heat for 2 minutes. Place the lamb burger, Prosciutto covered side down in the pan and cook over medium heat until the prosciutto is golden, about 6-8 minutes. Turn the burgers and finish cooking, about 6-8 minutes more.

Remove the burgers from the pan and place on a serving platter or individual plates. Top each burger with 2-3 basil leaves, 1-2 slices of tomato, and drizzle with extra-virgin olive oil and balsamic vinegar. Serve immediately.

Serves 4

(Giada De Laurentiis, 2015)

Sautéed Cod (or Chicken) with White Bean, Fennel, Roasted Pepper Stew

Cod fillets – 5 oz. each or substitute any favorite whitefish – or I use boneless chicken breasts or tenders	4 bacon slices – chopped (mystery ingredient)	1 ¼ cup canned white beans, drained
½ cup all purpose flour (use gluten free flour for those that need it) seasoned with salt and pepper	1 cup onions, sliced	¾ cup vegetable broth, or chicken broth
2 tablespoon olive oil	1 cup fennel bulb, chopped ¼”	½ cup roasted red peppers – ½” diced or Julienne (1 julienne)
	½ cup carrots, chopped ¼”	4 tablespoon flat leaf Italian parsley, coarsely chopped
	2 teaspoons fresh thyme, chopped (important ingredient, dry does not cut the mustard)	Salt and pepper to taste

Preheat oven to 400. Heat a sauté pan on medium high heat. Lightly coat both sides of each fish (or boneless, skinless chicken breast/tender) fillet with the flour shaking off the excess. Add the olive oil to the pan and add fish fillets (chicken). Cook for about 2 min (adjust for chicken) on each side or until light golden. Remove to a sheet pan.

In the same sauté pan, add onions, fennel and carrots, cook for about 5 minutes stirring occasionally until tender. Add the thyme, white beans and broth. Simmer for about 5 minutes and add the roasted red peppers and parsley, seasoning to taste – salt and black pepper. Reserve hot.

(So you get to the end of the recipe and the bacon is still hanging out – so here is what I did – in a separate small frying pan, fried the bacon pieces until just crisp – added the bacon to the stew at the end and also added 1 – 2 tablespoons bacon drippings to stew – yummy)

To finish place the fish (chicken) in the oven for about 5–8 minutes depending on the thickness of the fish/chicken. (I do this while I am cooking the veggies)

Serve the fish/chicken on a bed of the white bean stew.

(Chef Jamie Roraback March 28, 2010)

Shepherd's Pie

In a saucepan sauté 1 large onion
(chopped) and 1 mashed garlic clove
(I use two or three) in 2 tablespoons

butter until onion is golden. Stir in 3 cups ground shepherd (if you can't find ground shepherd use cooked
beef or lamb or a veggie substitute)
and 1 cup beef or lam gravy, ½ cup
stock (for veggie – use 1 ½ cup

stock) and ¼ cup parsley, chopped, 1 bay leaf and salt and pepper to taste. Cook mixture over low heat,
stirring occasionally for about 20 minutes. Transfer to a well-buttered 1 ½ quart casserole. Mix 1 egg into 2
cups mashed potatoes and either pipe (crisscross) or spread evenly over top of meat mixture. Brush
potatoes with a little melted butter
and sprinkle lightly with paprika (can
use your favorite mashed potatoes-

with corn, garlic mashed potatoes etc...) sometime I sprinkle with Parmesan cheese. Bake 400 for 20minutes or until
potatoes are brown. Can put in four individual dishes for individual servings. I sometimes add corn to the meat mixture.

Serves 4

(Gourmet Magazine Feb 1970 – served in the Empress Hotel, Victoria, B.C.) (Granny)

Swordfish with Tomato-Olive Ragu

1/3 cup olive oil	quartered if necessary, I use grape –	Salt as needed
1 cup minced onion (I use shallots)	less juicy	freshly ground black pepper, to taste
3 garlic cloves, minced (6-8-10 to taste)	1 cup (+) olives stuffed with chilies (I can't always find these so use ½	6 swordfish steaks, about 6 ounce each
3 tablespoon chopped capers	stuffed with pimento and ½ spicy	juice of two lemons
6 anchovy fillets (don't worry they disappear)	hot – then I quarter them to make up a cup)	2/3 cup sliced almonds, toasted
3 pints cherry tomatoes, hulled and halved or	3 tablespoon chopped fresh oregano leaves (I just use all the leaves that come in one package)	Heat oven to 400 degrees.

To make tomato-olive ragu, in an ovenproof skillet heat the oil over medium heat. Add the onion, garlic, capers and anchovies. Sauté, stirring frequently, until the onion is a very light golden brown, about 8-10 minutes. Add the tomatoes and continue to sauté, stirring or tossing frequently, until the tomatoes are very soft and all the ingredients are very hot.

Add the olives and oregano to the pan and continue to sauté another 2 -3 minutes. Season to taste with salt and pepper. Set aside.

Cut six (6) squares of foil large enough to hold a swordfish steak.(Alton Brown said that acid reacts with foil

- so I use parchment paper inside the foil but this also extends the cooking time Place a spoonful of the tomato-olive ragu in the center of each piece of foil, (I just divide up the ragu between the six) then set a

swordfish steak over it. Top the swordfish with a little lemon juice and sliced almonds. Fold foil around the fish to make a tight seal (the seams should be on the top of the packet). Place the swordfish in a shallow pan

and bake until the fish is cooked through, about 12 minutes (if thick may take up to 28 minutes – just open one and check – all of the steaks that I cook are about 1 inch thick and take up to 28 minutes)

Serve fish directly from foil (I just dump the whole thing (inside the packet) onto plates.

Serves 6

(CIA One dish meals, New Haven Register, 2007)

Tiered Omelet Rancheros

8 eggs	1 4 ounce can green chili peppers, chopped (says to rinse whole ones and chop, I just dump the can of diced)	1/2-cup dairy sour cream
2 tablespoon milk		1 large avocado, peeled, seeded and sliced
¾ teaspoon salt		Lemon juice
1/8 teaspoon pepper	1/8 teaspoon salt	1 ¼ cup shredded Monterey Jack cheese (4 ounces)
Butter or margarine	few dashes Tabasco	
1 16 ounce can stewed tomatoes, cut up – I buy diced sometimes flavored diced	1-tablespoon cold water	
	1-tablespoon cornstarch	

In a mixing bowl beat eggs, milk, ¾ teaspoon salt and pepper with rotary beater until thoroughly combined.

Heat 1 – 2 teaspoons butter in a 6-inch skillet or omelet pan. Pour a scant ½ cup egg mixture into pan. Tilt skillet to spread mixture over the bottom of pan. As mixture begins to se, use a spatula to lift omelet at edges so uncooked egg flows underneath (not necessary but fun to do). Cook until eggs are set and bottom is brown.

Invert omelet onto waxed paper (I put directly into pie dish). Repeat with remaining mixture and butter to make four omelets. (I get other stuff ready first so I can assemble as I make the omelets)

In a saucepan combine tomatoes, chili peppers, remaining salt and Tabasco. Stir together the cold water and cornstarch; add to tomato mixture. Cook and stir until thickened and bubbly. To assemble, place one omelet browned side-up in an 8 inch round baking dish or 9 inch pie plate. Spread on ½ tomato mixture. Set aside 1 tablespoon sour cream; spread remaining sour cream atop a second omelet; place omelet sour cream side up

over tomato-topped omelet. Dip avocado slices in lemon juice to prevent them from turning brown. Set aside two slices. Arrange remaining avocado slices atop sour cream. Top with another omelet. Sprinkle with 1 cup cheese. Top with remaining omelet brown side up. Bake covered 350 for 35 – 40 minutes or until heated through. Uncover, sprinkle with remaining cheese; bake 5 minutes more until cheese melts. Add 1 – 2 tablespoon water to remaining tomato sauce (usually doesn't need it) and heat through. Top omelet stack with some of the sauce, the reserved sour cream and avocado slices. Cut omelet wedges to serve. Pass remaining sauce.

Makes 6 servings

(Better Homes & Gardens, September 1979)

Tourte Milanaise

1-pound puff pastry (homemade or purchased)

2 open -face omelets, each made with 2 ½ eggs, 1 teaspoon chopped chives, 1 teaspoon chopped parsley, ½ teaspoon chopped fresh tarragon (or ¼ teaspoon dried tarragon) and salt (Prepare in a 7 or 8" skillet or omelet pan)

1-tablespoon oil	¼ - ½ teaspoon nutmeg	8 ounces Swiss cheese, thinly sliced
1-pound fresh spinach, blanched and well drained	Salt and freshly ground pepper	8 ounces ham, thinly sliced (can use another vegetable or some thin sliced tofu for vegetarian dish)
2 garlic cloves (or more if you like), minced	2 large red peppers, cut into 1" pieces and blanched	1 egg, beaten

Lightly grease an 8-inch spring-form pan. Roll out ¾ of pastry ¼ inch thick and line the bottom and sides of pan. Keep remaining pastry refrigerated.

Heat oil and butter in large skillet. Add spinach, garlic and sauté for 2 to 3 minutes. Season to taste with nutmeg, salt and pepper. Remove from skillet.

Add red pepper to skillet and sauté briefly. Remove from heat and set aside.

Position rack in lower third of oven and preheat to 350. Layer ingredients in prepared pan in the following order: 1 omelet, ½ the spinach, ½ the cheese, ½ ham or substitute, and all the red pepper. Repeat the layering in the reverse order, using the remaining ham (or substitute), cheese, spinach and omelet.

Roll remaining pastry ¼ inch thick. Cut out 8-inch circle. Place over omelet and seal well to pastry lining by pinching with fingers. With tip of knife, draw the number of slices desired directly on the pastry (I don't do this) or decorate with scraps of pastry - this I do. Brush with beaten egg. Place on a baking sheet (sometimes it leaks) and bake until golden brown - about 70 - 75 minutes. Cool slightly. Release from pan and serve warm.

Good the next day too.

Serves 6 - 8

(YUWO Gourmet Luncheon February 7, 1980)

Vegetable Filo Roll Extravaganza

Preparation time: 45 minutes

Baking time: 30 to 40 minutes

Filling

1 cup chopped onions	1-cup julienned yellow squash or zucchini	¼ teaspoon dried tarragon
1 cup peeled and julienned carrots	2 cups sliced mushrooms (about 2 ounces)	1 tablespoon chopped fresh basil (1 teaspoon dried)
1 cup thinly sliced red bell peppers		Salt and ground black pepper to taste

Seasoned Bread Crumbs

1-cup whole wheat bread crumbs	Filo	1-tablespoon fennel, poppy or sesame seeds
2 garlic cloves, pressed or minced	1-tablespoon olive oil	
2 tablespoons finely grated Parmesan cheese	1-tablespoon butter	
	12 sheets of filo dough (1/3 packages)	

In a covered nonstick saucepan prepared with cooking spray or 2 teaspoons of oil, sauté the onions on medium heat for 5 minutes. Add carrots, cover and cook for 5 minutes, stirring occasionally. Stir in bell peppers and squash or zucchini (these three vegetables roasted give more flavor) and continue to cook for another minute. Add the mushrooms, tarragon, and basil and cook until the mushrooms release their juices and become tender, 5 to 10 minutes. Drain the vegetables and add salt and pepper to taste.

Combine the seasoned breadcrumb ingredients in a bowl. Melt together the oil and butter on a very low heat. Prepare a baking sheet with cooking spray or a light coating of oil

Preheat oven to 350.

Place bread -crumbs and melted butter-oil mixture near the baking sheet and have a pastry brush or small clean paintbrush handy. Work quickly in a draft free setting because the unrolled filo becomes brittle once exposed to the air (don't worry Kate – just throw away the ones that break and use another – if in the middle just put oil and let break). Unfold stack of filo sheets next to the baking sheet. (I actually put a slightly damp dishtowel over the sheets to keep them moist)

To assemble the roll, take 3 sheets of filo from the stack and, in one smooth motion lift all three together and lay the stack, unwrinkled (sure!!!), on the baking sheet. Lightly brush the top sheet with the melted butter-oil mixture. Sprinkle about 1/3 of the seasoned breadcrumbs over the filo sheet. Repeat the layers: 3 sheets of filo, melted butter mixture, bread crumbs, until the filo and breadcrumbs are completely used. (Kate – the only sheets that need to be totally whole are the first three as they form the outside wrapping)

Spread the vegetables evenly on the filo to within an inch of all four edges. Starting at one of the long sides, roll up the filo like a jellyroll, place the finished roll, seam side down, on the baking tray, and tuck in the ends. Brush with the remaining butter mixture and sprinkle with fennel, poppy or sesame seeds (don't remember if I did this – poppy would be my choice unless you wanted the taste of fennel). Bake for 30 to 40 minutes until golden brown and puffed. Serve hot or warm. Slice roll diagonally to show off layers.

Serves 6

(Moosewood Restaurant Low-Fat Favorites)

Wild Rice Casserole (Bert's Hot dish)

2 cups wild rice, cooked	1 - 4oz. can mushrooms (often I sauté fresh mushrooms)	1 large onion, chopped
1 - #2 can bean sprouts		salt and pepper to taste
1 can cream of chicken soup	1 can cream of celery soup	1 teaspoon soy sauce
	1 can sliced water chestnuts	1 cup sour cream

2 lbs. ground beef or chicken or 1 lb beef and 1 lb. sausage (I use 2 lbs. of sausage – whatever kind I like but not hot Italian)

Brown the meat and drain. Combine with remaining ingredients and put into a large casserole dish. Bake in oven 350 for about 1 hour or until bubbly.

Serves 8 – 10.

(Bert Prestegard, 1980)

Gluten-Free Wild Rice Hot-dish version by Bert (Casserole)

2 cups wild rice, uncooked	6 cups water	2 teaspoon salt
Cook the rice in the water and salt until opened and tender. Drain off any excess liquid/		
1 pound ground pork	6 ounces sliced mushrooms	2 teaspoons bouquet garni (Bert uses Penzy's)
1 large onion, chopped	½ teaspoon poultry seasoning	Salt and pepper to taste
4 stalks of celery, chopped		

Cook the ground pork in a large frying pan. Add the onions, celery and mushrooms. When almost cooked, add seasoning. Stir.

4 tablespoon butter	½ cup gluten-free flour mix	2 cups chicken broth
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Melt butter in a saucepan. Add the flour mix and stir with a whisk. If it gets too solid, add a tablespoon of olive oil or butter so that the roux cooks. Add the chicken broth and stir until smooth and about the consistency of Campbell's Cream of Chicken condensed soup.

1-2 tablespoons wheat free – tamari	1 cup sour cream
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2 8 ounce cans sliced water chestnuts, drained and rinsed.

Combine the pork mixture with the wild rice. Add the tamari and water chestnuts. Then stir in the flour and chicken broth mixture and the sour cream. Mix well and put into a large roaster. Cover and bake for 50-60 minutes in a 350 degree oven.

Serves 8

Jams & Jellies

Classic Seville Orange Marmalade (delicious)

8 Seville Oranges (2 lb.)

Cold water

2-3 lemons

Granulated sugar

Halve oranges crosswise, squeeze out juice – put into a large measuring cup. Reserve all seeds, pith and any loose membranes. Slice rind into thin or thick strips and desired length according to taste (always a discussion, thick/thin/chopped? I like thin). Combine with juice and measure into a large saucepan. There should be about 6 cups rind plus juice. Tie seeds and membranes from sieve loosely in double thickness of cheesecloth and add to sauce pan.

Add water equal to quantity of rind/juice plus 1 cup – total of about 7 cups. Bring to boil over high heat and reduce heat and simmer uncovered, very gently until rind is tender and translucent, about 2 hours. Periodically press seed bag to help extract the natural pectin. At the end of simmering time, remove and discard seed bag after pressing out all the liquid.

Measure mixture into a large heavy saucepan. Add equal quantity of sugar, about 8 cups and stirring constantly, bring to a boil over high heat. Boil hard until marmalade thickens and sets, about 20 – 25 minutes.

Skim off scum and pour marmalade into hot sterilized jars. Leave a ½ inch head space. Remove air bubbles by sliding a rubber spatula between glass and marmalade (don't do this!) Seal.

Bry needs to add to this recipe but
this is the original

(Mum from forever)

Old Fashioned Strawberry Jam (delicious)

5 cup strawberries

5 cups sugar

½ cup lemon juice

Wash strawberries, hull and drain thoroughly. Heat the sugar in a 325 degree oven for 15 to 20 minutes. Place strawberries in a large sauce pan. Crush lightly to extract some of the juice. Cook 10 minutes over low heat, stirring occasionally. Pour the hot sugar over the hot strawberries. Add the lemon juice. Bring to the boil, stirring often. Boil 8 minutes over a high heat. Pour into hot sterilized jars, cool slightly and seal.

The last time I made this I could not get it to set – berries were ripe – boiled for 20 minutes but temperature would not go to 220 degrees (jam stage) sat at about 218. But good anyway – a little runny but nobody seemed to mind! Kate and I picked the strawberries that day, gave two jars away.

1 qt = 4 cups

my experiences

1 lb. = 3 cups

Makes 3 – 12 ounce jars

(Madame (Jehane) Benoit)

Jam and Jelly issues

Mold causing things: Do not pour hot jam into cold wet jars (I run through the dishwasher then put in 350

oven until needed. Let jars cool a little before pouring hot jam into them as they will bubble over as jars are significantly hotter than jam.

Do not pour was on very not or very cold jam.

Do not keep in a humid place.

Crystallization causes

Do not use too much sugar.

Do not boil the jam before the sugar is melted.

Do not stir too much after the sugar is melted.

Do not delay to cover the filled jars.

Fermentation causes

Be sure jam is sufficiently boiled.

Be sure enough sugar is used.

Be sure jam is not stored in too warm a place

(Madame (Jehane) Benoit)

Miscellaneous

Bert's Carmelcorn

8 or 9 quarts popped corn

½ c. white corn syrup

2 cup brown sugar

1-teaspoon vanilla or burnt sugar
flavoring

1-cup margarine

1-teaspoon salt

½ teaspoon soda

Boil all ingredients except corn and soda for 5 minutes, mixing well and stirring occasionally. Remove from heat and add soda. Stir quickly. Pour over popped corn, mixing well. Put in 2 large pans in a 250-degree oven for 1 hour. Stirring 3 or 4 times so it won't burn on the bottom (I rotate the pans). I add 8 oz of Planters peanuts and the extra salt was good. Store in tightly closed container when cold.

British Spice Mix

Savory mix for Christmas baking

1 tbsp quality ground cinnamon

2 tsp ground allspice

2 tsp ground nutmeg

1 tsp ground cloves

1 tsp ginger

1 tsp ground coriander

¾ tsp ground mace

Combine all spices in an airtight glass jar and keep stored in a dark place for up to several months.

Makes about ¼ cup

(www.daringgourmet.com 2021)

Canadian PeaMeal Bacon

(Traditionally coated with dried and ground yellow peas, today coarse ground cornmeal is used)

Boneless pork loin – 2 pieces	210 g kosher salt	54 g brown sugar
approximately 2 lbs. each	150 g sugar	45 ml honey
corn meal, coarsely ground	25 g pink salt (prague powder #1)	5 cloves garlic (I use 6-7)
2.5 liters water	1 tbsp pickling spice	

(I sometimes add 1 tbsp cracked pepper)

Trim and visible silver skin off the pork loin and trim any excess fat on it down to about 1/4-inch layer

Prepare brine by boiling water, salt sugar, pink salt, pickling spice, brown sugar, honey and garlic together – then allow to cool. Use 1.5 liters of water when preparing brine and then pour in 1 liter of ice water to cool it off.

Once cooled, place loins in a large Ziploc bag or non-reactive container with the brine. Ensure that they are completely covered.

Leave in fridge for 3.5 to 5 day. 3.5 days cures the pork all the way to the middle.

Rinse pork loin, then dry and roll in a dish of corn meal, pressing it in until there is a nice even layer all around. (you can test for the saltiness before putting the corn meal on – cut a piece off and fry. If too salty let sit in some cool water for a couple of hours, repeat until it is how you want it. I have never had to do this step)

Wrap the whole piece in plastic wrap or aluminum foil and put in the freezer until firm but not frozen.

Slice the peameal bacon to whatever thickness you prefer. I like thicker pieces.

Fry until edges are nice and crispy but inside is till a little medium rare – this keeps moist texture and tastes better than well done.

(MeatVentures Meatwagon, 2015)

Caramel Apple Dip

1 8 ounce block cream cheese, softened	1/3 cup sugar	1 16 ounce container caramel dip or thickened caramel sauce
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½ cup toffee bits (I order Heath bits from amazon- sometimes with chocolate and sometimes without) I use more than a ½ cup

Apples

Place the cream cheese in a medium bowl and beat with a mixer until smooth and creamy. Add the sugar and beat until thoroughly combined.

Spread the cream cheese mixture into an even layer in a 3 cup serving dish.

Pour caramel sauce over the cream cheese mixture and spread into an even layer	Top with toffee bits and serve with sliced apples	Serves 8
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(Laurie Falco, 2025)

Celebration Sandwich Loaf

1 – 16 inch long unsliced loaf of sandwich bread (can use any flavor but needs to be rectangular)	3 – 8 oz packages Philadelphia cream cheese	1.2 cup Miracle Whip salad dressing
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Combine ingredients for fillings; mix lightly. Remove crusts from bread; cut in 5 lengthwise slices. Spread each with margarine or butter and a filling. Stack layers; chill thoroughly. (can be prepared to this point and refrigerated overnight. Frost and garnish the day it is to be served).

Combine softened cheese and Miracle Whip, mixing until well blended. Frost sandwich loaf. Garnish with cherry tomatoes (use 1/3 scooped out and top cut to imitate a tulip flower), carrots (serrated with a cove in the middle = one flower) radishes, whole kernel corn (five kernels in a circle with pimiento in the middle = one flower) , green onion (stems of garnish), chives, cloves, parsley (leaves of flowers) and pimiento. Chill until 20 minutes before serving time.

Of course you can use your favorite fillings and mayonnaise etc.

Ham salad filling

1 ½ cups ground cooked ham	½ cup Miracle Whip salad dressing
1/3 cup chopped pickle	1 tablespoon prepared mustard

Salmon salad filling

1 – 7 ¾ oz. can salmon, drained, flaked	1/3 cup sliced ripe olives	¼ cup Miracle Whip salad dressing
	Salt and pepper	

Egg salad filling

6 hard cooked eggs, chopped	1 tablespoon chopped chives	¼ cup Miracle Whip salad dressing
2 tablespoons chopped pimiento	Salt and pepper	

Chicken salad filling

1 ½ cups ground cooked chicken	¼ cup chopped green pepper	1/3 cup Miracle Whip salad dressing
2/3 cup drained crushed pineapple	Salt and pepper	Serves 12

Curried Fruit Bake

3 tablespoons butter	1 – 15 oz can peach halves	12 maraschino cherries
1/3 cup packed brown sugar	1 – 15 oz can pear halves	
1 ½ teaspoon curry powder	1 – 8 oz can pineapple spears	

Melt butter in small saucepan. Stir in sugar and curry, mix well. Drain fruit, pat dry on paper toweling. Arrange in 1 qt. Casserole. Pour curry mixture over top. Bake uncovered 325 for 1 hour. Serve warm from casserole. Great for a buffet – goes with chicken, meat etc.

Makes 8 servings.

Dill Pickles

12 to 14 Persian cucumbers or 8 to 10 pickling cucumbers	2 teaspoons peppercorns	¼ cup cane sugar
4 garlic cloves, halved +	a few good-sized dill sprigs, per jar ++	2 tablespoons sea salt
2 teaspoons mustard seeds +	2 cups water	Some add a few red chili flakes
	2 cups distilled white vinegar	Instructions

To make dill pickle spears, slice the cucumbers lengthwise into quarters. To make dill pickle chips, thinly slice them horizontally.

Divide the cucumbers among 4 (8-ounce) or 2 (16-ounce) jars. Divide the garlic, mustard seeds, peppercorns, and dill sprigs among each jar.

Heat the water, vinegar, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool slightly and pour over the cucumbers. Set aside to cool to room temperature, then store the pickles in the fridge.

Pickle spears will be lightly pickled in 2 days, but their best flavor will start to develop around day 5 or 6. Pickle chips will be lightly pickled in 1 day, and will become more flavorful every day after that. Store in the fridge for several weeks.

Dolmades (Stuffed Grape leaves)

1 16-oz. jar of California grape leaves (generally less torn-up than the Greek ones — or find an unsprayed grape vine and either blanch your own or pickle them in brine)	2/3 cup currants 2 cloves garlic 1 tsp. turmeric (optional) 1 1/2 cups converted rice 1 tsp. cinnamon 3 cups vegetable stock 1/2 tsp. nutmeg 1/2 cup lightly toasted pine nuts	salt and pepper, to taste 1 cup minced parsley (or mint, cilantro, or dill, or some combination) 1/2 cup lemon juice (usually 2-3 lemons) Mint and lemon slices (optional garnish) Part I
1/2 cup plus 3 Tablespoons olive oil 1/2-cup dry white wine 1 med. onion, minced		

Cook onions and garlic, in a large saucepan, in 3 Tablespoons oil till soft.

Add uncooked rice and cook for around 2 minutes on low heat.

Add 1 1/2 cups stock and 1/2 cup wine. Add currants and simmer, covered, 10 minutes, stirring occasionally.

Add 1 cup more of the stock. Simmer 5 minutes.

Add remaining stock and simmer for 5 minutes or until the rice is done.

Reduce heat to low, add cinnamon and nutmeg (and turmeric if desired), and cook one minute.

Cool. Fluff with fork.

Add pine nuts, parsley, salt, and pepper.

Part II	Rinse grape leaves carefully and pat dry. (They tear easily.) Put one Tablespoon filling in each leaf,	rough side inward. Roll tightly, tucking sides in, to about one inch long. (They look more or less like
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short cigars.) Line the bottom of a 4-quart pot with any torn leaves to prevent burning. Pack the stuffed leaves in tightly in concentric circles, then in layers of concentric circles. Add the 1/2 cup lemon juice, 1/2 cup water, and 1/2 cup olive oil.

Place a heatproof plate on top — one that fits inside and will press the grape leaves down. Place one or more heavy cans on top. Simmer over medium heat for 40 minutes.

Allow to cool completely before removing plate or cans. Arrange on a platter, garnish with lemon	slices and mint, and serve at room temperature or slightly chilled. Include the amazing green oil that
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will be left in the pot. Some serve these with a yogurt sauce, but it's not necessary.

Makes approximately 60 leaves

Karen Polizzo's Wine Dip

1-cup burgundy – heated. Add and stir in 1/4 cup brown sugar	2-teaspoon cornstarch (really need 1 tablespoon) 1/8-teaspoon cinnamon 1/8-teaspoon allspice	Dash of cloves Serve warm or chilled with cut up fruit Very good
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Lemon Curd

6 egg yolks, lightly beaten	½ cup freshly squeezed lemon juice	1 tablespoon grated lemon zest
1 cup sugar	¼ pound (1 stick) unsalted butter, cut into small pieces	

Strain the egg yolks through a sieve (don't skip this – eliminates lumps from the whites) into a medium, nonreactive saucepan over low heat. Stir in the sugar and lemon juice, and cook, stirring constantly, for about 10 to 12 minutes, until the mixture thickens and coats the back of a wooden spoon. Do not allow the mixture to boil.

Remove from heat and whisk mixture until slightly cooled. Stir in the butter, a piece at a time, until fully incorporated. Add the zest. While still warm, pour the mixture into hot, sterilized jars, cover tightly, and refrigerate until ready to use.

Makes 1 pint (Made with Bert's Meyer lemons)

Mincemeat (Regular and Vegetarian version)

Simmer

1 lb. lean ground beef	2 cups water
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Add and simmer for a short time

5 cups shredded apples	¾ cup candied citron	1 pound dried currants
¾ cup candied lemon peel	1 pound seedless raisins	Juice of one large lemon plus the rind
¾ cup candied orange peel	Juice of one large orange plus the rind	

½ pound finely ground beef suet 1 ½ pound dark brown sugar (I try to use Canadian brown sugar – has more molasses in it)

1 ½ teaspoon each:	1 cup dark rum or sherry (I use rum)	Mace
Salt	Allspice	Nutmeg
1 cup brandy	Ground cloves	
Cinnamon	Coriander	

Makes 4 quarts. Can be frozen. Stays in airtight containers in refrigerator for a very long time (years).

Vegetarian version: I left out the beef, but could use vegetarian beef substitute and substituted vegetarian

suet ??????????look up what used – very good.

Oven-Roasted Applesauce (Yummie)

¼ c. brandy (always good when it starts like this!)	¼ c + 2 tablespoons packed dark brown sugar	3 Macintosh apples – peeled, cored and cut in 1/8ths (you can use other apples but they should be the firm type and not really sweet)
½ teaspoon ground cinnamon	plus zest of 1 lemon	Pinch of salt
Pinch of ground cloves	2 tablespoons salted butter	
1 teaspoon freshly squeezed lemon juice	3 Granny Smith apples – peeled, cored and cut in 1/8ths	

Oven 375. 12 X 14 (or an 11 X 17 will do – just any old oblong pan – not a square cake pan) Mix all the ingredients except apples (I think that I put the pan in the oven for a bit to melt the butter). Put apples in sauce and toss to coat with sauce (smells great). Roast for 30 minutes – then it says puree the sauce in a food processor – but I like hunky apple sauce to I just mash it with a potato masher – serve warm.

Pecans (or other nuts) covered

Spicy Pecans – see Blue Cheese Salad with Spicy Pecans (p. 89)

Spiced Pecans (Sweet)

Evenly toasted pecans with a light, sweet and spicy crisp coating on the outside.

1 Lb pecan halves	1 teaspoon cinnamon	1 teaspoon nutmeg
¾ cup white sugar	½ teaspoon cloves	1 teaspoon mace
1 egg white, slightly beaten	½ teaspoon allspice	¼ teaspoon ginger

Mix the pecans with the beaten egg white until the pecans are well covered.

Mix the sugar and spices together, then add to the pecans, and tumble them around until they are well-coated with sugar mixture.

Place the nuts flat side down in a pretty much single layer on a buttered, jelly-roll type of cookie sheet (i.e. one that has sides – one pan holds one pound of nuts nicely).

Bake for 3 hours at 200 degrees; turn nuts over once at 1 ½ hours/ Cool before closing in a container

(Bert Prestegard, 2009 via Susan Hodges)

Spiced Mixed Nuts

2 large egg whites	1 teaspoon chili	6 cups mixed nuts (walnuts/pecans/cashews/pistachios)
2/3 cups sugar	½ teaspoon cayenne pepper	1/3 cup Parmesan cheese, finely grated
2 ½ tablespoons Old Bay Seasoning	½ teaspoon salt	
2 teaspoons Worcestershire	¼ cup butter – melted (1/2 stick)	

Preheat oven to 300. Line 2 baking sheets with foil or parchment. Grease lightly and set aside. Position rack in center of oven. In a large bowl, beat egg whites until foamy, gradually add sugar, beating to a loose meringue like texture. Beat in Old Bay, Worcestershire, chili, cayenne and salt. Add nuts and butter. Stir well to coat evenly. Add Parmesan and stir again (softly). Divide nuts between baking sheets – spread evenly. Roast for 30 to 40 minutes to golden brown (not dark). Rotate sheets for even baking. Cool completely. Store refrigerated in airtight container for up to 3 weeks.

(Alan Hagyard Christmas 2008)

Arugula-Pistachio Pesto

3 Tablespoons extra virgin olive oil
¼ teaspoon salt
1/8 teaspoon pepper (how can you ever just use 1/8 tsp. pepper – put more in)

1 ½ cups packed arugula leaves (about 1 ½ ounces)
3 Tablespoons fresh grated Parmesan cheese
1 ½ Tablespoons pistachios

2 teaspoons water
1 ½ teaspoon fresh lemon juice
1 clove garlic (I use more but fabulous taste so don't overpower)

Combine all in a food processor and process until smooth.

This is fabulous over oven roasted potatoes, good with scrambled eggs, many uses

(Cooking Light, May 2012, pg. 82)

Pesto (Gary's)

5 cups fresh basil leaves (I fill up the four cup measure to the top, slightly packed)
1 cup toasted pine nuts

2 cups grated mixed Romano/ Parmesan cheese – (1 ½ c. depending on quality of cheese)
¾ cup good extra virgin olive oil

6 –8 cloves garlic, large cloves
½ large beefsteak tomato
Pinch of sea salt
Lots of pepper,

Put basil, pine nuts, garlic, tomato, salt and pepper in a food processor, process until just blended. Slowly add olive oil while processing. Add cheese, process just to blend. Taste, add additional salt and pepper if necessary. (You can leave the tomato out – add ¼ cup more oil). (2003 – added a little cayenne pepper)

I freeze the pesto in 1cup portions in Baggies. Be sure to plan dinner with the fresh pesto (even if you normally don't eat pasta)– fabulous.

Makes a lot – will figure it out the next time I make it – makes a little over 3 cups

Mum's (Deb) Stuffing

1 onion – large white diced (use red)

Garlic – minced – I use as many cloves as I can stand peeling

3 or 4 sticks of celery, diced

Sauté in olive oil, until slightly done. You can add mushrooms (I use one of the smaller boxes of sliced mushrooms – but add what you want) – especially if Kate is home.

For all you meat lovers – instead of using olive oil, I sauté a pound of sausage meat – remove meat and sauté vegetables in the sausage drippings

Dice good white bread (use whole wheat or something with a whole grain)– I like the heavier breads, can mix in cornbread and oatmeal as well – include the crusts – depending on the size of the turkey at last ¾ loaf. Put in big bowl.

Add salt (more than you would think but better to adjust at end when taste)), pepper, coarse or fresh ground (I like a lot – you can add some red pepper flakes for zing), parsley, poultry seasoning (to taste) and sage if you like (I don't) – mix up with bread – then add raisins – about 1 cup (I just use a handful and then perhaps another – I just go by looks)

Add veggies and sausage if you use mix together with bread and spices. If it looks like you will not have enough stuffing just cut up more bread. Taste – adjust-

Stuff bird. The other side of not enough is what usually happens to me – it won't all fit – not to worry – wrap in tin foil, seal and put next to bird in pan.

Sauerkraut and Kielbasa (Roberta's Mum's)

Wozniak's smoked Kielbasa, in oven or grilled until heated through. Serve with Wozniak's own white horseradish.

! large jar of Wozniak's own polish sauerkraut.

Dice side bacon (as much as you like – thick sliced good) and sauté in a saucepan, remove bacon. Saute one diced onion in bacon renderings, add about ½ jar of sauerkraut (don't need to wash), black pepper to taste (no salt), fried bacon pieces and 1 can of beer. Simmer for 20 minutes.

Serve immediately.

Serve with beets, and small red potatoes.

Pasta

Bert's Macaroni

14 – 16 oz cooked macaroni

2 cans mushroom soup mix – mix
with 1 can of milk

10 slices Velveeta cheese

Layer the macaroni, cheese and soup. Save a little cheese for the top. Put buttered crumbs on top and bake at 350 for 45 minutes covered (I don't think I cover it)

Add a little pepper if you want.

(Bert 1976)

Mum's Macaroni

8 oz elbow macaroni (4 c. cooked)

2 tablespoons butter

¼ teaspoon oregano

1 ½c. milk

½ tablespoon Worcestershire sauce

1 c. soft breadcrumbs

1 ½ c. shredded cheddar cheese

2 tablespoons flour

2 tablespoons melted butter

½ teaspoon salt

1 7oz. can tomato sauce

2 tablespoons parmesan

½ tablespoon mustard

½ clove garlic (I would use all)

Cook macaroni. Melt 2 tbsp butter in saucepan, add 2-tablespoon flour and salt – stirring to make a roux, add milk stir until slightly thick, add cheddar cheese, mustard, Worcestershire sauce. Combine macaroni and sauce. Spread ½ of mixture in greased casserole. Cover with tomato sauce mixed with garlic and oregano. Cover with rest of macaroni. Combine breadcrumbs, butter and parmesan cheese – sprinkle on top. Bake 350 for 35 – 40 minutes or until bubbly brown.

Serves 6.

Tortellini Salad

1-pound cheese filled tortellini (I use a combination of meat filled and cheese, and use colored pasta)	½ pound smoked turkey cut into 3/8 inch slices	1 large red bell pepper – cut 1 ½ inch by 1/8-inch julienne strips
¾ cup olive oil (I use much less – whatever is your taste)	1 cup cooked peas or defrosted frozen peas	½ cup finely chopped parsley
½ pound prosciuttino (or any ham) cut into 3/8 inch slices	2 medium carrots – cut into 1 ½ by 1/8-inch julienne strips	2 garlic cloves minced
		1 head of red leaf lettuce (garnish)

Cook the tortellini in a large pot of boiling water until just tender, about 5 minutes for fresh, 10 to 15 minutes for frozen or dried. Drain into colander and rinse under cold running water until cool. Let drain for 5 to 10 minutes. Place in a large bowl and toss with ¼ cup of the oil (this is all the oil that I use). Cover and refrigerate.

Cut the prosciuttino and smoked turkey into 3/8 inch slices, add to tortellini. Add peas, carrots and red pepper, cover and refrigerate until about 30 minutes before serving. Shortly before serving whisk together, parsley, garlic and remaining ½ cup of oil and pour over salad and toss well to coat. (I just add everything at once, cover and put in refrigerator – the longer it sits the better it is)

Arrange the lettuce leaves around the edge of a serving bowl or on individual plates and fill with the tortellini salad

Serves 6 (usually I double the recipe)

Rice

Wild Rice Casserole

(this is a side dish – see ENTREES under Wild Rice Casserole for the “hot dish” version)

1-cup wild rice	½ cup butter	½ cup slivered almonds or water chestnuts (I use the water chestnuts)
½ pound fresh mushrooms	3 cups chicken broth (or water and chicken bouillon cubes) – for vegetarian use vegetable stock	
3 tablespoon grated onion or minced green onions		

Wash wild rice under running water (using a small sieve) or wash 3 or 4 times in a bowl of water, lifting the rice out of water. Wash and slice mushrooms. Brown rice in butter with remaining ingredients (except broth). Turn into casserole; add broth. Cover and bake in 325 oven until rice is tender (about 1 hour – usually takes longer). Can use part wild rice, natural brown rice or white rice as desired)

Serves 6 – 8

(Byerly Foods Recipe)

Salad Dressings

Chart House Bleu Cheese Dressing

Place in a mixing bowl	½ teaspoon black pepper	1 teaspoon Worcestershire sauce
¾ cup sour cream	Scant ½ teaspoon salt	Blend 2 minutes at low speed
½ teaspoon dry mustard	Scant 1/3-teaspoon garlic powder	

Add

1 1/3 cup mayonnaise

Blend ½ minute at low speed, then blend 2 minutes at high speed.

Crumble

4 ounces imported Danish blue cheese by hand into very small pieces and add (substitute Stilton, or Gorgonzola – yummy)

Blend at low speed for no longer than 4 minutes – (for bigger hunks of cheese blend for less time or none at all)

Must sit 24 hours – refrigerated before using.

Makes approximately 2 ½ cups

Chart House Thousand Island Dressing

Blend by hand or at lowest speed on the mixer	Add to following, ALL FINELY CHOPPED, and blend just enough to mix:	½ bell pepper
1-quart whole egg mayonnaise (DO NOT SUBSTITUTE)	1 medium red onion	2 ½ sprigs parsley
1-cup catsup	4 stalks celery	2 teaspoons pimento or canned red peppers
	4 sweet pickles	2 hard-boiled eggs

Mimosa French Dressing - one of my favorites — see [Mimosa Salade with French Dressing](#) (p. 91)

Poppy Seed Dressing

1 ½ cups sugar	3 tablespoons onion juice	2 tablespoon poppy seeds
2/3 cup vinegar	2 teaspoon salt	
2 teaspoon dry mustard	2 cup salad oil	

Mix first five ingredients and add oil slowly, beating constantly. Stir in seeds last. Can be mixed in blender or with electric mixer

(Fruit salad – 3 grapefruit- sectioned, 3 navel oranges – sectioned, 3 avocado – can put sliced radishes on top)

(YUWO Gourmet Luncheon February 7, 1980)

Salads

Blue Cheese Salad with Spicy Pecans

This salad pairs perfectly with pear slices, fresh raspberries, or avocado slices. Prep time: 10 minutes

½ cup olive oil
3 tablespoons raspberry vinegar
1 shallot, minced

¼ teaspoon salt
1/8-teaspoon white pepper

Whisk together these ingredients – I didn't read the recipe the first time and just put the shallot into the salad – very good too

2 large heads of Bibb (Boston) lettuce, torn

4 ounces of blue cheese, crumbled (I used Gorgonzola – yummy)

2 green onions, thinly slices
2 cups spicy pecans (see below)

Place lettuce in a large bowl. Sprinkle with cheese, green onions, and spicy pecans. Drizzle with vinaigrette and toss gently to coat.

Makes 8 servings.

Spicy Pecans

1/3-cup sugar
¼ cup butter
¼ cup orange juice
1 ¼ teaspoon salt

1 ¼ teaspoon cinnamon
¼ to ½ teaspoon ground red pepper
(I used closer to ½ and it was not too hot so ½ would be OK)

¼ teaspoon mace
1 pound pecan halves (about 4 cups)

Stir together first 7 ingredients in a heavy skillet over medium heat, stirring until butter melts a sugar dissolves. Remove skillet from heat; add nuts, and toss to coat.

Place pecan mixture in a single layer in an aluminum foil-lined jellyroll pan (cookie sheet with sides) – (There was a lot of liquid left – I put about half of it in the pan with the pecans – feared pecans would be braised rather than crisp, but next time will try the whole amount – key is to keep stirring them to recoat – I also put the oven to about 275 for the hour)

Bake at 250 for 1 hour, stirring every 15 minutes. Cool in pan on wire rack, separating pecans with a fork (I find that if you get them off their position on the foil by stirring until they are slightly cool then they are easy to dry – they tend to adhere to the foil very quickly as they cool if they have not been moved about.) Store in airtight container, or freeze up to 1 month.

Makes about 4 cups.

(Cooking Light, December 2002)

Cucumbers in Sour Cream

3 cucumbers peeled and thinly slice (pickle cucumbers are very firm)
3 tablespoon finely chopped onion (I use chives),

1/8-teaspoon pepper
1 ½ teaspoon salt
1 cup sour cream,

2 tablespoon lemon juice
Combine and refrigerate until ready to serve

Curried Chicken and Grape Salad

3 cups diced cooked chicken (or as much as you want)	2 tablespoons lemon juice	1 ½ teaspoon curry powder
1 ½ cup thinly sliced celery	1 ¼ teaspoon salt	6 tablespoons mayonnaise
1 cup green seedless grapes	¼ teaspoon black pepper	3 tablespoons slivered almonds, toasted

Mix together spices, mayonnaise and lemon juice to make dressing. Combine chicken, celery and grapes. Toss lightly with dressing and sprinkle almonds on top. Chill (I serve on a lettuce leaf – can line a bowl with lettuce leaves and put salad in middle, garnish with tomato roses).

Serves 4 – 6

(Lois Sibert)

Granny's Banana Salad

One serving

Cover a dessert sized plate with lettuce leaves. Peel a banana and cut in half lengthwise – lay on top of the lettuce leaves in the center of the plate so each slice curves outward)(. Hard boil an egg – peel and cut in half – put each half between the two ends of the bananas, sprinkle egg with a little cayenne pepper (anything red). Place two whole halves of a peach along the curve of one banana (fill peach with cottage cheese), and two whole halves of a pear along the curve of the other banana (fill pears with cheese). Toss some mayonnaise with cream or milk and drizzle over banana's, sprinkle with coarsely chopped nuts (can use walnuts, pecans etc – I toast them)

Italian House Salad

1/3 cup shredded Parmesan cheese	1 teaspoon Italian seasoning	¼ teaspoon pepper
2/3 cup vegetable oil	1 teaspoon dried parsley	1/8 teaspoon salt
1/3 cup red wine vinegar	¼ teaspoon garlic powder	

Whisk together these first 8 ingredients.

1 large head Red Leaf lettuce, torn	1 (6 ounce) can pitted ripe olives, drained	1 small red onion, thinly slices
1 (14 ounce) can artichoke heart quarters, drained	4 plum tomatoes, coarsely chopped	½ pound provolone cheese, shredded

Place lettuce and next 5 ingredients in a large bowl. Drizzle with vinaigrette, and toss gently to coat.

Makes 6 servings

(Cooking Light, December 2002)

Karen's Fruit Salad

Pineapple, 11 oz can chunks (save juice) – use fresh	Green grapes	little marshmallows (add at end)
mandarin orange slices, 11 oz can drained	Purple grapes	Banana slices (add at end)
	Maraschino cherries – cut in half	

2-cup pineapple juice (add water to get to 2 cups) put in a saucepan – add 2 –3 tablespoon flour, 1 egg, about ½ cup sugar – cook stirring constantly until thick

Mrs. A's Bean Salad

Serves 8 (small)

Combine

16 oz can black beans, rinsed and drained

4 oz Monterey Jack cheese, 1/4" cubes

8 oz can whole kernel corn, drained

3/4 c. sliced green onions

3/4 c. thinly sliced celery

1 small red bell pepper, diced

Combine

3/4 c. picante sauce (can use mild or med – your taste)_

1 TBSP olive oil

2 TBSP lemon juice

1-teaspoon ground cumin

1 clove garlic, minced (more if you like)

Toss sauce and vegetables together - better if made ahead and refrigerate overnight (I leave the cheese out and put in just before serving)

Mimosa Salade with French Dressing

1 large head Boston lettuce

1 bunch trimmed watercress

1 large head Romaine lettuce

2 hardboiled eggs (chopped)

1 head escarole

1 tablespoon parsley (chopped)

Wash greens well. Remove hard or discolored pieces and dry. Place in a large covered bowl or plastic bag and refrigerate.

Dressing:

2 cups vegetable or salad oil (I use olive oil)

1/3 cup wine vinegar (usually I use white wine vinegar)

1 medium onion (chopped)

2 cloves garlic (or more chopped)

1 heaping tablespoon horse radish mustard

1 teaspoon salt

1.2 teaspoon ground pepper, sometimes I use cracked black

Mix ingredients in a blender for 5 seconds on high speed. Chill.

Note: this makes about 2 cups – way too much dressing for this salad. I make this and keep it in the refrigerator. I usually don't blend it – just chop the onion and mince the garlic then shake in the container that I use to store it in. Keeps very well – with olive oil tends to harden when cold, just let it sit out for about 10 minutes then shake – better as ages and flavors blend.

Toss dressing with greens. Sprinkle top with chopped eggs and parsley.

Serves 12 – 14.

(YUWO Gourmet Lunch Morse College Master's Home « Italian Fare » 1977)

Orange and Avocado Salad

Can be made 3 days ahead of time (except for avocado). Serves 12 - 16

Dressing: (keeps well, good for soaking bread)

1/4 c. white vinegar

2 teaspoons grated orange peel (fresh)

1/2 c. orange juice (fresh)

2 tablespoons lemon juice

1/4 c. white sugar

1/2-teaspoon dry mustard

1/2 tsp. salt (I use less)

1 cup olive oil (I use more than 1/2 corn oil)

Salad

Combine (and toss, optional)

3 large seedless oranges - sliced and peeled (pick the seeds out)

2 large avocados - diced - but I like them thinly sliced lengthwise

2 sweet onions - sliced into thin rings (I use one Vidalia and one red for colour - serve tic tacs)

1 head Romaine lettuce

1 head Boston lettuce

1 head iceberg lettuce (if I only use two heads of lettuce I leave this type out, but make the rest of the recipe as is.

Sometimes even if I use three and am going to serve it right away I use the red leaf for colour. Iceberg holds up if you have to make it first and keep it for a while or if it is really hot out)

Combine dressing and salad just before serving - toss.

(YUWO Gourmet Luncheon, October 10, 1974)

Potato Salad (Bert's)

1 1/2 pound unpared new potatoes

3/4 cup vegetable oil

1/4 cup prepared mustard

2 tablespoon vinegar

1/2 pound leaf spinach, washed and dried

1/2 cup chopped celery

1 medium size onion, chopped

Hard cooked egg halves (fancy - devil them)

Cook potatoes until tender - about 25 minutes, drain. While potatoes are cooking, beat oil, mustard and vinegar in a large bowl for dressing (makes enough for two). Arrange spinach in serving bowl. When potato cool enough slice and then toss with dressing in bowl. Stir in celery and onion. Spoon potatoes into center of spinach leaves in bowl. Garnish with eggs. Toss well before serving.

Serves 8.

Potato Salad (Hot) (very good)

Sauté until tender:

1 cup chopped onion

1/4 cup chopped pepper

2 pimentos, chopped

1 tablespoon butter

Mix all ingredients together, including above cooked mixture. Heat until cheese has melted.

4 cups diced cooked potatoes

1 tablespoon chopped parsley

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup mayonnaise

1/2 teaspoon mustard

1 cup diced American cheese

(Cindy)

Sesame Seed Salad (very good)

Toast sesame seeds, let cool before adding to lettuce

Lettuce - iceberg

Grated cheddar cheese

Good Seasons Italian dressing

Mix all together in quantities that you like

(Bert - May 1975 from Karen ?????)

Seven Layer Salad (very good)

Break up 1/3 – 1/2 head of iceberg lettuce on the bottom of a large bowl (I use 1/2 to 3/4)

Make layers of the following on top of the lettuce:

1/3 – 1/2 big bag of frozen peas (I like to use the tiny peas – can use a whole small bag)

1 red onion, thinly sliced

1 green pepper, thinly sliced

3 good size carrots, grated

Cheddar cheese, grated (as much as you like)

Peanuts, unsalted

Golden raisins

Dressing

8 – 10 pieces of bacon, crisped, drained and broken into pieces, sprinkle over top of dressing

Dressing: 3/4 – 1 cup Miracle whip, sugar to taste and 3 tablespoons of milk to thin the miracle whip to the consistency of Elmer's glue

Cover and refrigerate over night

I sprinkle the bacon bits on just before I serve so they do not get soggy. You need a fairly large bowl for this and the amounts really depend on your likes – can leave one of the layers out if you don't like it or can substitute layers. It is the one time I use Miracle Whip dressing – it doesn't taste the same if you use mayonnaise.

Makes a lot.

Spinach Salad

10 oz. fresh spinach, trimmed, washed and dried well

1/2 cup bacon, cooked and in pieces

1 cup sliced green onions

1 pint mushrooms, thinly sliced

Dressing ingredients

1/4 cup lemon juice

1/2 cup olive oil

1 1/2 teaspoon salt

1/4 teaspoon pepper

2 cloves garlic, finely chopped – I put through a mincer

1/4 teaspoon dry mustard

1/4 teaspoon Tabasco sauce

2 egg yolks

Place spinach, bacon bits, green onion and mushrooms in salad bowl. (I make all the stuff way ahead and put each in a separate baggie so when dinner is ready all I have to do is dump) Combine dressing ingredients and blend well – I put in a Tupperware salad mixer thing and shake well, put in refrigerator earlier in the day to allow flavors to blend. When ready to serve toss all together – makes a lot of dressing – do not need it all.

Serves 6 – 8

(Vicki Shepard April 1975)

Spinach Salad with Pears, Almonds and Cranberries

2 Tbsp red wine vinegar	2 tsp minced shallot	1 large ripe, red pear, cored and thinly sliced into 12 pieces
2 Tbsp water	¼ tsp table salt	6 Tbsp chopped unsalted, dry-roasted almonds
2 Tbsp olive oil	¼ tsp freshly ground black pepper	¼ cup dried cranberries
2 tsp coarse ground mustard	6 oz. fresh baby spinach leaves (about 8 cups)	
2 tsp maple syrup (Calls for pancake syrup but nooooo)		

In a small bowl, whisk together vinegar, water, oil, mustard, syrup, shallot, salt and pepper until blended; pour ¼ cup dressing into a large bowl. Add spinach and toss until coated. Arrange 2 cups of dressed spinach on each of 4 salad plates. Top with 3 pear slices and sprinkles each with 1 ½ t tablespoons of almonds and 1 tablespoon off dried cranberries. Drizzles each salad with 1 tablespoon of remaining dressing and serve. (I just put all in a bowl and toss – careful not to add too much dressing)

Yield: 4 servings

(Weight Watcher's weekly November 10, 2010)

Tex-Mex Cobb Salad

¼ fresh lime juice	¼ teaspoons coarsely ground black pepper	12 ounces left over skinless turkey (2 cups – Val uses chicken)
2 tablespoons chopped fresh cilantro (I would use parsley)	1 medium head romaine lettuce trimmed and leaves cut into ½ inch wide strips	1 can (15 – 19 oz.) black beans, rinsed and drained
4 teaspoons olive oil	1 pint cherry tomatoes cut into quarters	2 small cucumbers peeled, seeded and sliced ½" thick
1 teaspoon sugar		Canned corn
¼ teaspoon ground cumin		
¼ teaspoon salt		

Prepare dressing in a small bowl with a wire whisk. Combine lime juice, cilantro, olive oil, sugar, cumin, salt and pepper. Place lettuce in a large serving bowl; arrange tomatoes, turkey, black beans and cucs in rows over lettuce to cover. Just before serving, toss the salad with the dressing and add canned corn.

(Valerie Klutch, October 2007)

Tuna Salad

1-cup macaroni rings- small rings (Prinz) 1-7 ounce can solid tuna, water packed and drained

Dice a small onion	1 tablespoon lemon juice
8-ounce can of tiny peas (Le Soeur)	salt and pepper to taste

Mix all this with mayonnaise (about 1/3 to ½ cup). Can also add chopped stuffed olives (I never did)

Chill and serve on lettuce leaves. Can also stuff pita's, croissants etc with this filling.

(Bert, May 1975)

Triple Bean Salad

15 1/2 ounce can French style green beans	3/4 cup sugar	1 teaspoon celery salt
15 1/2 oz can yellow wax beans	1 Bermuda onion, sliced (I use red)	1/2 teaspoon msg (LEAVE OUT)
15 1/2 ounce red kidney beans	1/4 cup diced green pepper (just throw in how much you like)	1/2 teaspoon salt
3/4 cup cider vinegar	1-tablespoon soy sauce	1/2 teaspoon black pepper
		1/4 cup salad oil

(Bert also adds Garbanzo beans, drained – four bean salad)

Combine all ingredients, except salad oil. Cover and refrigerate overnight. Just before serving drain well and toss with salad oil. (Bert drains liquid from the beans and then rinses the beans under cold water, combines everything in a bowl and leaves in refrigerator)

Serves 8 – 10

(Bert, May 1975)

Sandwiches

Cheese Tuna Muffins

1 can tuna drained and flaked	1/2-cup mayonnaise	1/4 teaspoon Worcestershire sauce
1 cup finely shredded Swiss cheese (I use whatever I have – often cheddar)	1 tablespoon lemon juice	1/8 teaspoon Tabasco

Mix all but 1/4 cup cheese. Lightly toast 6 whole English muffins (use only 3). Spread mixture over and broil (sprinkle cheese over) about 2-3 minutes or until cheese is melted and bubbly.

(Bert April 1979)

Rainbow Pizzaburgers

1 large loaf of French bread	1 1/2 teaspoon oregano	1-teaspoon salt
1-pound lean ground beef	1/4 teaspoon garlic salt (can use garlic powder)	2 tomatoes, peeled, thinly sliced
dash pepper		4 slices sharp processed cheese –
1/3 cup finely chopped onion	15 1/2 ounce can tomato sauce	Mozzarella

Cut loaf in half, lengthwise. Combine meat, onion, garlic, salt, pepper, oregano and tomato sauce. Spread on each half of the loaf to the edges. Broil 4 – 5 inches from a flame for about 7 minutes or until the meat is cooked. Sprinkle the tomato slices with salt. Overlap tomato slices and cheese slices on top of meat. Broil 1 – 2 minutes longer.

(Granny)

Reuben

Swiss cheese, sliced	1000 Island dressing	Corned beef
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Sauerkraut, heated and well drained (I wash the canned stuff too – homemade use as is – seems to eliminate some gas!)

Pumpernickel bread – very dark

Layers are bread, cheese (double), 1000 island dressing, sauerkraut, beef, bread. Butter outside of bread on outside and put in heated frying pan until crust formed, turn over and do other side – serve – Yummy

Sauces

Hollandaise Sauce

1 teaspoon lemon juice
1 tablespoon cold water

¼ pound soft butter (I use hard cool
butter) cut in 4 – 6 equal pieces
4 egg yolks

Salt and pepper (white – I use black)
lemon juice

Combine lemon juice, water, salt & pepper, egg yolks and 1 piece of butter in the top of a double boiler (I just use a good pan and put it directly on the med low heat – just enough to melt the butter). Stir with a whisk constantly until butter melts, add second piece of butter, whisk until melts, add third piece of butter whisking constantly until melted, then add final piece and whisk until melted – sauce should thicken. Stir for 2 -3 minutes more until the emulsion has formed and the sauce is rich and creamy. Finish the sauce with a few drops of lemon juice and stir in. (I usually use about a tablespoon or more). I also add less than 1/8 teaspoon of cayenne pepper. Additional salt and pepper to taste. Sometimes if it gets too thick I add more lemon juice or water – taste to see which to add.

This keeps for an hour or so on a warming (low) surface. If at any time in the operation the mixture should curdle, beat in 1 – 2 tablespoons cold water (I either add ice to cold water or use water directly from the refrigerator) to rebind the emulsion

Soups

Flo McBrides Chicken Soup

Best is to let it sit a day before serving. Here is what I did – vary according to taste.

2 3 lb or so fryers (I use roasters) whole. Roast at 325 – 350 for 1 1/2 – 2 hours, sprinkled inside with salt, pepper and sage, stuffed with chunks of onion (2 medium), celery (2 stalks), orange (1 in eighths) and parsley. Tie up legs and smear on just a little butter (1 Tablespoon in all). Baste a few times after 3/4 hr with pan juices.

Make stock with bones and skin from both chickens, covered with water in deep pan and simmered slowly for a long time, say 6 hours – about 3 – 3 1/2 c. Then add 1 can chicken broth. Cut meat of one (eat one for dinner) or both (for a richer soup) in soup size pieces and refrigerate with these vegetables which have been sautéed briefly in 1 Tablespoon or less of butter. I add to sauté pan in this order so that the fast cooking ones will not get slushy:

Carrots (2+), celery (3+), onion (2+)

Zucchini (2+), yellow squash (1+), garlic (1 pressed)

Green pepper (1/2+), parsley

Green beans (1 cup), cut and cooked (i.e. leftovers) with garlic powder

Could also use any others you like – beets, eggplant, diced, broccoli, cabbage, chickpeas (caloric like you wouldn't believe). Don't leave out the celery, onion or zucchini.

Strain liquids, meat and vegetables into a big broiler proof pot. Add as desired:

Tomato paste (up to 1 can or tomatoes)

Salt and pepper

Oregano, 1+ teaspoon

Bay leaf

Marjoram, a pinch

Thyme, 1/4 + teaspoon

Wine (vermouth)

Sugar (a little 2+ teaspoons)

Garlic Powder (I would use real garlic sautéed in that process)

Sage, basil, 1/2+ teaspoon

Simmer briefly to blend and refrigerate over night, if possible. Fiddle with seasonings while letting sit around to get tasty. Reheat to boiling. Put slices or shreds of Swiss cheese (mozzarella or what ever you like) and broil.

Miscellaneous notes

Sometimes when I've a pretty good idea of how much each person wants, I put it in individual 2 cup soufflé dishes and broil – that way everyone has lovely browned cheese goody for himself.

Freezes fine and keeps a long time in the refrigerator.

If you like curry, this makes a great curried soup. I play down or omit the oregano, marjoram, thyme, wine and carrot. Keep the garlic and onion – could omit the zucchini and green pepper. Just sprinkle in curry in 2 – 3 stages (since its flavour develops with cooking) until it is to taste. Just before serving, add a handful of raisins or currants and rice (sort of dilutes the taste if you put too much in) if desired. Can omit the cheese and broiling and serve instead with condiments like shredded coconut, crumbled crisp bacon, chopped egg, chopped peanuts, raisins. Could be at the side too or have these things in bowls on the table.

Serves 4 – 6 (a lot more than that – especially if you use 2 chickens!)

Potage Parmentier (Vichyssoise)

3 cups peeled and coarsely chopped potatoes	4 cups thinly sliced leeks (white part plus 2 inches	of green) or 4 cups sliced onions (I never use onions)
1 teaspoon salt	freshly ground black pepper	½ cup heavy cream

2 quarts chicken stock, fresh or canned 3 tablespoons finely cut fresh chives or finely chopped fresh parsley (I use chives)

In a heavy 6 quart saucepan or a soup kettle, simmer the potatoes, leeks, chicken stock and salt, partially

covered for 40 – 50 minutes or until vegetables are tender. Puree in a food processor or force the soup through a food mill or sieve into a mixing bowl (you can tell how old the recipe is – now in 2016 I use an electric hand blender!), then pour back into the pan. Season the soup with salt and a few grindings of pepper, and stir in the cream. Before serving, return the soup to low heat and bring it to a simmer. Ladle the soup into a tureen or individual soup bowls. Serve garnished with fresh chives or fresh parsley.

Serves 6 – 8.

Vichyssoise – a cold version of potage Parmentier. To make force it through food mill or through a fine sieve, (use a hand blender), then back into the pan. BE SURE NOT TO MAKE THE MIXTURE TOO SMOOTH. Season and stir in 1 ½ cups heavy cream. Chill soup until very cold. Serve with finely cut fresh chives

(YUWO Luncheon Gourmet – November 5, 1981 at Calhoun College, Time-Life: the Cooking of Provincial France)

16 Bean Soup	Lentils	Yellow split peas
Speckled limas	China beans	Italian “fava” beans
Garbanzo beans	Barley	Green split peas
Large great Northerns	Pinto beans	Large white Lima beans
Whole green peas	Black –eyed peas	Baby lima beans
Navy beans	Red kidney beans	

I mixed equal portions of all these beans together – makes a lot – can package and give away a presents or looks pretty in glass jars. You can really mix any beans you want – illegal not to use 16 different kinds! Bean police will be knocking at your door.

Wash 1 ½ – 2 cups of bean mixture, cover with water, add some salt and soak for about 3 hours or overnight. Drain, put beans in 2 quarts of water, add:

1 ham hock (or ham bone – I like the ham bone remove bone before serving but leave little bits of ham in soup) – leave out for vegetarian recipe or add some meat soy near end

1 can 16 oz tomatoes – chopped	Salt to taste	¼ teaspoon dried basil, crushed
1 cup chopped onion (I just use the whole thing)	2-teaspoon chili powder (plus a little Tabasco, and can put some red ground pepper in)	1 bay leaf
1-cup celery		Juice of 1 lemon

Simmer for 2 – 4 hours.

Can serve with rice (in or on top)

Moroccan-Spiced Butternut Squash Bisque

NOTE: Choose butternut squash that feel heavy for its size and don't have any punctures or brown patches. The stem should be firm and deep brown, and if it's intact, the squash will keep for longer. Avoid ones with green spots or streaks, which mean the squash hasn't completely ripened.

¾ tsp Coconut oil	1 tsp minced garlic	8 cups cubed butternut squash
2 cup(s) diced onion	1 TBSP ground coriander	4 cups fat free chicken broth (could use vegetable broth to make it vegan)
3 cups diced carrots	2 tsp ground cumin	1 TBSP orange juice
1 tsp table salt	1 tsp ground cinnamon	2 TBSP chopped chives
1 TBSP minced ginger	Pinch of cayenne pepper	

I just add more of the spices after tasting to my liking and I usually make double the recipe and freeze it in 1-1/2 cup sizes. Freezes very well.

Heat oil in a large soup pot (or Dutch oven) over medium heat. Add onion, carrot, and salt; cook, stirring frequently, until vegetables are softened, 10 minutes.

2

Add ginger, garlic, coriander, cumin, cinnamon, and cayenne; cook, stirring constantly, 1 minute. Add squash and broth to pot; increase heat to high, and bring to a boil. Reduce heat to medium-low; simmer, uncovered, until squash is extremely soft, 30-35 minutes.

3

Puree soup in pot using an immersion blender (or puree in batches in a regular blender); stir in orange juice and garnish with chives.

4

Serving size: 1 cup Serves: 8

(Weight Watchers)

Soupe a l'oignon

Serves 6-8

6 small onions, sliced very thin (this is a guide if you want it thicker use more or thinner use less – I

usually use approximately six, never less usually more and med. to big size)

2 Tbsp. butter

1 tsp. Flour

6 c. beef broth or chicken broth (4-5 tins of 10oz each) For vegetarian version use vegetable broth – but make sure that it is very rich

1/2 c. dry white wine, Chablis type – I use what I have and use the tilt method to measure (two tilts) if not enough add more

Salt and freshly ground pepper to taste

slices of French bread, day old (the very best is to use a heavy peasant bread like the kind that I make and then it doesn't have to be a day old – the day old is to give it body)

3 Tbsp. grated Swiss cheese – I don't use Swiss – I use what I like and usually a mixture (I never use any

cheddar but all other types are open season- you want something that will melt – parmesan can be used in the mixture but not as the only cheese)

Decided to rewrite the recipe –

Toast the bread on both sides – what I do is rub a very thin coating of olive oil over both sides and put on a cookie sheet in an oven – at whatever temperature you like to toast things at and don't have to call the fire department in 3 seconds. Make sure to turn the toast over and do the other side – Meanwhile peel several cloves (easier to use if on the larger size) of garlic and half each clove so that you have a flat surface. As soon as the fire is out or the bread is toasted whichever comes first – rub the flat side of the garlic over the toasted bread – rub as much or as little as you want on – uses up the garlic very quickly. (If you get to the point where you can't rub any more – put the garlic ends into the soup but pull them out before serving – easier said than done)

Recipe doesn't say but I start with the soup pot.

Lightly brown the onions in butter. Sprinkle with the flour and continue to cook. Add the broth, wine, salt and pepper (I never add this until the end often the salt in the broth is enough, you can crank the pepper in here if you like – then I taste and adjust) to taste. Simmer soup for 10-15 min. (In about ½ to ¾ hour after this I taste and add the salt and always add pepper and/or more wine)

This soup will keep for a short time – just turn it off.

The recipe says to put the bread into the tureen or bowls then pour the soup over but this is what I do. I

put soup into a soup tureen or into individual soup/casserole bowls, then float the bread on top (it gets soggy fast enough). Sprinkle with the cheese or cheese mixture, put under broiler to melt and brown the cheese. Serve very hot. This is really good – very filling (probably because I use so many onions and the heavy bread). Can almost be a meal in itself – with a salad would be.

Call for any further clarification.

Cream of Tomato Soup

1 lb can of diced tomatoes (about 2 pounds of plum (10)	½ teaspoon salt	2 ½ tablespoon flour
onion, chopped (as much as you want)	2 teaspoons sugar	¾ cup milk
	Scant ½ teaspoon baking soda	Minced garlic if you want

Sauté onions in butter (1 tablespoon or more) – optional. Add butter (1 tablespoon– do not use if sautéed onions, I also sauté garlic if you used it then I add chopped, peeled plum tomatoes and sauté for a bit) sugar, salt to tomatoes in saucepan. Heat. Add baking soda. Mix flour and milk until smooth. Add to tomatoes and cook until thick. .

(Bert October, 1976)

Three Cottage Living Soups (all delicious and quick)

Chicken Soup with Buttermilk Dumplings

1 tablespoon olive oil	½ cup heavy cream	5 –large – I just use the can
7 small boneless, skinless chicken thighs (about 3 oz	5 cups low-sodium chicken broth	All-purpose flour for dusting the biscuits
2 tablespoons butter	2 tablespoons cornstarch	1 tablespoon fresh lemon juice, or to taste
each) – I use a couple of packages 10 – 12	Sea salt, to taste	¾ cup chopped fresh chives or parley (I use chives)
1 large onion, chopped	Freshly ground pepper, to taste	
2 celery ribs, chopped	2 teaspoons chopped fresh thyme	
2 carrots. sliced (as many as you like)	1 (10.2 ounce) can refrigerated buttermilk biscuits	
	or ½ teaspoon dried thyme	

Heat olive oil in a large pot over medium-high heat. Cook chicken thighs 6 minutes of each side or until lightly browned. (Chicken may not completely cook through but will finish cooking when returned to broth.) Transfer chicken to a cutting board; cut into bite-size pieces, and set aside.

Melt butter in pot over medium heat (I use the same pot). Add onion, celery and carrot and sauté 3 minutes. Stir in broth, salt, pepper and thyme. Bring to a boil, reduce heat and simmer, covered for 5 minutes.

Whisk together cream and cornstarch in a small bowl. Stir into simmering broth.

Cut each biscuit into quarters, and dredge pieces in flour, shaking off excess. Add biscuits to broth and cook partially covered, 3 minutes on each side or until biscuits are firm to the touch (Biscuits will continue to cook.)

Add chicken (and any juices on plate), lemon juice and chives to broth; simmer until chicken is heated through. Season with additional sea salt and pepper, if desired.

Makes: 4-6 servings (about 9 cups)

Prep: 15 minutes, Cook: 30 minutes

Salmon & Corn Chowder

3 tablespoons butter	1 large onion, chopped
¼ teaspoon paprika (or to taste)	sea salt to taste, I use Kosher

3 medium red potatoes (1 pound) cut into ½ inch cubes, leave skins on potatoes (I bought one of those square plastic tubs of the little red potatoes and used the whole thing)

4 salmon fillets (about 1 ½ pounds) skinned and cut into 2 inch pieces (I used a little more). You can use any firm-fleshed fish such as cod, scrod or halibut.

3 tablespoons all-purpose flour	2 cups fresh or frozen corn kernels (I used	1 cup heavy cream
freshly ground pepper to taste	1 - 2 tablespoons chopped fresh dill	1 - 2 tablespoons chopped fresh parsley
4 cups low-sodium chicken broth	frozen – the fancy small type – thawed)	Fresh lemon juice, to taste

Melt butter in a large saucepan over medium heat. Add onion and potato and cook, stirring often, 5 minutes. Add flour, and cook, stirring constantly, 1 minute. Add broth, and bring to a boil; reduce heat, and simmer, covered, 5 minutes or just until potato is tender.

Stir in corn, cream, paprika, salt and pepper, return to a simmer stirring occasionally. Add salmon, and simmer 4 minutes or just until fish flakes. Add lemon juice and fresh herbs; season with additional salt and pepper if desired.

Makes: 4 servings (7 ½ cups). Prep: 10 minutes. Cook: 15 minutes (a tad longer if you use more potatoes and salmon)

Tortellini and Tomato Soup with Rosemary

3 tablespoons olive oil	3 cups chopped fresh spinach leaves or 1 10-ounce	2 teaspoons chopped fresh rosemary
12 ounces fresh meat or cheese filled tortellini or	1 (14 ½ -ounce) can diced tomatoes, drained	sea salt to taste
1 large onion, chopped	package frozen leaf spinach, thawed &	or ½ teaspoon crumbled dry rosemary
9 ounces fresh ravioli (I use a lot more 3X)	6 cups low-sodium chicken broth drained (I use 3 pkgs fresh baby spinach)	freshly ground pepper to taste
3 garlic cloves, minced		Topping: prepared pesto or freshly grated parmesan cheese

Heat olive oil in a large pot over medium heat. Add onion and garlic and sauté 5 minutes or until softened. Add tomato, and cook 1 minute. Stir in broth and rosemary, and bring to a boil, reduce heat, and simmer, covered 5 minutes. Add pasta, stirring to blend and simmer 5 to 6 minutes more.

Add spinach, salt and pepper. Simmer, stirring often, 3 minutes or until spinach is wilted and pasta is just tender. Ladle soup into bowls and sprinkle with cheese or stir in a spoonful of pesto.

Makes: 4 to 6 servings (about 9 cups)

Prep: 10 minutes Cook: 20 minutes

Vegetables

Brussel Sprouts, Carrots & Capers

2 lb Brussel sprouts (I just use four of the large containers), trimmed and cut in half

1 ½ cup carrots, cut on the diagonal (I use carrots that you have to peel – apparently according to chefs the

baby peeled carrots have no taste when cooked!)

¼ cup olive oil

1 tablespoon butter

½ cup well drained capers

1 tablespoon chopped flat parsley (I often forget this – I chop it and the discover it after dinner is over)

¼ teaspoon salt, or to taste

¼ teaspoon pepper, or to taste – I use the cracked black pepper

Combine 3 tablespoon olive oil, Brussel sprouts and carrots in a roasting pan, toss to coat vegetables. Roast at 450 for 15 minutes, stir occasionally. Heat 1 tablespoon olive oil and the butter until butter melts over medium heat. Add capers and fry for 3 minutes or until brown and crisp. Combine with vegetables; add salt and pepper to taste, sprinkle with parsley and serve

(Very good, easy and fast)

Alan Hagyard's Squash/Red Pepper/Corn Gratin

Sauce

1 ½ cups whole milk (hot)	white (3 oz.)	2 ½ tablespoon flour
¾ cup shredded cheddar cheese extra sharp	2 ½ tablespoon butter	¼ teaspoon+ Hot pepper sauce

Melt butter, whisk in flour (about 1 min). Whisk in hot milk until just boils and is thickened and smooth (Make a white sauce!). Remove from heat; add cheese and hot pepper sauce. Whisk until cheese melts. Add salt and pepper to taste (and hot pepper sauce).

Prepare baking dish – 77 square inches (11x7x2 glass) (butter sides and bottom)

Vegetables

1 lb. yellow squash, sliced – ¼ inch slices	1 ¼ cups onion, diced	Garlic clove (or two), minced
1 lb. zucchini, sliced – ¼ inch slices	1 red bell pepper, diced (1 cup min)	1 tablespoon butter
	1 cup frozen corn, thawed	Rosemary

Heat ½ tablespoon olive oil in a large non stick skillet. Add half of yellow squash and half of zucchini. Sauté until crisp/tender (about 4 min). Transfer to a large bowl. Repeat with rest of squash. Heat 1 teaspoon olive oil; add onion, bell pepper, garlic. Sauté until pepper is tender (about 7 min). Stir in corn and rosemary. Transfer to bowl with squash, mix in cheese sauce. Transfer to prepared dish and dot with butter.

Topping

1 ½ cups fresh bread crumbs (crusty French bread – make in Cuisinart). Note: use only fresh bread crumbs

1/2 cup cheddar cheese extra sharp	1 ½ tablespoon butter white (2 oz.)
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Melt butter. Mix breadcrumbs, cheese and butter until crumbs are coated

Sprinkle crumbs over gratin. Bake @ 400 until heated through and crumbs are golden (about 35 minutes)

Very good.

(Alan brought this for Christmas Dinner, 2005 – Kate, Manuel, Bryan, Rebecca, Mum, Lib, Andrew, Gary, Alan, Chris, Eric and Charis)

(Bon Appetit, November 2005)

Cabbage with Caraway (goes with Irish Pub meatloaf and mashed potatoes and parsnips)	3 tablespoons vegetable oil or olive oil	Salt and pepper
	1 head green cabbage, quartered and thinly sliced	2 teaspoons caraway seed
		2 teaspoons sugar (WE DON'T USE – better without)

Heat the oil in large skillet over medium to medium-high heat. Season with the caraway seed, salt and pepper and cook for 15 minutes, turning the cabbage occasionally, until very tender. Sprinkle with sugar and turn to combine.

Serves 6-8	¼ cup brown sugar	3 cups sliced (I thinly slice on the bias) carrots, cooked and drained
Rachael Ray	2 tablespoon prepared mustard (I use Dijon)	1 tablespoon snipped parsley
Karen's Glazed Carrots (KT fav)	¼ teaspoon salt	
2 tablespoons butter or margarine (I use butter)		

Melt butter in skillet. Stir in brown sugar, mustard and salt. Add cooked carrots; heat, stirring constantly, till carrots are nicely glazed, about 5 minutes. Sprinkle with snipped parsley.

Serves 4

Glazed Carrots

1 pound carrots, approximately 7 medium, peeled and cut on the bias ¼ inch thick	1 ounce (2 tablespoons) unsalted butter Heavy pinch kosher salt 1 cup good quality ginger ale	½ teaspoon chili powder 1 tablespoon chopped fresh parsley leaves
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In a 12 inch sauté pan over medium heat, combine carrots, butter, salt and ginger ale. Cover and bring to a simmer. Once simmering, remove the lid, stir, and reduce the heat to low. Cover again and cook for 5 minutes. Remove lid, add the chili powder and increase heat to high. Cook tossing occasionally, until ginger ale is reduced to a glaze, approximately 4-5 minutes. Pour into a serving dish and sprinkle with the parsley. Serve immediately.

Serves 4

(Alton Brown, 2005)

Dill Tomatoes

½ cup dairy sour cream 1 teaspoon snipped fresh dill weed or ¼	¼ cup mayonnaise (or salad dressing – I use mayo) teaspoon dried	2 tablespoons finely chopped onion ¼ teaspoon salt 4 large firm, ripe tomatoes
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Combine first 5 ingredients; mix well (can be made a few days ahead and chill). Core tomatoes; cut in half crosswise. Season cut surfaces with salt and pepper; dot with butter (or margarine – I don't use this – if you need butter use butter!). Broil, cut side up, 3 inches from heat for about 5 minutes or until hot through (don't turn). Top with chilled sauce. Makes 8 servings.

(YUWO Gourmet Group November 5, 1981 at Calhoun College – Better Homes and Garden - Vegetable Cook Book)

Mashed Potatoes and Parsnips (goes with Irish Pub meatloaf and cabbage with caraway) 6 medium potatoes, peeled and cubed	Crushed garlic to your taste (cook with potatoes and parsnips) 4 medium parsnips, peeled and sliced 1-inch thick Salt 1 cup milk	4 tablespoons butter, cut into slices White pepper or finely ground black pepper, to taste Rachael adds shredded cheddar cheese and a little nutmeg
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Place the potatoes and parsnips in a pot, cover with water and bring to a boil. Salt the water and cook to tender.

Drain and mash the potatoes and parsnips with milk and butter. Season with salt and pepper, to taste.

Serves 8-10

Rachael Ray

Ratatouille

4 garlic cloves	3 sweet red peppers, such as bell	2 large heirloom or beefsteak
2 medium white onions	peppers, red cubanelle or any other	tomatoes
3 medium zucchini	sweet variety	2 small bay leaves, ripped in half
2 medium eggplant	3 sprigs fresh rosemary	1 ½ teaspoons fine sea salt, more as
	6 sprigs fresh thyme	needed
	1 cup olive oil, more as needed	Freshly ground black pepper

Heat oven to 350 degrees. Prepare the vegetables: Smash and peel 3 garlic cloves, reserving the 4th. Halve onions through their roots, and slice halves into ¼-inch-thick pieces. Slice zucchini into ¼-inch-thick rounds. Cut eggplant into 1-inch cubes or spears. Seed peppers, and cut them into ¼-inch-thick strips. Spread each vegetable on a separate rimmed baking sheet (use extra sheets as necessary). Add the 3 cloves of smashed garlic to the onion pan. Add 1 sprig rosemary and 2 sprigs thyme to each of the pepper, eggplant and zucchini pans. Sprinkle salt lightly over vegetables. Drizzle 3 tablespoons olive oil on each of the pans.

Place all the pans in the oven (or work in batches if they don't fit at once). Cook until vegetables are very tender and lightly browned at the edges. This will take about 35 to 40 minutes for the peppers (their skins should shrivel), 40 to 45 minutes for the eggplant and zucchini (the eggplant should crisp slightly and the zucchini should be well cooked, so let them go 3 to 5 minutes longer than you normally might), and 60 to 65 minutes for the onions. Don't worry about the vegetables being pretty; they will meld into the ratatouille. Shake or stir the pans every 15 to 20 minutes or so, especially the onions.

In the meantime, prepare the tomatoes: Bring a large pot of water to a boil. Add tomatoes and blanch until the skins split, about 10 seconds. Use a slotted spoon to quickly transfer the tomatoes to a bowl filled with ice water. Using a paring knife, peel the cooled tomatoes (the skins should slip right off). Halve tomatoes across their equators. Set a sieve over a bowl. Working over the bowl, use your fingers to seed the tomatoes, letting the seeds catch in the sieve and the juice run into the bowl. Discard seeds but save juices. Dice tomatoes and add to the reserved juices in bowl. Finely grate or mince remaining garlic clove. Add garlic to tomatoes along with bay leaves and a large pinch of salt. Set aside.

Once vegetables are done cooking, combine them on one baking sheet or a large shallow baking dish and add ingredients from tomato bowl. Toss well. Vegetables will be stacked, and that's O.K. Cover generously with olive oil, using remaining ¼ cup oil or more, and sprinkle with salt. Everything should have a good coat of oil, but should not be drowning in it. Cook at least 1 hour, stirring every 15 to 20 minutes, until vegetables are very tender and imbued with juices and oil. Add salt and pepper to taste, then serve warm, or let cool.

Serves: 8 to 10 servings

(Melissa Clark NY Times December 2025)

Sweet Potatoes with Apricots

5 cups freshly cooked pureed sweet potatoes

1 cup apricots, mashed with a fork

½ cup butter

½ cup light cream

4 eggs separated, at room temperature

1-teaspoon cinnamon

½ cup apricot brandy or brandy

½ teaspoon salt

Black pepper, freshly ground

2 tablespoon grated lemon peel

Blanched slivered almonds

3 tablespoons sugar

Place sweet potatoes in a large mixing bowl, add apricots, butter, cream, egg yolks, cinnamon, apricot brandy, salt, pepper and lemon peel. Thoroughly beat until mixture is smooth (recipe can be done ahead until this point). Spread mixture evenly into buttered 9 X 13 inch casserole (or other shallow casserole). Bake at 400 until heated throughout (about 20 – 30 minutes). About five minutes before the potatoes are done, beat egg whites until stiff, gradually add sugar beating until very stiff, spread meringue over potatoes. Sprinkle almonds on top (or not). Finish cooking.

Servings: a lot

Squash & Apple Bake

2 lbs. butternut squash

½ cup brown sugar, packed

¼ cup butter, melted

1 tablespoon flour

1 teaspoon salt

½ teaspoon mace

2 baking apples, cored and cut into ½ inch slices

Heat oven to 350. Cut squash in half (remove seeds, fiber and peel). Cut into ½ inch slices. Stir together remaining ingredients, except apple slices. Arrange squash in an ungreased baking dish, 11 ½ x 7 ½ x 1 ½. Top with apple slices (I often alternate slices of apple and squash). Sprinkle sugar mixture over top (it is too gooey to sprinkle – I spread as well as I can). Cover with foil or top, bake 50 – 60 minutes or until squash is tender. (Usually takes at least 15 minutes more)

Serves 6.

(Mary Collins, September 1977)

Beverages

Alcoholic

Classic French 75 Cocktail

Per cocktail	$\frac{3}{4}$ ounce fresh lemon juice (about $\frac{3}{4}$	Lemon peel, for garnish
1 $\frac{1}{2}$ ounces gin	medium lemon)	Simple syrup (yields enough for 5
(Ina Garten uses VS or VSOP	$\frac{3}{4}$ ounce simple syrup (recipe	cocktails, scale as necessary)
Cognac)	follows)	$\frac{1}{4}$ cup honey or sugar
	2 to 3 ounces chilled Champagne	$\frac{1}{4}$ cup water
	(enough to top the glass)	

To make the simple syrup: Combine the honey (or sugar) and water in a small saucepan. Warm over medium heat, whisking occasionally, just until the honey or sugar has disappeared into the water. Remove the pot from the heat and let it cool.

To make a cocktail (you can make multiple drinks at once): Fill a cocktail shaker with ice. Pour in the gin, lemon juice and simple syrup. Securely fasten the cap on the shaker and shake until well chilled, about 20 -30 seconds. Strain the liquid into Champagne glasses and top with Champagne.

Twist your lemon peel and hold it for a few seconds to retain the shape. Garnish your glass with the lemon twist, and enjoy this drink while it's cold!

(Kathryne Taylor 2017)

Strip & Go Naked

1 large can frozen pink lemonade	1 lemonade can vodka	lots of ice
1 lemonade can water	1 beer	

Really good Eggnog

(Saturday Review, December 1969)

Beat 12 egg yolks until light; beat in $\frac{1}{2}$ pound sugar until mixture is thick. Stir in 1 qt. Milk and a "fifth" of gold rum. Chill 3 hrs. Pour into a punch bowl. Fold in 1-quart heavy cream, stiffly whipped. Chill 1 hr., dust with nutmeg.

Serves 24

White Punch

Gallon of white wine	1 or 2 bottles club soda	Can also squeeze in 1 orange and 1
$\frac{1}{3}$ bottle triple sec	Lots of ice (I often make an ice ring	lime
	with cherries, flowers etc)	Orange and/or lime slices

Campari Punch

(Aug, 1975 Gourmet magazine)

12 oranges, squeezed (should equal 3
c. o.j.)

1¼ c. vodka
1/3 c. orange liqueur

¼ c. campari
Juice of 2 limes

Add ice, chill about 3 hrs.

I forget what this is called but it is good (Kir Royale)

1-tablespoon crème de cassis

top big wine glass with white wine
(Chablis or burgundy, champagne)

twist of lemon

White Sangria

2 large juice oranges, 1 cut into ½
inch thick slices, 1 juiced
1 large lemon, cut into ¼ inch thick
slices

¼ cup sugar
2 tablespoons Triple Sec

1 (750ml) bottle fruity white wine
(medium bodied), chilled (see note
below)
6 – 8 ice cubes

Add orange and lemon slices and sugar to large pitcher. Mash gently with a wooden spoon until sugar dissolves and fruit releases some juice but is not completely crushed, about 1 minute. Stir in orange juice, Triple Sec and wine; refrigerate for at least 2 and up to 8 hours. (I sometimes make the muddle 1 a day ahead and usually refrigerate for at least 6 hours – I found that double the fruit can last many bottles of wine!)

Before serving, add ice cubes and stir briskly to redistribute settle fruit and pulp, serve immediately. (I have never used ice cubes, I just keep adding chilled bottles of white wine to the punch bowl)

Note: The longer sangria sits before drinking, the more smooth and mellow it will taste. A full day is best, but if that's impossible, give it the minimum of 2 hours to sit. Use large, heavy juicy oranges and lemons for the best flavor.

Doubling or tripling the recipe is fine, but you'll have to switch to a large punch bowl in place of the pitcher. A Pinot Grigio or an un-oaked Chardonnay are the best choices for this recipe. I use a Spanish Roja – not an expensive one.

(Cook's Illustrated)

Non-alcoholic

Lemonade

2 ounces citric acid
1 ounce tartaric acid

2 tablespoon Epsom salts
5 pounds sugar

6 lemons
3 quarts boiling water

Juice and grate the rind of all lemons. Put all in a kettle, heat until sugar is dissolved. Store refrigerated. To make a quart – one ounce in a bottle with water (?), use ice (I remember making this and taking lemonade on picnics at Tadoussac – you will have to play with the strength of syrup vs. water and ice).

(Aunt Nan – Rob, John, Michael and Willie's mum)

Mrs. Polizzo's Sweet Iced Tea

Fill a saucepan $\frac{3}{4}$ full of water, 8 tea bags (Mrs. P uses Lipton decaf – very good, I use Lipton regular, can also use any of the herb teas – delicious), bring to a boil. Turn heat off and let steep. When you finally remember that you are making iced tea or in about 20 min.– remove bags and add $\frac{3}{4}$ cup sugar (If you forget for a while and the tea is cold I heat it up a little to dissolve the sugar, also you can use less sugar if you want it less sweet). Pour into a pitcher add ice, water to top of pitcher and lemon slices and mint. (Sometimes I just put the concentrated tea in a container in the refrigerator and it is ready to use when I need it.

Useful Information

Lamb

Rack: French rack – 450 for 20 min. reduce to 400 for 5 min. Internal temp = 120. Let sit for 5/10 min – temp will reach 130

Rubs: Rosemary, garlic, salt, pepper'

Saute parsley (1/4 c.), garlic (2 large cloves minced), then add $\frac{1}{4}$ cup dry bread crumbs toss. Brush each rack with Dijon mustard then spread bread mixture

Mustard, thyme, rosemary

Garlic, lemon, rosemary, thyme, salt, pepper – rub on – let stand for half an hour.

Mum lamb: Buy leg of lamb- any size (4 $\frac{1}{4}$ – 6 lb) – allow to sit in refrigerator about 1 week or more. Remove paper, take off muscle film (Minced clove garlic +, 2 tsp. marjoram, $\frac{3}{4}$ tsp. powdered mustard, 1 teaspoon salt, $\frac{1}{2}$ teaspoon paprika – mix in little bowl – add enough oil to make like a paste – not runny recipe says $\frac{1}{3}$ cup but probably not – put on lamb about 2 hours before cook). Cook 325 for 35 min per lb (ignore this time) (Mum does it for 1 1/2 hours – then let sit 20 min to $\frac{1}{2}$ hour – tent with foil – it will cook).

Mostly Meat: Marinates overnight or for several hours in wine etc. Uses 2 loin racks for 3 people- about 4 lb. Cook 35 – 40 min at 350

Substitutions

Buttermilk

1 tablespoon lemon juice (I use lemon juice) or white wine vinegar in 1 cup milk. Stir in and let stand for 5 minutes.

1 $\frac{3}{4}$ tablespoon cream of tartar into 1 cup milk, mix.

Use plain yogurt or sour cream.

Yeast

Types

Fresh Yeast: The original commercial yeast, known as fresh, compressed, or cake yeast is about 70 percent water by weight and is composed of 100 percent living cells. It is soft and crumbly and requires no proofing—fresh yeast will dissolve if it is simply rubbed into sugar or dropped into warm liquid. Owing to qualities associated with its strain, fresh yeast will produce the most carbon dioxide of all three types of yeasts during fermentation. Fresh yeast is considered fast, potent, and reliable, but it has a drawback: it is highly perishable and must be refrigerated and used before its expiry date.

Active Dry: Active dry yeasts arrive at their granular state by undergoing processes that reduce them to 95 percent dry matter. Traditional active dry yeast is exposed to heat so high that many of its cells are destroyed in the process. Because the spent outer cells encapsulate living centers, active dry yeast must first be dissolved in a relatively hot liquid (proofed) to slough off dead cells and reach the living centers.

Instant Yeasts: Also called "Instant," "Rapid Rise," or "Bread" instant yeasts are also processed to 95 percent dry matter, but are subjected to a gentler drying process than active dry. As a result, every dried particle is living, or active. This means the yeast can be mixed directly with recipe ingredients without first being dissolved in water or proofed. It is in this context that the yeast is characterized as "instant." We prefer instant yeast in the test kitchen. It combines the potency of fresh yeast with the convenience of active dry, and it is considered by some to have a cleaner flavor than active dry because it contains no dead cells. (In our months of testing, we found this to be true when we made a lean baguette dough but could detect no difference in flavor when using the two yeasts in doughs made with milk, sugar, and butter.)

Substitution Formula

To substitute active dry for instant (or rapid rise) yeast: Use 25 percent more active dry. For example, if the recipe calls for 1 teaspoon of instant yeast, use 1 1/4 teaspoons of active dry. And don't forget to "prove" the yeast, i.e. dissolving it in a portion of the water from the recipe, heated to 105 degrees.

To substitute instant (or rapid rise) yeast for active dry: Use about 25 percent less. For example if the recipe calls for 1 packet or 2 1/4 teaspoons of active dry yeast, use 1 3/4 teaspoons of instant yeast. And you do not need to prove the yeast, just add it to the dry ingredients.

To substitute fresh yeast for active dry yeast, use a ratio of roughly 2:1, i.e. use one small cake (0.6 ounce) of compressed fresh yeast in lieu of 1 packet (.25 ounces) of active dry yeast.

Note a packet of active dry or instant yeast contains about 2 1/4 teaspoons (.25 ounces) of yeast.

(America's Test Kitchen, September 1, 2004)

Cooked Chicken Breast

Heat oven to 300 degrees

Season with salt and pepper

Pound to same thickness

Sear 1-2 minutes on each side

Put in dish with 1/4 cup stock, cover and cook for 8 minutes. Let sit on stove for 8 minutes. (if thick 10 minutes)

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Cooked, eaten and laughed over.