

2014 EMPLOYEE  
COOKBOOK





# Freelin-Wade FORCE

Employee Cookbook ® 2014

Compiled Recipes 2012-2014

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# TABLE OF CONTENTS

|                             |     |
|-----------------------------|-----|
| APPETIZERS .....            | 05  |
| DRINKS .....                | 15  |
| MAIN DISHES .....           | 17  |
| SIDE DISHES .....           | 41  |
| SAUCES & SEASONINGS ...     | 61  |
| SOUPS .....                 | 67  |
| DESSERTS .....              | 77  |
| COOKIES .....               | 97  |
| RECIPE WINNERS .....        | 101 |
| TIP, GLOSSORY & TERMS ..... | 107 |

YOU DON'T  
HAVE TO COOK  
FANCY  
OR  
COMPLICATED  
MASTERPIECES  
JUST  
GOOD  
FOOD  
FROM FRESH  
INGREDIENTS

~ JULIA CHILD





*Appetizers*



## DOLLY'S MANGO-PINEAPPLE SALSA



SUBMITTED BY:  
DOLLY TONE

### INGREDIENTS

- 4-6 jalapeños minced
- 6 mangoes cubed into 1/2 inch chunks
- 1 can pineapple tidbits drained and cut in half
- Juice and zest of 2 limes
- 4 plum tomatoes seeded and small diced
- 1 medium red onion minced
- 1 bunch washed cilantro chopped fine
- Salt to taste

### DIRECTIONS

1. Mix all ingredients together

Excellent served with salmon or grilled chicken





## GORGONZOLA STUFFED MUSHROOMS

### INGREDIENTS

24 mushrooms washed or brushed clean, drained and dried

Juice from 1 lemon

4 oz Gorgonzola cheese

3 oz cream cheese

2 T butter

1 T grated onion

Worcestershire sauce



SUBMITTED BY:  
DOLLY TONE

### DIRECTIONS

1. Toss mushrooms with lemon juice.
2. Mix cheeses and butter together and season to taste with grated onion and Worcestershire.
3. Fill caps with mixture.



## DOLLY'S RED SALSA



SUBMITTED BY:

DOLLY TONE

## INGREDIENTS

- 15 large tomatoes diced
- 15 large jalapeños diced
- 2 32 oz cans tomato sauce
- 1 8 oz can tomato sauce
- 2 bunches cleaned cilantro
- 1 tsp garlic powder
- 2 T minced garlic
- 4 limes juiced
- 1 jumbo sweet onion diced small

## DIRECTIONS

1. Add tomatoes, onions, jalapenos, lime juice, cilantro, and garlic to food processor or blender and chop super fine.

You may have to process in batches depending on size of your processor.

2. Add salt to taste.





## MARINATED MUSHROOMS

### INGREDIENTS

- 2/3 cup olive oil
- 1/4 cup wine vinegar
- 1 tablespoon finely minced fresh basil or 1 teaspoon dried basil
- 1-2 cloves of garlic, finely minced
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1/4 cup finely chopped parsley
- 1 lb. mushrooms, clean and quartered



SUBMITTED BY:  
SUSAN BAKER

RECIPE FROM  
HORS D'OEUVRE  
ETC., BY CORALIE  
CASTLE AND BARBARA  
LAWRENCE

### DIRECTIONS

1. Combine all marinade ingredients
2. Shake well or blend until processed
3. Toss over cleaned mushrooms to coat well
4. Refrigerate 4-6 hours

I'd never eaten a fresh mushroom until I discovered them when I was in college. This is another of my favorite recipes for fresh mushrooms and they never last very long.

~ Susan



## CRAB-STUFFED MUSHROOMS



**SUBMITTED BY:**  
SUSAN BAKER

## INGREDIENTS

8 oz. cream cheese  
4 oz. crab meat  
4 tablespoons Parmesan cheese  
2 tablespoons olive oil  
1 tablespoon lemon juice  
2 tablespoons chopped parsley  
3 tablespoons bread crumbs  
1 ½ teaspoons shallots  
2 teaspoons Cognac  
1 teaspoon Dijon mustard  
1 teaspoon salt  
½ teaspoon black pepper  
1 tablespoon flour  
mushrooms, about 1 lb.  
extra parmesan to sprinkle on top  
butter

## DIRECTIONS

1. Soften cream cheese in mixer.
2. Add remaining ingredients and mix to blend.  
Do not over mix or the stuffing will not hold together.
3. Stuff mushrooms,
4. Top with a little parmesan cheese,
5. Bake in a pan or boat with a little butter at the bottom.





## VEGETABLE DIP

### INGREDIENTS

- 1 package of Knorr® vegetable soup
- 1 package of frozen chopped spinach, defrosted and squeezed
- 1 cup mayonnaise
- 1 pint sour cream
- 1 medium onion, finely chopped
- 1 can water chestnuts, finely chopped



SUBMITTED BY:  
SUSAN BAKER

### DIRECTIONS

1. Mix all ingredients
2. Serve with veggie dippers

Great with bread, crackers, or veggies





## JALAPENO POPPER SPREAD



**SUBMITTED BY:**  
JUDY BAKER

### INGREDIENTS

- 2 packages cream cheese, softened
- 1 cup sour cream
- 1 cup mozzarella cheese, shredded
- 4 med jalapeños, roasted, peeled, deseeded
- 1 package of bacon cooked crispy
- ½ cup Panko bread crumbs
- % cup seasoned bread crumbs
- % cup grated Parmesan cheese
- 1 bundle green onions, chopped
- 1 TBS minced garlic
- 2 TBS dry dill weed
- 1 tsp fine black pepper
- 2 TBS lemon juice
- 1-2 TBS chipotle Tabasco

### DIRECTIONS

1. Place jalapeños, 1/3 of the bacon, cream cheese and sour cream in food processor. Pulse on "chop" setting until well mixed.
2. Add in dill, garlic, black pepper, lemon juice, tobacco and continue until well mixed.
3. Place mixture in oven safe bowl and fold in mozzarella cheese, green onions and the remaining
- bacon (roughly chopped).
4. In separate bowl mix Panko, bread crumbs and Parmesan.
5. Fold in half the crumb mix into the spread then evenly place the remaining on top for a crust.
6. Bake at 350 until topping is golden.
7. Serve with crackers.



## COTTAGE CHEESE 'N SALSA DIP

### INGREDIENTS

- 1 Pint small curd sized 2% cottage cheese
- 1 Jar Reser's Baja Cafe Medium Salsa
- Tostitos® Scoops



SUBMITTED BY:  
THOMAS NOBLIT

### DIRECTIONS

This is flavor to taste - but here goes,

1. In a medium mixing bowl, take one small curd sized 2% cottage cheese container and empty into bowl.
2. Then with Reser's Baja Cafe Medium Salsa start table spooning into cottage cheese until the mix is the right mix for dipping you like.

This make take you a few try's to get it the way you like it. My favorite chips to use are the Tostitos® Scoops .

*It's great for football games and any gatherings.*

**Warning:** It looks horrible, but I promise once you try it you will wanna finish it off!



## EGG PLANT APPETIZER



## INGREDIENTS

6 (1/4" - thick) slices eggplant

1 tsp olive oil

6 (1/4" - thick) slices tomato

2 oz shredded part-skim mozzarella cheese

Basil Black pepper

SUBMITTED BY:

MICHELE HOWARD

## DIRECTIONS

1. Place eggplant in a single layer on a nonstick baking sheet.
2. Lightly brush slices with 1/2 tsp olive oil.
3. Broil until eggplant is browned.
4. Turn eggplant slices over, brush with remaining oil, and broil until lightly browned.
5. Top each eggplant slice with a tomato slice and broil for another minute.
6. Divide mozzarella cheese between the 6 slices, sprinkle with basil and pepper.
7. Broil until cheese is melted and golden brown.





## HOMEMADE KALUA



## INGREDIENTS

- 15 cups water
- 1 cup instant coffee granules
- 8 ½ cups sugar
- ½ teaspoon baking soda
- 4 ½ teaspoons vanilla extract
- 1/5 of Everclear Vodka
- ½ Pint Brandy
- ½ teaspoon nun extract

SUBMITTED BY:

JUDY BAKER

## DIRECTIONS

1. Mix water, instant coffee, sugar and baking soda in a large pot. Boil for 20 minutes stirring often.
2. Cool for 1 hour.
3. Add in the vanilla extract, vodka, brandy and rum extract.
4. Pour into bottles (makes 6 1/5's and 1 pint).

Let sit for at least a month





*Main Dish*



## DOLLY'S MEATBALLS



**SUBMITTED BY:**  
DOLLY TONE

## INGREDIENTS

- 1-1/2 lbs ground beef
- 1 lb ground chuck
- 1-1/2 lbs ground pork (not pork sausage)
- 1/2 tsp salt (optional)
- 2 tsp crushed garlic
- 1 tsp basil (dry)
- 1/2 tsp pepper
- 2 T fennel seeds
- 1/2 cup dry bread crumbs
- 2 eggs
- 3/4 cup Parmesan cheese (fine)

## DIRECTIONS

1. Mix all ingredients gently. Roll into 1 inch to 1-1/2" balls. Place in baking dish with enough room to be able to shake meatballs around in pan to turn.
2. Bake at 325 degrees for 25-35 minutes. Allow to cool. May be used in spaghetti or meatball subs. May also be frozen for other uses. Make approx 50-60 meatballs.



## DOLLY'S GREEN CHILI WITH PORK

### INGREDIENTS

- 3-4 lbs diced (1" cubes) lightly browned pork loin (pork chops may be used) trimmed off fat
- 2 cans diced jalapeños
- 2 cans diced green chilies
- 3 tsp crushed garlic
- 4 ripe tomatoes diced
- Oil to brown meat and 4-5 extra T oil to make roux for thickening
- 1 ½ - 2 qts cold water
- 4-6 T flour for roux
- Salt to taste



SUBMITTED BY:  
DOLLY TONE

### DIRECTIONS

1. After browning meat (lightly for tenderness) remove to a separate dish.
2. In same pan add extra oil and allow it to get hot.
3. Add flour.
4. Wisk well and keep a watchful eye on it stirring often until it is a nice medium brown.
5. Add chilies, tomatoes, and half of the water and stir well.
6. As it thickens you can decide whether to add extra water for desired thickness.
7. Add cooked meat and simmer stirring often for 25-30 minutes.



## DOLLY'S CHICKEN AND DUMPLINGS



**SUBMITTED BY:**

DOLLY TONE

### INGREDIENTS

Fresh chicken legs and thighs, skin removed and washed well

2 jumbo cans 99% fat free chicken broth (2 qts each)

1 lb of your favorite frozen veggies (mixed)

1 lg onion cut in half and sliced into ¼" slices

A double batch of Bisquick® dumpling recipe found on box

Milk for dumpling recipe

2 bay leaves

1 tsp dried thyme

1 tsp pepper

½ tsp granulated garlic

1 T dried parsley

### DIRECTIONS

1. Put onion and chicken in your largest pot.
2. Cover with canned chicken broth.
3. Add spices, stir, cover and bring to a boil.
4. Turn heat to medium and cook for 1 hr.
5. Add frozen veggies and bring back to a boil.
6. Drop dumplings by teaspoon full into boiling broth, cover and turn heat down to medium low.
7. Cook for 25-30 minutes

**Variations:** Add fresh or dried rosemary, parley, grated cheddar or Parmesan cheese to Bisquick® mix.



# FALL APART BBQ RIBS

DOLLY'S  
OR POULTRY

## INGREDIENTS

BBQ dry rub:

4 T paprika

1 T salt

2 T chili powder

2 T ground pepper

1 tsp cayenne pepper

1 T granulated garlic

Mix all dry rub spices in an airtight glass jar



SUBMITTED BY:

DOLLY TONE

## DIRECTIONS

1. 3 slabs pork spareribs - trim off as much fat as possible.
  2. Turn meat over exposing the skin type membrane.
  3. Using the tip of a paring knife placed just under the membrane and paper towel to grip the membrane, loosen the membrane and pull it off of meat.
  4. Wash ribs with cold water. Pat both sides dry.
  5. Stir dry rub again and sprinkle on both sides while massaging the rub into the meat.
  6. Place in shallow roasting pan, cover with foil and marinate overnight.
  7. Four hours before eating add 1 cup of water to ribs (try not to wash off rub).
  8. Preheat oven to 340 degrees. Cover meat and cook 3 hours.
  9. Remove from oven and remove juices from pan, discard.
  10. Add your favorite bottle BBQ sauce and cover.
  11. Cook 1 more hour.
- The secret to tenderness is removing the membrane.



## KAREN MCGRAW'S SPANAKOPITA



SUBMITTED BY:

DOLLY TONE

## INGREDIENTS

1 lb feta cheese

½ lb butter

3 pkg frozen chopped spinach thawed and squeezed dry

1 bunch green onions

6 eggs beaten

1 pkg phyllo dough thawed

½ cup oil

## DIRECTIONS

1. In a bowl mix green onions, spinach, cheese, oil and eggs.
2. Melt butter and layer phyllo sheets on a cookie sheet brushing each sheet of dough with melted butter.
3. After layering 6 sheets spread filling then add last 6 sheets of phyllo on top brushing each layer with melted butter.
4. Cut into squares
5. Bake at 350 degrees for 1 hour.



## LASAGNA

### INGREDIENTS

- 1 pint cottage cheese
- 1 lb ground beef
- 6 oz tomato paste
- 1 tsp salt
- ½ tsp oregano
- 8 oz Swiss cheese
- 2 cloves garlic
- 2 ½ cups canned tomatoes
- ¾ tsp pepper
- 8 oz cut lasagna noodles



SUBMITTED BY:  
CATHY JOHNSON

### DIRECTIONS

1. Cook noodles in boiling water until tender.
2. While noodles are cooking brown beef and garlic in a pan and drain juice.
3. Add tomato paste, canned tomatoes, salt and pepper, and oregano. Mix and simmer 20 minutes.
4. In a 9 x 13 loaf pan layer noodles, cottage cheese, Swiss cheese, and meat sauce.
5. Top off the last layer of noodles with meat sauce
6. Bake at 350 degrees for 45-50 minutes.



## GREEK MEATBALLS WITH TZATZIKI SAUCE



### INGREDIENTS

#### Tzatziki Sauce

- 4 medium cucumbers  
or 2 lg. English cucumber
- Juice of 1 lemon
- 6–8 cloves of garlic, minced
- 6–8 scallions, finely chopped,  
including the greens
- ¼ teaspoon salt (or to taste)
- 1 large container of plain low-fat,  
Greek yogurt (4 cups)
- ½ cup of sour cream
- 1 teaspoon Greek Seasoning  
(or to taste)

#### Meatballs

- 1 lb. ground lamb
- 1 lb. ground beef, 20% fat
- 6 cloves of garlic, minced
- 2 bunches green onions,  
chopped including the greens
- 1 cup crumbled feta cheese
- 1 ½ teaspoons dried oregano
- 2 teaspoons Greek Seasoning
- 1 teaspoon salt
- 1 teaspoon black pepper

### DIRECTIONS

#### Tzatziki Sauce:

1. If using a regular cucumber, peel, discard tips, cut in half, lengthwise, scoop out and discard seeds and dice finely or chop coarsely in a food processor.
2. If using an English cucumber with minimal seeds, discard tips, cut in half, lengthwise and dice finely or chop coarsely in a food processor, retaining the peel. Place cucumber in colander and drain well. This is very important to keep the sauce from being too thin and runny.

3. In a large bowl, combine the drained cucumber with the lemon juice. Add the yogurt and the remaining ingredients. Mix well and Taste! Add additional salt or seasoning as needed. Chill, covered. Makes 6 cups.

#### Meatballs

1. Combine all ingredients in a large bowl. Use hands to mix thoroughly.
2. **For Appetizer Meatballs:**  
Make into 1-inch size meatballs, approximately 1 oz. each. Bake at 400 degrees for 12–15 minutes. Allow to cool slightly. Serve warm on a toothpick with a cherry tomato and tzatziki on the side for dipping.





## GREEK MEATBALLS WITH TZATZIKI SAUCE (CONTINUED)

# DIRECTIONS

### Variations:

#### For Appetizer Stuffed Mushrooms:

1. Clean large white mushrooms and remove stems.
2. Toss mushrooms in some extra lemon juice to coat.
3. Make meat into 1-inch size meatballs, approximately 1 oz. each, and stuff each mushroom with a meatball, pressing it into the mushroom cap and flatten the top slightly.
4. Bake at 400degrees for 12-15 minutes.
5. Allow to cool slightly.
6. Serve with a dollop of tzatziki on top!

#### For Meal-size Meatballs:

1. Make into 2 - 2 ½ oz. meatballs, rolled well. For best results, grill them on the barbecue and serve with tzatziki on the side for dipping.

#### For Greek Burgers:

1. Make into 8-10 burger-sized patties and grill on the barbecue.
2. Serve with or without a bun,
3. Top with tzatziki.

One caution when grilling lamb Meatballs or Burgers on an open flame BBQ, the fat is highly flammable and will burn. Keep turning the meatball while they cook and the flame-ups will diminish as they cook.



### SUBMITTED BY:

SUSAN BAKER

"I fell in love with Greek food when I started experimenting with recipes in college. My love for it grew after I met my husband, who'd frequently take me on dates to fabulous Greek restaurants in Chicago. We both love garlic and the fresh, tangy taste of tzatziki, but it's taken us 30 years of experimenting to finally perfect our recipe. We usually ate it on pita bread as a dip, but when we saw a recipe on the Internet for lamb burgers, we were inspired! After a couple of years of perfecting our meat recipe, I think we finally got it!

Our favorite variation is Greek Burgers, grilled just barely to medium on the barbecue, then served on a bun, topped with a slice of onion and oozing with tzatziki! As we've become more health-conscious, we've transitioned, first to a low-carb option, losing the bun and topping the burger with sauce, then to the more portion-controlled sized 2 oz. meatballs, but no skimping on tzatziki! Nothing beats the flavor of my husband grilling them, but for appetizer-size tidbits or the stuffed mushrooms, the oven works well, too!" ~ Susan B.

See page 109 for grilling tips



## CHEESE STUFFED CHICKEN BREASTS

WRAPPED IN BACON



## INGREDIENTS

- 8 skinned and boned chicken breasts
- 12 strips bacon (cook 4 of them and crumble)
- 2 oz Monterey Jack cheese shredded
- 2 oz cheddar cheese shredded
- 2 oz Swiss cheese shredded
- 1 oz Parmesan cheese grated
- 2 eggs
- 1/8 tsp ground white pepper
- Pinch of salt

SUBMITTED BY:

CATHY JOHNSON

## DIRECTIONS

1. Put all cheeses and crumbled bacon in a bowl and mix.
2. Add eggs and season with salt and pepper.
3. Use a scoop or roll mixture into 8 balls with your hands.
4. Make a slice in the middle of each chicken breast and place one cheese ball inside.
5. Wrap one strip of bacon around outside of each breast and bake in a greased pan at 350 degrees for 1 hour.

Great with rice or potatoes!



## PAN-BRAISED CHICKEN WITH OLIVES, ARTICHOKES & PEPPERS

### INGREDIENTS

(Knorr® Chicken Stock package)

2 tablespoons olive oil

2 cloves garlic, minced

1 tablespoon ground cumin

1 teaspoon ground ginger

1 teaspoon ground coriander

1 teaspoon ground paprika

½ teaspoon salt

½ teaspoon black pepper

2 lbs. boneless chicken breasts  
{4-6}, skin removed

1 ½ cups (375ml) Knorr® Chicken  
Broth

2 colorful peppers, seeded and cut  
into thick strips

6 oz. jar quartered marinated  
artichokes, drained

½ cup pimento-stuffed green olives

½ cup dried apricots (optional)



SUBMITTED BY:  
SUSAN BAKER

### DIRECTIONS

1. Stir half the oil with garlic and spices. Rub all over chicken pieces. Heat remaining oil in a large wide pan.
2. Cook chicken, turn occasionally until pale golden.
3. Add broth and remaining ingredients. Cover and simmer 20 minutes. Stir. Uncover, simmer stirring
4. occasionally until sauce thickens slightly, about 20 minutes.
5. Serves 4.
6. "Really yummy!" - Susan



## LUXI'S CHICKEN

A.K.A. SWEET AND TANGY

OVEN-BARBECUED CHICKEN



## INGREDIENTS

- 1 cup ketchup
- 2 tablespoons onion, grated
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Dijon mustard
- 3 tablespoons molasses
- 2 tablespoons maple syrup
- 3 tablespoons cider vinegar
- 1 teaspoon chili powder
- ¼ teaspoon cayenne pepper
- 4 boneless chicken breasts 6–7 oz. each, patted dry with paper towels
- Salt
- Ground black pepper
- 1 tablespoon olive oil

SUBMITTED BY:

SUSAN BAKER

FROM

KATIE MONTREAL

TWIN, LUXI

## DIRECTIONS

1. Adjust oven rack to upper-middle position, about 5 inches from upper heating element; heat oven to 325degrees.
2. Whisk ketchup, onion, Worcestershire, mustard, molasses, maple syrup, vinegar, chili powder, and cayenne in small bowl; set aside.
3. Season chicken with salt and pepper.
4. Heat oil in heavy-bottomed, nonreactive, 12-inch oven-proof skillet over high heat until beginning to smoke.
5. Brown chicken skinned-side down until very light golden, 1 to 2 minutes; using tongs, turn chicken and brown until very light golden on second side, 1 to 2 minutes longer.
6. Transfer chicken to plate and set aside. Discard fat in skillet.
7. Off heat, add sauce mixture and using a wooden spoon, scrape up browned bits on bottom of skillet. Simmer sauce over medium heat, stirring frequently with heatproof spatula, until sauce is thick and glossy, and spatula leaves clear trail in sauce, about 4 minutes.
8. Off heat, return chicken to skillet, and turn to coat thickly with sauce; set chicken pieces skinned-side up and spoon extra sauce over each piece to create thick coating.
9. Place skillet in oven and cook until thickest parts of chicken breasts register 130 degrees on instant-read thermometer, 10 to 14 minutes.
10. Set oven to broil and continue to cook until thickest parts of chicken breasts register 160 degrees, 5 to 10 minutes longer.
11. Transfer chicken to platter and let rest 5 minutes.
12. Meanwhile, whisk to combine sauce in skillet and transfer to small bowl.
13. Serve chicken, passing extra sauce separately.

Serves 4



## A LA CAPRI CAPRESE STYLE

# INGREDIENTS

(Adapted from Barillo Pasta package)

½ onion, large, chopped

2 jalapeño peppers or chili peppers,  
diced with seeds

3 cloves garlic, chopped

5 anchovy fillets, chopped

1 tablespoon olive oil

4 large Roma tomatoes, diced

10 black or Kalamata olives, sliced  
(2 tablespoons)

Salt

Pepper

Grated Parmesan or  
shredded mozzarella cheese

Fresh basil



SUBMITTED BY:

SUSAN BAKER

# DIRECTIONS

1. Briefly saute the onion, garlic, anchovy and jalapeño pepper in olive oil.
2. Add tomato and cook for about 15 minutes on low.
3. Add olives and season with salt and pepper, heating slightly.
4. Cook 16 oz. (500 g.) of penne pasta or other pasta noodles in boiling salted water.
5. Drain and toss with sauce. Top with mozzarella or Parmesan and garnish with fresh basil.

Makes about 1 cup. Servings: 4



## VEGETABLE PAELLA



### SUBMITTED BY:

SUSAN BAKER

The Liver Cleansing  
Diet, by Dr. Sandra  
Cabot

## INGREDIENTS

- 1 ½ cup brown rice
- 2 tablespoons tomato paste
- 2 cups chicken or vegetable stock
- 1 teaspoon turmeric
- 4 tomatoes, peeled and chopped
- 2 large onions sliced
- freshly ground black pepper to taste
- 2 leeks, julienned
- 3 carrots, sliced
- 8 oz. broccoli, broken into florets
- 2 zucchini, sliced thickly (optional)
- 8 oz. cauliflower, broken into florets
- 2 garlic cloves, minced
- 1 red bell pepper, sliced
- Salt

## DIRECTIONS

1. Parboil the rice in the chicken stock for 20 minutes. Set aside, but do not drain.
2. Add onions, leeks, carrots, zucchini, and garlic to a large non-stick pan and cook for 10 minutes in 5 tablespoons water over medium heat.
3. Add bell pepper, tomato paste, turmeric, and tomatoes and cook for 2 minutes.
4. Add rice with stock and stir until combined with all ingredients and simmer gently for approximately 15 minutes.
5. Separately cook broccoli and cauliflower for 5 minutes (can be done in microwave) and add to the above just before serving.

"We, of course, make this without the zucchini, because Warren won't even let them in the house! He was leery of this recipe at first, but we both found it scrumptious as well as healthful." - Susan





## MEXICAN CHICKEN WRAPS

(CAN ALSO BE MADE WITH STEAK)

## INGREDIENTS

- 2 large boneless chicken breasts (or steaks), cubed into 1-2" pieces
- 2 bell peppers, diced
- 1 med onion, diced
- 1 cup sliced mushrooms
- 1-2 cups shredded cheese (Mexican blend works best)
- 1 tsp minced garlic
- 1-2 TBS olive oil
- 1 cup mayonnaise
- 1/3 cup sour cream



SUBMITTED BY:  
JUDY BAKER

- 2 TBS chipotle Tabasco sauce
- 1/2 cup salsa
- 1/2 tsp chili powder (or more to taste)
- Flour tortillas, warmed

## DIRECTIONS

1. Brown the chicken (or steak) pieces in large frying pan with the oil and garlic then scoop into a large bowl.
2. Saute the bell peppers, onions, and mushrooms until the onions are translucent then using a slotted spoon, scoop into the bowl with the meat making sure to not get all the juices from the veggies as this will make your wrap soggy and very messy.
3. In a small bowl mix the mayonnaise, sour cream, Tabasco, salsa and chili powder and mix well (feel free to adjust for your own taste)
4. Mix sauce into the large bowl and serve on tortillas with cheese sprinkled on.



# PEPPERONI AND MOZZARELLA STUFFED CHICKEN BREASTS



## INGREDIENTS

- 1 lb. boneless, skinless chicken breasts
- 2 oz. mozzarella cheese. sliced
- 1.25 oz. (approx. 16 slices) pepperoni
- 1 large egg
- 1/2 cup all purpose flour
- 1/2 cup Panko bread crumbs
- 6 Tbsps olive oil
- to taste salt, pepper. garlic powder, granulated onion

SUBMITTED BY:

JUDY BAKER

## DIRECTIONS

1. Trim the chicken breasts of any large clumps of fat that may be still attached. Slice each breast in half diagonally to create two diamond-like shaped pieces. Using a small, sharp knife, cut a pocket into the side of each breast piece. This can be slightly tricky on thinner pieces so be careful. Be sure not to cut all the way through the meat but rather just into one side so that the fillings will stay in.
2. Stuff each piece of chicken with 1/2 oz. of cheese and about 4 slices of pepperoni. Lightly season each piece with seasonings. Set the stuffed chicken aside.
3. Preheat your oven to 350 degrees and line a baking sheet with aluminum foil. Begin to heat a large skillet with 6 Tbsp of olive oil over medium/high heat. Collect three shallow dishes and put the flour in one, the egg in another and the Panko bread crumbs in the third. Beat the egg until it is an even consistency (adding a 1/2 tsp of water helps break it up).
4. One by one, coat each piece of chicken in the flour, then the egg then the bread crumbs.
5. Use your hands so that you can keep the open side of the pocket pinched closed and keep the fillings in. The flour helps the egg adhere and the egg keeps the bread crumbs in place. This is a basic bread coating.
5. Test the oil in the skillet to see if it is hot enough by dropping a small pinch of bread crumbs in. The bread crumbs should sizzle and dance A LOT. It is very important that the oil is hot enough or else the breading will soak up a lot of oil and you'll end up with some really greasy chicken!. Place all four pieces of chicken in the skillet and cook until it is golden brown and crispy on each side. This should take no more than 2-3 minutes.
6. When you remove the chicken pieces from the skillet, transfer them to the baking sheet and place it in the oven. Finish baking the chicken (to cook the inside) for about 25 minutes (longer if you have larger pieces). Remove from the oven (check to make sure the chicken is cooked through)
7. Serve immediately!





## CRISPY CHEDDAR CHICKEN

### INGREDIENTS

- 2 lbs chicken tenders or 4 large chicken breasts
- 2 sleeves Ritz crackers
- ¼ teaspoons garlic salt
- ¼ teaspoons granulated onion
- 1 /8 teaspoon pepper
- ½ cup whole milk
- 3 cups cheddar cheese, grated
- 1 teaspoon dried parsley

#### Sauce:

- 1 10 ounce can cream of chicken soup
- 2 tablespoon sour cream
- 2 tablespoon butter



SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Crush crackers. If using chicken breasts and not tenders, cut each chicken breast into 3 large pieces. Pour the milk, cheese and cracker crumbs into 3 separate small dishes. Toss the garlic salt, granulated onion and pepper into the cracker crumbs and stir the mixture around to combine.
2. Dip each piece of chicken into the milk, sprinkle small amount of cheese on the bread crumbs and place the chicken on top, sprinkle more cheese on top of chicken and then sprinkle more bread crumbs on top of that and press down so that the crumbs seal the cheese to the chicken.
3. Spray a 9x 13 pan with cooking spray and lay the chicken inside the pan. Sprinkle the dried parsley over the chicken. Cover the pan with tin foil and bake at 400 degrees for 35 minutes. Remove the tin foil, bake for an additional 10-15 minutes, or until the edges of the chicken are golden brown and crispy.
4. In a medium sized sauce pan combine the cream of chicken soup, sour cream and butter with a whisk. Stir it over medium high heat until the sauce is nice and hot. Season to taste.
5. Serve over the chicken.



## MELT IN YOUR MOUTH CHICKEN BREASTS



### INGREDIENTS

3 boneless chicken breast halves  
{pounded slightly to even out}  
and lightly seasoned with salt and pepper

1 cup mayonnaise

1/2 cup grated Parmesan cheese

1 1/2 teaspoons seasoning salt

1/2 teaspoon ground black pepper

1 teaspoon garlic powder

SUBMITTED BY:

JUDY BAKER

### DIRECTIONS

1. Mix mayonnaise, cheese and seasonings.
2. Spread mixture over chicken breast in baking dish.
3. Bake at 375°F for 45 minutes checking that chicken is cooked all the way through.
4. Serve immediately.



## TACO TATER TOT CASSEROLE

### INGREDIENTS

- 1 lb ground beef
- 1 med diced onion
- ½ bell pepper, diced
- 1 TB minced garlic
- 1 packet of taco seasoning
- 1 can com, drained
- 1 can black beans, drained
- 1 can black olives, drained and sliced
- 1 large can of enchilada sauce
- 2 cups shredded cheddar
- 1 small-med package of frozen tater tots
- ½ bag of nacho cheese Doritos®



SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Heat oven to 375°F
2. Pour enough enchilada sauce into baking pan to have a 1/4" even layer, layer tater tots across the sauce, spread olives across the tater tots, sprinkle 1/3 of the shredded cheddar. Set aside.
3. In a med-lg fry pan brown the ground beef, drain fat and add onion, bell pepper, garlic, com, beans, taco seasoning. Cook on med. heat for 10 minutes.
4. Pour cooked mix over the tater tot layers set aside in step 2 and press down. Add the rest of the enchilada sauce to completely cover.
5. Bake for 30 minutes then sprinkle the rest of the cheddar and crumble the Doritos® on top then bake for another 10 minutes and enjoy!



## BACON CHEESEBURGER MINI PIES



SUBMITTED BY:  
JUDY BAKER

## INGREDIENTS

- ½ lb burger
- ½ large onion, diced
- 1 TBS minced garlic
- ¼-1/3 lb bacon cut into small pieces
- ½ cup Bisquick®
- ½ cup water
- 2 eggs
- 1-2 cups shredded cheddar cheese

## DIRECTIONS

1. Brown burger over medium heat with onion and garlic. Remove from pan and cook bacon pieces until crispy.
2. Mix Bisquick®, water and eggs in a bowl until well mixed.
3. Spray muffin tins and place 1 TB Bisquick® mix then add about 1/4 cup burger mixture, sprinkle some bacon and some shredded cheese then add small amounts of Bisquick® mixture evenly over the tops until gone.
4. Bake at 375° for about 15 to 25 minute or golden on top and cooked through.



## CREAMY, CHEESY, EASY CHICKEN ENCHILADA'S

### INGREDIENTS

- 1.5-2 lbs chicken, cubed
- ½ cup sliced onions
- 1 tsp minced garlic
- 2 TBS olive oil
- Small can enchilada sauce
- 1 can condensed cream of chicken soup
- ½ cup sour cream
- ¼ cups salsa
- ½ tsp chili powder
- 1 can sliced olives
- 3-4 cups shredded cheese
- 6-7 flour tortillas



SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Brown chicken with onion and garlic in the olive oil. Set aside.
2. Mix cream of chicken soup with 1/2 can enchilada sauce, sour cream, salsa and chili powder in a large bowl.
3. Mix chicken into sauce.
4. In a cake pan (13x9) spread 1/2 the remaining enchilada sauce and take flour tortillas and fill with chicken mixture, olives and shredded cheese, roll up and place in pan (continue till pan is full) then top with any remaining mix and enchilada sauce and cover with more cheese.
5. Bake at 350° until all is melted and heated through.



## MOIST MEATLOAF



**SUBMITTED BY:**  
JUDY BAKER

## INGREDIENTS

- 1 lb ground beef
- ½ lb ground pork
- 1 egg
- ½ c apple, finely chopped
- ½ c onion, finely chopped
- 2 Tbs Worcestershire sauce
- 1/2 tsp salt
- ¼ tsp pepper
- 1 c shredded cheddar cheese
- ½ c bread crumbs
- 2 tsp dry ground mustard
- ¼ c ketchup
- 1/8 c yellow mustard

## DIRECTIONS

1. Mix all ingredients well
2. Place in loaf pan
3. Bake at 350°F for 1 hour
4. Serve immediately



## SLOW COOKER SHREDDED PORK

2nd  
Place

### INGREDIENTS

- 2-3 lb Pork Loin
- 1 small can chicken broth
- 2 chopped garlic cloves
- 1/3 cup chopped onion
- Salt and Pepper about 1/2teaspoon each



SUBMITTED BY:  
JUDY STEVENS

### DIRECTIONS

1. Put all above ingredients into slow cooker, put lid on, set on low and cook for 6 - 8 hours, or high 4 - 6 hours.

If needed you may add more chicken broth.

2. Once done take 2 forks or tongs and shred pork up into little bits, server on favorite type of roll.

For extra, goodness top with coleslaw salad.



## UNSLOPPY JOBS



### INGREDIENTS

- 1 lb. ground beef
- 1 can Sloppy Joe sauce
- grated cheese
- 1 can Grands biscuits

SUBMITTED BY:

JUDY CARR

### DIRECTIONS

1. Pre-heat oven to 350
2. Brown beef, drain, add sauce and simmer for 5 min.
3. Flatten each biscuit and spread it out to a flat circle. Spoon a small amount (approximately 1-2 Tbsp) of the sloppy joe sauce into center of biscuit and top with desired amount of cheese.
4. Fold edges over and seal shut. Place seam side down on ungreased baking sheet. Bake 10-12 minutes.

#### Variations:

Chili can be placed in the center instead of the sloppy joe sauce. Onions can also be added on top of the cheese before folding over.





# *Side Dishes*



## DOLLY'S MANDARIN ORANGE SALAD



**SUBMITTED BY:**  
DOLLY TONE

### INGREDIENTS

- 3 heads hearts of romaine lettuce
- 8–10 thick slices of bacon
- 1 cup toasted, pecan halves
- 1 med red onion
- 2–3 cans mandarin oranges

**Dressing:**

- 1 tsp Dijon mustard
- $\frac{3}{4}$  cup extra virgin olive oil
- $\frac{1}{4}$  cup balsamic vinegar
- 1 T poppy seeds
- Salt and pepper to taste

### DIRECTIONS

**In a large bowl combine:**

1. Romaine lettuce washed, dried, and chopped into bite size pieces
2. Bacon cooked crisp and chopped into bite size pieces
3. Cooled pecan halves
4. Onion sliced into thin rounds
5. Mandarin oranges drained

**Dressing:**

1. Add sugar or honey to cut any acidity.
2. Taste dressing and add sweetener to desired taste.
3. Dressing should be slightly sweet.
4. Toss dressing with salad ingredients and enjoy.

You can make dressing in a lidded jar and shake to emulsify.



## DOLLY'S PASTA SALAD

### INGREDIENTS

1 lb Barilla penne pasta (or your favorite)  
cooked, drained, and rinsed

1 red bell pepper julienned into thin strips

8 oz ultra thin sliced dry Italian salami cut in  
half

1 lb sliced mushrooms (put in water with pasta  
last minute of cooking and drain with pasta)

1 med red onion sliced into thin ½ slices

4-6 ripe tomatoes diced

1 lg can black olives sliced and drained



SUBMITTED BY:  
DOLLY TONE

Use same homemade dressing recipe  
from Mandarin Orange Salad on previ-  
ous page.

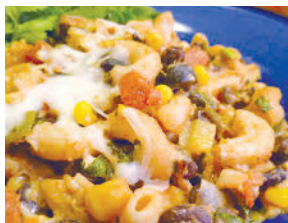
### DIRECTIONS

1. When pasta is cooled toss with all ingredients.

Variations may include fresh baby spinach or broccoli.



## DOLLY'S MEXICAN STYLE MACARONI OR VERMICELLI



### INGREDIENTS

¼ cup oil – med heat  
(just to coat pan)

1 lbs of your favorite pasta shape elbow, shells,  
or vermicelli

(if using vermicelli break up into 2 inch pieces)

2 15 Oz can tomato sauce

1 ½ – 2 qts water

Salt and pepper to taste

SUBMITTED BY:

DOLLY TONE

### DIRECTIONS

1. Drop uncooked pasta into hot oil. Stir to coat with oil.
2. Stir often to lightly brown pasta toasting it.
3. Add tomato sauce and stir once pasta is browned.
4. Add water, season and stir bringing it to a boil.
5. Turn heat down and simmer 8-12 minutes until pasta is tender.

#### Variations:

1. Add browned, drained ground beef.
2. Add onions.
3. Sprinkle with cheddar or Parmesan after serving.



## TERESA CRUIKSHANK'S POTATO SALAD

### INGREDIENTS

- 10 lbs russet potatoes baked  
or boiled until done
- 1 dzn eggs boiled
- 1 qt mayonnaise
- Up to 1/3 cup mustard
- Sugar to taste (1/3 cup or less)
- Salt and pepper to taste



**SUBMITTED BY:**  
DOLLY TONE

### DIRECTIONS

1. Grate eggs first, then spuds.
2. Mix all ingredients in a large bowl until it sounds gushy.



## ORZO SALAD



**SUBMITTED BY:**

DOLLY TONE

## INGREDIENTS

- 1 box orzo boiled and drained
- 8 oz crumbled feta
- 1 bunch arugula or basil roughly chopped
- 1 cup dried cranberries or cherries
- 2-3 T grated lemon rind
- 2-3 T fresh lemon juice
- Salt and pepper to taste
- ½ cup toasted pine nuts
- Olive oil

## DIRECTIONS

1. Mix all ingredients in a large bowl until combined.
2. Drizzle with olive oil and serve.



## ORIENTAL COLE SLAW

### INGREDIENTS

- 1 medium cabbage, shredded
- 1 large onion, chopped
- 2-3 large carrots, shredded
- ¼ cup mayonnaise
- 2 tablespoons soy sauce
- 2 teaspoons sugar
- ½ teaspoon salt



SUBMITTED BY:  
SUSAN BAKER

FROM:  
DRESSING FROM THE  
OREGON SAMPLER  
RESORTS & RECIPES

### DIRECTIONS

1. Combine mayonnaise, soy sauce, sugar and salt.
2. Toss vegetables and dressing together in a large bowl.



## LENTIL RICE SALAD



**SUBMITTED BY:**

SUSAN BAKER

**FROM:**

QUICK & HEALTHY

BY BRENDA J.

PONICHTERA

## INGREDIENTS

½ cup lentils, washed

1 ½ cups water

1 cup chopped tomato

¼ cup sliced green onion

1 cup diced carrots

¾ cup chopped green pepper

1 ½ cups broccoli flowerets

1 tablespoon dried parsley or ~ cup fresh  
chopped parsley

¾ cup brown rice

### Dressing:

3 tablespoons seasoned gourmet rice vinegar  
or wine vinegar

1 tablespoon lemon juice

1 ½ teaspoons Dijon mustard  
(I use 1 ½ Tablespoons)

## DIRECTIONS

1. Cook rice according to package directions or Perfect Rice recipe.
2. Add lentils to water in a medium saucepan and bring to a boil.
3. Reduce heat, cover, and simmer for 20 minutes.
4. Drain.
5. Prepare vegetables while lentils and rice are cooking.
6. Mix lentils, rice, and vegetables.
7. Mix dressing ingredients and pour over vegetable mixtures.
8. Chill well before serving.





## WILD RICE STUFFED TOMATOES

### INGREDIENTS

- 8 medium tomatoes
- 1 onion, finely chopped
- 1 cup cooked wild rice  
(eliminate salt if prepared herbed wild rice package is used)
- 8 oz. imitation crab meat, crab or tuna fish  
(1 oz. per tomato)
- 4 tablespoons pine nuts, chopped
- 4 cloves garlic, chopped
- 2 heaped tablespoons fresh mint, chopped
- 2 heaped tablespoons chives, chopped
- $\frac{3}{4}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup white wheat bread crumbs
- $\frac{1}{2}$  cup chopped LSA (3 parts Linseed or flax seeds, 2 parts sunflower seeds, 1 part almonds chopped finely)



SUBMITTED BY:  
SUSAN BAKER

FROM:  
THE LIVER CLEANSING  
DIET, BY DR. SANDRA  
CABOT, WITH A  
BAKER TWIST

### DIRECTIONS

1. Preheat the oven to 350 degrees. Remove the tops from the tomatoes and scoop out the pulp with a metal spoon.
2. Chop the tomato pulp. Combine the tomato pulp, onions and pepper in a saucepan and cook to reduce by one-third. Add rice, fish, pine nuts, garlic, mint, chives and salt.
3. Cook for 1-2 minutes longer. Place tomatoes on foil-lined baking tray.
4. Spoon the mixture into tomatoes and sprinkle breadcrumbs and LSA over each tomato.
5. Bake in the oven for 20 minutes. Serves 4

"This recipe originally lacks the fish, garlic, salt and pepper, but adds  $\frac{3}{4}$  cup of currants. We've doctored it up a bit to make it more of a meal and we absolutely love it, especially in the summer when you can get nice large tomatoes at the farmer's market".

- Susan



## BAKED MACARONI AND CHEESE



### INGREDIENTS

- 1 (8 oz.) package elbow macaroni
- 3 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 cups milk
- 2 cups sharp cheddar cheese, grated
- 1 tablespoon onion, grated
- ½ tablespoon dry mustard
- 1 teaspoon Worcestershire sauce
- ½ cup buttered crumbs
- crisp bacon strips

**SUBMITTED BY:**  
**SUSAN BAKER**

"This is Grandma Marilyn's recipe for macaroni that is out of this world!"  
- Susan

### DIRECTIONS

1. Cook macaroni in boiling, salted water according to package directions.
2. Drain. Melt butter, blend in flour, salt, and pepper.
3. Add milk; cook over low heat until smooth and thickened, stirring constantly.
4. Add cheese, onion, mustard, and Worcestershire sauce
5. Continue to cook until cheese melts.
6. Add macaroni. Pour into a greased 2-quart casserole.
7. Top with crumbs.
8. Bake in moderate oven, 375 degrees, about 25 minutes or until browned.
9. Garnish with bacon.  
Makes 6-8 servings.





## THOSE POTATOES

### INGREDIENTS

- 4 T. butter
- 1 32 oz bag frozen southern style cubed hash browns
- 2 cups grated cheddar cheese
- 1 16 oz. container sour cream
- 2 cans mushroom soup
- 1 tsp garlic powder
- 1 tsp season salt



SUBMITTED BY:  
JUDY CARR

### DIRECTIONS

1. Pre-heat oven to 350
2. Melt butter in 13" x 9" casserole dish
3. In a bowl, mix together: hash browns and grated cheddar cheese
4. Stir in: sour cream, mushroom soup, garlic powder and season salt
5. Blend together well and press into pan with melted butter.
6. Bake at 350 degrees for 1 hr.
7. Remove from oven and spread crushed BBQ potato chips (about a 5 oz bag) across the
8. top. Put back in oven for about 10 more min.



## 24 HOUR SALAD



## INGREDIENTS

- 12 oz iceberg salad mix
- 1 ½ cups mayonnaise
- 1 cup frozen petite peas
- 2 ½ cups shredded cheddar cheese
- ⅔ cups cooked bacon pieces
- ¼ cups chopped green onions
- 6 cherry or grape tomatoes

SUBMITTED BY:

JUDY BAKER

## DIRECTIONS

1. Spread salad mix in the bottom of a 9" x 13" baking dish.
2. Spread mayonnaise evenly across the salad mix.
3. Sprinkle peas, shredded cheese, bacon pieces and green onions.
4. Cut tomatoes to garnish on top.
5. Cover and refrigerate for 12-24 hours before serving.

This was a recipe my grandmother used to make for family gatherings when I was little.

~Judy



## HERB & FETA WATERMELON SALAD

### INGREDIENTS

½ large seedless watermelon,  
cut into 1" cubes, chilled

1 small red onion, sliced in thin crescent strips

1 cup sliced fresh basil leaves

1 cup chopped fresh cilantro

½ cup chopped fresh mint leaves

2 limes, juiced

4 oz feta cheese, crumbled

3 Tablespoons olive oil

2-4 Tablespoons balsamic vinegar

Salt & ground pepper to taste



SUBMITTED BY:  
SUSAN BAKER

MODIFIED FROM:  
[ALLRECIPES.COM](http://ALLRECIPES.COM)

### DIRECTIONS

1. Preheat the oven to 350 degrees. Remove the tops from the tomatoes and scoop out the pulp with a metal spoon.
2. Chop the tomato pulp. Combine the tomato pulp, onions and pepper in a saucepan and cook to reduce by one-third. Add rice, fish, pine nuts, garlic, mint, chives and salt.
3. Cook for 1-2 minutes longer. Place tomatoes on foil-lined baking tray.
4. Spoon the mixture into tomatoes and sprinkle breadcrumbs and LSA over each tomato.
5. Bake in the oven for 20 minutes. Serves 4

"This is a slight variation to a recipe that I found on Allrecipes.com. I've heard that watermelon salads are all the rage right now. I was a bit leary to try this, but it turned out to be delicious and quite unusual!"  
~Susan



## BAKED BACON MAC 'N CHEESE



### INGREDIENTS

- 1/4 cup onion chopped small
- 1 package bacon cut into 1" x 1 n pieces
- 4 TBS margarine
- 3 cups milk
- 1 tsp salt
- 1 1/2 tsp ground mustard
- 2 cups uncooked macaroni pasta
- 8 oz Velveeta®, cubed small
- 4 cups shredded cheese (your choice on type)

SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Preheat oven to 350 degrees
2. fry the bacon pieces until crisp. Set aside.
3. In med bowl melt margarine then add milk, salt, and ground mustard.
4. Pour in a baking dish (9 x 13 or so).
5. Add uncooked macaroni pasta (I used Dreamfield's for lower carbs), Velveeta, and 2 cups of shredded cheese (use mostly cheddar but I think some of a stronger smoked, sharp, whatever would do great!).
6. Cover with foil and
7. Bake for 50 minutes.
8. Check to see if most of liquid has been absorbed and if so then remove the foil and add another 2 cups shredded cheddar and continue baking for 15 minutes.
9. Make sure to cool enough not to burn anyone!



## TUNA PASTA SALAD

### INGREDIENTS

- 2 cans of really good tuna
- 8 oz of sharp or extra sharp cheese - cubed
- 1 can of olives - chopped
- 1 lb of small pasta - cooked tender and cooled
- Mayonnaise - add to preferred texture



SUBMITTED BY:  
ANGELA FLOOD

### DIRECTIONS

1. Mix
2. Refrigerate
3. Serve

#### Variations:





## COLESLAW SALAD



### INGREDIENTS

½ head of shredded cabbage

⅓ cup shredded red cabbage

⅓ cup shredded carrots

Mix above 3 items in bowl, set aside

1 cup Miracle Whip or Mayonnaise

2 tablespoons sugar

2 tablespoons vinegar

**SUBMITTED BY:**

PETE PETERSON

### DIRECTIONS

1. Mix miracle whip, sugar and vinegar together
2. Add mixture to shredded cabbage mixture and stir well
3. Serve on pork slider sandwiches or alone and ENJOY





## SINFULLY LOADED CROCK POT MASHED POTATOES

### INGREDIENTS

6 Medium Potatoes

4 Tbsp Butter

¼ cup Cream

¼ cup Milk

(use non-fat or 1% - the goal from the milk is moisture, not flavor or fat content)

1 cup Sour Cream

1 cup Shredded Cheese, any variety  
(Mexican blend is good)

½ cup Bacon Bits

Salt & Pepper to taste



SUBMITTED BY:  
DEANNA BENSON

### DIRECTIONS

1. Peel, Boil and Mash potatoes. In a large bowl
2. Combine potatoes, butter and cream and blend until creamy.
3. Add Sour cream and salt and pepper to taste.
4. Add shredded cheese and bacon bits and transfer to crock pot.
5. Let cook in crock pot on low for about 30 minutes until cheese is melted, then serve.

This recipe was my mom's signature dish when we had large family gatherings (of course it was about 4 times the recipe listed above) and at every holiday. We were never allowed to have it at a regular family meal because it was too rich. Today, I use the recipe for Christmas potlucks and one holiday a year. It is probably more calories in one serving than you are supposed to have in an entire day.  
~Deanna



## POTATO SALAD



### INGREDIENTS

- 10 lbs of potatoes
- 18 eggs -12 for salad - 6 for decorating
- 1 jar of mayo
- ½bottle of mustard
- 16 oz of sour cream
- Dill pickles - chopped
- Salt, Pepper

**SUBMITTED BY:**  
ANGELA FLOOD

### DIRECTIONS

1. Boil potatoes until a fork goes through them, peel when hot.
2. Mash through a square blade into a bowl. Alternate all items, mix as you go.
3. Chill, add more mayo after cool to texture if needed.
4. Decorate with sliced eggs.



## ROASTED VEGETABLES

### INGREDIENTS

Cleaned brussel sprouts cut in half

Broccoli florettes

2 cups cauliflower florettes

Raw beets peeled and chopped into 1" cubes

Parsnips peeled and sliced into 1" pieces

Turnips peeled and chopped into 1" cubes

Sweet potato or yam peeled and chopped into 1" cubes

Asparagus cleaned and 1" removed from bottom of stems

Baby sweet yellow, red, and orange peppers

Olive oil (optional)

¼ cup Braggs liquid aminos, soy sauce, or tamari

1 T garlic salt

1 T Italian seasoning



SUBMITTED BY:

MELISSA WIEDEMAN

### DIRECTIONS

1. Preheat oven to 435 degrees and move rack to top.
2. Choose as many veggies as you want and combine in a large bowl.
3. If using olive oil pour over veggies along with Braggs, garlic salt and Italian seasoning. (You will need to adjust amounts of Braggs and seasonings based on how many veggies you will be roasting. You want them coated but not swimming.)
4. Place veggies in a single layer on a cookie sheet sprayed with Pam or coconut oil spray.

Roast on the cookie sheet for 25 minutes. Veggies will look slightly burned or browned and be crispy.

Be careful not to get any excess liquid on the pan or veggies will not roast properly. If not using olive oil give veggies a light spray with the cooking spray once on the pan to help crisp them up.

\*\*Note beets and potatoes may take longer and should be turned every 15 minutes while roasting.

You can also make "steaks" by using a whole head of cauliflower and cutting the whole thing into slices 1" thick. Cabbage can be used in this manner as well.



### BROCCOLI PENNE WITH BACON

CAN ALSO BE A  
MAIN DISH



## INGREDIENTS

- 1 (12 ounce) package penne pasta
- 2 tablespoons olive oil, divided
- 6 slices bacon, chopped
- 2 tablespoons minced garlic
- 1 (14.5 ounce) can diced tomatoes
- 1 head of broccoli, cut into small florettes
- 1 cup Parmesan Cheese
- Salt & Pepper to taste

## COVER RECIPE

## DIRECTIONS

1. Bring a large pot of lightly salted water to a boil.
2. Add the penne pasta, and cook until tender or al dente, 8 to 10 minutes.
3. Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat.
4. Place bacon in the skillet, and cook until browned and crisp.
5. Add garlic, and cook for about 1 minute.
6. Stir in the broccoli, and cook until heated through.
7. Lastly, place in the tomatoes until they are heated through, but not too much.
8. Transfer the pasta to a large serving bowl, and toss with the remaining olive oil, and the bacon, broccoli and tomato mixture.



# *Sauces*

*and Seasonings*



# SPICY CHICKEN SAUCE

ALSO A MAIN DISH



## INGREDIENTS

- 4-6 skinless boneless chicken breasts
- 1 onion, finely chopped
- 1 clove garlic, minced
- 2 stalks celery, chopped
- 1 bell pepper, finely chopped
- 14 oz. canned tomatoes, diced
- 5 tablespoons tomato paste
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 tablespoon chili paste
- 2 tablespoons olive oil
- 2 cups water

**SUBMITTED BY:**  
SUSAN BAKER

THE LIVER  
CLEANSING DIET,  
BY DR. SANDRA  
CABOT,  
WITH A BAKER  
TWIST

## DIRECTIONS

1. If desired, cut each chicken breast into 3 pieces.
2. Brown the chicken in olive oil at med-high heat, quickly to avoid overcooking.
3. Remove chicken and set aside.
4. Add all other ingredients and simmer for approximately 45 minutes to reduce the sauce.
5. Add chicken to sauce and cook another 15 minutes to meld the flavors and finish cooking the chicken.
6. Serve over pasta or rice.

"The Baker adaptation of this recipe eliminates the overcooking of the chicken and makes the chicken much more tender than the original recipe. This recipe can also be made with 2 lbs. of ground chicken in place of the chicken breasts, but use 1 additional cup of water in the sauce". ~ Susan



## TACO SEASONING

### SUSAN'S TEST BLEND

## INGREDIENTS

- 1 part chili powder
- 1 part cumin
- 1 part garlic powder
- 1 part onion powder
- ½ part crushed red pepper



SUBMITTED BY:  
SUSAN BAKER

## DIRECTIONS

1. Combine all ingredients.

Not just for tacos, use it for casserole dishes and chex mix too!





# DOLLY'S SPINACH-WALNUT PESTO



## INGREDIENTS

2-4 cups washed, dried baby spinach (Fresh)

2-4 tsp crushed garlic

½ cup (or more to taste) grated Parmesan

1 cup oven toasted, cooled walnut halves

1 cup or more extra virgin olive oil

**SUBMITTED BY:**

DOLLY TONE

## DIRECTIONS

1. Mix ingredients in food processor
2. Drizzle olive oil in to emulsify into a paste.
  - May make several small batches depending on size of processor.
  - Great tossed with any type of hot pasta.
  - Also can be used as a healthier spread on sandwiches instead of mayo.
  - May be stored in fridge in an airtight container for 7-14 days.

### Variations:







## EASY CROCK POT SUGAR FREE APPLE BUTTER

### INGREDIENTS

Enough apples to fill a crock pot.

1 cup of Splenda<sup>®</sup>,

1/3 cup brown sugar

1 teaspoon cinnamon

1/2 teaspoon of ground cloves

1 teaspoon vanilla



SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Peel, core & slice up a crock pot full of apples with Splenda<sup>®</sup>
2. Pour in brown sugar, cinnamon, cloves
3. Cook on low for ten hours
4. Stir
5. Taste for sweetness
6. Add vanilla
7. Cook for another couple of hours then cool and blend
8. Freezes well!

A RECIPE  
HAS NO SOUL.

YOU,  
AS THE COOK,  
MUST BRING  
SOUL TO THE RECIPE!

~ THOMAS KELLER



*and Stews*



# SCALLOP STEW



**SUBMITTED BY:**

**SUSAN BAKER**

## INGREDIENTS

|   |   |
|---|---|
| olive oil   | 2 bay leaves  |
| 3 large onions,<br>chopped                          | 1 teaspoon oregano  |
| 2 leeks, sliced, white<br>parts only                | 1 teaspoon thyme  |
| 3 stalks celery,<br>chopped                         | 1 tablespoon fresh<br>basil, chopped (or 1<br>teaspoon dry basil) |
| 4-6 cloves garlic,<br>chopped                       | ½ teaspoon cayenne  |
| 6 (16 oz.) cans diced<br>tomatoes or 1 jumbo<br>can | 1 teaspoon tarragon   |
| 4 (6 oz.) cans tomato<br>paste                      | 6 whole peppercorns   |
| 1 cup water   | 3 cups dry white wine   |
| 1 cup barley  | 2 cups clam juice   |
|   | 1 can (8 oz.) crab<br>meat  |
|   | 4 lbs. scallops   |

## DIRECTIONS

1. In a stock pot, saute onions, leek, celery and garlic in oil until soft. Add tomatoes, paste, water, barley and seasonings and simmer over low heat for 15 minutes.
2. Add wine and clam broth and cook 10 minutes.
3. Add scallops and crabmeat, simmer 20 minutes.
4. Remove bay leaf and peppercorns.
5. Serves 6 adult plus four freezer meals.

"This was a recipe I made in St. Louis. It's been ages since we've had it." ~ Susan



## DOLLY'S CLAM CHOWDER

### INGREDIENTS

- 1 med bunch celery sliced
- 1 med onion diced
- 5 cans Snow's® chopped clams
- 3 bottles Snow's® clam juice
- 4 pkgs instant country gravy mix
- 1 stick butter
- 2-3 lbs diced waxy potatoes or 2 pkgs Simply Potatoes or Reser's diced with onions
- Water
- ½ tsp cumin
- Cornstarch and water slurry
- 1 qt half and half
- Salt and pepper to taste



**SUBMITTED BY:**  
**DOLLY TONE**

### DIRECTIONS

1. Sauté onion and celery in butter until translucent. Stir in cumin and allow to cool.
2. In a 7 qt crock pot place half and half and 2 cups water and turn on high. Stir in clams in their juice, 2 bottles of clam juice, veggie sauté and potatoes.
3. Stir together gravy mix and ½ cup water in a bowl.
4. Once all is hot and bubbly slowly add gravy mix to crock pot while stirring, this will help thicken the chowder.  
  
If it is too thin mix together cold water and cornstarch in equal amounts and slowly add to chowder to desired thickness.
5. Add salt and pepper to taste.
6. Serve with hot, crusty bread.



# DOLLY'S HEARTY POTATO SOUP



## INGREDIENTS

- 3 lbs ground beef browned and drained
- 5 lbs new red potatoes scrubbed and diced into 1 inch pieces (peeling optional)
- 2 qts water
- 1 lg onion chopped
- 1 qt half and half
- 1 lb chopped mushrooms
- 4 carrots chopped small
- 3 tsp dill weed
- ¼ cup corn starch
- ¼ cup water for corn starch
- 2 bay leaves
- Salt and pepper to taste

**SUBMITTED BY:**

SUSAN BAKER

## DIRECTIONS

1. After preparing meat, put prepared potatoes in large soup pot.
2. Cover with water and cook 15-20 minutes
3. Turn down heat to simmer.
4. Add onions, mushrooms, carrots, bay leaves, dill weed and stir well.
5. Add half and half that's been warmed in the microwave (prevents curdling) then add meat.
6. At the last 45 minutes of cooking time, mix corn starch and water and add to soup to thicken.
7. Add salt and pepper to taste.
8. Turn heat down after 10 minutes once desired thickness is reached.
9. Serve with hot, crusty bread, such as sourdough.





## MUSHROOM BARLEY SOUP (MOM'S WINTER COMFORT SOUP)

### INGREDIENTS

- 1 onion, chopped
- 1 lb. ground beef, extra lean
- 4 cups beef broth
- 1 cup barley
- 1 lb. mushrooms, sliced  
(or chopped for Katie) & sautéed
- 1 tablespoon lemon juice
- 1 cup cream or milk
- 3 egg yolks
- Salt & Pepper to taste



SUBMITTED BY:  
SUSAN BAKER

ADAPTED FROM ALL  
OUR BEST, PARRY  
CENTER AUXILIARIES  
OF PORTLAND

### DIRECTIONS

1. Saute onion and hamburger until meat is browned and onion is transparent.
2. Stir in beef broth; add barley.
3. Simmer until tender (about 45 minutes).
4. Add mushrooms and lemon juice; cook 15 minutes longer.
5. Add 1 cup of additional beef broth, if all the liquid becomes absorbed.
6. Combine milk and egg yolks; slowly stir into soup.
7. Season with salt and pepper.
8. Heat thoroughly, but do not boil.
9. Serve hot.

Serves 10-12  
1 cup Per serving  
Calories: 269



# STONE SOUP



**SUBMITTED BY:**

SUSAN BAKER

## INGREDIENTS

1 lb. extra lean ground beef,  
browned with a bit of powdered beef bouillon  
½ cup onion, chopped  
1 (16 oz) can tomatoes  
2 cups carrots, diced  
2 cups potatoes, cubed  
½ cup celery, diced  
½ cup barley  
1 ½ quarts water  
1 tablespoon beef bouillon  
pepper  
1 teaspoon parsley  
8 oz. mushrooms, chopped  
1 cup green beans (optional)  
grated cheese (optional)  
sour cream (optional)

## DIRECTIONS

1. In large soup pot, brown beef with a bit of powdered beef bouillon.
2. Drain excess fat. Return beef to pot, add remaining ingredients and bring to a boil.
3. Simmer 1-2 hours.
4. Adjust seasoning as needed. Serve topped with grated cheese or sour cream.





## PEAR-BRIE SOUP

### INGREDIENTS

- 2 small pears (¾ lb.), peeled, halved, cored, chopped\*
- ½ teaspoon ginger
- ½ teaspoon cinnamon
- ½ teaspoon cloves
- 2 cups chicken broth
- 2 tablespoons butter
- 2 tablespoons flour
- 5 oz. can (⅔ cup) evaporated milk
- 4 oz. Brie cheese, well-chilled, rind removed, but into small cubes
- nutmeg



**SUBMITTED BY:**  
SUSAN BAKER

### DIRECTIONS

1. In a medium saucepan, combine pears, ginger, cinnamon, cloves and 1 cup of the chicken broth; mix well.
2. Bring to a boil. Reduce heat; cover and simmer 15-20 minutes or until pears are tender.
3. In food processor bowl with metal blade or blender container, puree mixture. Set aside.
4. Meanwhile, melt butter in heavy saucepan over medium heat. Stir or whisk in flour. Add remaining chicken broth; cook and stir 1 minute.
5. Gradually whisk in evaporated milk. Add cheese; whisk until melted and smooth.
6. Stir in pear puree.

\*\* Heat gently; DO NOT BOIL. Sprinkle with nutmeg; garnish as desired.

Makes 8 ½ cup servings.

\* A 16 oz. can pear slices, drained, can be substituted for fresh pears. Cook only until pears are thoroughly heated, about 5 minutes. Proceed as directed above.

\*\* At this point, soup can be refrigerated in a covered container. Reheat just before serving.

Mellow, yet rich in flavor, this creamy fruit-flavored soup can be served in small portions to begin a meal.

Servings: 8 servings Serving = 1/2 cup



# GAME STEAK CROCK POT STEW



## INGREDIENTS

1-2 lbs wild game steaks

(I have used deer and elk both)

Baby carrots, mushrooms,  
onion, red potatoes

(all roughly chopped. I use sliced mush, large chunks of potatoes, med. Chunks of onion and small chunks of carrot)

Minced garlic

Beef broth

Stew or roast seasoning  
or you can mix your own

**SUBMITTED BY:**

**SUSAN BAKER**

## DIRECTIONS

1. Place small amount the onion, carrots, and potatoes in the crock pot then place the steaks (thawed but leave whole as they will fall
2. apart when done) then garlic and continue with the veggies (I usually put the mushrooms on top) till the crock pot is as full as you
3. want (remember it cooks down). Mix the seasonings with the broth and dump over everything. Place the lid on and set to cook low for
4. 8 to 10 hours. The meat will just fall apart when done.



## HOMEMADE TOMATO SOUP

### INGREDIENTS

- 3 C stewed or canned tomatoes
- 2 Tsp sugar
- ¼ tsp pepper
- 2 Tbsp onion chopped or dried
- ¼ tsp celery seed
- 1 ½ tsp salt
- ¼ tsp soda
- 1 ⅓ cup evaporated milk



**SUBMITTED BY:**  
**STEVE DAVISON**

### DIRECTIONS

1. Cook tomatoes, sugar, pepper, onion, salt and celery seed together for about 15 mins.
2. Remove from heat, add soda then milk
3. Serve immediately.

#### Variations





# CHILI

3rd  
Place



## INGREDIENTS

- 2 tablespoons vegetable oil
- 2 yellow onions, finely chopped
- 1 red bell pepper, stemmed, seeded and finely chopped
- ¼ cup chili powder
- 1 tablespoon ground cumin
- ½ teaspoon cayenne pepper
- 1 teaspoon salt, divided
- 6 garlic cloves, minced
- 2 pounds ground beef (85–90% lean)
- 2 (15-ounce) cans dark red kidney beans, drained and rinsed
- 1 (28-ounce) can diced tomatoes
- 1 (28-ounce) can tomato puree

**SUBMITTED BY:**  
**JERRY MURRAY**

## DIRECTIONS

1. Heat the oil in a large Dutch oven over medium heat until it is shimmering. Add the onions, bell pepper, chili powder, cumin, cayenne and ½ teaspoon of the salt.
2. Cook until the vegetables have softened, about 7 minutes.
3. Stir in the garlic and cook for another 30 seconds.
4. Add the beef and increase the heat to medium-high.
5. Cook, breaking up the beef with a wooden spoon, until no longer pink, about 10 minutes.
6. Stir in the beans, diced tomatoes (with their juice), tomato puree and the remaining ½ teaspoon salt.
7. Bring to a simmer, then reduce the heat so it maintains a slow simmer, cover and cook for 45 minutes.
8. Remove the lid and continue to simmer for an additional 45 minutes. Season with additional salt and pepper to taste before serving.
9. Garnish with shredded cheddar cheese and sour cream, if desired.

Leftover chili can be stored in an airtight container in the refrigerator for up to 4 days. The chili can also be frozen for up to 1 month (let the chili thaw in refrigerator for 24 hours before reheating).



# *Desserts*





## PULL APART CINNAMON BREAD { A.K.A "MONKEY BREAD" }



### INGREDIENTS

2 tubes refrigerated  
biscuits

½ cup brown sugar

½ cup white sugar

1 tsp cinnamon

1 stick butter

¼ cup milk

SUBMITTED BY:

CATHY JOHNSON

### DIRECTIONS

1. Mix brown sugar, white sugar, and cinnamon in a bowl.
2. Grease baking pan.
3. Dip biscuits in milk and place ½ of them in pan.
4. Sprinkle with ½ of the sugar and cinnamon mixture.
5. Put rest of biscuits on and sprinkle with rest of sugar and cinnamon mixture.
6. Pour melted butter over top.
7. Bake at 350 degrees for 20-30 minutes.



## PEANUT CLUSTERS

### INGREDIENTS

- I 6 oz package chocolate pieces
- I 12 oz package butterscotch pieces
- I 12 oz package salted Spanish peanuts



SUBMITTED BY:  
CATHY JOHNSON

### DIRECTIONS

1. Combine the chocolate and butterscotch pieces in a heavy 2 quart saucepan.
2. Cook over medium heat until melted.
3. Stir once during melting. Stir in peanuts.
4. Drop by teaspoons on to sheets of wax paper.
5. Let set until firm and store in an airtight container.

Yields 3 ½ to 4 dozen.



## POWER BALLS



### INGREDIENTS

2 tubes refrigerated biscuits

½ cup brown sugar

½ cup white sugar

1 tsp cinnamon

1 stick butter

¼ cup milk

SUBMITTED BY:

MELISSA WIEDEMAN

### DIRECTIONS

1. In a bowl combine nut butter and agave (if using) until creamy and agave has been incorporated.
2. Add in seeds, raisins or dried berries, and ¼ cup coconut.
3. Using a table spoon, scoop mixture and roll into a ball with your hands. (This gets messy!)
4. Roll the ball in remaining shredded coconut to coat.
5. Keep in refrigerator or freezer for a healthy protein power packed snack!





## CHEESECAKE SUPREME

### INGREDIENTS

#### **Crust:**

1 cup flour  
 ½ cup margarine  
 ¼ cup sugar  
 ¼ tsp vanilla  
 1 tsp grated lemon peel  
 1 slightly beaten egg  
 yolk

#### **Filling:**

5 - 8 oz cream cheese  
 softened  
 ¼ tsp vanilla  
 ¼ tsp salt  
 ¾ tsp grated lemon  
 peel  
 1 ¾ cup sugar  
 4 or 5 eggs  
 3 T flour  
 2 egg yolks  
 ¼ cup whipping cream



**SUBMITTED BY:**

CATHY JOHNSON

### DIRECTIONS

#### **Crust:**

1. Combine all ingredients in a bowl mixing well.
2. Pat ½ of dough on bottom of a 9- spring form pan with sides removed.
3. Bake at 400 degrees for 8 minutes.
4. Remove from oven and let cool.
5. Butter the sides of the pan and attach to cooled bottom.
6. Pat remaining dough on sides of pan.

#### **Filling:**

1. Beat cream cheese until creamy.
2. Add vanilla and lemon peel.
3. Gradually beat in sugar, flour, and salt.
4. Add eggs and egg yolks one at a time beating after each just to blend.
5. Gently stir in cream.
6. Pour filling into pan and bake at 450 degrees for 12 minutes.
7. Reduce heat to 300 degrees and bake for 55 minutes or until a knife inserted comes out clean.
8. Remove from oven and let cool for ½ hour.
9. Loosen sides of cheesecake from pan with spatula.
10. Let cool another ½ hour then remove sides of pan.



# APRICOT BRIE IN PHYLLO



## INGREDIENTS

1 sm. round (8 oz.) ripe Brie or Camembert

Melted butter

1/3 c. apricot jam

4 sheets phyllo dough

Slices of red & yellow apples

Seedless grapes

Small baguettes

SUBMITTED BY:

SUSAN BAKER

FROM

COOKS.COM

## DIRECTIONS

1. Trim off any wax or peel from outside of Brie, leaving the edible rind intact. Butter a cookie sheet. Brush some melted butter on top of Brie, then spread with apricot jam. Brush each sheet of phyllo with melted butter and carefully stack one on top of each other in a pile. Trim stack of phyllo into a 13" or 14" square.
2. Position round of Brie, jam side down, in middle of the phyllo stack. Fold over a 4-ply stack from the opposite side. Repeat procedure with the remaining two sides until you have a "phyllo package".
3. Brush entire surface of package with melted butter; then push corner edges inward to mold package into a round. Place the package,
4. seam side down, onto prepared baking sheet. Cover loosely with plastic wrap and place in freezer for 3 to 4 hours.  
(Or, place on a lightly buttered plate, cover with plastic and then with foil and freeze up to 1 week.)
5. Preheat oven to 375 degrees. Remove Brie from freezer and bake for 25 to 30 minutes or until phyllo turns golden brown. Allow to stand a few minutes, then transfer to a serving plate. Set aside for about 5 minutes.
6. Garnish edge of platter with slices of apple, clusters of grapes and sliced baguettes. Makes 6 to 8 servings.

"Stephanie made this/or Easter brunch.  
It was delicious!!" -Susan



## GRANDMA 'O BRIEN'S PUMPKIN BARS

### INGREDIENTS

#### Bars:

- 4 eggs
- 1 cup salad oil
- 2 cups sugar
- 2 cups pumpkin
- 2 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 2 tsp cinnamon
- ½ tsp ginger, clover,  
and nutmeg

#### Frosting:

- 1 ea 6 oz pk cream  
cheese
- ¾ stick oleo (butter  
works too)
- 1 tsp cream or milk
- 1 tsp vanilla
- 4 cups powdered sugar



**SUBMITTED BY:**  
**PAULA MALONE**  
**'O BRIEN**

### DIRECTIONS

#### Bars:

1. Mix first four ingredients then add flour with spices.
2. Pour into greased, floured pan (12 x 18).
3. Bake at 350 degrees 25-30 minutes

#### Frosting:

4. Cream together cream cheese and butter with an electric mixer.
5. Add in milk and vanilla.
6. Slowly add sifted powdered sugar while mixer is running.
7. Frost bars once cooled.



## PUPPY CHOW



### INGREDIENTS

- Yi cup peanut butter
- Yi cup butter or margarine
- 6 oz. chocolate chips
- 10 cups Corn Chex® cereal
- 2 cups powdered sugar

**SUBMITTED BY:**  
SUSAN BAKER

### DIRECTIONS

1. Melt peanut butter, butter or margarine, and chocolate chips in a saucepan over medium heat.
2. Pour over Corn Chex®, being sure that all cereal is coated.
3. Put 2 cups powdered sugar in a large paper bag.
4. Put cereal in bag and shake gently until all cereal is coated.
5. Pour out on wax paper to cool.

*This is still one of my kid's favorites!*

Turn it into a holiday treat!





# CARROT WHIPPED-CREAM CAKE

## INGREDIENTS

|  |                              |
|--|------------------------------|
| <b>Cake:</b>                               | 2 cups grated carrot (1 lb.) |
| 3 cups sifted (see Note) all-purpose flour |                              |
| 2 teaspoons baking powder                  |                              |
| 1 teaspoon baking soda                     |                              |
| 2 teaspoons ground cinnamon                |                              |
| 1 teaspoon salt                            |                              |
| 2 cups granulated sugar                    |                              |
| 1 1/2 cups safflower or Canola oil         |                              |
| 4 eggs                                     |                              |
| <b>Whipped Cream Frosting:</b>             |                              |
| 2 cups heavy cream, chilled                |                              |
| 1/2 cup unsifted confectioner's sugar      |                              |
| 1 teaspoon vanilla extract                 |                              |
| Pecan or walnut halves (optional)          |                              |



**SUBMITTED BY:**  
SUSAN BAKER

## DIRECTIONS

- Preheat oven to 350 degrees.
  - Sift flour with baking powder, soda, cinnamon and salt.
  - Grease well and flour three 9 x 1½-inch round layer-cake pans.
  - In large mixing bowl, with electric mixer at medium speed, beat granulated sugar, salad oil and eggs until well blended - about 2 minutes.
  - Add carrot; mix well.
  - At low speed, gradually add flour mixture, beating just until well combined. Batter will be thin.
  - Pour batter into prepared pans, dividing evenly.
  - Bake 30-35 minutes, or until surface springs back when gently pressed with fingertip.
  - Cook in pans 10 minutes. Carefully loosen sides with spatula; remove from pan.
  - Cool completely on racks.
- To Frost:**
- Put layers together with whipped-cream frosting, ½ cup for each layer. Frost side and top. (If desired, decorate edge and bottom. Arrange pecan halves on top .. Refrigerate for 1 hour before serving.
  - Make 10 - 12 servings.
- NOTE: Sift before measuring
- "I used to make this cake for Stephanie and Elizabeth's birthdays when they were young. I first got this recipe when we lived in Palatine, IL. It's a very moist cake with a light frosting." - Susan



## TINY CHERRY CHEESE CUPS



### INGREDIENTS

- 2 (8 oz.) packages cream cheese
- 2 eggs
- 1/2 cup sugar
- 1 teaspoon vanilla
- Small vanilla wafer cookies
- 1 can cherry pie filling

SUBMITTED BY:

SUSAN BAKER

FROM

ANN AND MARLENE  
BLACKLAW

### DIRECTIONS

1. Fill small muffin tin with mini cupcake papers. Place a vanilla wafer at the bottom of each cup.
2. Mix cream cheese, eggs, sugar and vanilla well, until smooth. Fill mini cups 3/4 full over vanilla wafers. Bake at
3. 350 degrees for 15-18 minutes.
4. While hot, top each with cherry pie filling. Refrigerate.

"These are a delightful little dessert and very colorful. Perfect for Christmas or Valentine's Day parties." Marlene and my sister, Ann, used to make them often." - Susan



## PUMPKIN DESSERT BARS

### INGREDIENTS

#### **Crust:**

1- 18.25 oz. box yellow cake mix (reserve 1 cup for topping)

½ cup butter or margarine - melted

1 egg, lightly beaten

½ cup brown sugar - packed

2 eggs

2 ½-3 teaspoons pumpkin pie spice

#### **Topping:**

1 cup reserved cake mix

¼ cup sugar

1 teaspoon cinnamon

¼ cup butter or margarine

Cool Whip or Whipped cream (this is not used in recipe, just for serving)

#### **Filling:**

2 - 15 oz. cans pumpkin (not pie filling)

2/3 cup evaporated milk (can substitute regular milk)



**SUBMITTED BY:**

**SUSAN BAKER**

**FROM**

**JONI YOUNG,  
ORIGINAL SOURCE  
UNKNOWN**

### DIRECTIONS

1. Preheat oven to 350 degrees. Reserve 1 cup cake mix for topping.
2. Combine crust ingredients together and press into a 9x13 pan (it will form a soft dough). You do not need to grease pan because of all the butter in the crust.
3. In a bowl, mix filling ingredients together with a hand mixer and pour over crust.
4. For topping, mix reserved cake mix, sugar and cinnamon together. Cut in butter with pastry blender to make a crumbly topping.
5. Sprinkle over filling.
6. Bake for 45-55 minutes (until cake tester comes out clean). Let cool.
7. Chill until serving time. Cut into squares and serve with Cool Whip or whipped cream.

"Joni Young made these scrumptious dessert bars at a Creative Memories workshop. I didn't really appreciate them until I had the leftovers at work on Monday. Now I like them even better than pumpkin pie!" - Susan



## CARAMEL APPLE PIE



## INGREDIENTS

- 2 refrigerated pie crusts
- 8 cups sliced apples
- ½ cup packed brown sugar
- ¾ cup caramel ice cream topping
- 4 TBS flour
- 1 ½ tsp ground cinnamon
- Small amount of milk
- Small amount of granulated sugar

**SUBMITTED BY:**  
JUDY BAKER

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Place one pie crust in pie plate and press into plate.
3. In small bowl mix caramel ice cream topping with 2 tablespoons flour. Spread into bottom of pie crust.
4. In large bowl mix apples, brown sugar, 2 tablespoons flour, and cinnamon making sure apples are coated well.
5. Place apples into crust pushing them down into the caramel.
6. Place top crust (I made a criss-cross one but any with wholes will do)
7. Brush with milk and sprinkle with sugar.
8. Bake for 60-70 minutes





## APPLE CINNAMON MONKEY BREAD BITES

### INGREDIENTS

- ½ cup margarine, melted
- ½ cup packed brown sugar
- ⅓ cup granulated sugar
- 2 TBS ground cinnamon
- ½ cup apples (peeled, cored and chopped into small pieces)
- 2 - 7.5 oz cans of refrigerated biscuits



SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Spray 12 muffin tins and preheat oven to 350 degrees
2. Mix margarine with brown sugar and spoon 1 tablespoon into each tin.
3. Mix sugar with cinnamon in a gallon size Ziploc® bag.
4. Cut up refrigerator biscuits into fourths and add to the Ziploc along with the apple pieces.
5. Seal and shake well until all is coated.
6. Place pieces from bag into each of the tins until all is distributed evenly
7. Bake for 15 minutes, cool on rack for at least a minute before turning pan over on cookie sheet to cool to an eatable temp.

Best served warm



## SUGAR FREE APPLE RAISIN BREAD



### INGREDIENTS

- 1 ¼ cup flour
- ¼ cup Splenda®
- 1 tsp baking soda
- ¾ tsp salt
- 1½ tsp ground cinnamon
- 1-2 med apples (peeled, cored and chopped small)
- 1 TBS water
- 2 eggs
- ¼ cup vegetable oil
- 1 ¼ cup applesauce (or apple butter)
- ½ cup raisins

SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Mix flour, Splenda®, baking soda, salt, and cinnamon in a medium bowl.
2. Place apples in microwave bowl with water and cook for 2 minutes.
3. Mix apples, eggs, oil, applesauce (or apple butter) & raisins in a large bowl then add dry mix making sure not to over mix batter.
4. Pour into greased loaf pan and bake at 350 degrees for about an hour.
5. Freezes well after completely cooled.



## VERY EASY CHERRY CHEESECAKE BITES

### INGREDIENTS

- 1 block of cream cheese
- 1 cup powdered sugar
- Fresh Cherries (or strawberries)
- Graham Crackers



SUBMITTED BY:  
ALICIA MARTIN

### DIRECTIONS

1. Blend softened cream cheese and powdered sugar
2. Grind your graham crackers
3. Dip berries in the cream cheese mixture and then into the graham crackers.

Great with strawberries, stuffed or dipped!





## LENNY'S BERRY COBLER



### INGREDIENTS

2 cup berries

1 tsp baking powder

½ Tbsp Lemon juice

#### **Topping:**

#### **Batter:**

½ cup sugar

3 Tbsp butter

1 Tbsp cornstarch

¼ cup sugar

¼ tsp salt

½ cup milk

1 cup boiling water

1 cup flour

¼ tsp salt

SUBMITTED BY:

JUDY CARR

## DIRECTIONS

1. Place berries in a greased 8" x 8" pan
2. Pour lemon juice over berries
3. Make batter
4. Pour over berries
5. Make topping of sugar, cornstarch and salt.
6. Sprinkle over batter.
7. Pour boiling water over all.
8. Bake 350 degrees for 1 hour



## BLUEBERRY COBBLER

### INGREDIENTS

- 3 Tbsp Butter
- 2 cups Bisquick®
- 1 cup Milk
- 4 cups Blueberries
- 1 - 1 ½ cups Sugar
- 1 - 1 ½ cups Water
- 1 tsp. cinnamon



SUBMITTED BY:  
MICHELE HOWARD

### DIRECTIONS

1. Melt butter and mix with Bisquick®, and Milk. Batter will be lumpy.
2. Pour into 9" x 13" baking dish
3. Mix together blueberries, sugar and water.
4. Pour mixture over batter.
5. Sprinkle with cinnamon over berries.
6. Bake at 375 degrees for 45 minutes to 1 hour or until dough is cooked and slightly browned.



## ORANGE 7-UP JELLO SALAD



SUBMITTED BY:

MICHELE HOWARD

### INGREDIENTS

- |  |                        |
|--|------------------------|
| 1 large or 2 small packages of orange Jello®                   | <b>Topping:</b>        |
| 2 cups boiling water   | 1/2 cups sugar         |
| 2 cups 7-UP  | 2 Tbl flour            |
| 1 large can crushed pineapple. Drained. Save juice for topping | 2 Eggs beaten          |
| 4 bananas, sliced  | 2 Tbl butter           |
| 1 package small marshmallows                                   | 1 cups cool Whip       |
|  | 1 cups Pineapple Juice |

### DIRECTIONS

- |   |   |
|---|---|
| 1. Mix Jello® with boiling water.                           | <b>Topping:</b>   |
| 2. Add 7-UP   | 1. Mix sugar, flour, eggs, butter, and pineapple juice.         |
| 3. Refrigerate. Jell partly.                                | 2. Heat over medium heat, stirring constantly, until thickened. |
| 4. Add crushed pineapple, sliced bananas, and marshmallows. | 3. Let cool.  |
| 5. Refrigerate until firm                                   | 4. Fold in Cool Whip.   |



## NORTH AMERICAN CHEESECAKE BITES

### INGREDIENTS

- 1/3 cup graham cracker crumbs
- 1 tablespoon melted butter
- 1 eight ounce block cream cheese, room temperature
- 1/4 cup sugar
- 1 egg, room temperature
- 1/2 teaspoon fresh lemon juice
- 1/4 teaspoon vanilla extract
- 2 tablespoons fruit spread or jam
- 1 tablespoon lemon zest



SUBMITTED BY:

CATHY JOHNSON

### DIRECTIONS

1. Preheat the oven at 350 degrees F.
2. Mix the graham cracker crumbs and butter together until evenly mixed (a food processor works great for this). The mixture will not appear wet but when pressed together between the fingers should stick together.
3. Line a mini cupcake tin with 12 paper liners. \* Make sure you have the correct sized liners for your mini tin. Some mini paper cups do not work for mini tins.
4. Scoop one level teaspoon of crumb mixture into each lined tin cup.
5. Using your fingers or the flat side of a clean bottled water cap, firmly press down the crust mixture into a flat hard layer.
6. Place the tin in the oven and bake for 5 minutes.
7. While the crust is baking, combine the cream cheese and sugar in a mixer or a bowl. Make sure the cream cheese is soft, otherwise your cheesecakes will have lumps.
8. Using a stand mixer or a hand mixer, cream the cream cheese and sugar together for one minute. Add the egg, lemon juice, and the vanilla extract. The mixture should be smooth and the texture should be like cake batter.
9. After the crust has baked for 5 minutes, remove the tin from the oven and evenly fill the cups with the cheesecake batter.
10. Bake the cheesecakes for 16-18 minutes until the center is slightly firm to touch and not jiggly. Do not worry if the tops appear to have a dome shape or are cracked.
11. Remove the cheesecake from the oven allow the tin to rest on a heat safe counter top for 10 minutes.
12. Carefully remove the mini cheesecakes from the tin and transfer them to a plate.
13. Place the plate in the freezer for 30 minutes until they are no longer warm and slightly cool.
14. The cheesecakes will look more level after they have cooled and the cracks, if any, will hardly be noticeable.
15. Carefully remove the paper liners from each mini baked cheesecake.
16. Top each cheesecake off with a 1/2 teaspoon of your favorite fruit spread or jam followed by a small pinch of lemon zest as garnish.

COOKING IS LIKE  
LOVE.

IT SHOULD BE ENTERED  
INTO WITH  
ABANDON  
OR NOT AT ALL.

~HARRIET VAN HORNE







## RED VELVET CAKE COOKIES



### INGREDIENTS

8 oz. softened cream cheese

1/2 cup softened butter

1 egg

1 Tbs vanilla extract

1 box red velvet cake mix

Small amount of confectioners'  
sugar for rolling

SUBMITTED BY:  
JUDY BAKER

### DIRECTIONS

1. Cream the cream cheese and butter in large bowl with electric mixer until smooth. Continue mixing while add in the egg and vanilla extract.
2. Using a large mixing spoon, add the cake mix in until well mixed.
3. Cover and refrigerate for at least 2 hours to firm up.
4. Bake at 350 degrees for 12 minutes (cookies should remain soft).
5. Cool completely on baking rack.



## BISCOCHITOS

### INGREDIENTS

- 3 cups lard
- 4 eggs at room temperature
- 1 cup milk
- 1 ½ cup sugar
- 3 capfuls anise
- 6 cups flour
- 3 tsp baking powder
- Sprinkles



SUBMITTED BY:  
DOLLY TONE

### DIRECTIONS

1. Cream together lard, eggs, sugar, milk and anise until nice and creamy.
2. Add flour and baking powder.
3. Roll out on a floured surface and cut into shapes with cookie cutters or knife.
4. Dip in sprinkles
5. Bake at 350 degrees until edges are lightly golden.
6. Place on rack to cool.



## PEANUT BUTTER COOKIES (GLUTEN FREE)



### INGREDIENTS

- 1 cup peanut butter
- 1 c sugar
- 1 egg
- 1 tsp vanilla

SUBMITTED BY:  
STEVE DAVISON

### DIRECTIONS

1. Mix together all ingredients.
2. Form balls and flatten on baking sheet.
3. Crisscross top with fork tine.
4. Bake 350 degrees for 10-12 min



## GRANDMA PAULINE'S PUMPKIN COOKIES

### INGREDIENTS

- |                     |                |
|---------------------|----------------|
| 2 cups Crisco       | 1 tsp nutmeg   |
| 2 cups sugar        | ½ tsp allspice |
| 1 16 oz can pumpkin | Nuts           |
| 2 eggs              |                |
| 2 tsp vanilla       |                |
| 4 cups flour        |                |
| 2 tsp baking powder |                |
| 1 tsp baking soda   |                |
| 2 tsp cinnamon      |                |



SUBMITTED BY:  
DOLLY TONE

### DIRECTIONS

1. Cream together Crisco, sugar, eggs, vanilla, and pumpkin.
2. Add dry ingredients and nuts.
3. Drop cookies onto greased cookie sheet
4. Bake at 350 degrees for 10-15 minutes.
5. Place on rack to cool.





## TRIPLE CHOCOLATE SIN COOKIES



**SUBMITTED BY:**  
JUDY STEVENS

### INGREDIENTS

- |  |  |
|--|--|
| 2 cups semisweet chocolate chips (18 ounces)             | 3 large eggs                               |
| $\frac{1}{4}$ cup ( $\frac{1}{2}$ stick) unsalted butter | $\frac{2}{3}$ cup sugar                    |
| 2 cups chocolate chips                                   | 2 teaspoons vanilla extract                |
| $\frac{1}{2}$ cup all-purpose flour                      | 1 cup semisweet chocolate chips (8 ounces) |
| $\frac{1}{2}$ teaspoon baking powder                     | 3 oz white chocolate chips                 |
| $\frac{1}{2}$ teaspoon salt                              |  |

### DIRECTIONS

1. Stir the 2 cups chocolate chips and butter in a medium bowl over a saucepan of barely simmering water until the chocolate mixture is melted and smooth.
2. Remove the bowl and set aside. The mixture may be thick.
3. Whisk the flour, baking powder and salt in a small bowl. Set aside.
4. Combine the eggs, sugar and vanilla in a large bowl.
5. Beat the egg mixture using an electric mixture, until light and fluffy, about 5 minutes (really beat for about 5 minutes makes a difference).
6. Add the melted chocolate mixture and beat until well blended.
7. Add the flour mixture and beat until just incorporated.
8. Stir the 1 cup chocolate chips into the batter. If the batter is very soft, chill for 15 to 20 minutes to allow the batter to firm up slightly.
9. Preheat the oven to 375 degrees.
10. Line 2 large rimmed baking sheets with parchment paper.
11. Using a small cookie scoop, drop the chilled batter in rounded tablespoonfuls onto the baking sheets, spacing 1  $\frac{1}{2}$ -to-2-inches apart. Bake the cookies until slightly firm to touch and crackled all over tops but still soft in the center, 12 to 15 minutes.
12. Cool the cookies on the sheets
13. Place the white chocolate chips in a small bowl over a saucepan of barely simmering water. Stir occasionally until the chocolate is melted and smooth.
14. Drizzle the melted chocolate over the top of each cookie, using a fork.
15. Let white chocolate set, about 10 minutes.



# RECIPE WINNERS



# RECIPE WINNERS

*Susan Baker - 1st Place*

Greek Meatballs with Tzaiziki Sauce

*Main Dish*



*Judy Stevens- 2nd Place*

Pulled Pork Sliders With Coleslaw Salad



*Gerry Murray - 3rd Place*

Chili





# RECIPE WINNERS



*Deanna Benson- 1st Place*

Sinfully Loaded Crockpot  
Mashed Potatoes



Recipe  
p. 57

Side Dishes

*Judy Carr- 2nd Place*

Those Potatoes



Recipe  
p. 51

*Judy Baker - 3rd Place*

24-hour salad



Recipe  
p. 52



# RECIPE WINNERS

*Alicia Martin - 1st Place*

Strawberry/Cherry Cheesecake Bites



Recipe  
p. 91

Desserts

*Cathy Johnson - 2nd Place*

North American Cheesecake Bites



Recipe  
p. 95

*Steve Davison - 3rd Place*

Berry Cobbler



Recipe  
p. 92



# TIPS

FROM: DOLLY TONE

## NUTS:

1. When toasting any kind of nuts spread on a cookie sheet and place in a 350 degree oven for 10-15 minutes checking frequently as nuts can scorch easily.
2. Toasting nuts brings out the flavor and oils in them.
3. To remove skins from nuts - working in small batches place nuts on a clean kitchen towel and rub gently.
4. Store nuts in the refrigerator or freezer to prevent them from going rancid.

## ROSEMARY:

1. Rosemary is a wonderful spice that adds a flavor boost to pork, poultry, lamb, and roasted veggies.

## DILL WEED:

1. Dill weed can be used in potato soup, salad, or tuna to add a wonderful flavor.
2. When used in tuna it will add flavor but not extra moisture like you would get when adding pickles or relish.

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FROM SUSAN BAKER:

## ONE CAUTION WHEN GRILLING

1. Lamb Meatballs or Burgers on an open flame BBQ is hard to do; fat is highly flammable and will burn.
2. Keep turning the meatball while they cook and the flame-ups will diminish as they cook.



## ABBREVIATIONS, CONVERSIONS AND COMMON TERMS

### Common abbreviations in recipes:

|                       |               |
|-----------------------|---------------|
| c = cup               | L = liters    |
| t = tsp = teaspoon    | g = gr = gram |
| T = Tbsp = tablespoon | oz = ounce    |
| C = Celsius           | lb = pound    |
| F = Fahrenheit        | kg = kilogram |
| ml = milliliters      |               |
| pt = pint             |               |

### Measurement Equivalents for Cooking Conversions Capacity:

|  |
|--|
| 1/4 teaspoon = 1 ml                              |
| 1 tablespoon = 15 ml = 3 teaspoons               |
| 2 tablespoons = 30 ml = 1/8 cup                  |
| 1/4 cup = 50 ml = 4 tablespoons                  |
| 1/2 cup = 5 tablespoons + 1 teaspoon = 75 ml     |
| 1 cup = 16 tablespoons = 250 ml = 8 ounces       |
| 1 pint = 2 cups = 500 ml (1/2 liter) = 16 ounces |
| 1 quart (2 pints) = 4 cups = 1 liter = 32 ounces |

### Weight:

|                                     |
|-------------------------------------|
| 1/16 pound = 30 grams = 1 ounce     |
| 1/4 pound = 115 grams = 4 ounces    |
| 1/2 pound = 225 grams = 8 ounces    |
| 1 pound = 455 grams = 16 ounces     |
| 2.2 pounds = 1 kilogram = 35 ounces |

### Pound, cups, tablespoon and teaspoon conversions: **assume the base weight= 1 volume of water**

|  |
|--|
| 1 pound = 2 cups                               |
| 1 ounce = 2 tablespoons                        |
| 1 tablespoon = 3 teaspoons = 0.5 oz = 15 grams |
| 1 teaspoon = 0.17 oz = 5 grams                 |

### Weight=volume of:

|                                     |
|-------------------------------------|
| Wheat Flour: 1 pound = 3 1/2 cups   |
| Refined Sugar: 1 pound = 2 1/4 cups |

### Temperature Conversions Fahrenheit > Celsius

|                 |                  |
|-----------------|------------------|
| 250 °F = 120 °C | 400 °F = 200 °C  |
| 275 °F = 140 °C | 425 °F = 220 °C  |
| 300 °F = 150 °C | 450 °F = 230 °C  |
| 325 °F = 160 °C | 475 °F = 240 °C  |
| 350 °F = 180 °C | 500 °F = 260 °Fa |
| 375 °F = 190 °C |                  |

### General Cooking and Baking Terms used in recipes:

1. **Dash or Pinch** - Generally considered less than 1/8 teaspoon.
2. **Firmly Packed** - With a spatula, a spoon or your hand, tightly press the ingredient into the measuring cup. You should measure as much of the ingredient as you can fit into the measure.
3. **Lightly Packed** - Press the ingredient into the measuring cup lightly. Make sure there are no air pockets, but do not compress it too much either.
4. **Even / Level** - Measure the amount precisely, discarding the entire ingredient that rises above the rim of the measuring cup. The back of a straight knife works well for this.
5. **Rounded** - Do not flatten out the ingredient to the top of the measuring cup. Instead allow it to pile up above the rim naturally, into a soft, rounded shape.
6. **Heaping / Heaped** - Pile as much of the ingredient on top of the measure as it can hold.
7. **Sifted** - Sift with a strainer or sifter before measuring to make sure ingredient is not compacted and there is no other foreign substance in it.



## GLOSSARY OF COOKING TERMS

**AL DENTE:** Italian term used to describe pasta that is cooked until it offers a slight resistance to the bite.

**BAKE:** To cook by dry heat, usually in the oven.

**BARBECUE:** Usually used generally to refer to grilling done outdoors or over an open charcoal or wood fire. More specifically, barbecue refers to long, slow direct-heat cooking, including liberal basting with a barbecue sauce.

**BASTE:** To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

**BATTER:** A mixture containing flour and liquid, thin enough to pour.

**BEAT:** To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

**BLANCH:** To immerse in rapidly boiling water and allow to cook slightly.

**BLEND:** To incorporate two or more ingredients thoroughly.

**BOIL:** To heat a liquid until bubbles break continually on the surface.

**BROIL:** To cook on a grill under strong, direct heat.

**CARAMELIZE:** To heat sugar in order to turn it brown and give it a special taste.

**CHOP:** To cut solids into pieces with a sharp knife or other chopping device.

**CLARIFY:** To separate and remove solids from a liquid, thus making it clear.

**CREAM:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**CURE:** To preserve meats by drying and salting and/or smoking.

**DE-GLAZE:** To dissolve the thin glaze of juices and brown bits on the surface of a pan in which food has been fried, sautéed or roasted. To do this, add liquid and stir and scrape over high heat, thereby adding flavor to the liquid for use as a sauce.

**DEGREASE:** To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

**DICE:** To cut food in small cubes of uniform size and shape.

**DISSOLVE:** To cause a dry substance to pass into solution in a liquid.

**DREDGE:** To sprinkle or coat with flour or other fine substance.

**DRIZZLE:** To sprinkle drops of liquid lightly over food in a casual manner.

**DUST:** To sprinkle food with dry ingredients. Use a strainer or a jar with a perforated cover, or try the good, old-fashioned way of shaking things together in a paper bag.

**FILLET:** As a verb, to remove the bones from meat or fish. A fillet (or filet) is the piece of flesh after it has been boned.



TO BASTE



## GLOSSARY OF COOKING TERMS {CONTINUED}

**FLAKE:** To break lightly into small pieces.

**FLAMBE:** To flame foods by dousing in some form of potable alcohol and setting alight.

**FOLD:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. Cut down through mixture with spoon, whisk, or fork; go across bottom of bowl, up and over, close to surface. The process is repeated, while slowing rotating the bowl, until the ingredients are thoroughly blended.

**FRICASSEE:** To cook by braising; usually applied to fowl or rabbit.

**FRY:** To cook in hot fat. To cook in a fat is called pan-frying or sautéing; to cook in a one-to-two inch layer of hot fat is called shallow-fat frying; to cook in a deep layer of hot fat is called deep-fat frying.

**GARNISH:** To decorate a dish both to enhance its appearance and to provide a flavorful foil. Parsley, lemon slices, raw vegetables, chopped chives, and other herbs are all forms of garnishes.

**GLAZE:** To cook with a thin sugar syrup cooked to crack stage; mixture may be thickened slightly. Also, to cover with a thin, glossy icing.

**GRATE:** To rub on a grater that separates the food in various sizes of bits or shreds.

**GRATIN:** From the French word for 'crust.' Term used to describe any oven-baked dish--usually cooked in a shallow oval gratin dish--on which a golden brown crust of bread crumbs, cheese or creamy sauce is form.

**GRILL:** To cook on a grill over intense heat.

**GRIND:** To process solids by hand or mechanically to reduce them to tiny particles.

**JULIENNE:** To cut vegetables, fruits, or cheeses into thin strips.

**KNEAD:** To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.

**LUKEWARM:** Neither cool nor warm; approximately body temperature.

**MARINATE:** To flavor and moisturize pieces of meat, poultry, seafood or vegetable by soaking them in or brushing them with a liquid mixture of seasonings known as a marinade. Dry marinade mixtures composed of salt, pepper, herbs or spices may also be rubbed into meat, poultry or seafood.

**MEUNIERE:** Dredged with flour and sautéed in butter.

**MINCE:** To cut or chop food into extremely small pieces.

**MIX:** To combine ingredients usually by stirring.

**PAN-BROIL:** To cook uncovered in a hot fry pan, pouring off fat as it accumulates.

**PAN-FRY:** To cook in small amounts of fat.

**PARBOIL:** To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

**PARE:** To remove the outermost skin of a fruit or vegetable.

**PEEL:** To remove the peels from vegetables or fruits.

**PICKLE:** To preserve meats, vegetables, and fruits in brine.

**PINCH:** A pinch is the trifling amount you can hold between your thumb and forefinger.

**PIT:** To remove pits from fruits.

**PLANKED:** Cooked on a thick hardwood plank.

**PLUMP:** To soak dried fruits in liquid until they swell.

**POACH:** To cook very gently in hot liquid kept just below the boiling point.





{CONTINUED}

## GLOSSARY OF COOKING TERMS



**PUREE:** To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

**REDUCE:** To boil down to reduce the volume.

**REFRESH:** To run cold water over food that has been parboiled, to stop the cooking process quickly.

**RENDER:** To make solid fat into liquid by melting it slowly.

### **ROAST:**

To cook by dry heat in an oven.

**SAUTE:** To cook and/or brown food in a small amount of hot fat.

**SCALD:** To bring to a temperature just below the boiling point.

**SCALLOP:** To bake a food, usually in a casserole, with sauce or other liquid. Crumbs often are sprinkled over.

**SCORE:** To cut narrow grooves or gashes partway through the outer surface of food.

**SEAR:** To brown very quickly by intense heat. This method increases shrinkage but develops flavor and improves appearance.

**SHRED:** To cut or tear in small, long, narrow pieces.

**SIFT:** To put one or more dry ingredients through a sieve or sifter.

**SIMMER:** To cook slowly in liquid over low heat at a temperature of about 180°. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**SKIM:** To remove impurities, whether scum or fat, from the surface of a liquid during cooking, thereby resulting in a clear, cleaner-tasting final produce.

**STEAM:** To cook in steam in a pressure cooker, deep well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover. A small amount of boiling water is used, more water being added during steaming process, if necessary.

**STEEP:** To extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point.

**STERILIZE:** To destroy micro organisms by boiling, dry heat, or steam.

**STEW:** To simmer slowly in a small amount of liquid for a long time.

**STIR:** To mix ingredients with a circular motion until well blended or of uniform consistency.

**TOSS:** To combine ingredients with a lifting motion.

**TRUSS:** To secure poultry with string or skewers, to hold its shape while cooking.

**WHIP:** To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

**ZEST:** a food ingredient that is prepared by scraping or cutting from the outer, colorful skin of unwaxed citrus fruits such as lemon, orange, citron, and lime. Zest is used to add flavor ("zest") to foods.











ACABADO

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