



# VNRLI

2008

## CLASS COOK BOOK

VNRLI CLASS OF 2008 MISSION STATEMENT

VNRLI FELLOWS AND FACULTY MEMBERS RECEIVE GROUP  
SUPPORT AND A NURTURING, SAFE PLACE TO GROW IN  
THEIR PERSONAL MISSIONS AND GOALS.

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## Homemade Ricotta for Locavores

“Use milk and buttermilk from local dairies.”

Sarah Richardson

### Ingredients:

- 1 gallon whole milk
- 1 quart buttermilk

### Preparation:

- Select a sieve or colander with a wide surface area so the curds will cool quickly.
- Rinse a large piece of cheesecloth or muslin with cold water, then fold it so that it is 6 or more layers, and arrange it in the sieve or colander placed in the sink.
- Pour the milk and buttermilk into a large non-reactive saucepan.
- Place over high heat and heat, stirring the mixture frequently with a rubber spatula and making sure to cover the whole pan bottom to prevent scorching.
- Once the mixture is warm, stop stirring. As the milk heats, curds will begin to rise and clump on the surface.
- As the curds begin to form, gently scrape the bottom of the pan with the spatula to release any stuck curds.
- When the mixture reaches 175-180 degrees F, the curds and whey will separate. The whey looks like cloudy water underneath a mass of thick white curds on the surface.
- Immediately remove the pan from the heat.
- Working from the side of the pot, gently ladle the whey into the prepared sieve. Go slowly so as not to break up the curds.
- Finally, ladle the curds into the sieve. Lift the sides of the cloth to help the liquid drain. Resist the temptation to press on the curds.
- When the draining slows, gather the edges of the cloth, tie them into a bag, and hang the bag from the faucet.
- Continue to drain until the dripping stops, about 15 minutes.
- Untie the bag and pack the ricotta into airtight containers.
- Refrigerate and use within 1 week.

Use for lasagna, manicotti, or cheesecake.

**Yield: 3-4 cups**

## Homemade Mascarpone Cheese

“For Heather’s Free Range Fruitcake” (which appears later in the Cookbook)

Sarah Richardson

### Ingredients:

- 1 qt light cream (ideally, 25% butterfat and organic)
- ¼ teaspoon tartaric acid (available on baking aisle or at health-food stores)

### Equipment:

- Stainless steel double boiler with lid
- Sterile cheesecloth, sterilized by boiling and hanging to dry thoroughly
- Large bowl to catch whey

### Preparation:

- Warm 32 ounces of light cream in a stainless steel double boiler to 185 degrees Fahrenheit (85 Celsius).
- Dissolve 1/4 teaspoon of tartaric acid in 2 Tbl of water.
- Stir the dissolved tartaric acid into the hot cream, stir well. It should start to thicken almost immediately, with small flecks of curd. Maintain the 185 F for five to ten minutes, stirring regularly.
- Using a DOUBLE layer of FINE cheesecloth in a strainer, pour off the whey and let it drain for about an hour.
- Refrigerate covered for 12 hours in the stainless steel inner pot (or transfer to a clean plastic container with lid). The whey should separate somewhat.
- Transfer to sterile cheesecloth, and suspend over a bowl for 24 hours in the refrigerator to allow the whey to drain out.
- Transfer the finished mascarpone to a smaller air tight container, store in the refrigerator, use within a week or two.

## Cheese Ball

"We have this as an appetizer for holidays. It is really simple but everyone had better like onions."

Renée Clark

### Ingredients:

- 2 packs of low fat cream cheese
- 8 oz. drained pineapple (crushed)
- Small onion (chopped/diced finely)
- Spring onions (chopped finely)
- Small pepper (optional)
- 1 ½ teaspoons chives
- 1 teaspoon seasoned salt
- ½ teaspoon garlic salt

### Preparation:

- Soften the cheese by setting out. Mix all ingredients together in a large bowl.
- Roll into shape of a ball or a log and let set up in refrigerator. Can roll in finely chopped pecan nuts (optional).

## Cheese Fondue

Corey MacKnight

### Ingredients:

- 1/4 cup Butter
- 1/4 cup Flour
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1/4 tsp Dry mustard
- 1/4 tsp Worcestershire Sauce
- 1 1/2 cup Milk
- 2 cups or 8 oz Cheddar cheese

### Preparation:

- Melt butter over low heat. Blend in flour, salt and pepper. Add dry mustard and Worcestershire sauce. Simmer over low heat until smooth.
- Remove from heat and stir in milk. Heat to boil and stir for one minute.
- Stir in cheese over low heat.
- Serve with French bread, boiled potatoes, broccoli or any other items that are good with cheese.

## Chipped Beef Dip

"Great for parties"

Corey MacKnight

### Ingredients:

- 2 tsp Minced onion
- 2 tsp Bon Appetite (Spice you buy at the store)
- 2 tsp Dill seed
- 2 tsp Parsley
- 16 oz Sour cream
- 16 oz Mayonnaise
- 6 oz Chipped dry beef (Shaved thin)

### Preparation:

- Mix together and chill
- Serve with French bread or crackers

# Soups and Stews

## Delaney's Irish Lamb Stew

"Here is a favorite from the Delaney clan - an Irish stew. It is always best when the cook takes a shot or two of Jameson's whiskey during the preparation process besides what is added to the stew. For some reason it always tastes better."

Blaine Delaney

### Ingredients:

- 2 1/2 pounds boneless, lean lamb stew meat, cut in 1 inch cubes
- 1 1/2 tsp. salt
- 1 tsp. pepper
- 1/2 cup all purpose flour
- 3 tbsp. olive oil
- 2 large (2 cups) onions, quartered
- 3 cups water
- 3 ounces of Jameson's Whiskey
- 2 tsp. of dried rosemary
- 2 cups baby carrots
- 4 cups diced rutabaga
- 1 cup frozen peas, thawed

### Preparation:

- Sprinkle lamb with salt and the pepper. Coat lamb with flour. Heat oil in an iron skillet over medium-high heat. Brown lamb in the hot oil. Remove to Crock Pot with slotted spoon.
- Reduce heat to medium for the iron skillet. Add onion and cook 5 to 7 minutes, stirring occasionally until lightly browned. Stir in the water, scraping up browned bits on bottom of skillet.
- Transfer onion mixture to the Crock Pot; add carrots and rutabaga. Add dried rosemary and whiskey and stir into stew. Cover and cook on low for 8 hours, adding peas during the last 30 to 45 minutes.

Serves 6.

# Soups and Stews

## Clam and Corn Chowdah

Todd Janeski

### Ingredients:

- 4 slices bacon chopped
- 2 cans (6 or 8 ounces) chopped clams
- 1 medium white onion, chopped
- 2 Bottles of clam juice
- 1-1½ cups fresh corn off of the cob
- 2 cups diced, peeled potatoes
- 1 teasp of Thyme
- 1-1½ cup half and half
- Sea Salt to taste
- Pepper to taste
- 6-10 Quahogs, cherrystone size. (1-1½ in diam)

### Preparation:

- Fry the bacon until crisp, add the chopped onions. Saute the onions until clear, add the thyme. Add the potatoes, juice from canned clams and two bottles of clam juice. Add water if the potatoes are not covered.
- Cover and simmer for 30 minutes. Brush the clams clean and rinse in cold water (do not soak).
- Add the corn. Add the half and half until the color of the broth changes to a light milky consistency, but still brothy. Get the chowder back to a simmer.
- Add the clams in the shell and simmer for 10 minutes or until shells begin to open.
- Add the canned, chopped clams and simmer gently for 3-4 min.
- Season with sea salt and fresh ground pepper. Serve with fresh crusty bread.

# Soups and Stews

## Seafood Chowdah

Todd Janeski

### Ingredients:

- 4 slices bacon chopped
- ½-¾ lb haddock, cut into 2 in chunks
- Meat from 1-2 cooked lobsters (1-1½ lb each), cut into 2 in chunks, leave claw meat whole.
- 1/2lb sea scallops, cut in half
- 10 Quahogs, cherrystone size. (1-1½ in diam)
- 2 cans (6 or 8 ounces) chopped clams
- 1 medium white onion, chopped
- 2 Bottles of clam juice
- 1-1½ cups fresh corn off of the cob
- 2 cups diced, peeled potatoes
- 1 teasp of Thyme
- 1-1½ cup half and half
- Sea Salt to taste
- Pepper to taste

### Preparation:

- Fry the bacon until crisp, add the chopped onions. Saute the onions until clear, add the thyme.
- Add the potatoes, juice from canned clams and bottles of clam juice. Add water if the potatoes are not covered. Cover and simmer for 30 minutes.
- Brush the clams clean and rinse in cold water (do not soak).
- Add the corn.
- Add the half and half until the color of the broth changes to a light milky consistency, but still brothy. Get the chowder back to a simmer.
- Add the fish and simmer for five minutes.
- Add the clams in the shell and simmer for 5-8 minutes.
- Add the sea scallops, simmer for 3-5 minutes.
- Add the canned, chopped clams and simmer gently for 3-4 min.
- Squeeze of lemon.
- Season with sea salt and fresh ground pepper.
- Serve with fresh crusty bread.

## Zahra Bil Laban (Cauliflower with Yogurt)

“Palestinian cuisine is rich with simple side dishes that complement the main meal like meat and chicken. These side dishes are often served with pita bread. This cauliflower dish is a specialty of my mother, Najwa Abdul-Hadi. She is half Turkish and her cuisine is influenced by her heritage.”

In the summer, you can make this a day ahead and place it in the fridge. On behalf of all of us here at the Jadallah and Abdul Hadi family, we wish you will enjoy it. We say: “Kul bil Saha well afia” (eat in good health).”

Alma Abdul-Hadi Jadallah

### Ingredients:

- 1 Cauliflower (medium size)
- 1 whole milk – or low fat plain yogurt (32 oz)
- Fresh Parsley
- One or two cloves of garlic (to taste)
- Salt (to taste)
- Extra Virgin Olive Oil

### Preparation:

- Cut Cauliflower head into small pieces. Discard leaves and stalk. Wash, dry and a) fry in extra virgin olive oil (if you do so, make sure you place it in a seif to drain all the oil – my mom prefers the frying) OR b) bake in the oven till golden brown. Let it cool and then dice it into small pieces.
- In a bowl, stir yogurt, add pinch of salt, minced garlic. Stir to achieve consistency then add minced cauliflower. Stir to mix ingredients.
- Chop parsley, wash and dry.
- Serve in a bowl. Garnish platter with chopped parsley, red paprika and add olive oil.
- Serve with toasted or fresh pita bread or any bread of your liking.

## Like Valentino's Six-Bean Salad

"Valentino's is a local pizza chain in Nebraska that has a salad bar that everyone likes as much as the pizza. If you attend a picnic in Lincoln, Nebraska, you could be sure that someone stopped at Valentino's takeout for a side dish from the salad bar. This is one of my favorites – be sure to use a very large bowl!"

Heather Barrar

### Ingredients:

Bean Mixture:

- 1 can kidney beans, rinsed and drained
- 1 can lima beans, rinsed and drained
- 1 can butter beans, rinsed and drained
- 1 can wax beans, rinsed and drained
- 1 can green beans, rinsed and drained
- 1 can garbanzo beans, rinsed and drained
- 1 cup celery, thinly sliced
- 2 medium onions, thinly sliced
- 1 small jar pimentos

Dressing:

- 1 ½ cups sugar
- ½ cup oil
- 1 cup vinegar
- Salt and pepper to taste

### Preparation:

- Mix sugar, oil, vinegar, salt and pepper and heat to a boil. Cool.
- Combine all ingredients for the bean mixture and mix together.
- Pour the dressing over this mixture and toss until well coated.
- Refrigerate at least 24 hours before serving.

## Candied Sweet Potatoes

“This dish is a departure from the common candied yam or sweet potatoes dishes – less sweet and no marshmallows or anything like that. My Pennsylvania-born mom makes this at every holiday meal and it’s one that I always look forward to. You can adjust the amount of syrup according to how many sweet potatoes you use and how much they soak up.”

Tamara Ambler

### Ingredients:

- 4 to 5 large yams, sliced
- 1/4 cup butter
- 1 cup packed light brown sugar
- 1/2 cup honey
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg

### Preparation:

- Melt butter in large skillet. Add brown sugar and honey and blend. Add cinnamon, ginger and nutmeg. Bring to boil. Add sliced sweet potatoes and simmer on low for 30 minutes or until tender.

## Onion-fennel Flatbread

Christy Gabbard - From Bon Appétit | April 1995

### Ingredients:

- 1/4 cup (1/2 stick) plus 2 teaspoons unsalted butter, room temperature
- 1 1/2 cups finely chopped onion
- 1 cup warm water (105 °F. to 115 °F.)
- 1 envelope quick-rising yeast
- 1 teaspoon sugar
- 1 1/4 teaspoons salt
- 4 teaspoons fennel seeds
- 3 cup (about) all purpose flour

### Preparation:

- Melt 1/4 cup butter in heavy medium skillet over medium-low heat. Add onion and sauté until very tender, about 15 minutes. Transfer to large bowl of electric mixer fitted with dough hook.
- Add 1 cup warm water to onion.
- Mix in yeast, sugar and salt. Using mortar and pestle crush 2 teaspoons fennel seeds. Add to onion mixture. Mix in enough flour 1/2 cup at a time to form medium-soft dough. Knead dough on floured surface until smooth and elastic, about 4 minutes. Allow dough to remain on floured work surface; cover with towel and let stand until beginning to rise, about 20 minutes.
- Butter heavy large baking sheet.
- Knead dough briefly. Divide dough into 4 equal pieces. Form each piece into ball; flatten into 3/4-inch-thick round, about 5 inches in diameter. Arrange rounds on prepared baking sheet. Rub tops with remaining 2 teaspoons butter.
- Sprinkle remaining 2 teaspoons whole fennel seeds evenly over rounds and press gently to adhere. Cover with towel. Let rise in warm draft-free area until puffy, about 30 minutes.
- Meanwhile, preheat oven to 450 °F.
- Bake breads until golden, about 25 minutes. Serve warm.
- Sprinkle remaining 2 teaspoons whole fennel seeds evenly over rounds and press gently to adhere. Cover with towel. Let rise in warm draft-free area until puffy, about 30 minutes.
- Meanwhile, preheat oven to 450 °F.
- Bake breads until golden, about 25 minutes. Serve warm.

Fast-rising makes these moist, fragrant breads quick to prepare. Serve them warm, accompanied with butter or with olive oil for dipping.

## Hallah

Nesha Mizel

### Ingredients:

- 7 cups of bread flour
- 2 packages quick rising yeast
- Vegetable oil
- Sugar
- Salt
- 3 eggs

### Preparation:

- Place contents of 2 packages of quick rising yeast in a large glass with 2 tablespoons flour and 2 teaspoons sugar. Add 3/4 cup warm water. Mix well and allow to sit for 5 minutes to proof.
- Add 4 cups flour to a large bowl. Add 1 1/2 cup warm water, 1/2 cup oil, 1/2 cup sugar, 1 1/2 tablespoon salt and 2 eggs. Mix well.
- Add yeast mixture to bowl and mix well.
- Add 3 cups of flour ONE CUP AT A TIME to bowl. Make sure that all flour incorporated before adding the next cup of flour.
- When you can't mix anymore with a wooden spoon, the start mixing with your hands (coat hands with flour before beginning to mix).
- Knead dough on a floured surface for at least 10 minutes. Add small amounts of flour during kneading until the dough is no longer sticky.
- Put in warm spot FOR 2 1/2 HOURS.
- Knock down and gradually add 2/3 cup flour during kneading.
- Put in warm spot for 1 1/2 hours. 20 minutes before end of this period turn on oven to 350F.
- Knead for 5 minutes.
- Cut dough in half. Cut each half in thirds. Roll out each third until about 12 inches long. Braid three strands.
- In a small bowl, mix 1 beaten egg with 2 tablespoons sugar. Brush over braided dough.
- Place bread on middle rack on a bread stone for 45 minutes.
- Remove and cool.
- Prepare and bake other loaf.

This recipe will make two loaves

# Vegetarian Entrees

## Black Bean Lasagna

"This is a good hearty dinner that puts a different spin on lasagna with beans instead of meat. You can add more vegetables, like zucchini or squash as they are in season."

Renée Clark

### Ingredients:

- 9 uncooked lasagna noodles (wheat or regular if you prefer)
- 1 tablespoon vegetable oil
- 1 medium onion, chopped (about 1/2 cup)
- 1 clove garlic, finely chopped
- 1 cup water
- 2 tablespoons chopped fresh cilantro
- 2 cans (15 oz. each) black beans, rinsed
- 1 can (14 ½ oz.) no-salt added whole or diced tomatoes, undrained
- 2 cans (6 oz. each) no-salt added tomato paste
- 1 container (15 oz.) nonfat ricotta cheese
- ½ cup reduced-fat grated Parmesan-style cheese (2 ozs)
- ½ cup cholesterol-free egg product or 4 egg whites
- ¼ cup chopped fresh parsley
- 2 cups shredded reduced-fat Monterey Jack cheese (8 oz.)

### Preparation:

- Cook and drain noodles as directed on package. Rinse with hot water; drain.
- Heat oil in 12-inch nonstick skillet over medium heat. Cook onion and garlic in oil, stirring frequently until onion is tender. Stir in water, cilantro, beans, tomatoes and tomato paste, breaking up tomatoes. Simmer uncovered 15 minutes, stirring occasionally. Mix remaining ingredients except Monterey Jack cheese.
- Heat oven to 350 degrees. Layer 1/3 each of noodles, bean mixture, ricotta mixture and Monterey Jack cheese in ungreased rectangular baking dish, 13 x 9 x 2 inches. Repeat layers twice. Bake uncovered 30 to 35 minutes or until hot and bubbly.
- Let stand 10 to 15 minutes before cutting.

# Vegetarian Entrees

## Tomato Sandwich

"This recipe is not elegant, but the taste of a tomato sandwich made from a tomato you pick right from the garden is one of the best meals in the world. Whenever I eat a tomato sandwich I think of my Grandmother who introduced me to this delicacy."

Lisa Moerner

### Ingredients:

- 1 vine-ripened tomato. Do not attempt to make this sandwich from an out of season tomato.
- 2 slices of white, wheat or any other mild bread. Bread should not mask taste of tomato.
- Mayonnaise.
- Salt.

### Preparation:

- Spread mayonnaise (to taste) and sprinkle with salt (to taste).
- Add sliced tomato.
- Devour.
- Tasty accompaniments are cheddar cheese and iced tea.

# Vegetarian Entrees

## Italian Squash Casserole

Corey MacKnight

### Ingredients:

- 2 or 3 Yellow Summer Squash
- 1 Green Pepper
- 1 Yellow Pepper
- 1 Red Pepper
- 1 cup Fresh Mushrooms
- 1 Onion
- 1 or 2 Tomatoes (Med or Large.)
- 1 tbls Oregano
- 1 or 2 cups Mozzarella Cheese
- 3 tsp butter
- 1/2 pound Sweet Italian Sausage  
(You can substitute any kind of meat or chicken or no meat at all)

### Preparation:

- Dice mushrooms, squash, peppers, onions and tomatoes (set tomatoes aside).
- In a small skillet brown sausage.
- In large skillet sauté squash, peppers, onion and mushrooms in butter. Add oregano to season.
- In a 9"x13" baking pan combine sautéed veggies, sausage and tomatoes and fold together.
- Spread cheese on top and bake in 375 degree oven until top of cheese is melted or browned then serve.

# Seafood Entrees

## Un-Fried" Crabcakes

"These are great for people that love crab cakes but hate mayonnaise like me. They don't have a lot of filler and are really good."

Renée Clark

### Ingredients:

- 1 pound fresh crabmeat (you also can use canned crabmeat)
- Light vegetable oil cooking spray
- 1 teaspoon freshly grated Parmesan cheese
- 1 tablespoon snipped fresh chives
- 1 large whole egg or 2 large egg whites, beaten
- 1 tablespoon Old Bay seasoning
- 2 tablespoons chopped jalapeno pepper (1 large pepper)
- 1 teaspoon baking powder
- 2 tablespoons chopped fresh parsley
- 1 teaspoon Worcestershire sauce
- 1 cup unflavored dried bread crumbs

### Preparation:

- Preheat the oven to 400 degrees.
- Rinse crabmeat under cold running water and drain.  
(making sure to remove any filament or shell)
- Spray the vegetable oil over the baking sheet 3 times to coat.
- In a large bowl, combine all remaining ingredients, except ½ cup of the bread crumbs, & stir in the crabmeat. Using ¼ cup for each crabcake, form the mixture into 8 crab cakes.
- Roll each in the reserved bread crumbs and place on the prepared baking sheet.
- Coat the crabcakes lightly with cooking spray.  
(don't forget this part)
- Place the baking sheet on the bottom shelf of the oven and bake the crabcakes for about 5 minutes per side, until brown.

# Seafood Entrees

## Oysters Rockefeller with Sambuca

Christy Gabbard

### Ingredients:

- 1/4 c minced leeks.
- 4 oz dark sambuca romana.
- 12 oysters, on half a shell.
- 8 oz fresh spinach, rinsed, steamed & patted dry.
- 1/4 c minced shallots.
- Salt & pepper.
- 2 tsps minced garlic.
- 2 tsps unsalted butter.
- 1 c cream cheese. – or use a combination of whipping cream
- 1/2 c grated parmigiano-reggiano cheese

### Preparation:

- Melt butter in a skillet.
- Add shallots & leeks, sauté until translucent.
- Remove skillet from the stove, carefully set the skillet back, keeping your face away.
- Add Sambuca & cook for 1 min.
- Add cream cheese & spinach.
- Cook for 2 mins, then fold in the garlic.
- Line oysters on a baking sheet.
- Spoon sauce on the top & sprinkle with parmesan.
- Bake for 7 mins & serve hot.
- Enjoy the Oysters Rockefeller With Sambuca recipe

# Seafood Entrees

## Linguine with Clam Sauce

Todd Janeski

### Ingredients:

- Two cans of chopped (not minced clams)
- One bottle clam juice
- One med white onion chopped
- Juice of ½ lemon
- A big of Tablespoon dried basil (fresh if avail)
- Teaspoon oregano (fresh if avail)
- Pinch of thyme (fresh if avail)
- Five or six cloves garlic, minced
- 1/4 cup white wine
- 1/4-1/2cup half and half
- ½-1lb pasta
- A big Tablespoon of olive oil
- 1 T flour
- 1-2 T of grated parmesan or other hard Italian cheese (Asiago, Romano--you could try a bit of gorgonzola for a change too)
- Pinch of Cayenne
- Salt and pepper

### Preparation:

- Heat saute pan add oil, then onions. Sweat the onions (5-10min)
- Add the garlic, sweat for about 5 min more.
- Add the basil, oregano, thyme and a couple of strong grinds of pepper. Add the flour, make a dry roux, remove from pan, transfer to plate.
- Deglaze the pan with the juice from both cans of clams and the bottle of clam juice.
- Reduce by ½ (or more). Add the white wine, reduce again. Add the half and half, simmer gently for 5 min, add the veggie mix BACK in. Stir to thicken the sauce (about 5-10min).
- Add the clams, cook for about 5min, add the lemon juice. Add 1-2 T of parmesan cheese and pinch of cayenne.
- Season to taste and pour over hot pasta.

# Seafood Entrees

## Fish in foil

Nesha Mizel

### Ingredients:

- White fish, about 5-7 oz per person  
( Grouper is very good, but cod or other white fish work fine )
- Sweet marsala wine
- One box of mushrooms
- 2 cloves of garlic
- Olive oil
- Soy sauce
- Roasted sesame oil

### Preparation:

- Place one piece of fish on a large piece of foil. You may first put a big handful of baby spinach on the foil.
- Salt and pepper fish.
- Add 2 tablespoons sweet marsala wine, 1 teaspoon soy sauce and 1/2 teaspoon roast sesame oil.
- Squeeze a 1/2 teaspoon of fresh lemon juice on the fish.
- Close packets tightly and bake in a 475F oven for 15 minutes (no longer!).
- While fish is cooking, add one basket of sliced mushrooms to a pan with hot extra virgin olive oil (about 4 tablespoons). Cook on medium heat. **DO NOT STIR THE MUSHROOMS! LEAVE THEM ALONE FOR 5-7 MINUTES.** Then turn over mushrooms and cook for another few minutes. They should have a nice brown color.
- Add two finely diced cloves of garlic (very finely chopped) and about 2 inches of ginger root that has been very finely chopped (I use a lemon zester to get it very fine like a mush). Cook for 1-2 minutes stirring at least twice.
- Add 1 cup marsala wine and cook down to almost nothing.
- When fish are done, open packets and carefully remove fish to warm plate. Add liquid from all packets to pan with mushrooms, garlic and ginger. Add a little salt and pepper to taste & cook down on high heat until you have a somewhat thickened sauce (about 3-4 minutes)
- Pour sauce with mushrooms over fish and serve.

The fish can be served over rice, pasta, or a potato latka.

# Poultry Entrees

## Lauren's Super Fast & Tasty Chicken

"This recipe is from a friend of mine and when I read it I was not impressed (a bit scared) but actually it is really good and super easy. You can make it with boneless breasts (just adjust cooking time) or with just legs or wings, etc. You can also use non-fat dressing if you wish."

Christy Gabbard

### Ingredients:

- 1 package Lipton onion soup mix
- 1 can whole cranberries
- 1 whole chicken cut-up
- 1 - 8 oz jar of Russian or French dressing

### Preparation:

- Preheat oven to 350.
- Mix the onion soup, cranberries and dressing and pour over chicken. Bake for about an hour or until chicken is done.

# Poultry Entrees

## Cornell Bar-B-Q Chicken (Marinade)

Steve Reeser

### Ingredients:

- ½ cup oil
- 1 cup vinegar (apple cider)
- 2 Tbsp salt
- ¼ tsp pepper
- 1 egg
- 1 ½ tsp poultry seasoning
- Chicken (any part of the chicken can be used; however we like thighs the best).  
Recipe good for four breasts or 6-8 thighs.

### Preparation:

- Mix all ingredients together; remove skin from chicken (any part of chicken can be used, however I like legs and thighs best) pour over chicken.
- Marinate in refrigerator at least 6 hours or overnight.
- Grill thoroughly on medium heat brushing marinade over chicken while cooking.

# Poultry Entrees

## Chicken with Olives and Feta Cheese

Christy Gabbard

From Bon Appétit | November 2000

### Ingredients:

- 2 pounds chicken thighs with skin and bones
- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 large garlic cloves, chopped
- 1 14 1/2-ounce can diced tomatoes in juice
- 3/4 cup Kalamata olives or other brine-cured black olives, pitted, sliced
- 1/2 cup dry red wine
- 1 1/2 tablespoons chopped fresh oregano or 2 teaspoons dried
- 2/3 cup crumbled feta cheese

### Preparation:

- Sprinkle chicken with salt and pepper. Heat oil in large skillet over medium-high heat. Add chicken and sauté until brown, about 4 minutes per side.
- Transfer chicken to plate. Pour off all but 2 tablespoons drippings from skillet.
- Add onion to drippings in skillet. Sauté over medium heat 3 minutes. Add garlic and stir until fragrant, about 1 minute. Add tomatoes with juices, olives, wine and oregano. Return chicken and any accumulated juices to sauce; bring to boil. Reduce heat to medium-low, cover and simmer until chicken is tender and cooked through, about 25 minutes.
- Transfer chicken and sauce to platter. Sprinkle with feta cheese and serve.

**Makes 6 servings.**

# Poultry Entrees

## Southern Smothered Chicken

"Southern comfort food is always a favorite at our house."

Robert Hare

### Ingredients:

- 4 skinless / boneless chicken breasts
- 1/2 cup all purpose flour
- 1/8 teaspoon cayenne pepper
- 1 teaspoon paprika
- Salt and pepper, to taste
- 1/4 cup vegetable oil
- 1 Vidalia onion, diced
- 2 garlic cloves, minced
- 1 cup sour cream
- 1/2 cup chicken stock
- 1/4 cup chopped green onions

### Preparation:

- Clean and dry chicken breasts.
- In a shallow baking dish, combine flour, cayenne pepper, paprika, salt and pepper.
- Dredge chicken breasts in flour mixture to coat. Shake off excess.
- In a large skillet, heat 1/4 inch vegetable oil over medium heat. Add chicken and brown well; several minutes on each side. Remove from pan and set aside. Pour excess oil from pan, leaving a thin layer. Add onions and garlic. Sauté, stirring occasionally, until translucent, about 3-5 minutes.
- In a bowl, combine sour cream, chicken stock and green onions and mix well.
- Transfer chicken back to skillet, pour sour cream mixture over it. Bring to a simmer and cook, covered, until done, about 15 minutes.

# Poultry Entrees

## Runzas

“Doesn’t the name of this recipe just make you want to try it? Runzas are the name of a food and the name of a restaurant that I grew up with in Lincoln, Nebraska. A runza is a pocket of dough filled with cabbage & beef. This recipe is actually from Cooking Light, but tastes just like I remember from my childhood. Here is a website if you would like to see a photo of a runza: [runza.com/whatzarunza.htm](http://runza.com/whatzarunza.htm)”

Heather Barrar

### Ingredients:

#### FILLING:

- 1/4 cup chopped onion
- 1/2 pound ground turkey
- Cooking spray
- 2 cups finely shredded cabbage
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt

#### DOUGH:

- 1/4 cup sugar
- 1 pkg dry yeast (about 2 1/4 teaspoons)
- 1/2 cup warm water (100° to 110°)
- 1/2 cup 1% low-fat milk
- 1/4 cup vegetable oil
- 3/4 teaspoon salt
- 2 large eggs, lightly beaten
- 4 cups bread flour, divided

### Preparation:

- To prepare filling, cook the onion and turkey in a large nonstick skillet coated with cooking spray over medium-high heat until turkey is browned, stirring to crumble. Add cabbage; cook until cabbage wilts, stirring constantly. Stir in pepper and 1/4 teaspoon salt. Cover and chill.
- To prepare dough, dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes. Stir in milk, oil, 3/4 teaspoon salt, and eggs. Lightly spoon flour into dry measuring cups; level with a knife. Add 3 1/2 cups flour to yeast mixture, and stir to form a soft dough. Turn dough out onto a lightly floured surface. Knead until smooth & elastic (about 8 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover & let rest 5 minutes.
- Divide dough in half. Roll each half into a 10 1/2 x 7-inch rectangle on a lightly floured surface. Cut each rectangle into 6 (3 1/2-inch) squares. Working with 1 portion at a time (cover remaining dough to keep from drying), spoon about 1/4 cup filling into center of each portion, & bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal. Place the bierocks, seam sides down, on a large baking sheet covered with parchment paper. Cover and let rise for 20 minutes.
- Preheat oven to 375°. Uncover bierocks. Bake at 375° for 15 minutes or until bierocks are browned on the bottom and sound hollow when tapped. Remove bierocks from pan, and cool on wire racks.
- Note: To freeze, cool completely, and wrap individually in foil. Place wrapped bierocks in a heavy-duty zip-top plastic bag; freeze for up to 3 months. To reheat, thaw in the refrigerator. Place foil-wrapped bierocks in a preheated 350° oven for 15 minutes.

**Yield: 12 servings** (serving size: 1 bierock)

Nutritional Information: CALORIES 244(27% from fat); FAT 7.4g (sat 1.6g,mono 2.1g,poly 3.3g); PROTEIN 10.8g; CHOLESTEROL 52mg; CALCIUM 29mg; SODIUM 237mg; FIBER 1.6g; IRON 2.6mg; CARBOHYDRATE 35.6g

# Beef Entrees

## Marlboro Man's Favorite Sandwich

Paul Revell

### Ingredients:

- 2 to 3 pounds cube steak (tenderized round steak that's been extra-tenderized)
- 1 large onion or 2 small medium onions
- 4 French/Deli rolls
- Butter, man
- Lawry's Seasoned Salt
- Worcestershire Sauce
- Tabasco

### Preparation:

- Slice onions and cook in ¼ stick butter until soft and light brown. Remove and set aside.
- Slice cube steak against the grain. Season with Lawry's.
- Heat 2 tablespoons butter over high heat (in same skillet) until melted and beginning to brown.
- Add meat in single layer. Cook one side until brown, then flip and cook until brown, about a minute on both sides.
- Add ½ (at least) Worcestershire sauce, 5 to 6 shakes Tabasco, and 2 tablespoons butter. Add cooked onions. Stir to combine.
- Butter halved French rolls and brown on skillet.
- To assemble, lay bottom half of French roll on plate. Place meat mixture, followed by a spoonful of juice from the pan. Top with other half of roll, cut in half, and devour!

# Pork Entrees

## Hungarian Pork Chops

Mitch Thomas

### Ingredients:

- 5 thick center cut pork chops
- 1 medium onion sliced
- 2 banana peppers, sliced in rings
- 1 28 ounce can of diced tomatoes
- 2 tablespoons of oil
- Salt and pepper to taste
- 1 cup water

### Preparation:

- In a heavy skillet, brown pork chops in oil. They will not be cooked through
- Add onions, peppers, water, tomatoes, and salt and pepper.
- Cover and simmer on low heat for about 1 and a half hours or until half of the liquid is evaporated.

Serves four to five.

# Entire Meals

## Coal Camp Cuisine

*Cornbread and pinto beans, onions, cole slaw and chow chow relish.*

“Beans and cornbread was a regular meal in the coal camps where I grew up in the 1950’s and 1960’s. I didn’t realize it, but it is full of protein, carbohydrates and fiber. The ingredients were easy to find and don’t spoil easily. A beans and cornbread supper was easy to prepare & could keep for several days. I believe beans get better each time they are warmed. This meal is typical of the meals we would have when my dad would come home after a day at the mine. While I’m certainly no cook, these recipes remind me of the dishes my mother & grandmother would make.”

Conrad Spangler.

*Brown Beans*

### Ingredients:

- 1 (16-ounce) package dried pinto beans
- 1 medium to large piece of salt fatback (about 3 inches long and 1 1/2 inch thick), or 1 to 2 meaty pork ribs
- 1 1/2 quarts water
- Salt and pepper

### Preparation:

- Put beans and water in a cast-iron cooking pot on medium heat.
- Place the fatback in a microwavable coffee cup and cover with water. Microwave on high for approximately 30 seconds, then turn the fat over and repeat for another 30 seconds.
- Pour the fatback and broth into the cooking beans. Once the beans begin to lightly boil at medium heat, lower the temperature to low, cover and cook for about 2 hours. Every half hour, uncover the beans and stir, making sure they are simmering in enough cooking liquid. If beans appear dry, add a little more water.
- Once beans are tender, season with a little salt and plenty of freshly ground black pepper before serving.

*Continued...*

## Coal Camp Cuisine - continued

### *Cornbread with Grits*

#### **Ingredients:**

- 1 cup plain white stone-ground cornmeal (not instant)
- 3/4 cup yellow self-rising cornbread mix
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/3 teaspoon baking soda
- 3 tablespoons sausage, bacon, country ham, or pork chop drippings.  
(Crisco or half butter and half Crisco will work as substitutes)
- 1/4 cup plain white stone-ground grits
- 3/4 cup water
- 1 egg
- 1 cup buttermilk

#### **Preparation:**

- Preheat oven to 475 degrees.
- Sift white cornmeal, cornbread mix, sugar, salt and baking soda into a big mixing bowl. Add fat drippings to a cast-iron cornbread pan (or muffin or cornstick pan) and warm it on the stove. When drippings are melted, tilt pan so the sides & bottom are well greased. Then pour off and reserve two tablespoons of drippings.
- Mix grits and water in a bowl and microwave on high for 3 minutes. Stop and stir & then microwave again on high for 3 minutes and set aside. The grits will be about half done.
- Whisk egg in a bowl. Then mix egg with buttermilk & add to the dry ingredients. Stir until the batter is well mixed but still a bit on the firm & dry side. Add the reserved pan drippings and grits. Mix all of the ingredients well with a large spoon. (If grits & water have cooled, reheat for 30 seconds before adding.) Batter shouldn't be too dry or too wet.
- Pour batter into pan and bake for 20 to 25 minutes. (Cornsticks take slightly less time.) Bread is done when a golden brown crust has formed.
- Fry leftover grit bread on a griddle or cast-iron pan with a small bit of butter. Fry the leftover cornbread wedges until golden brown.

*Continued...*

## Coal Camp Cuisine - continued

### *Dandelion Salad*

#### Ingredients:

- 2 quarts dandelion greens (or endive)
- 1/4 cup chopped onion
- 6 slices bacon, cut in small pieces
- 1/4 cup bacon drippings
- 3 tablespoons flour
- 1/4 cup water
- 1/4 cup vinegar
- 1 egg, beaten
- 1 1/2 to 2 cups milk

#### Preparation:

- Wash greens thoroughly. Drain and spin dry. Place in large bowl. Add onion.
- Fry bacon and add to greens. Drain off all but 1/4 cup drippings. Add flour and cook until bubbly. Using a whisk, add water, vinegar & egg. Gradually add milk & stir until thickened.
- Pour over greens and mix well. Cover until ready to serve.

Serves 4.

### *Chow Chow Relish*

#### Ingredients:

- 2 cups chopped sweet red peppers
- 2 cups chopped green peppers
- 4 cups chopped cabbage
- 2 cups chopped sweet onions
- 2 hot peppers, chopped
- 5 cucumbers, chopped
- 4 cups chopped, cored green tomatoes
- 3 tablespoons pickling salt
- 4 tablespoons mustard seed
- 2 tablespoons celery seed
- 1 cup sugar
- 2 cups vinegar

#### Preparation:

- Chop up vegetables into a medium dice. Sprinkle with pickling salt; cover & refrigerate overnight. Lightly rinse veggies and drain well.
- Put the remaining ingredients in a large pot, and bring to a boil. Add the vegetable mixture and cook for about 10 minutes. Pack into sterilized canning jars, leaving about 1/2-inch headspace. Remove any air bubbles. Seal at once according to canning manufacturer's directions. Relish that isn't canned can be stored in an airtight glass container in the refrigerator for up to a month.

Makes about 8 pints

## Lemongrass Beef on Cool Noodles

*(Bun Bo Zao)*

"The recipe below is from the Splendid Table where it was adapted originally from Pleasures of the Vietnamese Table. I love to read recipes and then love to change them, but this recipe is outstanding as is and one I come back to often. There is a lot of prep but it is welllllll worth it. The Lemongrass Beef recipe refers to the other three recipes included below."

Christy Gabbard

Adapted from Pleasures of the Vietnamese Table by Mai Pham (HarperCollins, 2001). Copyright 2001 by Mai Pham.

### Ingredients:

Topping:

- 2/3 pound beef sirloin or another tender cut, thinly sliced into bite-sized strips
- 2 tablespoons minced lemongrass
- 2 tablespoons oyster sauce
- 1 tablespoon fish sauce
- 3 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1/4 red onion, thinly sliced lengthwise

Garnishes:

- 2 tablespoons Scallion Oil (recipe)
- 4 tablespoons chopped Roasted Peanuts
- 1 1/2 recipes Vietnamese Dipping Sauce (recipe)

### Preparation:

- Combine the beef, lemongrass, oyster sauce, and fish sauce in a bowl and let the meat marinate for 20 minutes.
- Heat the oil in a large skillet over high heat. Add the garlic and stir until fragrant, about 20 seconds. Add the red onion and stir for 1 minute, then add the meat. Stir and cook until the meat is cooked and the onion is soft, 3 to 4 minutes.
- To serve, divide the beef topping among the 4 prepared noodle bowls. Garnish each bowl with 1/2 tablespoon Scallion Oil, 1 tablespoon peanuts and about 1/4 cup dipping sauce. Toss several times before eating.

**Serves 4**

*Continued...*

## Lemongrass Beef on Cool Noodles - continued

*Rice Noodles with Fresh Herbs  
(Bun Voi Rau Thom)*

### Ingredients:

- 2/3 pound small dried rice vermicelli (bun)
- 2 cups shredded red- or green-leaf lettuce
- 1 1/2 cups bean sprouts
- 1/3 cup cucumber, seeded and cut into matchsticks
- 1/3 cup green or red perilla leaves, fish mint, or mint leaves, cut into thirds
- 1/3 cup Asian basil leaves, cut into thirds

### Preparation:

- Bring a large pot of water to a rolling boil. Add the rice vermicelli and stir gently to loosen them. Cook until the noodles are white and soft but still slightly resilient, about 4 minutes. Drain and rinse under cold running water. Gently fluff the noodles and set them aside for at least 30 minutes. The noodles should be dry and sticky before serving.
- Gently toss together the lettuce, bean sprouts, cucumbers, perilla, and basil leaves. Divide the salad mixture among 4 bowls. Top each with one-quarter of the rice noodles. The bowls are now ready for the topping.
- Note: Ideally bun should not be refrigerated, because the noodles become dry and stiff. However, if you need to, store the noodles and greens separately. Just before serving, reheat the noodles (preferably in a microwave oven) just until slightly warm. This will help them become soft and a little sticky again.

**Makes 4 main-course servings with toppings**

*Continued...*

## Lemongrass Beef on Cool Noodles - continued

*Scallion Oil*  
(*Mo Hanh*)

### Ingredients and Preparation:

- Heat oil in a small pan over moderate heat.
- Add the scallions & stir 10 seconds. Immediately remove from the heat and transfer the oil with the scallions to a small bowl. Place in the refrigerator to cool for 10 minutes. (This helps the scallions stay green.)
- Remove & set aside at room temperature until ready to serve. This sauce will keep up to 2 weeks stored in the refrigerator in a tight-lidded jar.

**Makes 1/2 cup**

*Vietnamese Dipping Sauce*  
(*Muoc Cham*)

### Ingredients:

- 3 Thai bird chilies or 1 serrano chili, or to taste
- 1 clove garlic, sliced
- 3 tablespoons sugar
- 2/3 cup warm water
- 1 1/2 tablespoons fresh lime juice
- 5 tablespoons fish sauce
- 2 tablespoons finely shredded carrots for garnish (optional)

### Preparation:

- Cut the chilies into thin rings. Remove one-third of the chilies and set aside for garnish. Place the remaining chilies, garlic, and sugar in a mortar and pound into a coarse, wet paste. (If you don't have a mortar, just chop with a knife.) Transfer to a small bowl and add the water, lime juice and fish sauce. Stir well to dissolve. Add the reserved chilies and carrots.
- Set aside for 10 minutes before serving.

Note: Nuoc cham is very amenable to variations and adaptations. In Vietnam, cooks like to use various vegetables to flavor the sauce, such as thinly sliced marinated daikon and carrots, ginger, scallion oil or peanuts and even slices of kohlrabi and the core of a white cabbage. Each imparts a distinctive savoriness.

**Although it will keep up to two weeks in the refrigerator, nuoc cham is best when freshly made.**

# Desserts and Drinks

## Glazed Lemon Blossoms

Corey MacKnight

Lemon Blossoms

### Ingredients:

- 18 1/2 oz package yellow cake mix
- 3 1/2 oz package instant lemon pudding mix
- 4 large eggs
- 3/4 cup vegetable oil

### Preparation:

- Spray miniature muffin pan with non flavored cooking spray (Garlic flavor not so good!) combine cake mix, pudding mix, eggs & oil. Blend well with electric mixer until smooth, about 2 minutes.
- Fill each muffin tin half way with batter. Bake for 12 minutes at 350 degrees. While warm turn out onto tea towel.

Glaze

- 4 cups Confection Sugar
- 1/3 cup Fresh Lemon Juice
- Zest of 1 Med Lemon
- 3 tbs Vegetable Oil
- 3 tbs Water

### Preparation:

- Sift sugar into mixing bowl. Add lemon juice, zest oil and water. Mix with a spoon until smooth. With fingers or a fork dip warm muffins into glaze to cover entire surface.
- Place on wire rack with wax paper underneath to catch any drips.
- Let glaze set for one hour before serving.

## The Best Sugar Cookies

"This recipe is a Christmas family tradition – & the cookies that Santa prefers on Christmas Eve. I remember panicking as my first Christmas in Virginia was approaching and I couldn't find the recipe. The cookies are really the best if you cut them out in all kinds of shapes and frost them in crazy elaborate colors & sprinkle them with those little metal balls, colored sugar & sprinkles.

Heather Barrar

*This is the exact reprinting of an email I received from my dad when requesting the recipe...*"

### Ingredients and Preparation:

"Preheat oven to 350 degrees. Cream 1 cup (2 sticks) butter, add ½ cup of sugar and beat. Beat in 1 egg and ½ tsp almond extract. Blend 2 ½ cups white flour. Chill dough (mom can't remember for how long). Roll and cut into the shapes of your choosing. She also does not know how long to bake them. She said to look in another cookbook for an idea. My idea would be to cook them, but don't burn them."

## Surprise Peach Cobbler

"Here is one of my favorite recipes. Best made in August when peaches are fresh. My mother found this in a newspaper in the mid-1960s, & I have enjoyed it almost every summer since then."

Bill Hayden

### Ingredients:

- 3 ½ cups fresh sliced peaches
- 2 tbsp. granulated sugar
- ¼ cup butter or margarine
- 1 cup sifted all-purpose flour
- 1 cup sugar
- 1/8 tsp. salt
- 1 tbsp. baking powder
- 2/3 cup milk
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- ¼ tsp. cinnamon
- ½ tsp. grated lemon peel

### Preparation:

- Combine peaches and 2 tbsp. sugar, cover and refrigerate several hours or overnight.
- Melt butter in a 7x11 shallow baking dish. Sift together all dry ingredients (except spices), add milk & stir well. Pour mixture into baking dish. Do not stir. Top with peaches, including juice. Combine spices and sprinkle over peaches. Do not stir.
- Bake at 375 degrees for 40 minutes. Surprise batter will rise to the top during baking and form a gooey crust. Serve warm with whipped cream; better still, pour ½ cup of milk over each warm serving.

Serves 6-8.

# Desserts and Drinks

## Black Walnut Pound Cake

“When I grew up there were a number of large black walnut trees at my Grandmother’s farm in Nelson County. Our hands would turn brown cracking the nuts and fishing for those tasty treats. We’d eat them by the handful.”

Lisa Moerner

*“This is the tastiest way to eat the nuts, enveloped in a good old fashioned pound cake. Enjoy and, if you can’t do the pound cake the old fashioned way, a modern pound cake recipe will do.”*

### Ingredients:

- 2 cups of cups of black walnuts
- 1 pound of flour (4 cups)
- 1 pound of butter (2 cups)
- 1 pound of sugar (2 cups)
- 1 pound of eggs (about 8 or 9 eggs) separated
- 1 teaspoon of salt
- 1 teaspoon of vanilla extract
- 1 teaspoon of lemon extract

### Preparation:

- Cream butter and sugar.
- Add egg yolks one at a time to creamed butter and sugar and mix.
- Beat at medium speed with a mixer until thick and lemon-colored.
- Add vanilla and lemon extract.
- Separately, beat egg whites until stiff.
- Alternate adding flour and salt and egg whites into batter.
- Stir in nuts (floured).
- Pour batter into a well-greased tube pan and bake at 350 degrees for one hour.
- Eat, enjoy, and don’t think about calories.

# Desserts and Drinks

## Blueberry Coffee Cake

"This is good for dessert or in the morning."

Renée Clark

### Ingredients:

- Can of Biscuits (Buttermilk Grand)
- 1 ½ cup fresh blueberries
- ½ cup brown sugar
- ½ cup of sugar
- ½ teaspoon cinnamon
- ½ cup of oatmeal (quick cook)
- 1 stick of butter

### Preparation:

- Quarter the biscuits.
- Mix sugar & cinnamon. Dip biscuits in melted butter & then drag in sugar/cinnamon mix to batter.
- Line bottom of casserole dish with butter and then biscuits.
- Mix blueberries and sugar. Put layer of blueberry/sugar mixture in casserole dish (1/2 of mixture) and then oatmeal layer. Repeat layers.
- Bake at 375 degrees for 20 minutes.

## Apple Crumble

"My mom found this recipe for my brother when he was very sick and there was very little in the way of goodies that he could eat. He has since recovered, but we all still make it quite often. It's a great healthy substitute for pies, cakes and cookies over the holidays!"

Nesha Mizel

### Ingredients:

- 8-10 apples
- ¼ tsp ground nutmeg
- ½ cup raisins
- ¼ tsp salt
- 2 cups raw walnuts or pecans
- 8 pitted medjool dates
- ½ cup unsweetened shredded dried coconut
- ¼ cup dehydrated cane juice or white sugar
- ¼ tsp ground cinnamon

### Preparation:

- Peel, core and slice apples. Place in casserole dish, cover and bake at 325F until soft.
- Place the walnuts, coconut, cinnamon, nutmeg & salt in a food processor & process until coarsely ground. Add the raisins and dates & process until the mixture resembles coarse crumbs & begins to stick together. Add the sugar and process briefly.
- Add crumble mixture on top of the apples, return to the oven uncovered and bake until crumb mixture browns (5-10 minutes).

# Desserts and Drinks

## Free Range Fruitcake

"I know what are you thinking – but this is a really great holiday dessert & I make it every year. It is great if you serve it with a little bit of mascarpone cheese on top. Make sure that you don't eat this right after you bake it, it really is better if it sits around for awhile."

Heather Barrar

*Recipe from the television program Good Eats (Alton Brown)*

### Ingredients:

- 1 cup golden raisins
- 1 cup currants
- 1/2 cup sun dried cranberries
- 1/2 cup sun dried blueberries
- 1/2 cup sun dried cherries
- 1/2 cup dried apricots, chopped
- Zest of one lemon, chopped coarsely
- Zest of one orange, chopped coarsely
- 1/4 cup candied ginger, chopped
- 1 cup gold rum
- 1 cup sugar
- 5 ounces unsalted butter (1 1/4 sticks)
- 1 cup unfiltered apple juice
- 4 whole cloves, ground
- 6 allspice berries, ground
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 3/4 cups all purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 eggs
- 1/4 to 1/2 cup toasted pecans, broken
- Brandy for basting and/or spritzing

### Preparation:

- Combine dried fruits, candied ginger & both zests. Add rum and macerate overnight, or microwave for 5 minutes to re-hydrate fruit. Place fruit and liquid in a non-reactive pot with the sugar, butter, apple juice and spices. Bring mixture to a boil stirring often, then reduce heat & simmer for 5 to 10 minutes. Remove from heat and cool for at least 15 minutes. (Batter can be completed up to this point, then covered & refrigerated for up to 2 days. Bring to room temperature before completing cake.)
- Heat oven to 325 degrees.
- Combine dry ingredients & sift into fruit mixture. Quickly bring batter together with a large wooden spoon, then stir in eggs one at a time until completely integrated, then fold in nuts. Spoon into a 10-inch non-stick loaf pan and bake for 1 hour. Check for doneness by inserting toothpick into the middle of the cake. If it comes out clean, it's done. If not, bake another 10 minutes, and check again.
- Remove cake from oven & place on cooling rack or trivet. Baste or spritz top with brandy and allow to cool completely before turning out from pan.
- When cake is completely cooled, seal in a tight sealing, food safe container. Every 2 to 3 days, feel the cake & if dry, spritz with brandy. The cake's flavor will enhance considerably over the next two weeks. If you decide to give the cake as a gift, be sure to tell the recipient that they are very lucky indeed.

# Desserts and Drinks

## Fresh Rhubarb Pie

Conrad Spangler

### Ingredients:

- 4 cups chopped rhubarb
- 1 1/3 cups white sugar
- 6 tablespoons all-purpose flour

### Preparation:

- Preheat oven to 450 degrees F (230 degrees C).
- Combine sugar and flour. Sprinkle 1/4 of it over pastry in pie plate. Heap rhubarb over this mixture. Sprinkle with remaining sugar and flour. Dot with small pieces of butter. Cover with top crust.
- Place pie on lowest rack in oven. Bake for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C), & continue baking for 40 to 45 minutes. Serve warm or cold

## Homemade Bailey's

"My family enjoys this drink at the holidays. We hope that you will too. Cheers."

Lisa Moerner

### Ingredients:

- 1 (14-oz) can of sweetened condensed milk
- 1 1/4 c. whiskey
- Egg substitute to equal 4 larger eggs
- 1/2 teaspoon. instant coffee
- 1/2 teaspoon of coconut extract
- 2 t. chocolate syrup
- 1 tsp. vanilla extract
- 1/8 tsp. almond extract

### Preparation:

- Combine all ingredients in blender and blend for 2 minutes.
- Transfer to a bottle and refrigerate.

Makes 1 quart

# Desserts and Drinks

## Southern Bourbon Pecan Pie with Spiked Cream & Mint Juleps

Faren Wolter

### Ingredients:

- 9-inch crust (store bought or homemade)
- 3 eggs
- "Spiked" cream: 2/3 cup frozen fat-free whipped topping, thawed
- 1 tablespoon bourbon
- 3 tbsp Bourbon *(prefer Virginia Gentleman Small Batch Bourbon from A. Smith Bowman Distillery in Fredericksburg)*
- 1/2 cup firmly-packed brown sugar
- 1 cup dark corn syrup (Kayro is best)
- 1 cup pecans, chopped
- 2 tbsp butter, melted
- 1/4 tsp salt

### Preparation:

- Prepare the crust but do not bake. Preheat the oven to 350 degrees.
- For filling, beat eggs in large bowl at medium speed of electric mixer. Beat in brown sugar. Stir in corn syrup, nuts, bourbon, shortening & salt. Sprinkle the pecans into the bottom of the unbaked crust. Pour filling mixture over the pecans. (The nuts will rise to the top while baking), then bake for 40 to 50 minutes, or until center is set – be careful not to over cook the pie. Cover edge with foil if necessary to prevent over browning. Cool to room temperature before serving with fresh "spiked" whipped cream. Refrigerate leftover pie.

*While the pie is baking, time to enjoy a Mint Julep!*

### Ingredients:

- 2 fluid ounces Kentucky Whisky (not Bourbon...yes, there is a difference!)
- 1 tablespoon simple syrup (1 cup water, 1 up warm water, mix well)
- Mint sprigs
- Crushed ice

### Preparation:

- Crush a few mint leaves in the bottom of an 8-oz. glass, then fill with crushed ice. Add one tablespoon of simple syrup and one tablespoon of water. Add 2 ounces of Early Times. Stir gently until glass frosts. Garnish with a fresh mint sprig, sip and enjoy.
- Simple syrup directions: Combine sugar and water. Boil for 5 minutes without stirring. Pour mix over a handful of mint leaves, and gently crush the mint with a spoon. Refrigerate overnight in a closed jar. Remove mint leaves, but continue to refrigerate. Stays fresh for several weeks.