Sharing the Wealth:
The MFG Recipe Portfolio

Some of the best things in life are meant to be shared - and a favorite recipe is certainly one of them.

This collection began with a simple idea: to gather the recipes that have found a special place in the homes and hearts of our MFG family. What came back was so much more than a list of ingredients. These pages are filled with dishes passed down through generations, holiday traditions, family favorites, recipes shared between friends, and meals that simply bring people together.

Each recipe has a story behind it and a person who thought it was worth sharing. Together, they offer a small glimpse into the kitchens, families and traditions of our team members, families and friends.

We hope you'll try something new, rediscover an old favorite, and perhaps find a recipe that becomes part of your own family's traditions.

It is a privilege to be welcomed into your lives, and this is our way of welcoming you into a little piece of ours.

From our homes to yours, enjoy!

- Your Midwest Financial Group Team

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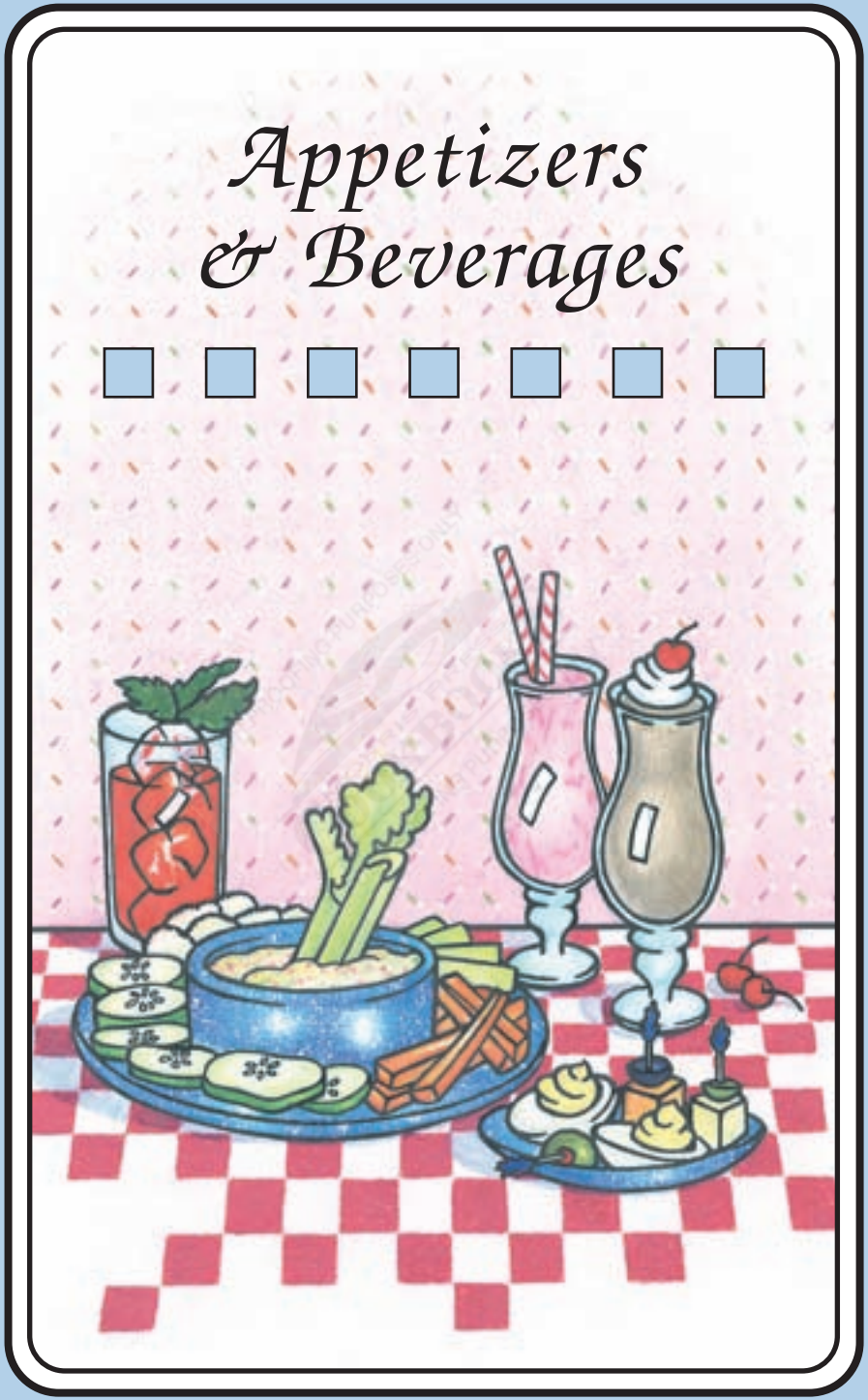
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Helpful Hints

Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.

Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.

Always chill juices or sodas before adding them to beverage recipes.

Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.

To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.

Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.

When making fresh lemonade or orange juice, one lemon yields about $^{1}4$ cup juice, while one orange yields about $^{1}3$ cup juice.

Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.

Always use cold water for electric drip coffee makers. Use 1 2 tablespoons ground coffee for each cup of water.

How many appetizers should you prepare? Allow 4 6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6 8 appetizers per guest. If no meal follows, allow 8 10 pieces per guest.

If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don t require utensils to eat.

Think outside the bowl. Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.

Cheeses should be served at room temperature approximately 70°.

To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.

To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.

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APPETIZERS & BEVERAGES

ADULT CRAN-LIMEADE CRUSH
(Makes a pail-ful!)

1 ½ quarts cranberry juice
2 cups water
1 - 12 oz can of limeade
1 - 12 oz can of lemonade
2 cups vodka
Lemon-lime soda

Mix, stir and freeze scoop into cup and add 7-up.

AVOCADO BLACK BEAN TAQUITOS
(Serves 5)

1 ripe, fresh avocado (halved, pitted, peeled and mashed)
½ cup low-sodium canned black beans (rinsed)
½ tbsp cumin
1 tsp garlic powder
½ tsp salt
10 (6-inch) corn tortillas
1 cup rainbow cherry tomatoes (chopped)
½ cup red or yellow bell peppers (seeded and diced)
1 tbsp fresh jalapeño (seeded and minced)
1 tbsp onion (minced)
1 tbsp fresh lime juice
2 tbsp fresh cilantro leaves (chopped)
½ cup plain nonfat Greek yogurt

Using a fork, mash the avocado and black beans together in a bowl. Stir in the cumin, garlic powder and salt. Spread approximately 2 tbsp of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos. Place taquitos into the air fryer at 400 F for 5 minutes. When the timer goes off, flip and put back into the air fryer for 5 more minutes. Depending on the air fryer, you may need to decrease the time to 3 to 4 minutes per side. While the taquitos are cooking, combine the cherry tomatoes, bell peppers, jalapeño, onion, cilantro and lime juice in a small bowl to make fresh pico de gallo. Once the taquitos are golden brown and crispy, remove from the air fryer and top with fresh pico de gallo and Greek yogurt.

BEST DARN GUAC
(Serves 16)

8 ripe avocados, split & de-pitted (save pits to add back to the guac if storing to help prevent browning)
1 bunch cilantro, finely chopped
½ red onion, finely chopped
2 limes
1 tbsp kosher salt

Scoop out the avocados into a large mixing bowl. Use a potato masher to mash them to your desired texture. Squeeze the limes, using a fork, over the mashed avocados (this helps prevent browning). Mix. Add cilantro, red onions, and salt. Mixed to combine. Ready to eat. If storing, add in avocado pitta, press one layer of saran wrap on top of the mixture to seal it from air and then use another layer to cover the container (or use a lid). Best eaten within 24 hours.

BLACK BEAN SALSA
(makes 2 cups)

1 can black beans
1 lb roma tomatoes
1 medium white onion
1 tbsp mexican chili seasoning
½ bottle italian salad dressing
Red pepper flakes (optional)

Chop Roma tomato and white onions. Put in a bowl. Drain and rinse black beans and put in the bowl. Stir in enough Italian dressing to cover and sprinkle in the Mexican Chili seasoning and red pepper flakes and stir well. Cover and let sit for a few hours. Stir and enjoy with taco chips.

CARAMEL CHEX MIX
(Makes a batch.)

1 (18 oz) box Rice Chex Cereal
1 can Cashews
1 Stick of Butter
½ Cup Dark Corn Syrup

Bring butter, brown sugar and dark corn syrup to a boil & pour over Chex mix. Put on a cookie sheet and bake at 200 for 1 hour. Stir every 15 minutes.

CHERRY BOUNCE
(Enough to keep you warm in winter)

1 bag of Sour Cherries (usually come in season June-July)
1 bottle of brandy or bourbon or whiskey
Optional: rock candy for sweetness

Pit all the cherries and put them in a mason jar or air tight container. After all cherries are pitted, pour in your alcohol of choice. Store jar/container in a dry space and wait. If you like your drink sweeter, add 1 or 2 rock candies. The liquid will be smoother and the cherries will have all the kick. Enjoy responsibly! My family would make this in June/July and wouldn't enjoy it until Thanksgiving time.

CHICKEN BACON RANCH ROLL-UPS
(Makes about 36 rolls)

6-8 flour tortillas (8in/burrito size)
1 ½ cup finely shredded/diced chicken
2- 8oz whipped cream cheese
½ cup bacon
1 packet ranch seasoning
1 cup finely shredded cheddar cheese
1 tsp garlic salt
½ tsp pepper

Mix all ingredients in bowl and spread about ½ cup of mix on to each tortilla. Leave about a 1 inch gap on one edge of tortilla to allow mix to spread once rolled tightly. Cut off excess on either end (about 1 inch) and then cut into 6-1inch rolls. "*1-12.5oz can of chicken works great-just don't forget to drain off water *Regular soften cream cheese will work too just add 2-3 tbsp of ranch dressing to thin it out for easier mixing *6 strips of bacon or pre-crumbled works"

CHINESE DUMPLING DIPPING SAUCES
(Enough for a batch of about 4 dozen dumplings)

CLASSIC VINEGAR AND SOY:
2 tbsp light soy sauce
2 tbsp vinegar (I like to use Chinese red vinegar, but any will do)
Small amount of minced ginger and scallions to taste
SIMPLE DUMPLING SAUCE:
4 tbsp Lao Gan Ma spicy chili crisp
4 tbsp soy sauce
1 tsp sesame oil
2 tsp mirin (or ¼ tsp sugar)
2 tsp black vinegar
Minced cilantro, for garnish
Minced scallion, for garnish

Prepare all ingredients for each sauce (mise en place). Place in an appropriately sized bowl, and mix well.

CHINESE DUMPLING WRAPPERS
(Approximately 32)

8.8 oz all purpose flour plus some for dusting
½ cup + 2 tsp water
pinch of fine salt

Add water to the flour gradually. Gently mix with a pair of chopsticks/fork until no more loose flour can be seen. Then combine and knead with your hand. Leave to rest covered for 10-15 minutes, then knead it into a smooth dough. Cover and rest the dough again for 30-60 minutes until it becomes soft. Divide it into four parts. Roll one part (cover the rest to prevent them from drying out) into a donut then cut into 8 equal sections. This avoids the thin spots at the ends. Press each piece into a small disc with the palm of your hand. Then use a rolling pin to flatten it into a thin disc. Dust with flour if the dough is too sticky. Use immediately.

CHINESE DUMPLINGS
(Approximately, 50)

1 lb ground chicken (or chik'n vegan chicken substitute)
½ lb mushrooms (makes about ¼ lb roasted)
2 rehydrated shiitake mushrooms (optional)
1+ tsp fresh ginger, grated
1 stalk green onion
½ medium red onion
½ tsp white pepper
¼ tsp salt
2 Tbsp soy sauce
1 Tbsp Shaoxing wine (or substitute with sake, water)
½ Tbsp sesame oil
½ tsp honey
Package of commercial/homemade dumpling wrappers
Drizzle of olive oil and a sprinkle of salt for roasting mushrooms

Preheat the oven to 400°F. Quarter mushrooms. On a sheet tray, lay out mushrooms in an even layer. The smaller the pieces, the faster they will cook. Drizzle over olive oil, sprinkle over salt, and mix thoroughly. Roast until browned with slightly crispy edges, about 12 minutes. Add all seasonings into a small mixing bowl and whisk until smooth, set aside. Pulse ginger, green onion, and red onion in a food processor (or finely dice with a knife). Transfer it to a large mixing bowl. Put the roasted mushrooms in the food processor (or finely dice with a knife) and pulse a few times

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until crumbled. Move the mushrooms to the large mixing bowl. Add seasonings to the mixing bowl and mix. Then add the chicken. Combine thoroughly. Fold a spoon of the mixture into each dumpling wrapper. Wet the edge with flour slurry and pinch to close. Place dumplings on a floured surface. Heat some neutral cooking oil in a non-stick skillet with a cover, over medium heat. When a scallion piece sizzles when dropped in, add dumplings, flat side down, in a single layer. Brown briefly. Add ½ cup water (more if a very large pan) and cover. When all the water is evaporated, about 10-15 minutes, remove the cover and finish browning. Serve with your favorite mustard or dipping sauce. In Asian cultures, especially Chinese culture, families would gather in the kitchen on weekends and everyone would participate in filling dumplings.

CILANTRO LIME SOUR CREAM
(Yields 2 cups)

16 oz sour cream
1 bunch cilantro-finely chopped (usually chops down to ⅓ cup)
2 limes- zest and juice both (2-4 tbsp juice depending on how thick or thin you would like)
2 tsp garlic salt
1 tsp cumin
½ tsp pepper

Blend everything in food processor or blender. Start with 2tbsp lime juice and add more to get to a desired consistency. Use on tacos, nachos, or as a taco salad dressing.

CORN DIP
(Makes 6 cups)

3 - 11oz cans sweet corn & peppers- drained
7 oz can chopped green chiles- drained
6 oz can chopped jalapeños- drained
½ cup chopped green onion
1 cup mayo
1 cup sour cream
1 tsp pepper
½ tsp garlic salt
16oz shredded cheddar cheese

Mix all ingredients together. Refrigerate for at least an hour. Serve with tortilla chips or fritos.

COWBOY CAVIAR
(Awesome party appetizer for a large group.)

VINAIGRETTE:
⅓ cup olive oil
¼ cup red wine vinegar
2 cloves garlic, minced
1 tsp. sugar
½ tsp kosher salt
½ tsp freshly ground black pepper
SALAD:
1 can (15 oz) black-eyed peas, drained and rinsed
1 can (15 oz) black beans, drained and rinsed
1 cup fresh corn kernels (from 2 ears) or frozen, thawed
2 large plum tomatoes, cored, seeded and diced
½ small red onion, finely chopped
1 red bell pepper, seeded and finely chopped
1 jalapeño, seeded and finely chopped (optional - we don't add)
½ cup cilantro, chopped, plus extra for garnish
Kosher salt and freshly ground black pepper
Tortilla chips

Prepare the vinaigrette: In a jar with a tight-fitting lid combine the oil, vinegar, garlic, sugar, salt and pepper. Cover and shake vigorously until emulsified. In a large bowl toss the black-eyed peas, black beans, corn, tomatoes, onions, bell pepper and jalapeño. Cover and refrigerate for at least 2 hours. Before serving add vinaigrette and cilantro. Serve with Tortilla chips. This is a party favorite and requested by many. Can't take credit for this delicious recipe, I found it in Costco connection. To be honest you can eat without chips too!

CROCK POT RUBEN DIP
(Serves 12)

1 (16 oz) jar sauerkraut, drained
1 (8 oz) package cream cheese, softened
2 cups shredded Swiss cheese
2 cups shredded cooked corned beef
¼ cup Thousand Island dressing
Rye bread, crackers, etc for dipping

Combine sauerkraut, cream cheese, Swiss cheese, corned beef, and Thousand Island dressing in a slow cooker; cover, and cook on high until hot, stirring occasionally while cooking, about 45 minutes.

DILL DIP
(Makes 2 cups)

1 cup Miracle Whip
1 cup sour cream
1 tbsp dried dill
1 tbsp dried parsley
1 tbsp dried minced onion (or fresh onion)
1 tbsp sugar

Mix all ingredients together and store in refrigerator overnight.

JALAPEÑO POPPER CORN DIP
(Serves 10-14)

3 cups corn kernels (canned or frozen) (fresh grilled corn cut off the cob gives a great flavor)
6 tbsp chopped and seeded jalapeño pepper, or more to taste (more is better!)
1 tsp salt
2 tsp garlic powder
2 tsp onion powder
16 oz shredded mozzarella cheese, (8 oz to add with the ingredients and 8 oz to sprinkle on the top)
8 oz cream cheese, at room temperature

Preheat the oven to 350 degrees. Combine corn, jalapeños, salt, garlic powder, onion powder, 8 ounces of mozzarella, and cream cheese in a bowl. Use a fork to mash ingredients together until thoroughly combined. Spread dip in a 1-quart baking dish and smooth the top. Sprinkle top with the other 8 ounces of mozzarella cheese. Bake in the preheated oven until hot and bubbly, and top is lightly browned, about 20-25 minutes. And serve with your favorite tortilla or corn chips. If you prefer to use a crock pot, go for it. Mix all the ingredients into a crock pot instead of a baking dish. This dip is best served warm/hot. This recipe is so versatile. You can add crispy bacon pieces, red peppers, green onions, cheddar or Monterey jack cheese. I like to grill the corn on the cob and add extra jalapeño or serrano peppers for more bite. The options are really endless. You can make it in a crock pot vs. the oven, as it's best served warm/hot. You can use it as an appetizer, double the corn and you have a side dish, or use it as a sauce for any Mexican dish. It goes great on burritos and enchiladas. And it always goes over great for parties.

JOAN'S RADISH DIP
(Makes 3 cups)

2 - 8 oz packages cream cheese
1-½ to 2 cups radishes, chopped into small pieces (if you use a food processor, you may need to squeeze excess liquid for radishes)
3 - 4 tbsp mayonnaise
1-½ tbsp dill weed
1-½ tbsp lemon juice

Mix all ingredients well. Serve with Fritos corn chips. My late mother-in-law got rave reviews whenever she made this, and it is a family favorite. Even if you don't like radishes, this dip is addictive!

KEY LIME PIE MARTINI

2 oz Licor43
1 oz half and half
½ oz simple syrup
½ oz Nellie and Joe's Key Lime Juice
3 circles of aerosol whipped cream

Use a martini glass along with the Shake & Strain method. Garnish with a honey graham cracker rim and a lime wheel floating in center. A special recipe from some very special people in MFG's story! Shared by our firm's original founders, this longtime favorite is one we're especially happy to include in our first recipe collection.

MARINATED CHEESE
(Serves 16)

½ cup olive oil
½ cup white wine vinegar
1 - 2 oz bottle diced pimento, drained
3 tbsp chopped fresh parsley
3 tbsp minced green onions
3 cloves garlic, minced
1 tsp sugar
¾ tsp dried basil
½ tsp salt
½ tsp ground black pepper
1 - 8 oz package cheddar cheese
1 - 8 oz package cream cheese, cold

Combine oil, vinegar, pimento, parsley, green onions, garlic, sugar, basil, salt, and pepper in a jar with a tight-fitting lid. Seal the jar and shake vigorously to blend. Cut cheddar block in half lengthwise, then cut crosswise into ¼-inch slices to form squares. Repeat with cream cheese. Arrange cheese squares alternately in a shallow baking dish with slices standing on edge. (You can arrange in a single row or in two parallel rows, depending on the size of your dish.) Pour marinade from the jar over top, cover, and refrigerate for at least 6 hours, or overnight. To serve, transfer slices to a serving platter so they are still arranged in an alternating pattern. Spoon some of the extra marinade over top.

MIDWEST CHEESE & SAUSAGE CUPS
(4-5 dozen)

2 cups (1 lb) cooked sausage crumbled
1 ½ cups sharp cheddar cheese grated
1 ½ cups Monterey jack cheese grated
1 cup ranch dressing
1 - 4 oz can chopped black olives
½ cup red or green bell peppers chopped small (optional)
1 package fresh or frozen wonton wrappers or egg roll wrappers

Preheat oven to 350 . Blot cooked sausage dry with paper towel and combine with ranch dressing, olives, optional peppers, and cheese. Press wonton wrappers in muffin tins to form stars. Bake for 5 minutes. Place baked wontons on baking sheet and fill with sausage mixture. Bake 5 more minutes until bubbly.

PRETZEL DIP
(Makes 4 cups)

1 ½ cups mayo
1 ½ cups sour cream
8 oz finely shredded mozzarella
2 tbsp minced onion
1 tbsp dried parsley
1 tsp sugar
1 tsp celery salt
1 tsp garlic salt

Mix everything together and refrigerate for at least 1 hour. Serve with your favorite pretzels, chips, crackers, or veggies. Great on burgers as well!

SANGRIA
(Party of 10)

4 bottles of Cabernet Sauvignon
2.5 liters Fresca Sparkling Citrus
2 peaches
2 apples
1 orange
2 cinnamon sticks

Chop fresh fruit & place all ingredients into glass container with a tapper. Chill for 2 hours before serving! Lovingly shared with me by my dear Spanish friend! Her notes, "Share with Good Company!"

SAUSAGE BALLS
(Makes 70 balls)

2 cup sausage(mild)
2 cup Bisquick baking mix
2 cup shredded Cheddar cheese

Pre-heat oven to 350 degrees. Lightly grease 2 15x10x1 baking pans. Mix all ingredients in large bowl. Shape into 1 inch balls. Place balls on baking pan ½ inch apart. Bake in heated oven 20 to 25 minutes, rotating half way through bake time. Remove from over and place on platter. Serve warm. (If you have leftovers, they can be stored in a covered container in refrigerator.) They can be reheated in microwave. Place sausage balls on plate, cover with slightly wet paper towel for about a minute or so. Enjoy!! (They make a great breakfast. too) You may slightly wet your hands for mixing the sausage balls (dough will be sticky) Roll sausage balls by hand or use a 1 tbsp cookie scoop. My mom started making these at Christmas for pre-Christmas get togethers. Funny story… My younger brother was visiting from out of state. My mom packed up a small leftover container of the sausage balls for him to take on the way home. He stopped at a rest stop to have a few of the sausage balls for a snack. He discovered she had given him the leftover ham instead (*he doesn't like ham).

SWEET 'N SPICY MEATBALLS

2 lbs frozen meatballs (Great Value Homestyle are good)
½ cup Sriracha sauce
1 can jellied cranberry sauce
½ cup brown sugar
⅓ cup honey
¾ cup salsa

Set crockpot to low. Break up cranberry sauce and whisk together with all other ingredients. Dump in meatballs and stir to coat. Cook for 2-3 hours stirring occasionally.

Soups & Salads



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Helpful Hints

If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.

After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving free soup.

Instant potatoes help thicken soups and stews.

A leaf of lettuce dropped in a pot of soup absorbs grease from the top remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.

To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don t overcook.

Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.

Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.

Ideally, cold soups should be served in chilled bowls.

Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.

You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.

Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.

The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.

For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.

Chill the serving plates to keep the salad crisp.

Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.

Soup/Sal 6-09

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BROCCOLI CRAISIN SALAD
(Serves 8)

1 head fresh broccoli, cut into bite size pieces
¼ cup red onion, chopped
½ cup craisins
3 tbsp white wine vinegar
2 tbsp white sugar
1 cup mayonnaise
1 cup cashews
1 pound cooked bacon

In a medium bowl, combine the broccoli, onion and craisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours. Before serving, toss salad with crumbled bacon and cashews.

CABBAGE NUT SALAD
(Serves 10)

1 bag of coleslaw mix
3 to 4 green onions, chopped
½ cup sunflower seeds
1 pkg Ramen noodle soup (chicken flavored)
DRESSING:
3 tbsp sugar
2 tbsp vinegar
½ cup oil
Dry chicken flavor from soup package

Mix cabbage and green onions. Just before serving, crumble dry Ramen noodles and add to cabbage. Add nuts and dressing. Mix. [We actually call this Elliott's salad because he loves it so much and we made it all the time for him. All family and friends refer to it as Elliott's salad when asked to bring to a gathering. It's a true hit!]

CHEESEBURGER SOUP
(Serves 3-4)

½ lb ground beef
¾ cup chopped onion
¾ cup shredded carrots
¾ cup diced celery
1 tsp dried basil
1 tsp dried parsley
4 tbsp butter, divided
3 cups chicken broth
4 cups peeled diced potatoes
¼ cup flour
1 pkg (16 oz) Velveeta cheese, cubed
1 ½ cups milk
¾ tsp salt
½ tsp pepper
¼ cup sour cream
Shredded cheese
Chopped bacon/bacon bits
Diced pickles

In large pot brown beef, drain and set a side. In same pot sauté onion, carrots, celery, basil and parsley with 1 tbsp butter until tender (about 10 min). Add broth, potatoes and beef. Bring to a boil, cover, reduce heat to simmer 10-12 min until potatoes are tender. Meanwhile in a smaller skillet make rue- melt remaining butter, add flour, cook for 3-5 min until slightly brown and bubbly. Add rue to soup and bring back to a boil. Cook and stir for 2 min. Reduce heat to low again and add

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Velveeta, milk, salt, and pepper. Cook and stir until cheese melts. Remove from heat and stir in sour cream. Use shredded cheese, bacon, and pickles as toppings.

CHICKEN GNOCCHI SOUP
(Serves 6)

4 tbsp unsalted butter
1 cup diced yellow onion
1 cup grated carrots
½ cup thinly sliced celery
1 tsp dried thyme leaves
¾ tsp salt
½ tsp ground black pepper
3 minced garlic cloves
¼ cup all-purpose flour
2 cups half & half
4 cups chicken broth
2 cups rotisserie chicken (-skin removed and meat pulled apart into bite-size pieces)
17 oz dried potato gnocchi (found in the pasta aisle)
1 cup coarsely chopped spinach
Optional: grated parmesan and bread sticks for serving

Add the butter to a large soup pot and place it over medium-high heat. Once the butter is melted, add the onion, carrots, and celery. Stir to coat the veggies in the butter. Add the thyme, salt, and pepper. Cook, stirring occasionally, until the veggies are soft, about 7 minutes. Stir in the garlic. Then, add the flour. Cook, stirring often, for two minutes. Add the half & half one cup at a time, stirring after each addition. Add the broth. Stir well. Bring the liquid to a simmer. Add the chicken, gnocchi, and spinach. Adjust the heat so the liquid stays at a simmer. Cook for five minutes, stirring occasionally. Serve with grated parmesan cheese and bread sticks for dipping.

CLASSIC CREAM OF BROCCOLI SOUP BY OVENS OF BRITTANY
(Serves 4-6)

6 tbsp Butter or margarine, divided
⅓ Cup of flour
¾ cup finely chopped onion
½ cup of carrots
½ cup of chopped celery (I use a food processor to chop the onion, carrot and celery together quantities are only suggested)
2 cups broccoli and stems coarsely chopped
1 tsp dry basil or basil pesto
½ tsp curry powder
½ tsp paprika
½ tsp thyme
½ tsp celery seed (combine all herbs and seasoning into one dish)
1 cup of milk
1 cup of half & half room temperature (I substitute 2 cups Thai coconut milk for milk and ½&½)
2 ½ cups vegetable stock or chicken broth
¼ tsp white pepper
2 dashes hot pepper sauce (don't skip this as it adds a perfect tang to the soup without overwhelming heat)
Salt to taste

Make roux. Melt 3 tbsp butter in pan, stir in flour and blend over low heat stirring often 3-5 minutes. Set aside. Melt remaining 3 tbsp butter in large pot. Add onions, carrot, celery mix cook till slightly tender. Add broccoli, basil, curry powder, paprika,

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thyme and celery seed. Cook for a few minutes longer. Add in stock/broth, bring to boil, reduce to a simmer. Whisk in roux. Stir in warm milk mixture, white pepper and pepper sauce. Simmer 10-20 minutes, do not boil as milk mixture can curdle. This recipe does not recommend or need cheese, but can be added if so desired. Ovens of Brittany was a Madison Wisconsin favorite restaurant until it closed. While volunteering at a restaurant in southwest Arizona, I made this our soup of the day, a customer favorite. Easy, quick and can be served immediately or frozen into portions for later use.

FINNISH SALMON SOUP (LOHIKEITTO)
(Serves 4-5)

1 lb salmon
14 oz potatoes firm
3 leeks
3 carrots
5 cups broth (chicken or fish)
0.85 cups heavy cream
1 bunch of dill fresh
1 lemon
Salt and pepper

Cut the leeks into thin strips and wash them well. Peel and slice the carrots and cut the potatoes into cubes. Cut the fresh salmon into large cubes. Chop the dill finely. In a large saucepan, sauté the leeks and sliced carrots in butter or olive oil. Once the leeks have reduced in volume by half, add the potatoes and stock. Season with salt and black pepper. Simmer for ~15 minutes (or longer) at medium heat until the potatoes are cooked. ~10 minutes before serving, add the salmon chunks and cream. Cook over medium heat for 3-5 minutes (or longer) until the salmon is fully cooked (internal temperature of 145°F). The cream should not boil. Close the lid and wait another 5 minutes. To finish, add the fresh dill. Serve in a bowl and decorate with more dill, black pepper and a drizzle of lemon juice if you like. Serve with fresh bread of choice for the complete experience!

HOT BACON DRESSING

8 slices of bacon
1 ½ cups white sugar
3 tsp cornstarch
½ tsp salt
Pepper to taste
¼ cup water
½ cups white vinegar
1 bag of spinach
1 red onion sliced thin
Croutons if desired

Cook bacon, crumble, and set aside in bowl. Whisk together the sugar, cornstarch, and salt and pepper. Slowly pour in water and vinegar, whisking constantly. In medium skillet, add the crumble bacon and pour the vinegar mixture over it. Cook over medium heat, stirring constantly, until the mixture thickens. (I add toasted almonds and crasins!)

RAMEN NOODLE COLE SLAW SALAD
(Serves 6)

SALAD:
- **16 oz package of shredded cabbage or cole slaw**
- **1 bunch green onions cut up**
- **2-3 pkgs ramen noodles (may add some flavoring packet if desired)**
- **1-2 tbsp sesame seeds**
- **½ cup slivered almonds**

DRESSING:
- **1 tbsp monosodium glutamate flavor enhancer**
- **¼ cup sugar**
- **6 tbsp red wine vinegar**
- **1 tsp pepper**
- **1 tsp salt**
- **½ cup sesame oil**

Brown broken up noodles, sesame seeds and almonds in non-stick frying pan (or toast in toaster oven or oven). Combine all salad ingredients. When it is time to eat, add the dressing — this keeps the salad mixture crunchy. (I keep the dressing in a separate container that can be shaken.) Great recipe for a potluck! (Variations can be made to suit your tastes, such as adding shredded chicken, crispy tofu, cranberries, sunflower seeds, shredded carrots, diced apples or mandarin orange slices.)

SAUERKRAUT SOUP
(Serves 4)

- **4 cup chicken broth**
- **1 can cream of mushroom soup**
- **16 oz canned saukerkraut, rinsed and drained**
- **16 oz fresh mushrooms, chopped**
- **1 medium potato, chopped**
- **1 medium onion, chopped**
- **2 stalks celery, chopped**
- **¾ lb smoked polish sausage, cubed**
- **½ cup cooked chicken, cubed**
- **2 tbsp vinegar**
- **2 tsp dillweed**
- **½ tsp pepper**

The beauty of this soup is how simple it is! Dump all ingredients into a large pot or slow cooker, stir, and cook until the vegetables are tender. This Polish Sauerkraut Soup has become a treasured family recipe, passed down from my husband's Polish grandmother. We don't know if it was her own creation or a recipe she found in a cookbook, but it has become a special family tradition. Perfect for cold days, this hearty soup fills the house with a wonderful aroma. We usually double the recipe for leftovers and add extra meat for an even heartier meal. If you're unsure about sauerkraut in soup, the rinsed kraut adds a mild tang and delicious flavor—not the strong taste you might expect.

SHAVED BRUSSEL SPROUT SALAD
(Serves 12)

- **12 oz shaved brussels sprouts, stems removed**
- **1.5 cups pomegranate arils**
- **1.5 cups honeycrisp apple, diced**
- **1 cup pecans, chopped and candied or just toasted**
- **¾ cup dried cranberries**
- **¾ cup shaved parmesan**
- **3 tbsp extra virgin olive oil**
- **1.5 tbsp freshly lemon juice**
- **1.5 tbsp apple cider vinegar**
- **2 tbsp Dijon mustard**
- **1 tbsp maple syrup or honey**
- **1 tsp salt**
- **½ tsp pepper**

Using the shredder attachment on your food processor, mandoline or knife, shred your brussels sprouts into 1/16" shreds. You can also buy a bag of pre-shredded sprouts. Prep Sprouts - For a better texture, cut off any extra woody stems on the sprouts. For the BEST texture, use a paring knife to cut out the core of the sprout. Combine Salad - Combine the brussels sprouts, pomegranate, apple, pecans, cranberries and parmesan in a bowl. Make Dressing - Whisk together all of the dressing ingredients: extra virgin olive oil, freshly lemon juice, apple cider vinegar, dijon mustard, maple syrup or honey, salt and pepper. Dress Salad - Pour dressing over the salad, and toss. Let Salad sit for about 30 minutes before serving. As it sits, the acid in the dressing will soften up the sprouts. Serve with extra parmesan, pomegranate, and pecans.

SWAMP SOUP
(Serves 8)

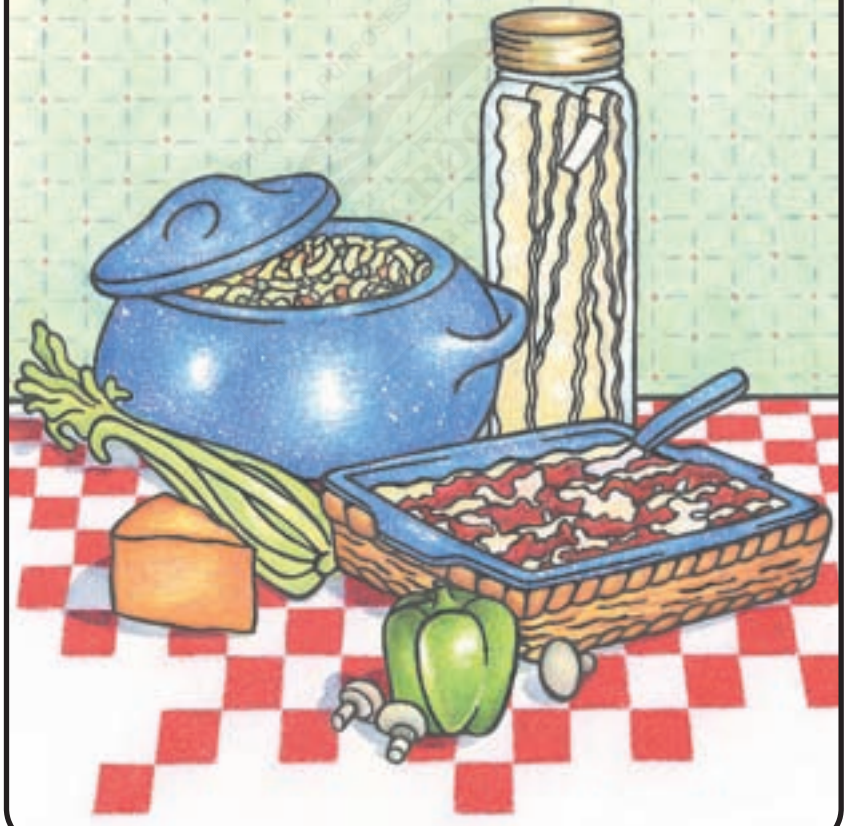
- **3 cloves garlic**
- **1 yellow onion**
- **½ lb. carrots (about 4 medium)**
- **3 ribs celery**
- **2 tbsp olive oil**
- **1 tbsp dried basil**
- **3 - 8 oz cans tomato sauce**
- **3 - 15 oz cans diced tomatoes**
- **1.5 cups vegetable broth**
- **1 - 10 oz pkg frozen chopped spinach**
- **8 oz Swiss cheese**

Mince the garlic, dice the onion, peel and slice the carrots, and slice the celery. Add the onion, garlic, carrots, and celery to a large soup pot with the olive oil and sauté over medium heat for about five minutes, or until the onions are soft. Add the tomato sauce, diced tomatoes (with juices), vegetable broth, basil, and oregano to the pot. Stir to combine, then allow the soup to come to a simmer. Once the soup is simmering, add the frozen spinach (no need to thaw). Stir the spinach into the hot soup until it has melted and heated through. Once the spinach is thoroughly mixed into the soup, give the soup a taste and add salt if needed. (I did not add any, but this will ultimately depend on the sodium content of your canned goods and vegetable broth.) Dice the Swiss cheese into small cubes. Add a small handful of cubes to each bowl, then ladle the hot soup over top. Serve and enjoy!

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Vegetables & Side Dishes



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Helpful Hints

When preparing a casserole, make an additional batch to freeze for when you re short on time. Use within 2 months.

To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.

To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.

Boil all vegetables that grow above ground without a cover.

Never soak vegetables after slicing; they will lose much of their nutritional value.

Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.

For an easy no-mess side dish, grill vegetables along with your meat.

Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.

A few drops of lemon juice added to simmering rice will keep the grains separated.

When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.

To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.

Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

To avoid toughened beans or corn, add salt midway through cooking.

If your pasta sauce seems a little dry, add a few tablespoons of the pasta s cooking water.

To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

Veg/Side 6-09

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VEGETABLES & SIDE DISHES

BAKED CAULIFLOWER TOTS
(Serves 3)

2 cups grated or finely chopped cauliflower rice
1 egg
3 tbsp flour
¼ cup grated cheddar cheese
¼ tsp salt

Preheat oven to 400 F. Lightly grease a baking sheet. In a medium bowl, combine all ingredients and mix well. Press the mixture together to make about 15 small balls or logs and put them on the baking sheet with space between each one. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

BROCCOLI SALAD
(Serves 6)

4 stalks broccoli (diced)
½ cup raisins or chopped dates
1 small purple onion (diced)
12 slices bacon (cooked & crumbled)

DRESSING:
1 cup mayo
½ cup sugar
2 tsp vinegar

First, cook bacon and crumble after cooled. Second, dice up broccoli and onion. Use separate bowl to mix dressing then pour over other ingredients. Mix well and marinate at least 2 hours before serving. Shared to my paternal Grandmother by her sister-in-law. Every meal at Grandma's house always had this dish much to my delight! Their memories live on through their recipes.

BRUSSELS SPROUTS HASH WITH CARAMELIZED SHALLOTS
(Serves 8-10)

6 tbsp unsalted butter, divided
½ lb shallots, thinly sliced
Coarse kosher salt
Black pepper
2 tbsp apple cider vinegar
4 tsp sugar
1 ½ lbs Brussels sprouts, trimmed
3 tbsp extra virgin olive oil
1 c water

Melt 3 tbsp butter in medium skillet over medium heat. Add shallots, sprinkle with salt and pepper. Sauté until soft and golden, about 10 minutes. Add vinegar and sugar. Stir until brown and glazed, about 3 minutes. Set aside. Halve Brussels sprouts lengthwise. Cut lengthwise into thin (⅛ in) slices. Heat oil in large skillet over medium-high heat. Add sprouts; sprinkle with salt and pepper. Sauté until brown at edges, about 6 minutes. Add 1 c. water and 3 tbsp butter. Sauté until most of water evaporates and sprouts are tender but still bright green, about 3 minutes. Add shallots; season with salt and pepper. This recipe from Bon Appétit has become a holiday favorite among the Brussels sprouts fans in our extended family, and is often requested.

CHEESY POTATOES
(Serves 5-6)

2 lbs frozen hashbrowns
1 cup sour cream
2 cups shredded cheese (split)
1 can cream of chicken soup
1 can cream of mushroom with roasted garlic soup
1 stick butter (half for potatoes, half for topping) - melted
Garlic salt and pepper to taste
1¼ cup corn flakes

Preheat oven to 350*. In large bowl combine hashbrowns, sour cream, 1 cup cheese, soups, ½ stick butter and seasonings. Spread in lightly greased 9x13. Top with remaining 1 cup cheese. Bake for 1 hour. Combine corn flakes with remaining butter and sprinkle on hot potatoes. Bake another 15 min until golden brown.

CHEESY SPUDS
(Serves 8)

1 bag of frozen "Southern Style" hash browns
1 can cream of onion soup
1 can cream of potato OR cream of celery soup
8 oz sour cream
2 cups shredded cheddar cheese
Diced ham (optional)
Salt and pepper

Mix all ingredients and place in a 9x13 pan. Bake at 375 degrees for 1½ hours. (Crushed potato chips or corn flakes can be added for extra crunch.)

CORNY MAC
(Serves 8+)

32oz Velveeta Cheese (one large package)
3 sticks unsalted butter
3 cups uncooked elbow macaroni
3 cans creamed corn
3 cans kernel corn (undrained)

Combine all ingredients in a slow cooker on low. Allow to cook over 3-4 hours, stirring occasionally. We always start this first thing on the morning of a noon cookout so it cooks while we are prepping everything else. Doesn't require a lot of attention and is very forgiving.

CRANBERRY ORANGE RELISH
(Makes 2 cups)

12 oz bag of fresh cranberries
1 whole orange
1 cup of sugar

Wash and rinse cranberries and orange (including the rind). Quarter the orange (with rind on) Add cranberries, orange and sugar into a food processor. You can add less sugar if you like it more tart. Pulse until all ingredients have been combined. For best flavor, let it sit overnight. This recipe is super easy and our boys love helping make this as a side for Thanksgiving and Christmas! We often make a double batch.

CREAMY CORNBREAD CASSEROLE
(Serves 8-12)

2 cans whole-kernel corn
1 can cream-style corn
2 beaten eggs
1 pkg Jiffy corn muffin mix
1 stick melted butter
½ cup grated cheddar cheese
1 cup sour cream

Preheat over to 350. Slighltly whip eggs, Add melted butter, sour cream and the cans of corn. Mix until well combined. Add corn bread mix and stir. Bake in a greased 8x8 casserole dish for 45 minutes. Recipe compliments of Mary Knaup Schimonitz taken from the Methodist College of Nursing & Allied Health 100th anniversary cookbook (1891-1991) compiled by the alumni. Nat's maternal grandmother graduated from the Nebraska school in the 1920's. This recipe is easy to make and a hit at all our holiday meals.

CRISP, FRESH CUCUMBERS
(Makes 5 cups)

4 cups thinly sliced English cucumbers
1 onion, thinly sliced
1 cup thinly sliced green pepper
1 SLIGHT tbsp celery salt
1 cup sugar
½ cup white vinegar

Combine sugar, celery salt, and vinegar in a container with a lid. Stir until sugar is dissolved. Add cucumbers, onion, and green pepper. Refrigerate for at least 2 hours for best flavor and texture. Serve with a slotted spoon. Keeps for several days in the refrigerator. My momma always made this whenever we had a family reunion, picnic, or other summer event. I've carried that tradition forward with my own family. This is a hit, and always generates requests for the recipe. I will use other color peppers or substitute red onions, shallots, or vidalia onions depending on availability.

CROCK POT SWEET POTATO
(Serves 8)

6 or 7 sweet potatoes
1½ tbsp corn starch
1 cup brown sugar
1 tsp pumpkin pie spice
1 tsp of vanilla
Juice of 1 orange (about ½ cup)
Peel of orange - optional
¼ cup of water
Pinch of salt

Peel potatoes and cut into chunks Mix in the rest of the ingredients Put in Crock Pot Cook in slow cooker for 3 hours on low. Stir a couple of times.

ENCHILADA SAUCE (AND BONUS QUICK ENCHILADAS!)
(Makes about 2 cups)

3 tbsp olive oil
3 tbsp flour (Any flour works from gluten free to all purpose)
1 tbsp ground chili powder (use more or less depending on heat tolerance)
1 tsp ground cumin (I prefer to use more for taste)
½ tsp garlic powder
¼ tsp dried oregano
¼ tsp salt
Pinch of cinnamon
2 tbsp tomato paste
2 cups vegetable or chicken broth
1 tsp apple cider vinegar or distilled white vinegar
Black pepper to taste

This sauce comes together quickly once started. Have all ingredients measured and near the stove! In medium size pot over medium heat warm the oil until hot enough that a sprinkle of flour/spice mix sizzles on contact. This can take a few minutes, be patient and DON'T step away from stove. Once ready, pour in flour and spice mix, whisking constantly until fragrant and slightly deepened in color, about1minute. Whisk in tomato paste, then slowly pour in broth, whisking to remove any lumps. Raise heat to medium-high and bring to a simmer, then reduce heat to a gentle simmer for 5 minutes whisking often until sauce thickens a bit. Sauce will thicken as it cools. Remove from heat and whisk in vinegar and season to taste with pepper or more salt. A perfect mild enchilada sauce to be used for any shredded meat such as pork, chicken or beef. For a quick meal place tortillas on prepared surface, add shredded meat, shredded cheese, cooked onions and salsa or tomatoes and fold tortilla sides in and then roll into a wrap. Place some of the sauce mixed with sour cream in bottom of casserole dish and add tortillas. Sprinkle more cheese over the top and the enchilada sauce, bake at 375 till cheese is melted and bubbles.

LISA'S FAMOUS BEANS
(Serves a LOT!)

1 lb ground beef (browned)
1 lb bacon (cooked and crumbled)
1 onion (sautéed in the bacon grease)
1 - 16 oz can kidney beans drained
1 - 16 oz can butter beans drained
2 - 28 oz can bushes beans NOT drained
¼ cup brown and white sugar
2 tsp dry mustard
2 tbsp molasses
¾ cup ketchup
1 tbsp jarlic (minced garlic in a jar)
Salt and pepper to taste

Add all to slow cooker and heat. Low is best for a few hours.

MACARONI & CHEESE WITH BROCCOLI
(Serves 6)

2 cups elbow macaroni
4 tbsp all-purpose flour
2 cups 1% milk
2 cups low-fat shredded cheddar cheese
½ tsp black pepper
2 cups cooked broccoli chopped

Cook the macaroni, following the instructions on the package. Drain cooked macaroni and return to the pan. While macaroni is still warm, sprinkle with flour and stir thoroughly. Over medium heat, slowly stir milk into macaroni. Add the cheese and pepper. Stir over medium heat until the milk and cheese thicken into a creamy sauce, about 7-10 minutes. Taste. Add a small amount of salt if needed.

MY GERMAN MOM'S POTATO SALAD
(Serves 6)

2-4 strips of bacon (per your taste)
1 tbsp flour
1 tsp salt
⅓ cup sugar
¼ cup white vinegar
⅓ cup water
1 quart boiled salad potatoes, peeled and sliced
½ cup chopped onion, raw or fried will work

Dice bacon and fry to golden brown. Add flour, salt, and sugar mixing well. Add vinegar and water. Mix and cook slowly for five minutes, stirring often. Pour hot mixture over prepared potatoes and onions. Stir to blend. Allow to stand for a half-hour before serving warm. My first job was in the kitchen of a nursing home, and this was multiplied 20 times to become the official new German potato salad recipe for the residents. They loved it!

"OLIVE GARDEN" SALAD DRESSING
(Serves 6-8)

½ cup cider vinegar
⅓ cup water
⅓ cup olive oil
¼ cup white Karo syrup
2½ tbsp Romano cheese
2 tbsp pectin
1 and ¼ tsp salt
1 tbsp lemon juice
½ tsp minced garlic
¼ tsp parsley flakes
Pinch of oregano & red pepper flakes

Mix all ingredients by blender for 30 seconds. Then serve! A beloved family recipe handed down through Matt's family.

PASTA SALAD
(Serves 6-8)

1 pound colored rotini pasta cooked and drained
Amount of following is per your preference:
Small red onion chopped
Green and black olives sliced
Pepperoni cut in ½ or ¼
DRESSING:
⅔ cup oil
2 tbsp spicy brown mustard
¾ cup sugar
1 tsp salt
1 tsp garlic or ¾ tsp garlic salt
½ cup vinegar
1 tsp parsley

Cook and drain pasta. Mix dressing ingredients together in separate bowl. Pour dressing over pasta. Add onion, olives and pepperoni to pasta. Stir. Let stand in refrigerator for at least two hours before serving. Enjoy! This was passed down from my sister in law and has been shared over the years with many of my friends.

SIS' FAMOUS SAUSAGE STUFFING
(Serves 8-10)

1 bunch celery
1 large yellow onion
2 bags croutons (for the old-fashioned way, 2 stale loaves of bread, cubed)
1 lb ground beef
1 lb sausage
Milk to moisten (about ¾ gallon)
2 tbsp butter (no margarine - full fat means full flavor)
1 tsp salt
½ tsp black pepper
3 tbsp poultry seasoning
Lots o' love

Combine sausage and ground beef & brown sausage mixture over medium heat. Chop celery and onion. Sautée onions and celery with lots of butter over medium heat until translucent. Pour croutons into large mixing bowl. Add milk, 2 cups at a time, to moisten croutons (careful not to add too much milk else the croutons will be mushy). Mix with hands - no spoons please! Add celery, onion, sausage mixture, and seasoning. Combine using bare hands (how else do you expect to add the love?!). Put into oven safe dish and bake for 1 hour at 350 degrees. Enjoy with family & friends - tastes great the next day too! This is a recipe from my grandmother Sis who would make this every Thanksgiving since the 1950's.

SPAGHETTI SAUCE
(Serves at least 6)

2 lb lean hamburger
1 large can crushed tomatoes
2-3 small cans tomato sauce
1-2 cans tomato paste
1 medium diced onion
½ tsp Italian seasoning
½ tsp garlic powder
½ tsp onion powder
½ tsp oregano

Brown hamburger and onion in the same pan, then drain. Add the crushed tomatoes, then the tomato sauce then the tomato paste (one at a time until you get thick consistency). Mix in herbs very well and simmer on very low (with lid on) for 15 minutes or so. Taste then add more herbs if need be. Then simmer for another 5 minutes then taste until desired taste is achieved. This cherished recipe comes from Matt's mother's kitchen.

SWEET POTATO CASSEROLE
(Serves 8)

5 large sweet potatoes (about 5 - 6 pounds)
1 stick salted butter, melted and cooled
½ cup heavy cream
2 eggs, whisked
2 tsp vanilla extract
2 tsp maple syrup
Marshmallow fluff (about 8 ounces, half of a 16 ounce container, loosened)
¾ cup walnuts, broken up
½ stick butter for praline
¾ cup light brown sugar, packed
¼ cup all purpose flour (or almond flour)
Dash of salt
Dash of cinnamon
Dash of black pepper (optional)

Preheat your oven to 350°F. Wash the sweet potatoes and arrange them on a baking sheet. Roast them until they are fork-tender, which should take about 45 minutes. Mash Potatoes - Once the sweet potatoes are done, let them cool slightly before peeling off the skins. Mash the potatoes until you reach your desired consistency. Mix Wet Ingredients - In a separate bowl, mix together the melted butter, heavy cream, whisked eggs, vanilla extract, and maple syrup. Combine Mixtures - Combine the wet mixture with the mashed sweet potatoes, stirring until everything is well blended. Allow this mixture to cool. Loosen Marshmallow - To loosen the marshmallow fluff, microwave half of it in a microwave-safe bowl, stirring every 5 seconds until it becomes spreadable. Assemble Casserole - Grease a 2½-quart casserole dish with butter. Spread half of the sweet potato mixture in the bottom of the dish, then layer the loosened marshmallow fluff on top. Add Topping - Add the remaining sweet potato mixture over the marshmallow fluff, smoothing out the surface. Toast Walnuts - In a skillet, melt ½ stick of butter over medium-low heat. Add the broken walnuts and toast them for 2-3 minutes. Make Praline - Transfer the toasted walnuts to a bowl and mix in the light brown sugar, flour, a dash of salt, cinnamon, and black pepper to create a praline topping. Bake Casserole - Sprinkle the praline mixture evenly over the top of the casserole. Bake in the oven at 350°F until the edges are bubbling and the praline topping is lightly crisp, which should take about 20-30 minutes. Keep an eye on it to avoid over-browning. Delicious version of this dish! Makes a great Thanksgiving side dish.

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Main Dishes



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Helpful Hints

Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.

Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.

Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it s easy to turn. Cleanup is easy; just toss the bag.

It s easier to thinly slice meat if it s partially frozen.

Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.

Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.

When frying meat, sprinkle paprika on the meat to turn it golden brown.

Thaw all meats in the refrigerator for maximum safety.

Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.

When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.

One pound of boneless chicken equals approximately 3 cups of cubed chicken.

Generally, red meats should reach 160 and poultry should reach 180 before serving. If preparing fish, the surface of the fish should flake off with a fork.

Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.

Scaling a fish is easier if vinegar is rubbed on the scales first.

When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.

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MAIN DISHES

BEEF & SPINACH ORZO

(Serves 3-4)

1 lb ground beef
1 onion
8 oz orzo
1 ½ cup beef broth
1 jar marinara
Salt and pepper
1 tsp Garlic powder
2 tsp Italian seasoning
1 tsp Worcestershire sauce
¼ cup heavy cream
¼ parmesan (more for garnish if you want)
2 handfuls of spinach

Dice onion. Cook onion with beef, drain excess grease. Add salt and pepper to taste, along with garlic powder, Italian seasoning and Worcestershire sauce. Stir in orzo, broth and marinara. Cook 10-15 min covered. Add heavy cream, parmesan, and spinach. Cook 5 more min until spinach is wilted.

BEST LASAGNA EVER

(Serves 9 or more)

1 ½ lbs ground beef
1 lb Jimmy Dean sausage
2 cloves garlic-minced
2 cans (14.5oz each) whole tomatoes
2 cans tomato paste
4 tbsp dried parsley (separated 2 and 2)
2 tbsp dried basil
2 tsp salt (separated 1 and 1) + extra for pasta water
3 cups low fat Ricotta cheese
2 eggs
½ cup grated Parmesan cheese + extra for on top
1 lb sliced Mozzarella cheese
1 pkg (10oz) lasagna noodles

(If baking right away) Preheat oven to 350*. Bring large pot of salted water to a boil- cook lasagna noodles until al dente (Do Not Over Cook). Cook beef, sausage and garlic in large skillet until browned- drain most of the fat (half if you're feeling naughty- fat=flavor). Add tomatoes, tomato paste, 2 tbsp parsley, basil and 1 tsp salt. Let simmer for 45 min stirring occasionally. Mix ricotta cheese, eggs, parmesan, 2 tbsp parsley, and 1 tsp salt- set a side until ready to assemble. TO ASSEMBLE: start with ⅓ of the sauce in bottom of pan and layer 4-5 noodles length wise, overlapping is okay. Spoon half of ricotta mix gently over noodles. Cover with sliced mozzarella. Repeat layers: ⅓ sauce, 4-5 noodles, rest of ricotta, cover with mozzarella. Last layers: 4-5 noodles, last of sauce, and cover generously with grated parmesan. Bake for 30-40 minutes until golden brown and bubbly. (You can make a head and refrigerate for up to 2 days, baking time will be longer- at least 45min-1hour until center is hot You can also freeze for a longer amount of time but baking would almost be 2 hours or more to get center up to temp.)

BIG MAN'S SUPPER
(Large family meal)

2 lbs stew meat
2 large onions chopped
2 tbsp butter
1 - 4 oz can mushrooms undrained
4 medium potatoes (peeled and sliced)
1 can mushroom or celery soup
¾ cup milk
¾ cup sour cream
1 tsp salt
¼ tsp pepper
2 cups (8 oz) shredded cheddar cheese
cracker crumbs or crushed potato chips

Brown beef and onions in a skillet with butter over medium heat. Cook until onions are tender and beef is browned. Drain liquid from mushrooms, reserving liquid. Add enough water to mushroom liquid to make 1 cup. stir mushrooms and liquid into meat and simmer for 2 hours. Preheat oven to 350 degrees. Place meat mixture into a 9x13 pan. Arrange potatoes over the meat. Sprinkle with cheddar cheese. Mix together soup, milk, sour cream and seasonings. Pour over cheese. Bake uncovered for 1 hour. Sprinkle crumbs over the top and bake another 30 minutes. Potatoes should be tender and crumbs brown. This meal takes some time to prepare but it is worth the time!

CHEDDAR BAY BISCUIT SEAFOOD POT PIE
(Serves 6)

1 lb shrimp (peeled and deveined)
12 oz langoustine tails or lobster
8 oz jumbo lump crabmeat (cooked)
1 cup onions (chopped)
½ cup bell pepper (chopped)
¼ cup celery (chopped)
1 tsp salt (plus more to taste)
1 tsp pepper (plus more to taste)
Olive oil (for cooking)
HERB BUTTER SAUCE:
2 cups chicken broth
1 cup heavy cream
4 tbsp butter
5 tbsp flour
1 tbsp garlic (minced or paste)
1 tsp thyme
1 tsp tarragon (dried)
1 tsp Salt
1 tsp pepper
½ tsp smoked paprika
BISCUIT TOPPING
1 box R.L. cheddar bay biscuit mix (11.36oz)
¾ cup milk
½ cup mild cheddar cheese (shredded)
¼ cup butter (melted)
1 pouch garlic Herb seasoning (from the box)

To a pan over medium heat, add olive oil and sear the shrimp and langoustine with salt and pepper for 2-3 minutes. Remove from the pan and set aside once cooked. To the same pan, sauté onions, bell peppers and celery, cook until the onions are translucent. This should take about 4-5 minutes. Add butter and flour, turn the heat down to medium low and add the butter and stir. Once the butter is melted, sprinkle in the flour and continue to stir until all the flour is absorbed by the vegetables. Deglaze the pan with chicken broth and allow to come to a slight simmer. Then, pour in the heavy cream and stir until combined. Season seafood with garlic, thyme, tarragon, salt, pepper and smoked paprika. Let the gravy cook for 2-3 minutes then gently fold in the seared shrimp, langoustine and jumbo lump crabmeat.

(continued)

Remove from heat and set aside. HERB BUTTER SAUCE: In a small bowl, mix together all ingredients listed under "Herb Butter Sauce" and set aside. BISCUIT TOPPING: Cheddar Bay Biscuit Topping - Mix Dough. To a bowl add the dry biscuit mix, cheddar cheese and milk. Using a fork, mix together until the dough starts to form. Be care not to over mix here. You really just need to stir enough to get a shaggy dough. Pre-heat your oven to 425F. Transfer the seafood & vegetable filling to the baking dish of your choice. I decided to divide the filling between 6 ramekins. Top each ramekin with the cheddar bay biscuit dough. Place on a baking tray, and bake until the biscuit topping is cooked through and golden brown, about 14-16 minutes. As soon as they come out of the oven, brush on the herb garlic butter and serve. Enjoy!

CHICKEN COBBLER (POT PIE)
(Serves 8)

1 stick of butter
2 cups of milk
2 cups of R.L. Cheddar Bay biscuit mix
Rotisserie chicken
Peas and carrots or whatever vegetables you prefer
2 cups of chicken stock
1 can of cream of chicken soup

Melt a stick of butter in the bottom of 9x13 casserole dish. Preheat oven to 350. Put dish with butter in oven and let it melt while it preheats. Mix 2 cups of milk and RL Cheddar Bay biscuit mix with the seasoning pack. Place shredded rotisserie chicken down in the bottom of the pan. Add vegetables you prefer. Pour biscuit very mix over the top and do not mix. In separate bowl, mix 2 cups of chicken stock and one can of cream of chicken soup and pour over biscuit mix. Baked uncovered for 45 minutes. Let it sit for about 15 minutes Enjoy!

CILANTRO LIME CHICKEN DRUMSTICKS
(Serves 3)

2 tbsp olive oil
4 cloves garlic, minced
½ tsp cumin
Freshly cracked pepper
2 limes
½ bunch cilantro
6 chicken drumsticks (about 1.75 lbs.)

Combine the olive oil, minced garlic, cumin, salt, and some freshly cracked pepper (about 10-15 cranks of a mill) in a bowl. Use a zester, micro-plane, or small-holed cheese grater to remove the zest from one of the limes. Add about 1 tsp zest and 3 Tbsp juice to the marinade. Pull the leaves from ¼ bunch of cilantro and chop finely. Add the chopped cilantro to the marinade and stir to combine. The other ¼ bunch of cilantro will be added after baking. Pour the marinade into a gallon sized zip top bag and add the chicken drumsticks. Close the bag tightly and massage to mix and coat the chicken pieces in the marinade. Refrigerate for 30 minutes, or longer if desired, turning the bag occasionally to redistribute the marinade. When ready to bake, preheat the oven to 400 degrees. Add the chicken pieces to a casserole dish so they are all in one layer, trying not to overcrowd. Pour the rest of the marinade in the bag over the chicken. Bake the chicken for 40-45 minutes, basting once or twice throughout. For more browning, turn the broiler on at the end of the cooking time and broil for 2-4 minutes, or until the desired amount of

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browning is achieved. The total cooking time will ultimately depend on the size of your drumsticks and how closely they are packed together in the baking dish. Use a meat thermometer to make sure the meat has reached 160°F to be sure. Garnish the chicken with fresh slices of lime and more chopped cilantro leaves.

CITRUS SALMON FILLETS
(Serves 4)

1 pound salmon (3-4 fillets), pat dry
2 tbsp vegetable oil
1 red onion (chopped)
1 cup baby carrots or sweet potato
¼ cup parsley (chopped)
1 cup orange juice (divided)
1 tbsp honey
Salt and pepper to taste
1 orange or lemon, cut into wedges (optional)

Preheat oven to 400 F. In an oven-safe skillet, heat oil on medium-high heat. Add the onion, carrots (or sweet potato), parsley and ½ cup of orange juice. Cook for 5-8 minutes. In a small bowl, mix ½ cup orange juice and honey. In the center of the skillet, add the salmon fillets and season with salt and pepper. Pour the orange juice and honey mixture over the top. Bake the entire skillet in the oven for 16-18 minutes or until the fish is flaky. Garnish with orange or lemon wedges, if using.

COLA HAM WITH CHERRY-ORANGE GLAZE
(Serves 12)

1 (12 to 15-pound) fully cooked bone-in ham
1 tsp ground allspice
1 (2-liter) bottle Pepsi
¾ cup cherry preserves or jelly
¼ cup fresh orange juice
2 tbsp orange liquor
Creole mustard, accompaniment

"Preheat oven to 325 degrees F. Trim rind and excess fat from the ham, leaving a ¼-inch thick layer of fat. With a sharp knife, score the fat in a diamond pattern. Place the ham in large roasting pan and sprinkle with the allspice. Pour the Pepsi into the pan and bake uncovered 1 hour and 15 minutes, basting every 15 minutes with the pan juices. Meanwhile, in a medium saucepan, combine the cherry preserves, orange juice, and liqueur over medium heat and cook, stirring, until melted, 1 to 2 minutes. Remove the ham from the oven and brush the top and sides with the cherry glaze. Return the ham to the oven and bake, brushing with pan juices and glaze every 15 minutes and tenting the ham with foil if browning too quickly, until an instant-read thermometer inserted into the thickest part of ham without touching the bone registers 140 degrees F, about 15 to 30 minutes. Remove the ham from oven and let rest for 30 minutes to 1 hour before slicing. Serve warm or at room temperature, thin"

CREAMY ROTEL CHICKEN SPAGHETTI CASSEROLE
(Serves 6)

12 oz spaghetti
2 cups cooked chicken, shredded
1 can Rotel (diced tomatoes with green chilies), undrained
1 can cream of chicken soup
1 cup sour cream
2 cups shredded cheddar cheese, divided
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon smoked paprika
Salt and pepper, to taste
2 tablespoons butter
Fresh parsley, chopped (optional garnish)

Preheat over to 350 degrees F. Grease a 9x13 baking dish. Cook spaghetti according to package directions until al dente; drain and set aside. In a large mixing bowl, combine cream of chicken soup, Rotel (undrained), sour cream, garlic powder, onion powder, smoked paprika, salt and pepper. Stir until smooth. Add shredded cooked chicken and 1½ cup of shredded cheddar cheese to the mixture. Fold in the cooked spaghetti and mix until well coated. Transfer mixture to the prepared baking dish. Dot the top with pieces of butter and sprinkle the remaining cheddar cheese evenly. Bake for 25-30 minutes, or until hot, bubbly, and golden on top. Remove from oven, let rest 5 minutes so the sauce settles. Garnish with chopped fresh parsley if desired.

CRESCENT CRISTO SANDWICH LOAF
(Serves 8)

6 oz thinly sliced cooked ham
6 oz thinly sliced smoked cooked turkey breast
6 oz medium-sliced Muenster cheese
⅓ to ½ cup red raspberry preserves
2 (8 oz) cans refrigerated crescent dinner rolls (I use Crescent Dough Sheets if I can get them)
2 tbsp butter, melted
2 tbsp honey
TOPPING:
2 tbsp honey
1 tbsp sesame seeds

Heat oven to 375°. Separate dough into 4 long rectangles. Place rectangles crosswise on 1 large or 2 small cookie sheets (rectangles should not touch); firmly press perforations to seal. (I use parchment paper to line pans.) In small bowl, combine butter and honey; mix well. Brush over dough. Bake at 375° for 8 to 12 minutes or until golden brown; cool 15 minutes. Usually less time. Grease 15x10x1 inch baking pan. (I just reuse parchment paper.) Carefully place 1 crust on pan. Top evenly with turkey. Place second crust over turkey; top with cheese and ham. Place third crust over ham; spread evenly with preserves. Top with fourth crust and spread crust with 2 tablespoons honey. Sprinkle honey with sesame seed. Bake at 375° for 10 to 15 minutes or until crust is deep golden brown and loaf is hot. Usually less. If the center is not warm, microwave loaf for a couple minutes. Let stand 5 minutes. Cut into 8 slices. This recipe comes to us from MFG's original founders. We're honored to include a few of their favorites in our first recipe collection - a special nod to the people who started it all!

CROCK POT BEEF STROGANOFF
(Serves 4)

2 cans condensed Golden cream of mushroom soup (10 and ¾ oz. each)
2 tbsp Worcestershire
½ cup of water
¼ tsp Garlic Salt
A dash of Paprika
1 yellow onion, chopped (~ 1 cup)
8 oz ⅓ less fat Cream Cheese, also labeled as Neufchatel Cheese (Regular cream cheese can be substituted)
Optional 8 oz. fresh mushrooms
12 oz. bag of Egg Noodles

In crockpot, combine all ingredients except cream cheese, mushrooms and egg noodles. Cook on low 8-10 hours. Towards end of cooking, stir and break up beef. Add cream cheese and mushrooms and stir. Serve over cooked egg noodles. Mashed potatoes are delicious too.

CROCKPOT SHREDDED BBQ CHICKEN SLIDERS
(Makes 12 sliders)

3-4 large boneless skinless chicken breasts
2 cups bbq sauce
½ cup chicken stock
Garlic salt and pepper
Savory Kings Hawaiian Rolls (or favorite slider rolls)

Turn crockpot on low. Place chicken in single layer as best as you can. Pour in chicken stock. Season with garlic salt and pepper to taste. Pour only 1 cup of bbq sauce over chicken. Cook on low 6-8 hours. Shred each chicken breast and add remaining cup of bbq sauce. Serve on rolls.

CROCKPOT SHREDDED BEEF
(Serves 4-5)

3-4 lb Beef Chuck Roast
1 packet Au Jus mix
1 packet Ranch powder
12 oz jar of pepperoncini (whole or sliced-depending on preference)
1 stick of salted butter
Pepper

Turn crockpot on low. Place raw roast in crockpot (or sear in pan first with a little olive oil, 4-5 min per side, to add extra layer of flavor). Place pepperoncini's around roast and pour juice all over. Sprinkle in each powder packet (Au Jus and Ranch) and some pepper (to taste). Place whole stick of butter directly on top of roast. Cook on low for 6-8 hours (or 3-4 on high-but doesn't seem as tender). Shred beef (and remove fatty parts). Serve however you'd like! "**Salt is not needed because the powder packets and salted butter** Serving Suggestions: *Layer some baby potatoes and carrots (or cubed russet/coined whole carrots) on bottom of crockpot before you put in roast and other ingredients for a whole meal in one *Make a slurry of 1 tbsp corn starch and 1 tbsp cold water, stir in with juices at bottom of crockpot for last ½ hour of cooking to thicken sauce. Then serve over mashed potatoes or rice *Slice and cook bell peppers and onions, layer meat, veggies and cheese on a toasted bun for a Philly cheesesteak sandwich.

EASY CHEESE QUICHE
(Serves 6-8)

2 cups shredded cheddar cheese
2 tbsp flour
4 eggs (slightly beaten)
1.5 cups milk
4 (or more) pieces of crisp bacon
¼ tsp salt
⅛ tsp cayenne pepper
A dash of pepper
9" unbaked pie crust

In a bowl toss cheese with flour. Combine eggs, milk, bacon and seasonings in a separate bowl. Mix well and then add cheese/flour mixture to eggs mixture. Pour into unbaked pie crust. Bake 350 degrees for 1 hour or until quiche is set. One of my grandkids and great grandkids breakfast!

EASY SEAFOOD STEW
(Serves 4)

2 tbsp olive oil
1 onion, chopped
4 garlic cloves, chopped
½ tsp red pepper flakes
1 - 28 oz can crushed tomatoes
2 cups chicken broth
1 bell pepper, roasted, peeled, seed and chopped
¼ cup chopped basil
2 tbsp chopped oregano
1 tsp kosher salt
Pinch black pepper
1 lb frozen seafood mix

In a Dutch oven, heat the olive oil over medium-high heat. When the oil shimmers, add the onion and sauté for 4 to 5 minutes. Add the garlic and red pepper flakes and cook for 2 minutes, stirring constantly. Add the tomatoes, broth, and bell pepper and bring to a boil. Reduce the heat to low and simmer for 30 minutes. Stir in the basil and oregano and cook for 5 minutes. Season with salt and pepper and increase the heat to medium-high. Add the seafood mix and stir to combine. Cook for 3 to 5 minutes and serve with crusty bread.

FRIED OATMEAL
(Scottish/Irish beginnings. Enjoyed by all ages. Serves 6-8)

6-8 potatoes
1 package of bacon
2 cups of quick-cooking oatmeal
Salt and pepper to taste

Boil potatoes and set aside to keep hot. Fry bacon until crisp. Drain on paper towels. Drain off some of the grease if there seems to be too much. Fry quick-cooking oatmeal in the bacon grease, stirring constantly. When oatmeal is brown, it is done. Tip: Prepare your plate by mashing the potatoes and sprinkle bacon while the oatmeal is frying. Serve immediately on top of the potatoes and bacon. Salt and pepper to taste. Caution: Be sure grease is not too hot when you put the oatmeal in. Oatmeal is very hot, so be sure you don't burn your mouth.

GARLIC ROUND STEAK WITH RICE
(Serves 2-4)

1 ½ lbs round steak
1 ½ tbsp vegetable oil
1 onion cut into ½ in slices and separated into rings
1 can cream mushroom soup
1 - 4 oz can mushrooms pieces
½ cup cooking sherry
1 ½ tsp garlic powder
3 cups cooked rice

Cut steak into strips. Brown meat in oil. Add onions, sauté until tender crisp. Blend soup, sherry and liquid from can of mushroom soup and garlic powder. Pour over steak. Add mushrooms Simmer one hour. Serve over rice. Our family loves this!

GOULASH
(Serves 8)

2 lb beef
1 large yellow onion
1 green pepper
3 garlic cloves
3 cups water
29 oz diced tomatoes
2 tbsp Worcestershire sauce
1 tsp dried oregano
1 tsp dried basil
1 tsp kosher salt
16 oz elbow macaroni

Add the ground beef, onions, bell peppers and garlic to a large dutch oven on medium-high heat and cook it breaking it apart until it is no longer pink, about 5-7 minutes. Drain most of the fat then add in the remaining ingredients except the macaroni, bring to a boil then reduce to a low heat and simmer with a cover on for 15 minutes. Add in the macaroni, mix well then cover and simmer an additional 20 minutes, stirring occasionally before serving. Always requested by my family of 5 picky eaters that change with no notice

GREEK SMASH TACOS
(serves 4)

1 lb ground turkey
1 cucumber
1 container of cherry tomatoes
1 red onion
feta cheese
tzatziki sauce (premade or make your own)

Spread your ground turkey thinly across your tortilla until you run out of ground turkey. Heat a pan on medium high heat with a little bit of olive oil. Cut up your veggies, cherry tomatoes into quarter, diced cucumber, and thinly slice red onion. Once pan is hot place turkey side down and cook for about 2 minutes or until the turkey starts to get a nice crust. Use a small sauce dish with olive oil, place it turkey side down and use a basting/sauce brush to spread a tiny amount of olive oil on the tortilla. Flip once ground turkey is ready and cook until the tortilla is golden brown. Repeat until all tortillas are cooked. Spread the tzatziki sauce on the ground turkey add your veggies, feta cheese and enjoy.

GRILLED MARINATED CHICKEN BREASTS
(Serves 6)

6 boneless skinless chicken breast halves
¼ cup soy sauce
3 tbsp dry white wine
2 tbsp lemon juice
2 tbsp olive oil
1-2 cloves garlic, minced
Parsley, onion salt, ground black pepper to taste

Combine all ingredients other than chicken in a mixing bowl and stir well. Add the chicken and make sure it is completely covered by the marinade. Cover bowl and refrigerate for at least two hours. Drain chicken and discard marinade. Once your gas or charcoal grill is hot, grill chicken 4 to 5 minutes per side until it reaches an internal temperature of 165° Check with a digital meat thermometer stuck into the thickest part of the meat. Remove from grill and allow chicken to rest for a few minutes before serving.

HUEVOS RANCHEROS
(Serves 8-12)

2 - 28 oz cans diced tomatoes
1 tbsp packed brown sugar
1 tbsp lime juice
1 chopped onion
½ cup canned chopped green chiles
¼ cup of extra virgin olive oil
3 tbsp chili powder
4 garlic cloves, sliced thin
Salt and pepper
4 oz. pepper jack cheese, shredded (1 cup)
8 large eggs
1 avocado diced
3 scallions, sliced thin
8 (6-inch) corn tortillas, warmed

Adjust oven rack to middle position and heat oven to 500°. Line rimmed baking sheet with parchment paper. Drain tomatoes in a strainer set over bowl, pressing with rubber spatula to extract as much juice as possible. Reserve 1 ¾ cups tomato juice and discard remainder. Whisk sugar and lime juice into reserved tomato juice and set aside. In a separate bowl, combine onion, chiles, oil, chili powder, garlic, ½ teaspoon salt and drained tomatoes. Transfer mixture to prepared baking sheet and spread even layer to edges of sheet. Roast until charred in spots, 35 to 45 minutes, stirring and redistributing into an even layer halfway through baking. Reduce oven temperature to 400°. Transfer roasted tomato mixture to 13x9 inch baking dish and stir in tomato juice mixture. Season with salt and pepper to taste, then spread into even layer. Sprinkle Pepper Jack over tomato mixture. Using spoon hollow out 8 holes in tomato mixture in 2 rows. Crack one egg into each hole. Season the eggs with salt & pepper. Bake until whites are just beginning to set but still have some movement when dish is shaken, 13 to 16 minutes. Transfer dish to wire rack, tent loosely with aluminum foil, and let sit for 5 minutes. Spoon avocado over top, then sprinkle with scallions. Serve with warm tortillas. Make Ahead: The sauce can be made 24 in advance. Microwave until hot, about 2 minutes (stirring halfway), before transferring baking dish and proceeding with recipe. This favorite was shared by MFG's original founders - the people who started it all! We're delighted to give them a special place in our first recipe collection and share a little piece of MFG history from their home to yours.

JIMMY DEAN SAUSAGE BREAKFAST CASSEROLE

(Makes 1 9x13 casserole)

1 pound Jimmy Dean Sausage (crumbled & fully cooked)
8 eggs
1 cup half & half
1 tsp dry mustard
¼ tsp onion powder
3½-4 cups bread cubes (day-old bread works good, cut crust off bread and cut into cubes, bread may be buttered slightly prior to cutting into cubes)
2½ cups shredded cheddar cheese or mixture of choice
Salt and pepper

In a large bowl, beat the eggs with the half & half, salt & pepper, dry mustard and onion powder, until everything mixes together. Add the cubed bread to the large bowl and stir just until the bread is coated with the egg mixture. Pour the egg mixture into the prepared casserole dish. Stir in 1½ cup of the shredded cheddar cheese. Stir the cooked breakfast sausage crumbles into the mixture. Sprinkle the remaining 1 cup of shredded cheddar cheese on top of the casserole. Preheat oven to 350 degrees and lightly grease or spray the casserole dish/cake pan 9"x13. Bake for 40 minutes or until a knife inserted in the center comes out clean. (Top with aluminum foil if the top begins to brown too quickly). Let the casserole stand for 10 minutes before cutting. Then, slice and serve. This casserole makes a convenient make-ahead breakfast. Refrigerate it overnight and bake it the next day right before serving.

LAURA'S CHICKEN POT PIE

(Serves 4)

4 chicken breasts with bones
4 tbsp butter
4 tbsp flour
2 tsp salt
¼ tsp pepper
¼ tsp thyme
1 cup chicken broth
1 cup light cream
1 cup raw carrots cut up
1 cup raw celery cut up
1 cup frozed peas
Homemade pie crust OR packaged from store

Boil Chicken Breasts in seasoned water(bouillon, salt, etc.). Remove meat from bones. The water you boiled the chicken in will be your chicken broth. Make sauce. Melt butter. Blend in flour, salt, pepper and thyme. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat, stir in chicken broth and cream. Heat to boiling, stirring constantly. Boil and stir for one minute. Stir in chicken and vegetables. Carrots, celery and peas. Pour into pan. Top with your own crust or one from store. Bake 35-45 minutes at 425 degrees. This recipe is very easy and tastes great. It can easily be increased in size for more people. We have used it many times and everyone come back for seconds. Enjoy.

MISSISSIPPI BEEF ANGEL HAIR PASTA

(Serves 4)

1 lb angel hair pasta
1½ lbs ground beef
2 tbsp ranch seasoning
1 packet au jus seasoning
1½-2 cups unsalted beef broth
Pepperoncini juice
3-6 pepperoncini peppers

Cook 1 pound of angel hair pasta according to the package directions. While the pasta is cooking, brown 1½ pounds of ground beef. Once cooked through, drain all the grease. Add 2 tablespoons of ranch seasoning and 1 packet of au jus seasoning to the meat. Toss for a second, then add 1½-2 cups of unsalted beef broth. Mix. Add pepperoncini juice and 3-6 pepperoncini peppers without the tops. Mix and let it simmer at a low temperature until your pasta is cooked. Once the pasta is cooked, drain the water and add the pasta to the meat. Toss well and enjoy!

OMG TURKEY

1 - 12 pound fresh, natural turkey. Thawed and cleaned.
BRINE:
Wet: 1 clean 5 gallon bucket, ½ gallon apple cider, 1-½ cup Kosher salt, 1 cup brown sugar, water, ice
Dry: 2 tbsp each Kosher salt, black pepper, 1 tbsp each garlic powder, onion powder
If roasting or smoking: 1 stick of softened butter, 1 tbsp of each dried herb - parsley, sage, rosemary, thyme.
If smoking: I use a pellet grill. 1:1 ratio of apple cider / water in a pan.

BRINING: -Wet: Place apple cider, salt, and apple cider with 1 gallon of water in bucket. Stir until dissolved. Add the turkey. Add enough water to just cover the turkey. Add ice to the top of the bucket. cover with plastic wrap and then aluminum foil. Store in a cool place for 24 hours. If you have an extra refrigerator, no ice, cover it and put the bucket in. It must stay cold. -Dry: Mix spices together. Cover turkey with spices inside and out. Place on plater, in refrigerator for 24 hours. the skin will tighten and look dry. It's all good. PREPARATION: Remove from wet brine or refrigerator 3-4 hours before beginning the cooking process. -Roasting: Mix the herbs with softened butter. Wearing gloves, break the connective tissue between the breast meat and the skin. Place the herb mixture under the skin, pushing to move it into place. Place turkey on wire rack in roasting pan. Preheat oven to 325 degrees F. -Deep frying: NO HERB MIXTURE! Ensure turkey is dry. Stand it upright to let as much liquid drain out of the inside as possible. Heat oil to 350 degrees F. -Smoking: If using the herbs, follow instructions above for roasting and place a drip pan under the turkey. Heat smoker to 225 degrees F. Place the pan of 1:1 apple cider / water inside smoker. COOKING: -Roasting: If wanted, fill cavity with cut onions, carrots, or other vegetables, and sprigs of fresh herbs. place a sheet of aluminum foil over the breast. Bake at 325 F until a meat thermometer reads 165 F in the thighs and breasts. When getting close to temp, remove the aluminum foil. Let the meat rest for 30 - 45 minutes before carving. -Deep frying: When oil is hot, and turkey is (mostly) dry, turn the LP off. SLOWLY put turkey into oil. There will be some splatter. Cover. Reignite the burner. Try to keep the oil at 350 F. Check the internal turkey temp at 25 minutes. If thigh and breast are

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not 165 F, place back into oil. When done, remove from oil. Rest for 30-45 minutes before carving. Smoking: Lower temp, longer cooking time. Place a probe in thigh. If you have a turkey grate, use it. It'll be easier to pick up. DO NOT OPEN THE SMOKER. When the internal temp reaches 145 degrees F, increase the smoker to 350 F to render the skin. When internal temp is 165 F (Also check it with a meat thermometer for verification), remove and let rest for 20-30 minutes before carving. ***NEVER USE A LARGER TURKEY! If needed, make 2 smaller ones. More leftovers!! One roasted and one deep fried. GUESS WHICH ONE GOES FIRST? Always brine your turkey (or chicken) using one of the listed methods. If you have never deep fried a turkey: Do it outside, away from the house. Not in the garage. Place the thawed turkey in the empty frying vessel as if you were deep frying it, include whatever is being used to hold the turkey. Pour enough water to just cover the turkey. Remove the turkey. With a marker, on the outside of the vessel, draw a line where the water is and note the turkey's weight. Empty the vessel. This will be the fill line for the oil. You MUST rest the turkey. Don't rush it. It'll still be hot. This started as a roasting recipe from a chef at Wolf Appliance. I have done one way or another for more than 25 Thanksgivings. Each way is amazing. You can substitute white wine or orange juice in the smoker.

ONE POT CHICKEN AND ANDOUILLE SAUSAGE GUMBO

(Serves 8-10)

2 tbsp olive oil
1 cup green pepper, chopped
1 cup onion, chopped
1 cup celery, chopped
6 oz andouille sausage, links halved and cut into ¼ inch cubes - Johnsonville New Orleans sausage is what I use
½ cup white rice - I use basmati but any long grained rice will work
1 quart chicken stock - packaged or make your own with the roti chicken carcass
12 oz bag frozen cut okra
½ lb shelled and deveined shrimp (31-40 count) (optional)
2 cups cooked chicken, chopped - great way to use up leftover rotisserie chicken (or turkey)
SEASONING MIX:
1 tsp paprika
1 tsp ground cumin
1 tsp thyme
½ tsp salt
½ tsp ground black pepper
½ tsp ground white pepper
½ tsp dry yellow mustard
½ tsp gumbo file powder - available in the spice aisle of your grocery store
A pinch of cayenne pepper or more if you like it spicier

Heat olive oil in large 3 Qt pot. Add onions, celery, and green pepper. Sauté about 10 minutes on medium-high heat until cooked, stirring occasionally. Add seasoning mix to vegetables and mix well. Let the spice mix brown, stirring occasionally and scraping pan bottom, about 5 minutes. Add andouille sausage and mix with veggies. Add rice, mix well and sauté for several minutes, toasting rice slightly and scraping pan bottom. Add stock, scrape pan bottom to get all the browned bits, and bring to a low boil. Add okra and simmer until cooked, about 10 minutes. Add shrimp and simmer until cooked, about 4-5 minutes. Add chicken and reheat. Taste for seasoning, add salt if needed. Enjoy! I adapted this recipe from my Paul Prudhomme's Louisiana Kitchen cookbook one Thanksgiving to use up leftover turkey and concocted the seasoning mix from Chef Paul's jambalaya and gumbo recipes. Now, it's my go to recipe to use up leftover rotisserie chicken. It freezes

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well and is easy to reheat at work for lunch. I love to make it as part of a buffet at home or bring to a potluck. It's a pretty flexible recipe so have fun.

OVERNIGHT CARMEL FRENCH TOAST

(Serves 6)

1 cup packed brown sugar
½ cup butter
2 tbsp light corn syrup
12 slices bread (light or dark)
6 large eggs, beaten
1 ½ cups milk
1 tsp vanilla extract
¼ tsp salt
½-1 cup pecans (optional)

Combine sugar, butter and corn syrup in small saucepan. Cook over medium heat until thickened, stirring constantly. Pour syrup mixture into a 9x13 baking dish. (At this point place pecans over the syrup mixture if you are using them in the recipe). Place 6 slices of bread on top of syrup and top with remaining 6 slices. Combine eggs, milk, vanilla and salt - stirring until blended. Pour mixture evenly over bread slices. Cover and chill 8 hours or overnight. Bake, uncovered, at 350 degrees for 40-45 minutes until lightly browned. This works well to put together the night before and refrigerate overnight. I often make two 9x13 pans (usually glass pans) depending on the size of the group eating it. It is best served fairly soon after baking and out of the oven.

PASTITSIO (GREEK BAKED PASTA DISH)

(Serves 10-12)

1 small chopped onion
4 tbsp butter
2 lbs lean ground beef
1 tsp cinnamon
1 tsp salt
¼ tsp pepper
2 - 15 oz cans tomato sauce
2 small cans water
1 pound penne rigate or rigatoni
8 oz grated parmesan
1 egg
½ cup milk
BECHAMEL TOPPING:
4 eggs
4 cups milk
4 tbsp butter melted
1 cup flour
1 cup Bisquick

To make the meat sauce, sauté onion in 4 tbsp. butter in large pot. Add beef, sauté until browned. Add cinnamon, salt, pepper, tomato sauce and water. Simmer 15-30 minutes. In a separate pot, cook pasta according to directions, until al dente. Drain pasta. Mix meat mixture, pasta and parmesan cheese. Spread in pan. Beat 1 egg and ½ C. milk. Pour over mixture in pan. To make the bechamel topping beat 4 eggs, set aside. In a separate large pot add flour, Bisquick, melted butter, and 4 C. milk. Bring to a boil, stirring constantly, until it becomes thick. Remove from heat and let cool slightly. Add eggs and mix well (using a hand mixer works best). Spread on top of pasta mixture in pan. Sprinkle a little cinnamon on top. Bake 350 degrees for 60 minutes, pan size 17¼ x 11/⅜ x 2/14 (start checking at 45 minutes- a golden brown color for most of the top). Growing up, my family made pastitsio for holidays and special family gatherings. This is my Aunt's recipe. It can easily be adapted for different dietary needs (vegetarian, low sodium etc.).

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The meat sauce can be made a day ahead and stored in the refrigerator. The entire dish can be made ahead of time and frozen, once its's cooked and cooled. Place frozen pastitsio in 350 degree oven to heat through for approximately 1 hour and serve.

PRESSURE COOKER CHILI
(Serves 6)

1 lb ground beef
2 tsp olive oil
1 sweet onion, chopped
1 small green bell pepper, finely chopped
1 jalapeño pepper, seeded and finely chopped
2 cloves garlic, minced
2 (14.5 ounce) cans diced tomatoes, undrained
2 (14.5 ounce) cans dark red kidney beans, drained and rinsed
2 cups water
3 tbsp tomato paste
2 tbsp chili powder
1 tbsp dark brown sugar
2 tsp unsweetened cocoa powder
2 tsp ground cumin
½ tsp kosher salt, or to taste
¼ tsp crushed red pepper flakes, or to taste

Cook Ground Beef: Place ground beef in the pressure cooker over medium-high heat; cook until brown and crumbly, 8 to 10 minutes. Remove beef; drain off excess fat. Sauté Vegetables: Heat olive oil in the pressure cooker over medium heat; stir in onion, green pepper, and jalapeño. Cook and stir until onion has softened, about 3 to 4 minutes. Add garlic; cook and stir for about 30 seconds. Combine Ingredients: Stir in browned beef, diced tomatoes, kidney beans, water, tomato paste, chili powder, brown sugar, cocoa powder, cumin, salt, and red pepper flakes. Pressure Cook: Lock the lid, bring the cooker up to pressure, reduce heat to maintain pressure, and cook for 8 minutes. Reduce Pressure: Remove the cooker from the heat, and let the pressure reduce on its own, 5 to 10 minutes. Serve Chili: When the pressure is fully released, remove the lid, stir the chili and serve. Great to take to a chili dump party! Achieve that 'better the next day flavor' in minutes with the pressure cooker. Try a slice of bread with peanut butter as a side (sounds crazy but it's a perfect accompaniment)!

PRESSURE COOKER CHILI (THE BEST CHILI EVER)
(Serves 6)

1 lb ground beef
2 tsp olive oil
1 sweet onion, chopped
1 small green bell pepper, finely chopped
1 jalapeño pepper, seeded and finely chopped
2 cloves garlic, minced
2 - 14.5 oz cans diced tomatoes, undrained
2 - 14.5 oz cans dark red kidney beans, drained and rinsed
2 cups water
3 tbsp tomato paste
2 tbsp chili powder
1 tbsp dark brown sugar
2 tsp unsweetened cocoa powder
2 tsp ground cumin
½ tsp kosher salt, or to taste
¼ tsp crushed red pepper flakes, or to taste

Place ground beef in the pressure cooker over medium-high heat; cook until brown and crumbly, 8 to 10 minutes. Remove beef; drain off excess fat. Heat olive oil in the pressure cooker over medium heat; stir in onion, green pepper, and jalapeño. Cook and stir until onion has softened, about 3 to 4 minutes. Add garlic; cook and stir for about 30 seconds. Stir in browned beef, diced tomatoes, kidney beans, water, tomato paste, chili powder, brown sugar, cocoa powder, cumin, salt, and red pepper flakes. Lock the lid, bring the cooker up to pressure, reduce heat to maintain pressure, and cook for 8 minutes. Remove the cooker from the heat, and let the pressure reduce on its own, 5 to 10 minutes. When the pressure is fully released, remove the lid, stir the chili and serve. Serve with a side of white bread slathered with peanut butter (trust me - you won't have chili without it again)!

SALMON FETA & SPINACH PASTA
(Serves 6)

2 salmon filets
1 block feta cheese
2 cups spinach
2 cups chopped cherry tomatoes
2 tbsp pesto
1 box fettuccini pasta

Preheat oven to 375 degrees Season thawed salmon with garlic powder, onion powder, salt and pepper and place into a 9x13 pan. Add the feta, spinach, tomatoes and pesto to the pan. Bake for 30 minutes uncovered. Cook 1 box of fettucini noodles Mix the ingredients together and add to fettuccini noodles. Serve,

SAVORY CRESCENT CHICKEN SQUARES
(Serves 4)

1 (3oz) package cream cheese, softened
1 tbsp butter, softened
2 cups cubed cooked chicken (a little less)
1 tbsp chopped chives or onion
¼ tsp salt
⅛ tsp pepper
2 tbsp milk
1 tbsp chopped pimiento, optional
1 (8 oz) can refrigerated crescent dinner rolls
1 tbsp butter, melted
¾ cup croutons, crushed

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Heat oven to 350°. In medium bowl, beat cream cheese and 1 tbsp softened butter until smooth. Add chicken, chives, salt, pepper, milk, and pimiento; mix well. Separate crescent dough into 4 rectangles. Firmly press perforations to seal. Spoon ½ cup of chicken mixture onto center of each rectangle. Pull corners of dough to center of chicken mixture; twist firmly. Pinch edges to seal. Place on ungreased cookie sheet. Brush tops with 1 tbsp melted butter; sprinkle with crushed croutons. Bake at 350° for 25 to 30 minutes or until golden brown. Can be done in 15 minutes. Every collection of family recipes has a little history behind it - and so does MFG. This recipe was shared by our firm's original founders, whose vision and relationships helped lay the foundation for the MFG family we know today.

SIX LAYER DINNER
(Serves 6)

2 cups sliced raw potatoes
2 cups chopped celery
2 cups hamburger (crumbled & cooked)
½ cup finely diced onions
1 cup diced green peppers
2 cans diced tomatoes (Italian style with garlic, oregano and basil is one we like)

Spray or grease a deeper casserole dish. Set oven to 350 degrees. Put the six layers in the casserole in the order given above beginning with the raw sliced potatoes. After each layer, sprinkle lightly with some salt and pepper. Finish with the two cans of diced tomatoes (your choice of the variety). Bake at 350 degrees for one hour. Cover with aluminum foil and continue to bake for another hour. Serve with garlic bread or other buns of your choice.

SKILLET PASTA DINNER
(Serves 6)

½ pound 85% lean ground turkey (or beef/sausage)
1 medium chopped onion
2 cloves garlic
8 oz tomato sauce
1 cup water
8 oz uncooked tube pasta
2 cups fresh or frozen vegetables

Brown the meat, onion and garlic in a large skillet or heavy saucepan. Drain off grease Add tomato sauce, water and uncooked pasta Cover and simmer for 10 minutes Add fresh or frozen vegetables. Stir and continue cooking until the pasta and vegetables are tender, about 10 more minutes.

SPAGHETTI MESS
(Serves 12)

8 oz spaghetti noodles
1 egg
1 lb meatballs (cooked)
2 cups shredded cheddar cheese
2 cups cottage cheese
24 to 32 oz spaghetti sauce

Boil/cook and drain noodles. Coat with egg. Add and mix all ingredients into 9 x 13 pan except cheddar cheese. Sprinkle cheddar cheese on top. Bake at 350 degrees for about 30 min. Amount of ingredients may vary to your taste. Add other ingredients such as mushrooms and peppers.

STUFFED PEPPERS
(Serves 4)

1 lb fried hamburger
1 box shell macaroni
2 cans cream of mushroom soup
½ can water
4 bell peppers
Salt & pepper to taste

1 lb. fried hamburger in pan on stove top. Boil shell macaroni enough to fill peppers and add to hamburger. Add 2 Regular cans of mushroom soup to hamburger add ½ can water conicity. Cut 4 peppers in half and rinse and clean halves out. Put peppers half on 9x12 baking sheet and add a little water in bottom of sheet. Add mixture of hamburger macaroni and mushroom soup and fill pepper halves. Set oven at 350 on center rack bake for 1 hour or until peppers are tender with fork test. Adjust ingredients for numbers of servings. Salt and peppers as wanted.

SWEET POTATO QUESADILLAS

1 ½ cups finely chopped onions
2 garlic cloves, minced
3 tbsp vegetable oil
4 cups grated peeled sweet potatoes
½ tsp dried oregano
1 tsp chili powder
2 tsp ground cumin
1-2 pinch cayenne
Salt and pepper
1 cup shredded sharp cheddar cheese
8 (8 inch) flour tortillas
Salsa
Sour cream

In a large skillet, heat vegetable oil. Sauté onions and garlic until the onions are transparent. Add in the sweet potatoes, oregano, chili powder, cumin, and cayenne. Cover and cook for 10 minutes, stirring frequently to prevent sticking. When the sweet potatoes are tender, remove the filling from the heat and add salt and pepper; stirring to mix. Evenly spread the sweet potato mixture onto the tortillas; sprinkle 2 tablespoons of cheese onto each tortilla. Fold tortilla in half over filling. Using a clean skillet add a little oil; heat on medium high heat. Place the quesadillas in the hot oil and cook on each side for 2 minutes, until cheese is melted and the filling is hot. Add more oil to skillet as needed and cook in batches. Serve with salsa and sour cream. We were serve these quesadillas by a friend almost 30 years ago. They immediately became a family favorite. We grow our own sweet potatoes so they are extra special!

ULTIMATE SLOPPY JOES
(Serves 6)

1 lb lean ground beef
1 tbsp unsalted butter
½ yellow onion chopped
½ green bell pepper chopped
1 clove garlic minced
2 tsp yellow mustard
¾ cup ketchup
2 tbsp brown sugar
½ tsp kosher salt
¼ tsp coarse ground black pepper

Add the ground beef to a large skillet (this browns very well) on high heat and brown until a deep brown crust appears before breaking the beef apart. Stir the ground beef and brown until a deep crust appears on about 50 or so percent of the beef, and it is cooked through, then remove the beef, drain the excess liquid and add the

(continued)

butter, onions and bell pepper to the pan. Let brown for 1-2 minutes before stirring, then let brown for another 1-2 minutes before stirring again and add the beef back into the pan. Add the garlic, mustard, ketchup, brown sugar, salt, black pepper, to the pan and cook until most of the liquid has evaporated (about 75% of the mixture is above liquid), 3-5 minutes. Serve on toasted hamburger buns.

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Breads & Rolls



Helpful Hints

When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.

Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.

To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.

One scant tablespoon of bulk yeast is equal to one packet of yeast.

Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.

When in doubt, always sift flour before measuring.

Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.

When baking in a glass pan, reduce the oven temperature by 25 .

When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.

Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.

For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.

Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.

Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.

Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5 8 minutes or until slightly browned.

Overripe bananas can be frozen until it s time to bake. Store them unpeeled in a plastic bag.

The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

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EASY CINNAMON PUFFS
(Serves 8)

1 - (8 count) can of crescent rolls
8 large marshmallows
¼ cup of melted butter or margarine
Cinnamon and sugar to taste
Confectioners sugar glaze

Unroll and separate crescent roll dough. Dip each marshmallow in butter, then in mixture of cinnamon and sugar. Place 1 marshmallow on narrow end of each roll. Roll toward wide end. Covering marshmallows. Seal edges. Dip in butter and cinnamon-sugar mixture. Place in greased muffin cups. Bake at 375 degrees for 10 to 15 minutes or until light brown. Drizzle with confectioners sugar glaze.

ENGLISH SCONES
(Makes approx 10 2" scones)

2 cups all purpose flour (or you can substitute 1.5 cups all purpose and .5 cup whole-wheat flour)
1 tsp salt
1 tbsp baking powder
¼ cup butter, room temperature
¼ cup mini chocolate chips, OR raisins, OR other dried or fresh berries
Milk to mix (amount depends on fresh or dried fruit, approx ½ cup

Mix dry ingredients in a large bowl. Rub in butter with pastry cutter or your fingers, until it resembles fine breadcrumbs. Add the chips or fruit and blend well, then slowly add some milk with a large fork, mixing well. Add a little at a time, till the mix starts binding together in the bowl. If you add fresh berries it will be wetter. Once the dough forms a ball and before it sticks to the sides, put it on a floured board or the counter. Roll out to ½ " thick and cut into small rounds 2-3" wide. Place on an ungreased baking stone or cookie sheet and bake at 400 degrees for about 15 mins, or till the scones are risen and light brown. Remove to a wire rack to cool, the enjoy with butter or whipped cream and jam. They can be frozen, but are best the same day. Note; you can make them plain also, or omit the sugar and add¼ cup of shredded cheese.

MAIRE MALONE'S IRISH BROWN BREAD RECIPE
(Makes 2 loaves)

DRY INGREDIENTS:
3 & ⅓ cup stone-ground whole wheat or graham flour (as course as you can find)
⅓ cup steel cut oats
⅔ cup bran flakes
½ cup chia seeds
1 cup white unbleached bread flour
1 & ½ teaspoon baking soda
2 teaspoons baking powder (make sure it has not expired)
1 teaspoon salt
WET INGREDIENTS:
4 tbsp olive oil
½ cup plain Greek yoghurt
1 quart buttermilk

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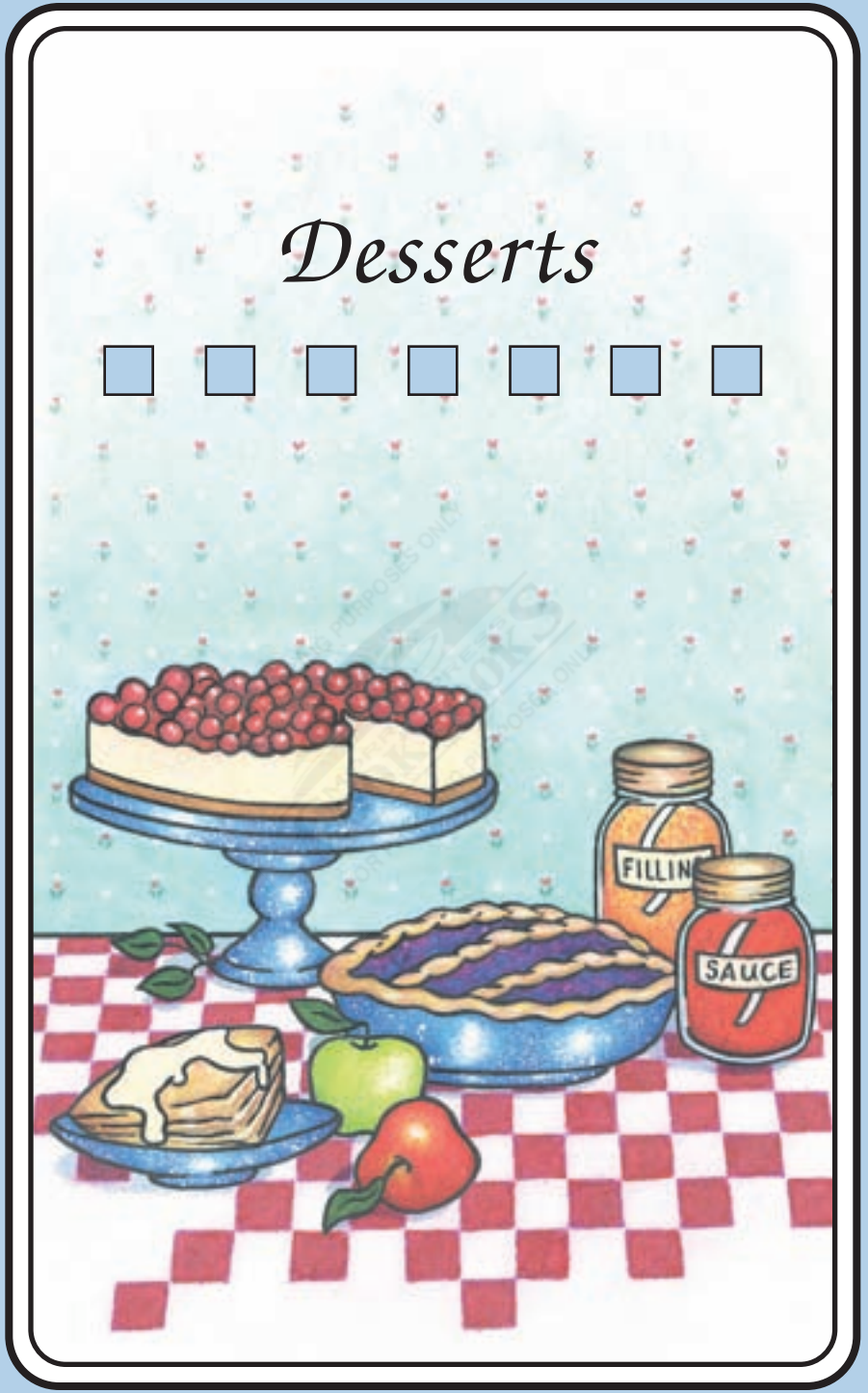
Sift the baking soda, baking powder and salt into 1 cup white unbleached bread flour: Preheat oven to 400. Combine the remaining dry ingredients. Combine wet ingredients in a separate bowl and whisk to thoroughly mix. Make a well in dry ingredients. Add wet ingredients to the dry. Mixture should resemble the consistency of muffins. Pour into two pre-buttered bread pans. Optional: sprinkle chia seeds on top. Bake for 50 minutes at 400 degrees. Remove from pans to cool on a cooling rack. Slather with butter and enjoy. From the cozy kitchens of rural Ireland to our family table, this timeless brown bread recipe is pure comfort in every slice.

PUMPKIN BREAD

(Serves 6-12 (depending on how much they like pumpkin bread))

3 cups flour (2.5 cups if use wheat flour)
2 cups sugar
¼ tsp salt
½ tsp baking soda
3 tsp cinnamon
4 eggs
1 cup vegetable oil
16 oz can of pumpkin

Mix dry ingredients together. Add pumpkin mix. Beat eggs and add. Mix. Then, add oil. Preheat oven to 350 degrees. Oil and flour baking dish. Put loaf in the dish and bake 40-50 minutes. Check by sticking a knife in it and if comes out clean it is done! My mother's recipe-biggest problem I have is eating too much, especially before baking!



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Helpful Hints

Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.

Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.

Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won t have to stoop over.

When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.

When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.

Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.

Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.

Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.

Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.

To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.

A cheesecake needs several hours to chill and set.

For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.

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DESSERTS

100 GOOD COOKIES
(Makes...a LOT)

1 cup white sugar
1 cup brown sugar
1 cup butter
1 cup oil
1 egg
1 cup ground raisins
1 tsp vanilla
1 cup Rice Krispies
1 cup oatmeal
1 cup coconut
3 and ½ cups flour
1 tsp salt
1 tsp baking soda
1 tsp cream of tartar

Melt the butter and place it with the oil and raisins in a blender. Put the sugar and egg in a bowl and add the shortening mixture and beat all together. Add the Rice Krispies, oatmeal and coconut. Add the vanilla. Fold in the dry ingredients and mix very well. Place in the refrigerator for ½ hour. Drop on ungreased cookie sheet. Bake at 350 degrees for about 12 minutes. These may seem time consuming, but they can be whipped up very fast. They are SO good and healthy with raisins, oatmeal, coconut and Rice Krispies, right?!

1980S RESTAURANT CARROT CAKE
(9x13 pan)

CAKE:
2 ¼ cup all purpose flour
2 ¼ tsp baking soda
2 ¼ tsp ground cinnamon
½ tsp salt
3 eggs
¾ cup vegetable oil
¾ cup buttermilk
2 ¼ cup sugar
2 ¼ tsp vanilla extract
7 oz crushed pineapple, drained
2 ¼ cup grated carrots
4 oz shredded coconut
1 cup chopped (coarse) pecans
GLAZE:
1 cup sugar
½ tsp baking soda
4 oz (1 stick) butter (or margarine)
1 tbsp corn syrup
1 tsp vanilla extract
FROSTING:
4 oz (1 stick) butter (or margarine)
8 oz cream cheese (brick, not tub)
1 tsp vanilla extract
2 ¼ cup powdered sugar

Preheat oven to 350°. Grease 9 x 13 baking pan. CAKE: Mix flour, baking soda, cinnamon and salt in medium bowl. In separate larger bowl, beat together eggs, oil, buttermilk, sugar and vanilla. Add dry ingredient mixture, along with pineapple, carrots, coconut and pecans. Stir well. Pour batter in prepared pan. Bake in center of oven for 50-55 minutes or until a toothpick comes out clean. GLAZE: Combine sugar, baking soda, buttermilk, butter and corn syrup in a saucepan. Bring to a boil over medium heat. Cook for 5 minutes, stirring often. Remove from heat and stir in vanilla. Prick warm cake with toothpick or skewer evenly over surface (every inch or so). Slowly pour warm glaze over cake and spread around until it all sinks in. FROSTING: Beat softened butter and cream cheese together, then beat in vanilla and powdered sugar. Wait until cake is completely cool before frosting. [A decadent, delicious carrot cake from back in the '80s—often presented with a birthday candle

(continued)

by singing servers in red and white stripes and plenty of pinned-on flair. I adapted the restaurant's recipe to fit a standard cake pan and still enjoy making it for special occasions.]

AUNT LIL'S RED CUPCAKES
(12 cupcakes or 1 9x13 pan)

2 cups flour
2 cups sugar
1 tsp red food coloring
4 tbsp cocoa powder
1 tsp salt
2 tsp baking powder
2 tsp baking soda
2 tsp vanilla
1 cup oil
2 cups boiling water
2 eggs

Whisk all ingredients together in a big bowl. Can make cupcakes or 9 x 13 cake. If making cupcakes, bake at 350 degrees for about 15 minutes. If making cake, bake for 35 minutes. Check with a toothpick in the middle to make sure it is done. May need another 5 minutes. Frost with buttercream or cream cheese frosting. This is one my husband's favorite recipes, passed down from his Aunt Lil. Super easy. They get moister every day!

BROWN BUTTER BISCOFF RICE KRISPIE TREATS
(Makes 12)

½ cup unsalted butter, cut into tablespoon pieces
16 oz bag mini marshmallows plus 2 cups, divided
½ cup Biscoff cookie butter
½ tsp pure vanilla extract
½ tsp sea salt
8 cups crispy rice cereal
2 cups chopped Biscoff cookies
Flaky sea salt, for sprinkling on top, optional

For super thick Rice Krispie Treats, grease an 9×9-inch baking pan with nonstick cooking spray. For regular Rice Krispie Treats, grease a 9×13-inch baking pan with nonstick cooking spray. You can also line the pan with parchment paper to make it easier for them to come out of the pan. Set pan aside. Place the butter in a large pot and melt over medium heat, stirring often, until it foams, smells nutty, and browns. This will take about 5 minutes. Add the 16 oz bag of marshmallows and stir until the marshmallows are completely melted. Remove the pan from the heat and stir in the Biscoff cookie butter, vanilla extract and sea salt. Add the Rice Krispies and chopped Biscoff cookies; gently stir until well coated with the marshmallows. Stir in the remaining 2 cups of mini marshmallows. Transfer mixture to the prepared pan. Lightly press the mixture into the pan, using a greased spatula. You can also lightly grease your hands and press the mixture into the pan. Don't press too firmly or the treats will end up hard and dry. Sprinkle a little flaky sea salt on top, If desired. Let the Rice Krispie Treats sit for about 1 hour. Cut into squares and serve.

BROWN SUGAR BERRY CRUMBLE BARS
(Makes 12 bars)

CRUMBLE:
1 ½ cup flour
1 ¼ cup oats
¾ cup brown sugar
½ tsp baking powder
¾ cup salted butter (melted)
2 tbsp brown sugar
2 tbsp corn starch
2 tsp lemon zest
2 tsp lemon juice
1 tsp vanilla
⅓ cup berry preserves
FILLING:
2 cup berries (1 ½ cup mashed, ½ cup whole) *fresh cranberries work great, but any berries work.

Preheat the oven to 350F. Grease an 8×8 baking pan. Line all sides with parchment paper and set aside. Whisk crumble ingredients. Press about ⅔ of the mix into the bottom of the baking pan. Bake for 10 minutes. In a bowl, add 1 ½ C berries and brown sugar. Use a fork to give the berries a rough mash, making sure to mash each berry at least once. Then stir in the cornstarch, zest, lemon juice, vanilla, and preserves. Pour the filling over the prebaked crust and scatter the remaining berries on top. Cover with the rest of the crumble and bake for 30 to 35 minutes. The surface should look slightly golden and the edges will be a tiny bit bubbly. Allow the bars to rest at room temperature for about 15 minutes, then transfer to the refrigerator cool completely, about 1 hour. Then lift out of the pan, slice, and enjoy! You can also enjoy hot with ice cream!

BROWNIE IN A MUG
(Serves 1)

¼ cup sugar
¼ cup flour
2 tbsp cocoa powder
Pinch of salt
2 tbsp oil
3 tbsp water

"n a large microwavable mug, mix dry ingredients (sugar, flour, cocoa powder, salt). Add wet ingredients (oil, water). Cook in microwave for 1 min and 40 sec. Cool slightly before eating. *Push an Oreo or peanut butter cup down in the batter before microwaving!

BUTTERFINGER TORTE
(Serves 10)

2 angel food loaf cakes
6 large Butterfinger candy bars
1 large container of whipped topping
¼ cup margarine
2 cups powdered sugar
4 pasteurized egg yolks
3 tsp vanilla

Cream margarine and powdered sugar— add egg yolks and vanilla. Beat these four ingredients together— fold in the whipped topping and stir well. Chop candy bars in small pieces (you can also add chopped nuts if desired). Slice cake into bread-like slices — line 9 x 13 pan with half of the cake slices. Spread half of whipped mixture over cake — sprinkle half of chopped candy bars. Repeat layers. This recipe has been a family favorite for many special occasions in the past.

BUTTERSCOTCH BLONDIES

(Makes 20-30 (Depending on how its cut))

2 cups butter-softened
2 cups packed brown sugar
1 cup sugar
6 eggs
1 tbsp vanilla
3 cups flour
2 tsp baking powder
½ tsp salt
1 cup butterscotch chips

Preheat oven to 350*. Line 12x17 pan with parchment. Cream together butter and sugars until fluffy. Add eggs one at a time. Add vanilla. Sift together flour, baking powder and salt. Gradually add dry mix. Fold in butterscotch chips. Spread batter evenly on pan. Bake for 25-30 min. Cool slightly before cutting into squares.

CARAMEL CHOCOLATE COOKIES

(Serves 1 or 12)

1 cup butter
1 cup brown sugar
12 Ritz crackers
Chocolate chips
Optional toppings: sprinkles, chopped nuts

Heat oven to 400 degtees. Using a silicone mini cupcake/ muffin pan add a ritz cracker to each cup. Add 1 cup of butter to a pan over medium heat. Once it's melted add brown sugar. Bring mixture to a rolling boil. Allow that to boil 3 minutes sitting continously If you don't the sugar could burn. Remove from heat and use a cookie scoop to scoop hot mixture into each cup. Move quickly so the mixture stays nice and hot. Add tray to oven for 3- 4 minutes. Remove and add a heaping tablespoon of chocolate chips to each cup. Pop back into oven for 3 minutes. Use the back of a spoon to smooth the chocolate. Add toppings. Able to decorate them for any occasion!

CHEESE BLINTZS

(Makes 12)

1 loaf of soft bread
8 oz of cream cheese
1 egg yolk
½ cup sugar
½ tsp vanilla
1 stick of butter
DIPPING SAUCE: ½ cup butter and 1 cup of sugar for dipping

Cut crusts off bread & flatten each piece. Mix the cream cheese, egg yolk, ½ sugar and vanilla together and spread some mixture on each piece of bread to cover. Roll up. Melt butter on a flat dish and dip each piece, then roll in a cinnamon and sugar mixture. Freeze in flat pan or container. When you want to bake them do not that. Put in 350 degree oven for 25 minutes. Make dipping sauce with 1 stick of butter and 1 cup sugar for dipping.

CHEX SCOTCHEROO CLUSTERS

(Serves 24)

1 cup corn syrup
1 cup peanut butter (creamy or crunchy)
½ cup white sugar
6 cups corn Chex (or any variety)
1 cup semisweet chocolate chips
1 cup butterscotch chips

Combine corn syrup, peanut butter, and sugar in a medium saucepan. Heat on medium heat, stirring, until melted and smooth. You do NOT need to bring the mixture to a simmer. It just needs to be warm, smooth, and easily pourable. Pour mixture over cereal in a large bowl. Stir to coat evenly. Using a medium cookie scoop (2 tbsp size), scoop clusters and place on parchment paper or wax paper lined baking sheets. Allow clusters to cool (put in refrigerator). Melt chocolate chips and butterscotch chips in a double boiler or microwave. I usually use my microwave and heat the chocolate chips and butterscotch chips for 30 seconds, then I stir and heat them for an additional 15-20 seconds. Every microwave is different; my advice is to go low and slow. Short intervals, stirring until smooth and creamy. DO NOT OVERHEAT CHOCOLATE. Spoon chocolate mixture over clusters. Then put back into refrigerator so the chocolate hardens. Notes Store in an airtight container for up to a week. Scotcheroos also freeze well. This is a great alternative instead of regular Scotcheroo bars.

CHOCOLATE CHIP SNOWBALL COOKIES

(Makes 24 cookies)

1 cup butter (room temperature)
2 cup flour
½ cup powdered sugar
1 tsp vanilla
¼ tsp salt
¾ cup mini chocolate chips
½ cup powdered sugar for rolling

Preheat oven to 350 degrees Fahrenheit. In large bowl, combine butter, flour and powdered sugar. Mix until combined. Add in salt and vanilla. Mix until smooth. Fold in chocolate chips. Scoop into balls about 1 tbsp each and place on cookie sheet. Bake for 17-18 minutes. Let cool for a couple minutes, then roll in powdered sugar. Let cool completely and roll in powdered sugar one more time. I make these every year for Christmas sweets!

COOKIE PUDDING CAKE

(Serves at least 12)

1 package of oreo cookies
1 stick of butter
16 oz cream cheese
1 cup powdered sugar
Small box of instant vanilla pudding and chocolate pudding
3 cup milk
8 oz cool whip

Place cookies in zip lock bag and smash to make chunks/crumbs. Set a side about 1 cup. Melt butter then add to the cookies in bag, mix. Place on bottom of 9 x 13 pan. Beat until smooth cream cheese and 4 oz cool whip. Spread over cookies and refrigerate for 30 min. Beat milk and instant pudding until thick, spread over cream cheese mixture. Refrigerate for 30 min Spread 4 oz cool whip. Sprinkle remaining

(continued)

cookies on top. Refrigerate for 30 min. This was a huge hit for my son's while in college. Younger son refused to eat for many years. Oldest said, "oh well, more for me." It became a favorite once the younger son finally tried it.

COOL WHIP COOKIES
(Makes 12-16 cookies)

1 box cake mix (any flavor!)
8 oz cool whip
1 egg
1-2 cups powdered sugar

Preheat oven to 350*. Mix cake mix, cool whip and egg together. Place 1 cup powdered sugar on plate. Scoop 1in balls and roll around in powdered sugar to coat. (Add more powdered sugar to plate if needed) Place on parchment lined baking sheet. Bake for 12-14 min.

DAD'S HOMEMADE ICE CREAM
(Makes 1 gallon)

5-6 eggs (beaten well)
5 and ½ tsp vanilla flavoring (if you use pure then you may only need 3 and ½ tsp)
A scant tsp salt
1 quart half and half
2 and ½ cups sugar

Put all of this mixture in the gallon container of an ice cream maker and fill it up to the top with milk. Blend/churn until it starts to get hard. Freeze the container for at least an hour, until the ice cream is scoopable. Of course, you may want to eat it right away, if it hardens faster! When I was a kid, my dad used this recipe to make ice cream for his four daughters. We had an old ice cream bucket, I can still see in my mind, that we would take turns churning. We always begged to help crank the handle and sometimes dad would wait until the handle was almost too hard to turn and then say, "Who's next?" We knew if it was too hard to turn, it was done! Of course, he always made it in winter because he used snow and salt around the outside of the container. And…one lucky girl might get to lick the paddle! Ah, for those good old days.

EASY PEACH DESSERT
(Yields 1 9x13 pan)

1 large can sliced peaches
1 pack butter pecan or butter brickle cake mix
1 stick butter cut in small chunks

Preheat oven to 350. Place peaches AND juice in ungreased 9x13 pan. Sprinkle DRY cake mix over the top of peaches. Dollop the small butter pieces over the dry mix. Bake 350 for 45-50 minutes until cake is browned and slightly crunchy. Top with ice cream or whipped cream!

FARMHOUSE BROWNIES
(9 large brownies)

½ cup margarine or butter
½ cup white sugar
½ cup brown sugar
2 eggs
½ cup flour
½ tsp baking powder
A few grains salt
6 tbsp cocoa*
2 tbsp canola oil*
***OR 2 squares melted baking chocolate**
½ tsp vanilla
½ cup chopped walnuts

Grease a 9 x 9 inch pan. Preheat the oven to 350 degrees. Mix the ingredients together and pour into the greased pan. Bake 25-30 minutes. Farmhouse Brownies recipe was a family recipe from my husband's mom's family who owned a small farm in northern Illinois. My husband's mom made these brownies when he was growing up on the farm. I make them today and enjoy eating them every time.

FLOURLESS PEANUT BUTTER CHOCOLATE CHIP COOKIES
(Approximately 24 depending upon size of ball)

2 cups peanut butter
2 cups of brown sugar
2 eggs
2 tsp of baking soda
1 bag of chocolate chips

Mix all together and form golf ball size balls and put on cookie sheet. Bake at 350 degrees for 10 minutes or until done. Take out of oven and leave on cookie sheet until cool and they will come off cookie sheet better. These cookies are flourless!

FROZEN DESSERT
(Serves 12)

1 package of any flavor Jello (I use red or green)
1 pint or 2 cups of softened ice cream
1 can (13 oz) of crushed pineapple (drained)
½ cup chopped nuts

Dissolve the Jello in 1 cup of hot water. Cool until it is partially thickened. Add softened ice cream, pineapple and chopped nuts. Fill cupcake papers in a muffin tin and freeze until solid. I remember mom making this for us when we were kids. It's easy to make and such a treat in the summer…or anytime for that matter. Many times, we asked for them for our birthdays.

GRANDMA PETERSON'S BRER RABBIT COOKIES

(Makes 3-4 dozen)

2 beaten eggs
2 cups sugar
1 and ½ cups shortening or oil
½ cup molasses
4 cups flour
4 tsp baking soda
½ tsp salt
2 tsp cinnamon
2 tsp cloves
2 tsp ginger

Mix wet ingredients and then add to the dry mixture. Drop by spoonfuls and sprinkle with sugar. Bake at 375 degrees 8-10 minutes. I LOVED Grandma's cookies, but I called them Brer Rabbit Cookies because Brer Rabbit's picture was on the bottle of molasses. I had no idea what molasses was!

HOMEMADE SNICKER BARS

(8x8 pan)

CHOCOLATE LAYERS:
18 oz milk chocolate chips
2 tbsp coconut oil
PEANUT BUTTER NOUGAT:
¼ cup unsalted butter
¼ cup heavy cream
1 cup granulated sugar
7 oz marshmallow creme
¼ cup creamy peanut butter
1 tsp vanilla extract
Pinch of salt
1 cup powdered sugar
PEANUT LAYER: 1 ½-2 cups salted roasted peanuts
HOMEMADE CARAMEL:
1 cup granulated sugar
6 tbsp unsalted butter
½ cup warm heavy cream
1 tsp vanilla extract
Pinch of salt

CHOCOLATE LAYER: melt the chocolate chips and coconut oil together until smooth. pour half into a parchment lined 8 X8 inch pan, spreading it across the bottom and slightly up the sids. Refrigerate for 10 -15 minutes. Reserve the remaining chocolate for the top layer. PEANUT BUTTER NOUGAT LAYER: in a saucepan melt together the butter, heavy cream and sugar over medium heat. Remove from heat & stir in the marshmallow creme and peanut butter until completely smooth and the vanilla and salt. Mix in the powdered sugar until smooth and fluffy. Spread evenly over the chilled chocolate layer. PEANUT LAYER: sprinkle the peanuts evenly over the nougat and gently press them into the mixture. HOMEMADE CARAMEL: heat the sugar over medium heat until completely melted and amber in color. Whisk in the butter slowly. Pour in the warm heavy cream while whisking continuously. Stir in the vanilla and salt. Let cool 2-3 minutes before pouring over the peanuts FINISH: pour the caramel over the peanut layer and spread evenly. Reheat the remaining chocolate if needed and pour it over the caramel. Spread the chocolate to completely cover the top. Refrigerate for at least 2 hours, or until firm. Lift the giant candy bar out using the parchment paper and slice into bars.

KEY LIME PIE

(Serves 8)

2 14 oz cans condensed milk
1 cup key lime juice
2 whole eggs
Prepared graham cracker crust - homemade or store bought

Whisk first 3 ingredients and pour into pie crust. Place pie into a 350 degree oven for 15 min. Cool at room temp then for 2+ hours in refrigerator. For spicier crust, crush ginger snaps. To add spark, drizzle raspberry jam (warmed and seeds strained out) over slices top with whipped cream garnish with a lime slice. A go-to for a cool summer treat!

LAZY DAISY CAKE

(Makes a 9x13 pan)

CAKE:
2 cup flour
2 cup granulated sugar
1 ¼ tsp baking soda
¾ tsp salt
2 large eggs
2 tsp vanilla
20 ounces can crushed pineapple in juice, undrained
TOPPING:
½ cup unsalted butter
¼ tsp salt
1 cup sugar
⅔ cup evaporated milk
1 cup chopped toasted pecans
1 cup flaked sweetened coconut
1 tsp vanilla extract

Preheat oven to 350 degrees. Line a 9x13 metal baking pan with parchment paper. Whisk together flour, sugar, baking soda and salt in a large bowl. Make a well in center of mixture and crack in eggs; whisk eggs until lightly beaten. Add vanilla and pineapple and stir until well blended. Poor batter into prepared pan. Bake at 350 degrees until a wooden pick inserted in center comes out clean, about 33 - 36 minutes. Immediately poke holes all over cake with the handle of a wooden spoon (Yup!). PREPARE TOPPING: melt butter on medium saucepan over medium high heat. Stir in salt. Continue cooking, stirring occasionally, until butter is nutty-fragrant and browned to the color of caramel, 3 - 4 minutes. Stir in sugar and evaporated milk; bring to a boil. Reduce heat to medium (or temperature needed to keep mixture at a vigorous boil) and cook until slightly thickened, 3 - 5 minutes. Remove pan from heat and stir in pecans, coconut and vanilla. Pour hot topping over cake, spreading evenly. Serve cake at room temperature or chilled.

LEMON BARS

(Approx 24 bars)

1 cup butter-softened
2 cups sugar + ½ cup (separate)
2 cups flour + 5 tbsp (separate)
1 tsp baking powder
4 eggs
2 lemons- 1 tsp zest and ½ cup juice
½ cup powdered sugar

10x15 jelly roll pan (something with taller sides). Preheat oven to 350*. CRUST: Mix 1c butter,½ c sugar, 2c flour Spread on ungreased baking pan. Bake for 15min until lightly browned FILLING: While crust is cooking mix together 5 tbsp flour, 1tsp baking powder, 2cups sugar. Beat 4 eggs and then add to flour mixture. Stir

(continued)

in lemon zest and juice, pour over hot crust. Bake again for 18-20 min until golden brown. Sprinkle powdered sugar over hot bars. Allow to come to room temp before cutting.

MELT IN YOUR MOUTH SUGAR COOKIES

(Makes 24 cookies)

1 cup granulated white sugar
1 cup powdered sugar
1 cup (2 sticks) salted butter, at room temperature
⅔ cup canola or vegetable oil
2 large eggs
2 tsp vanilla extract
4½ cups all purpose flour
1 tsp baking soda
1 tsp cream of tartar
¼ tsp salt (I use sea salt)
Extra granulated sugar & colored sugar if desired

In a large bowl, use an electric mixer to combine the white and powdered sugars, butter and oil. Beat well. Add the eggs and vanilla and beat again. In separate bowl, whisk together the flour, baking soda, cream of tartar and salt. Gradually add the dry ingredients to the wet. Mix until well blended. Cover the bowl with plastic wrap and refrigerate for about 2 hours. When ready to bake, preheat the oven to 375°F. Line the cookie sheet with parchment paper (much nicer baking on this paper). Roll the dough into small balls. Take a flat-bottom glass and rub some butter on the bottom. Put some white sugar in a small dish (sprinkle in some colored sugar if you desire). Dip the bottom of the glass into the sugar and then flatten the cookies on the baking sheet. I flatten mine quite a bit as they do raise some … just experiment to your liking. Bake for about 5 minutes...then turn the pan around and bake another 2-3 minutes (varies by oven). They should be very slightly browned around the edges. Leave on pan for 1-2 minutes before removing to cooling rack.

MICROWAVE CARAMELS

1 cup salted butter (or unsalted if preferred)
2½ cups packed brown sugar
1 cup corn syrup
1 can (14.5oz) sweetened condensed milk
1 tsp vanilla

In microwave safe bowl, melt butter. Add brown sugar, corn syrup, and condensed milk. Mix well. Alternate microwaving for 5 min and stirring. Do 3 times (Total of 15 min) Add vanilla (It will bubble! Just keep stirring it in). Pour into greased 9x13 pan of choice. (Silicon or aluminum for easiest removal or parchment lined baking dish) Cool completely before trying to cut with greased knife. Wrap in individual pre-cut parchment paper. [*Pre-cut parchment can be found on Amazon or cut your own while caramel is cooling (about 4inx4in) *Melt chocolate chips (with a drizzle of vegetable oil for shine) and rice crispies, roll squares of caramel in it to coat= Homemade 100 Grand Bars *Melt chocolate chips, cut caramel to size of a short bread cookie, place together and cover in melted chocolate= Homemade Twix *Different toppings on top- Flaky sea salt, Nuts(pecans, pistachios), Crumbled crispy bacon, etc.]

MOMS JELLY ROLL

(Serves 10-12)

3 large eggs
1 cup sugar
5 tbsp water
1 tsp real vanilla
1 cup flour
1 tsp baking powder
¼ tsp salt
*** Your favorite jelly or jam (I prefer grape jelly or raspberry jam)**

Preheat oven to 375 degrees. Grease and flour 15x10 baking pan and set aside. In a large mixing bowl, beat 3 eggs until thick, then gradually beat in 1 cup sugar. Once those are combined, add the water and vanilla. Beat again. Sift together the flour, baking powder, and salt, and add to the egg mixture. Beat just until smooth. Pour into prepared pan and bake for 12-15 minutes. Do not overbake! Loosen edges of cake when cake comes out of the oven and immediately turn pan upside-down on a towel sprinkled with powdered sugar. Immediately, spread cake with jelly or jam and roll up - beginning at the short end. Wrap in towel until cool. Once the jelly roll is cooled, unwrap and slice. Enjoy!! My Grandmother made this jelly roll and passed on the recipe to my Mom. It was always a special treat to enjoy on birthdays or special holidays. Often, my Mom would make jelly and jam in the summer and we would enjoy a Jelly Roll for a special treat after dinner.

**NO BAKE* PEANUT BUTTER CUP BARS*

(Makes 15 bars (Depending on how they are cut))

2 cups graham crackers - finely crushed
1 cup butter - melted
1¾ cup powdered sugar
¼ cup brown sugar
1 cup peanut butter + ¼ cup
3 cups semi-sweet chocolate chips

Line 9x13 pan with parchment. Use food processor or zip lock bag and rolling pin to finely crush graham crackers. In a bowl mix together graham crackers, butter, sugars and 1c peanut butter. Flatten in pan. Melt chocolate chips with remaining ¼ c peanut butter and spread over the top. Refrigerate for a few hours to let set.

OATMEAL CHOCOLATE CHIP COOKIES

(Makes 16-24 cookies)

2 cup flour
1 tsp baking soda
1 tsp salt
1 cup unsalted butter (softened)
⅔ cup white sugar
1⅓ cup brown sugar
4 tsp vanilla
2 eggs
3 cup rolled oats
2 cup chocolate chips

Preheat oven to 375 degrees Fahrenheit. In bowl, whist flour and baking soda. Combine butter and sugars- beat until light and fluffy. Reduce mixer to low and add salt, eggs and vanilla. Beat for about 1 minute until combined. Add flour - mix until combined. Stir in oats and chocolate chips. Chill dough for about one hour. Line cookie sheet with parchment paper. Scoop and drop balls of dough onto cookie

(continued)

sheet. You can add extra chocolate chips on top and/or flaky sea salt. Mini chocolate chips work great in this recipe. Bake about 10 minutes and let cool.

PAYDAY CANDY BARS
(9x13 pan)

5 cups salted peanuts, divided
½ cup butter
1 cup packed brown sugar
1 - 14 oz can sweetened condensed milk
1 tsp vanilla
¼ tsp salt

Line a 9 X13 pan with parchment paper. Spread 2½ cups peanuts evenly across the bottom. Melt the butter and brown sugar together over medium heat. Add the sweetened condensed milk and cook, stirring constantly until thick, smooth and caramel-like. Remove from heat and stir in the vanilla and salt. Pour caramel evenly over the peanuts. Sprinkle the remaining 2½ cups peanuts over the top and gently press them into the caramel. Let cool, then refrigerate or freeze until firm before slicing\. Store in airtight container in the refrigerator.

PEANUT BUTTER CRISPY BARS
(Yields 1 9x13 pan)

1 cup sugar
1 cup light corn syrup
2 cups chunky peanut butter
2 tbsp butter
5 cups rice crispies
12 oz semi-sweet chocolate chips
Nuts for top garnish

Combine the sugar and corn syrup and cook over medium heat to dissolve sugar (approx 5 minutes). Remove from heat. Blend in the peanut butter and butter. Stir in the rice crispies. Spread mixture in slightly buttered cake pan. Melt the chocolate and spread on rice crispies mixture. Top with nuts if desired.

PECAN TASSIES
(Makes 24 tassies)

4 oz softened cream cheese
1 stick of softened butter (½ cup)
1 cup flour
1 egg
¾ cup brown sugar
1 tsp vanilla
¾ cup of chopped pecans

Beat cream cheese and butter Add flour and mix well. Cover and refrigerate for 1 hour. Divide mixture into 24 balls Place each in cups in a muffin pan Press into the bottoms and up the sides to form shells. Beat the egg, add the brown sugar and vanilla then mix well. Stir in the pecans. Spoon into the shells, filling about ¾ full Bake at 375 degrees about 25-30 minutes until lightly browned. I love Tassies! Mom use to make them for Christmas or special occasions and I use to make them for dinner parties.

PUMPKIN BARS

BARS:
2 cups sugar
4 eggs
2 small or 1 large can of pumpkin purée
¾ cup melted butter
2 cups flour
2 tsp baking powder
1 tsp baking soda
½ tsp cinnamon
1 cup chopped nuts (optional)
FROSTING:
3 oz cream cheese
6 tbsp softened butter
1 tsp vanilla
1 tbsp cream
3 cups powdered sugar

Mix sugar, eggs, pumpkin, and butter. Add the rest of the dry ingredients. Spread in a greased jelly roll pan. Bake for 25-30 minutes at 325 degrees (stick a toothpick in the center and if it easily pulls out and is clean, the bars are done). Frost when fully cooled.

PUMPKIN BARS
(Makes 12 (Depending on how its cut))

CAKE:
4 eggs
1⅔ cups sugar
1 cup oil
15oz can pure pumpkin purée
2 cups flour
4 tbsp cinnamon (2 for cake and 2 for icing)
2 tsp baking powder
1 tsp baking soda
1 tsp salt
ICING:
1 stick of butter- softened
8 oz cream cheese- softened
1 cup brown sugar
1 tsp vanilla

Preheat oven to 350*. CAKE: Beat eggs, sugar, oil and pumpkin until combined In separate bowl. Combine flour, 2tbsp cinnamon, baking powder, baking soda and salt. Slowly mix dry ingredients into wet ingredients. Pour into greased 9x13 pan. Bake for 30-35 min until toothpick comes out clean. Allow to cool completely. ICING: Beat together butter and cream cheese. Beat in brown sugar, 1½ tbsp cinnamon and vanilla. Spread on cooled cake. Dust last ½ tbsp cinnamon on top.

ROLO PRETZEL TURTLES
(Makes 32 candies)

16 oz mini pretzels
10.6 oz Rolo chewy caramels in milk chocolate, unwrapped
10 oz pecan halves

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Arrange pretzels in a single layer on the baking sheet. Place on unwrapped Rolo candy in the center of each pretzel. Bake for 3 - 5 minutes, just until the chocolate softens but does not entirely melt. Remove from oven and immediately press one pecan half down onto each Rolo to flatten it. Let cool until the chocolate sets firm.

SMORES BARS
(16 bars)

CRUST:
1 ½ cups flour
⅔ cups brown sugar
½ tsp salt
½ tsp baking powder
¼ tsp baking soda
½ cups butter
2 egg yolks

MIDDLE: 3 cups mini marshmallows
TOPPING:
⅔ cup corn syrup
¼ cup butter
12 oz package of butterscotch or peanut butter chips
2 cups rice krispies
2 cups salted nuts

Heat oven to 350. Combine all crust ingredients until crumble mixture form. Press in 9x13 inch pan and bake 12-15 minutes until golden brown. Immediately sprinkle marshmallows on hot crust. Bake 1-2 minutes until they puff. Heat corn syrup, butter, vanilla and chips until chips are melted. Stir in cereal and nuts and dollop on puffed marshmallows. Chill and cut.

SNICKERS SALAD
(makes 4 cups)

1 cup of milk
1 tsp of vanilla
1 box of vanilla pudding
8 oz container of whipped topping
4 medium granny smith, fuji or gala apples chopped into small pieces
10 oz of fun size Snicker bars

Mix milk, vanilla and vanilla pudding together. Fold in container of whipped topping. Add apples and ¾ of snicker bars. Stir well. Top with remaining snicker bars. Enjoy!

SOUR CREAM COOKIES
(Makes 64 cookies)

5 cups flour
2 cups sugar
1 tsp salt
1 lb butter (chilled)
4 beaten eggs
1 tsp baking soda
1 tsp vanilla
FROSTING:
3 lbs powdered sugar
¾ cup butter
1 tsp vanilla
Milk - add until right consistency

Mix flour, sugar, salt and butter with a pastry cutter, like a pie crust. Mix the baking soda into the sour cream. Add eggs, sour cream/baking soda mix, and vanilla to the pastry mix. I use parchment paper lined cookie sheets. Cool cookie sheets between each bake. I use a ⅛ cup measure to portion cookies. (use a small spatula to level top and scrap dough onto cookie sheet.) At this portioning, you should have 64 2.5-3" cookies. Bake at 350° until light golden brown. I set my oven on convection at 350° (actual temp of oven is 300° - my oven temperature is off). Bake for 12 to 14 minutes. Mix the frosting to the consistency you prefer. I pipe the frosting and don't have any leftover. (This frosting freezes well!) A special note from the MFG kitchen: This recipe was shared by MFG's original founders, who helped build the firm and the relationships that continue to shape who we are today. We're especially happy to include a few of their favorites in our first recipe collection - a little piece of MFG history, shared from their table to yours.

TIRAMISU
(Serves 4-6)

3 and ⅓ cup mascarpone
5 eggs
1c savoiardi (ITL biscuit found on Amazon)
1 and ¼ cup coffee
5 tbsp sugar (one per egg)

First, separate the yolk from the egg white. Blend egg yolks, sugar & mascarpone until the cream is whitish(takes awhile). Place a little cream on the bottom of the pan to "dirty" after dipping each savoiardi one by one in the coffee and arrange them on the baking sheet in a row. That was the 1st layer, start the 2nd layer by adding more cream, another layer of savoiardi, cream, savoiardi, cream (2-3 layers of savioardi and cream.) Top with bitter cocoa powder. Refrigerate for 4-6 hours. Gratefully shared to me by my Italian foreign exchange student.

TRAIL MIX BARS
(Serves 28)

3 cups crispy rice cereal
3 cups toasted oat cereal
1 ½ cup raisins
½ cup no salt sunflower seeds
1 cup honey
¾ cup sugar
16 oz chunky peanut butter
1 tsp vanilla

Combine dry ingredients in a bowl Combine sugar and honey in a pan and bring to a boil Add the peanut butter and vanilla. Stir until the peanut butter melts Pour the mixture over the cereal and mix well Press into a 9x13 baking pan and cool.

"WHOLEY COW" CAKE
(Serves 1-12)

1 box Devil's Food Cake mix (Eggs and oil to package instructions)
8 oz softened cream cheese
8 oz cool whip
1 can (14.5oz) sweetened condensed milk
1 jar (12oz) caramel sauce
4-6 large Butterfingers (10-12 small)

Bake cake to package instructions for 9x13 pan. While cake bakes, mix together caramel and condensed milk. Immediately after cake comes out poke holes all over cake with a straw (or something to make holes) and pour caramel mixture all over making sure to get in the holes. While cake is cooling beat together cream cheese and cool whip and crumble butterfingers in ziplock bag. When cake is cooled to room temp, spread cream cheese mix over cake and sprinkle on butterfingers. Refrigerate for at least an hour.

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This & That



Helpful Hints

Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don t refreeze cooked, thawed foods.

When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1 2 months.

To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.

Fresh lemon juice will remove onion scent from hands.

To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.

Add raw rice to the salt shaker to keep the salt free flowing.

Transfer jelly and salad dressings to small plastic squeeze bottles no more messy, sticky jars!

Ice cubes will help sharpen garbage disposal blades.

Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.

Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 45 minutes.

Always spray your grill with nonstick cooking spray before grilling to avoid sticking.

To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.

Purchase a new coffee grinder and mark it spices. It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.

In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.

Save your store-bought bread bags and ties they make perfect storage bags for homemade bread.

Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.

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HOMEMADE PLAY DOUGH
(Technically edible!)

3 cups all purpose flour
2 tbsp cream of tartar
1 cup + 2 tbsp table salt
3-4 tbsp cooking oil (start with 3 add a bit if too dry)
3 cups hot water
Optional food coloring

Add the flour, cream of tartar, salt and oil to a large pot. Whisk together then add warm water until smooth cook over medium heat, stirring constantly until the dough forms a soft ball. Be sure to not overcook remove from heat and make a ball. Place in zip lock baggie and allow to cool. Divide and add a few food coloring drops and mix or if making one color add it to the water in the first step.

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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

- Baker's chocolate
- Baking powder
- Baking soda
- Barbeque sauce
- Bread crumbs (plain or seasoned)
- Chocolate chips
- Cocoa powder
- Cornmeal
- Cornstarch
- Crackers
- Flour
- Honey
- Ketchup
- Lemon juice
- Mayonnaise or salad dressing
- Non-stick cooking spray
- Nuts (almonds, pecans, walnuts)
- Oatmeal
- Oil (olive, vegetable)
- Pancake baking mix
- Pancake syrup
- Peanut butter
- Shortening
- Sugar (granulated, brown, powdered)
- Vinegar

PACKAGED/CANNED FOODS

- Beans (canned, dry)
- Broth (beef, chicken)
- Cake mixes with frosting
- Canned diced tomatoes
- Canned fruit
- Canned mushrooms
- Canned soup
- Canned tomato paste & sauce
- Canned tuna & chicken
- Cereal
- Dried soup mix
- Gelatin (flavored or plain)
- Gravies
- Jarred Salsa
- Milk (evaporated, sweetened condensed)
- Non-fat dry milk
- Pastas
- Rice (brown, white)
- Spaghetti sauce

SPICES/SEASONINGS

- Basil
- Bay leaves
- Black pepper
- Bouillon cubes (beef, chicken)
- Chives
- Chili powder
- Cinnamon
- Mustard (dried, prepared)
- Garlic powder or salt
- Ginger
- Nutmeg
- Onion powder or salt
- Oregano
- Paprika
- Parsley
- Rosemary
- Sage
- Salt
- Soy sauce
- Tarragon
- Thyme
- Vanilla
- Worcestershire sauce
- Yeast



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HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS & SPICES

GINGER A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount ½ teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 ¼ teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuits .....to 1 cup flour use 1 ¼ tsp. baking powder
cake with oil .....to 1 cup flour use 1 tsp. baking powder
muffins .....to 1 cup flour use 1 ½ tsp. baking powder
popovers .....to 1 cup flour use 1 ¼ tsp. baking powder
waffles .....to 1 cup flour use 1 ¼ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batter .....to 1 cup liquid use 1 cup flour
drop batter .....to 1 cup liquid use 2 to 2 ½ cups flour
soft dough .....to 1 cup liquid use 3 to 3 ½ cups flour
stiff dough .....to 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20 - 40 min.	380° - 400°
butter cake, loaf	40 - 60 min.	360° - 400°
cake, angel	50 - 60 min.	300° - 360°
cake, fruit	3 - 4 hrs.	275° - 325°
cake, sponge	40 - 60 min.	300° - 350°
cookies, molasses	18 - 20 min.	350° - 375°
cookies, thin	10 - 12 min.	380° - 390°
cream puffs	45 - 60 min.	300° - 350°
meringue	40 - 60 min.	250° - 300°
pie crust	20 - 40 min.	400° - 500°



COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45 - 60 min.
asparagus tips	boiled	10 - 15 min.
beans, lima	boiled	20 - 40 min.
	steamed	60 min.
beans, string	boiled	15 - 35 min.
	steamed	60 min.
beets, old	boiled or steamed	1 - 2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70 - 90 min.
broccoli, flowerets	boiled	5 - 10 min.
broccoli, stems	boiled	20 - 30 min.
brussels sprouts	boiled	20 - 30 min.
cabbage, chopped	boiled	10 - 20 min.
	steamed	25 min.
carrots, cut across	boiled	8 - 10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8 - 10 min.
cauliflower, stem down	boiled	20 - 30 min.
corn, green, tender	boiled	5 - 10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8 - 10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25 - 40 min.
	steamed	60 min.
	baked	60 - 75 min.
peas, green	boiled or steamed	5 - 15 min.
potatoes	boiled	20 - 40 min.
	steamed	60 min.
	baked	45 - 60 min.
pumpkin or squash	boiled	20 - 40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5 - 15 min.
turnips	boiled	25 - 40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	¼ c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	¼ c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.

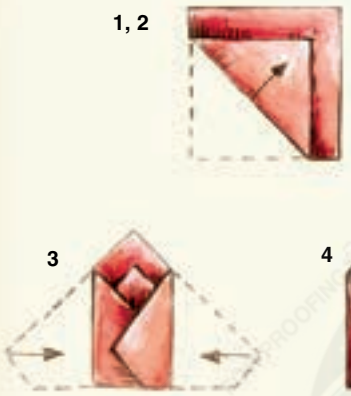


NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.



Instructions:

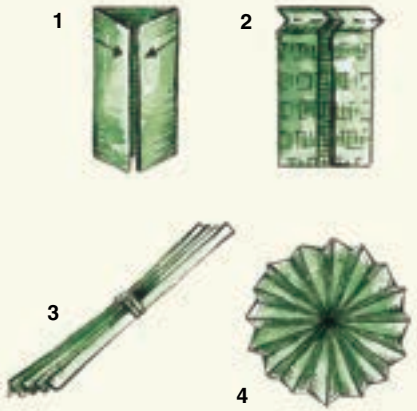
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

ROSETTE

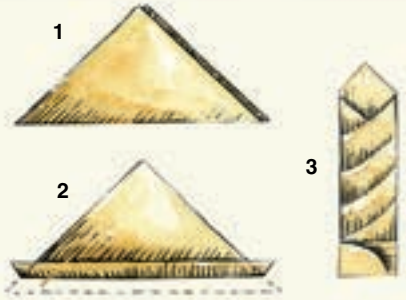
Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



NAPKIN FOLDING



CANDLE

Easy to do; can be decorated.

Instructions:

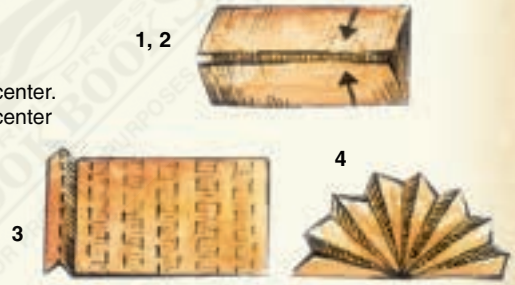
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

FAN

Pretty in napkin ring or on plate.

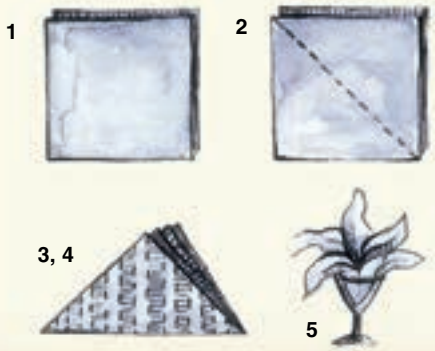
Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



LILY

Effective and pretty on table.



Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

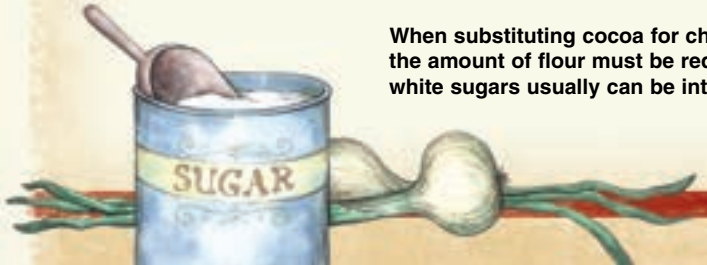
C° TO F° CONVERSION

120° C	250° F
140° C	275° F
150° C	300° F
160° C	325° F
180° C	350° F
190° C	375° F
200° C	400° F
220° C	425° F
230° C	450° F

Temperature conversions are estimates.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water



When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.

EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4 - 5 whole	1 cup
whites	8 - 10	1 cup
yolks	10 - 12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2 - 3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3 - 4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound & 1 1/2 gallons water	1 pound & 3 gallons water	2 pounds & 6 gallons water
lemonade	10 - 15 lemons & 1 1/2 gallons water	20 - 30 lemons & 3 gallons water	40 - 60 lemons & 6 gallons water
tea	1/12 pound & 1 1/2 gallons water	1/6 pound & 3 gallons water	1/3 pound & 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3 - 4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 - 35 pounds	50 - 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

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

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.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudités: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

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.

Dredge: To coat lightly with flour, cornmeal, etc.

Entrée: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meuniére: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

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

Poach: To cook gently in hot liquid kept just below the boiling point.

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

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

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

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jell-O too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into bread crumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box. If the bread will not be eaten within a few days, store half in the freezer.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.

MICROWAVE HINTS

- Soften hard ice cream by microwaving at 30% power. One pint will take 15–30 seconds; one quart takes 30–45 seconds; one-half gallon takes 45–60 seconds.
- One stick of butter or margarine will soften in 40 seconds when microwaved at 50% power.
- Soften one unwrapped 8-ounce package of cream cheese by placing in a glass bowl and microwaving on high for 15 seconds.
- A carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but will blend when stirred. Do not over thaw!
- To scald milk, cook 1 cup for 2–2 ½ minutes, stirring once each minute.
- Melt half of a 7-ounce jar of marshmallow creme by microwaving on high for 35–40 seconds.
- If Jell-O® has set up too hard, heat on low power for a very short time.
- To soften hardened brown sugar, place package in the microwave and heat for 30 seconds; fluff with a fork and use immediately.
- Warm pancake syrup by heating on high in serving container for 30–60 seconds.
- To restore crystallized honey, heat in a glass jar covered with plastic wrap on high for 30–45 seconds. Repeat if necessary.
- To toast coconut, spread ½ cup coconut on a plate and cook for 3–4 minutes; stirring every 30 seconds after 2 minutes. Keep a close watch because it quickly browns.
- To melt chocolate, place ½ pound in a glass bowl or measuring cup. Melt uncovered at 50% power for 1–2 minutes; remove and stir. Repeat in 30 second intervals, as needed.
- Plump dried fruits by microwaving 1 cup of water for 1–2 minutes or until boiling. Add ½ cup dried fruit and let stand for 5–10 minutes.
- To get more juice out of lemons, microwave on high for 10–20 seconds. Roll on the counter, slice, and juice.
- Crisp stale potato chips, crackers, cookies, or cereal by placing on paper towels and heating in the microwave for 20–30 seconds.
- To make dry bread crumbs, cut 6 slices of bread into ½ inch cubes. Microwave in 3-quart casserole for 6–7 minutes or until dry; stir after 3 minutes. Crush in blender.
- To clean your microwave, heat a glass bowl of water with a small amount of vinegar for 5 minutes. Keep the door closed for 5 more minutes to give the steam time to work. Remove the bowl and use a moist, soapy dish cloth to wipe the inside walls and door of your microwave. Dried food should wipe off easily.

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