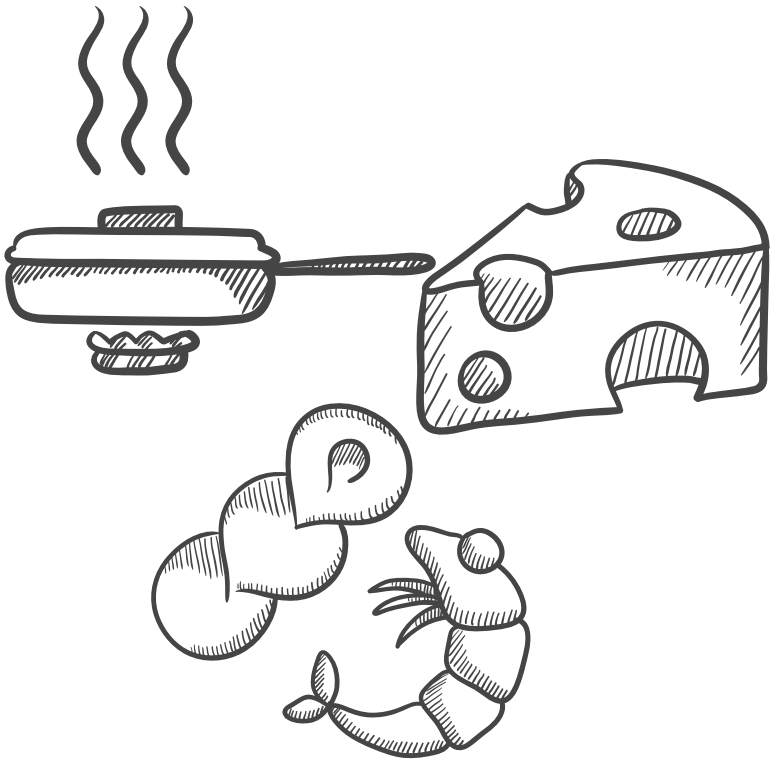


The Stirmel Family Cookbook

2018 EDITION



Appetizers



DILLED GARDEN DIP

Vickie Stirmel Saltmarsh

- 2 c low fat cottage cheese (no more than 2% butterfat)
- 2 Tbsp tarragon vinegar
- 1 Tbsp finely chopped green onion
- 1 Tbsp snipped parsley
- 1 tsp snipped fresh mint
- 1/2 tsp dried dillweed
- Dash fresh ground black pepper
- 4 c fresh vegetables for dipping (celery, carrots, broccoli, etc.)

Put cottage cheese and vinegar in blender and blend until smooth. Stir in onion, parsley, mint, dried dillweed and pepper. Cover and chill thoroughly. If desired, garnish with fresh dillweed. Serve dip with fresh vegetables. Makes 8 servings.

VEGGIE DILL DIP

Janet Stirmel

- 1 c Hellman's mayonnaise (must be Hellman's or it is not Janet's)
- 1 c sour cream
- 1 Tbsp Beau Monde spice
- 1 Tbsp dill weed
- 1 Tbsp dried minced onion

Mix together, chill and serve with raw vegetables.

DOROTHY'S FAVORITE SAUERKRAUT DIP

Deborah Glynn

- 1 pkg dried beef
- 1 (14 or 15 oz) can sauerkraut
- 1 (8 oz) jar mayo (NOT Miracle Whip!)
- 1 pkg (2 c) shredded cheddar
- 1 pkg (1 1/2 c) shredded swiss

Chop up dried beef so it is in small pieces. Place in bowl and add mayo. Add cheeses. Drain sauerkraut and add to mixture. Stir. Place in casserole dish and bake in a 350° oven for approximately 30 minutes (top should be golden brown).

This recipe was from a friend of mine—Susan—who now lives in Germany. Her family had entered it in numerous cooking contests where it took first place. I fixed it for my mother and she loved it so much that almost every time I went home I would make it for her and we had great mother-daughter conversations while feasting on it!

FIESTA DIP

Marlene Deschler

- 1/2 pkg Hidden Valley Ranch dressing dry mix
- 1 small can of chopped black olives
- 1 small can of diced green chilies
- 16 oz sour cream
- 16 oz whipped cream cheese
- 1 (12 oz) pkg. shredded four cheese Mexican blend

Mix all ingredients together and refrigerate for a couple hours. Serve with tortilla chips.

This makes a lot, can easily half the recipe if not serving a crowd.

HOT ARTICHOKE AND SPINACH DIP

Marlene Deschler

1 (8 oz) pkg cream cheese, softened
1/4 c mayo
1/4 c grated parmesan cheese
1/4 c grated Romano cheese
1 clove garlic
dash pepper
1 (14 oz) can artichoke hearts, drained and chopped
1/2 c frozen chopped spinach, thawed and drained
1/2 c shredded mozzarella cheese

In a bowl, mix together cream cheese, mayo, parmesan cheese, Romano cheese, garlic, pepper. Gently stir in artichoke hearts and spinach.

Spread the mixture in the prepared baking dish. Top with mozzarella cheese. Bake at 350° for 25 minutes in a lightly greased, small baking dish until bubbly and lightly browned.

You can use any combination of cheese, adding more on the top as desired. Serve with a dense bread (like beer bread or bagel pieces) or crackers (like Wheat Thins).

STRIPED PESTO DIP

Marlene Deschler

1 (8 oz) pkg cream cheese, softened
1/3 c sour cream
2 Tbsp grated parmesan cheese
6 Tbsp pesto

In medium bowl, blend cream cheese, sour cream, and parmesan cheese. In a small clear glass serving dish, spread 1/3 of the cream cheese mixture. Top with 2 Tbsp pesto. Repeat layering, ending with a topping of pesto. Serve with pita chips.

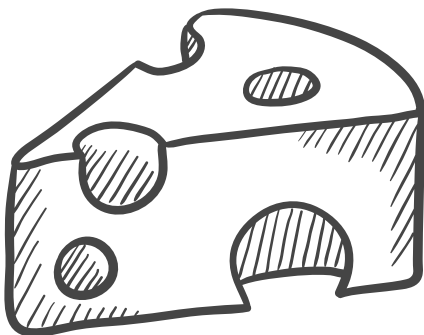
VEGAN "CHEESE" DIP

Torrey and Nadia Laack

- 2 medium potatoes
- 2 medium carrots
- 1 onion
- 2-3 cloves garlic
- 4 Tbsp lemon juice
- 1 heaping tsp salt
- 3 Tbsp brewer's yeast
- 1/3 c olive oil

Cook potatoes and carrots until soft, add onions and garlic until limp. Drain but preserve some fluid to thin sauce at end the end if needed. Place cooked vegetables in blender with the rest of the ingredients and puree. Can add extra salt or lemon to taste and reserved fluid until desired consistency. Best served lukewarm or room temperature with fresh bread.

This is a New Year's tradition in our family and one of our favorite party foods.



HARVEST PUMPKIN DIP

Marlene Deschler

- 1 (8 oz) pkg cream cheese
- 2 c powdered sugar
- 1 (15 oz) can solid-pack pumpkin
- 1 1/2 tsp cinnamon
- 1 tsp ginger
- 3/8 tsp allspice
- 3/8 tsp nutmeg

Soften cream cheese slightly. In a bowl, beat cream cheese and powdered sugar. Gradually add the rest of the ingredients. Beat until smooth. Serve with sliced apples or pears.

Also delicious with graham crackers (will taste almost like pumpkin pie!). Yield: 3 1/2 cups.

MONSTER COOKIE DOUGH DIP

Marlene Deschler

- 1 (8 oz) pkg cream cheese, softened
- 1/2 c butter, softened
- 3/4 c peanut butter
- 1 1/2 c powdered sugar
- 3 Tbsp peanut butter
- 3 Tbsp flour
- 1 tsp vanilla
- 1 3/4 c old fashioned oats
- 1 c mini M&M baking pieces
- 1 1/2 c mini chocolate chips

In a stand mixer, beat together cream cheese, butter, and peanut butter until smooth. Mix in the powdered sugar (add up to a total of 2 cups if you want a thicker dip.) Mix in brown sugar, flour, and vanilla. At this time, you can add more peanut butter by 1/4 cups if you want a stronger

peanut butter taste. Mix in the oats. Using a wooden spoon or strong spoon, stir in the M&Ms and chocolate chips (the mixer may crush the M&Ms.). Can add more oats if you want a thicker dip.

Chill in the refrigerator. Serve with pretzels, graham crackers, etc.

FETA SALSA

Marlene Deschler

- 1 (14 1/2 oz) can diced tomatoes or use fresh tomatoes
- 1 (4 oz) pkg crumbled feta cheese (original or basil & tomato)
- 1/4 c sliced/chopped black olives
- 1 Tbsp lime juice
- 1 tsp dried oregano

Mix all together until well blended. Serve with pita chips.

PEACH SALSA

Fiona Saltmarsh

- 2 large peaches, peeled and diced (2 c)*
- 1 large tomato, diced (about 1 1/2 c)
- 1 small jalapeno, deseeded and diced
- 1/2 medium onion
- Juice of 1 small lime (about 2 Tbsp)
- Salt and pepper, to taste
- 2 Tbsp chopped cilantro (optional)

Combine all ingredients in a bowl and gently stir to combine.

*If you want to substitute canned/jarred peaches make sure they are well drained and rinsed or the salsa may be too sweet. If you prefer it sweeter you can add 1 Tbsp brown sugar with fresh peaches or a bit of the syrup if using canned or jarred.

HONEY GRANOLA

Marlene Deschler

2 c whole wheat flour
6 c old fashioned oats
1 c coconut
1 c wheat germ or oat bran
sliced almonds or pecan pieces
1 1/2 tsp cinnamon
1/2 c water
1 c oil
1 c honey
2 tsp vanilla
1/2 tsp salt

In a large bowl combine whole wheat flour, oats, coconut, wheat germ/ oat bran, nuts and cinnamon. In a separate bowl blend together the rest of the ingredients. Add blended wet ingredients to dry ingredients and mix thoroughly.

Spread out on two large greased cookie sheets. Bake at 350° for 1 hour 10 minutes (stirring a couple times during the bake time). It will become slightly golden brown, it's a bit hard to tell as it is brown in color going into the oven. Store in covered containers. Raisins may be added after it has cooled.

Delicious with fresh fruit on yogurt. Also very good as a cereal with milk.

KRAZY KRACKERS

Helen Laack

2 $\frac{3}{4}$ c unbleached flour

$\frac{1}{2}$ t baking soda

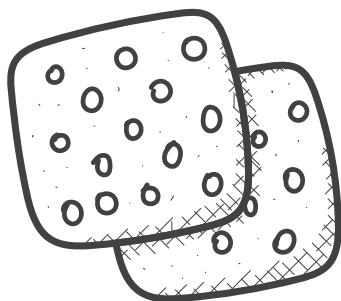
8 oz plain yogurt

2-4 Tbsp sugar

$\frac{1}{2}$ c real mayonnaise

Cut mayonnaise into dry ingredients as for pastry; stir in yogurt and press into a ball. Cut into 32 equal pieces and roll each to 1/16-inch thickness. Each will be an uneven round. Sprinkle lightly with salt and bake at 400° until lightly and spottily browned, about 6 to 7 minutes. Store tightly covered.

When the kids were small, we usually had at least one evening meal (most often on Sunday nights) that was just fruit and cheese and crackers or a special quick bread. These were often a part of these simple fruit and bread meals.



NO BAKE ENERGY BITES

Marlene Deschler

1 c old fashioned oats
1 c coconut flakes
1/2 c ground flaxseed
1/3 c mini chocolate chips
1/2 c raisins or craisins
1/2 c peanut butter
1/3 c honey
1 tsp vanilla

In a medium bowl, mix oats, coconut flakes, flaxseed, mini chocolate chips, and raisins.

In a small bowl, whisk together peanut butter, honey, and vanilla. (To help mix more easily, microwave the peanut butter just slightly.)

Combine the two mixtures until thoroughly incorporated. Let chill in refrigerator for half an hour. After chilled, roll into small balls. Store in an airtight container in the refrigerator for up to 1 week.

Beverages



CHAI

Fiona Saltmarsh

2 c water

1 heaping Tbsp loose leaf black tea (Darjeeling is best)*

1-2 Tbsp chai spice blend (to taste)

Maple syrup or other sweetener of choice to taste

1 c milk of choice

Chai spice blend: 1 1/2 tsp ground cinnamon, 1 tsp ginger, 1/2 tsp each ground all spice, black pepper, cardamom and cloves; mix all together.

Add water, tea and chai blend to a saucepan and bring to a boil over high heat. Reduce heat to low and simmer for another 10-15 minutes to fully steep.

Remove from heat and add milk and sweetener of choice, stir. Allow to mingle for 2-3 minutes then pour through fine mesh strainer into two mugs. Taste and adjust seasoning as needed, adding more sweetener, cinnamon and/or ginger to taste.

Reheat briefly as needed and enjoy!

* If you don't have loose leaf tea, use 2-3 tea bags.

I prefer using unsweetened vanilla almond milk with a little maple syrup to give it an extra depth of flavor. Great to drink curled up with a book on a Fall afternoon.

RUSSIAN TEA

Deanna Stirmel

2 c Tang

1 (3 oz) Wyler's lemonade mix (Country Time lemonade mix)

1 c Lipton's instant tea

2 tsp cinnamon

1/2 tsp ground cloves

1/2 c sugar

1 large bowl

Mix all ingredients in a large bowl. Pour or scoop into an air tight storage container.

To serve use 1 1/2 teaspoons in a cup of hot water (taste to suit).

HOT CHOCOLATE MIX

Helen Laack

3 c quick chocolate powder

1/2 - 1 c baking cocoa

12 c dry milk powder

Miniature Marshmallows

Put quick chocolate powder, cocoa, and dry milk in processor and process until uniformly powdered and well blended. Store tightly covered.

To serve, put about 1/4 c of powder in mug with a few miniature marshmallows and pour boiling water over.

When the kids were delivering newspapers, we had the "station" at our house, so other carriers picked up their papers there too. When Grandpa and Grandma Stirmel would visit us, Grandpa was always up to help with the Sunday papers. He loved to tease the kids about their winter hats and

gloves when it got “really cold” for us—sometimes as low as 30 degrees! But he enjoyed the hot chocolate I usually made as a Sunday treat as much as everyone else.

HOT CHOCOLATE MIX

Dorothy E. Beier Stirmel/ Deanna Stirmel

1 box Carnation instant milk (to make 8 quarts – approx. 10 cups, dry)

1 (16 oz) container Nestle Quick

1 (8 oz) Carnation Coffeemate non-dairy coffee creamer*

1 c powdered sugar

Mini marshmallows

Mix all ingredients in a large bowl. Pour or scoop into an air tight storage container (Tupperware’s size D canister or in another air tight container).

To serve use $\frac{1}{3}$ c of the dry cocoa mix to 8 oz of hot water. Serve with mini marshmallows

** If anyone can find a “real” and not an “artificial” non-dairy coffee creamer (the dry formulas) let us all know. It seems that all non-dairy coffee creamers don’t have “real” ingredients in them. A few people that we know won’t consume non-dairy coffee creamers because it isn’t “real”. Or can we find a substitute to replace the coffee creamer with something else.*

As of the last Stirmel Family Cookbook, Dorothy and family have used this recipe for more than 25 years—that would make it almost 50 years now.

DOROTHY'S PUNCH

Dorothy E. Beier Stirmel

1 (64 oz) Hawaiian Fruit Juicy Red (this is the original Hawaiian Punch flavor)

1 (2 L) 7-Up

1 (12 oz) frozen orange juice

1 packet Kool-Aid – Cherry

Thaw the orange juice in its can. Pour the Hawaiian punch, orange juice, and Kool-Aid into a punch bowl. Stir together. Add the 7-Up. Stir and serve in glasses alone or over ice.

To keep the punch cool without diluting it fill a Tupperware Jell-O mold full of punch and then freeze. Place the frozen ring of punch in the punch bowl, pour the punch in and serve.

DOROTHY'S PUNCH, REMIX

Donna Stirmel

1 (64 oz) Hawaiian Fruit Juicy Red (this is the original Hawaiian Punch flavor)

1 (2 L) Mt. Dew

1 (2 L) Dr. Pepper

1 (12 oz) frozen orange juice

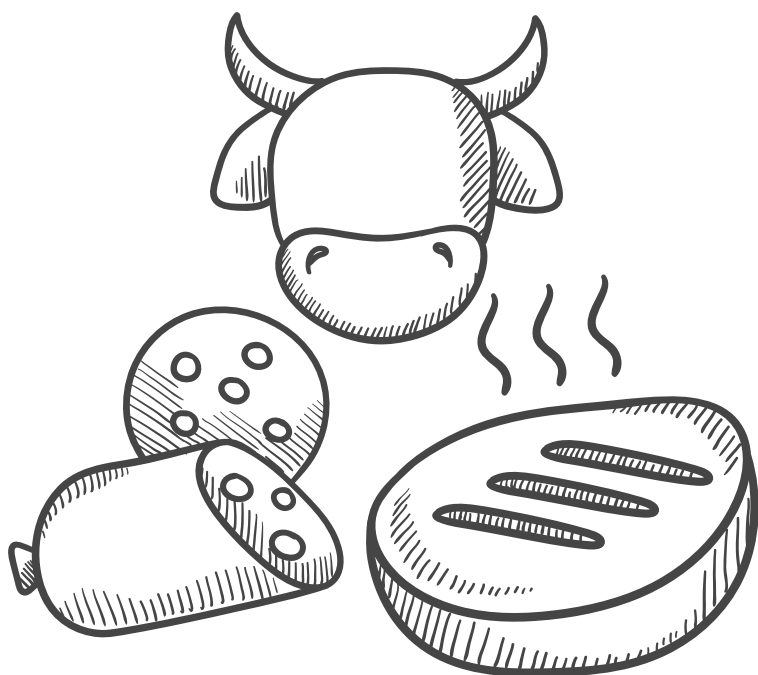
2 packets Kool-Aid – Black Cherry

Thaw the orange juice in its can. Pour the Hawaiian punch, orange juice, and Kool-Aid into the punch bowl. Stir together. Add the Mt. Dew and Dr. Pepper. Stir and serve in glasses alone or over ice.

To keep the punch cool without diluting it fill a Tupperware Jell-O mold full of punch and then freeze. Place the frozen ring of punch in the punch bowl, pour the punch in and serve.

Main Dishes:

Beef



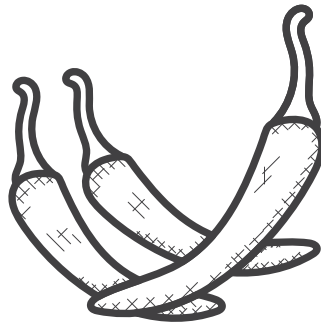
CHILI

Dianne Stirmel Robertson

- 2 lbs chopped ground chuck
- 1 1/2 c chopped onion
- 1 c chopped green pepper
- 2 cloves very finely chopped garlic
- 1 tsp salt
- 1 tsp ground pepper
- 1 tsp cumin
- 1-2 Tbsp chili powder, to taste (I use 1 1/2 Tbsp chili Powder and 1/2 Tbsp HOT chili powder)
- 1 (32 oz) can red kidney beans (drained & rinsed)
- 2 (28oz) cans diced canned tomatoes
- 1 (28 oz) can canned tomato sauce

Mix all together and slow cook.

Remember the hot chili powder and the regular chili powder is to taste. Be careful and slowly add in the hot until you like it. Another tip, I buy skinned whole tomatoes and crush by hand, it's chunkier than the diced.



GOULASH

Dorothy E. Beier Stirmel

1½ – 3 lbs hamburger (any ground meat, we use ground chuck or ground round)

Salt and Pepper

One small onion, finely chopped

1 ½ – 2 c elbow macaroni

1 can tomato juice (or more for moisture)

1 can Campbell's vegetable beef soup

Sugar to taste

1 teaspoon (approx.) spaghetti seasoning mix (optional)

Season the meat with salt and pepper and brown with the onion (very small amount of onion).

Make/boil the elbow macaroni to desired tenderness and mix together with the browned meat, tomato juice, soup, sugar to taste, and spaghetti seasoning mix. Add more tomato juice as needed so the mixture is not too dry.

Warm through and serve in a bowl or on a plate.

BOATER'S STEW

Dianna Stirmel Robertson

1 ½ lbs ground chuck

¾ c chopped onions

1 clove garlic, minced

2 cans minestrone soup, undiluted

1 (31 oz) can tomato based pork & beans

1 ½ c chopped celery

1 tsp oregano

2 Tbsp Worcestershire sauce

½ tsp ground black pepper

1 bay leaf

Cook beef, onion and garlic until beef is browned and onion is tender. Stir in remaining ingredients and 3 cups water. Simmer, uncovered, for 15-20 minutes.

OVEN BEEF STEW

Lia Strand

2 lb stew meat, cubed
3 potatoes, cubed
1 c celery, chopped
1/2 t pepper
1 T sugar
4 carrots, sliced
1 large sliced onion
2 t salt
3 T Minute Tapioca
1 c tomato juice

Mix all. Cover and bake 4 hours @ 250 deg. Don't peek.

STEVE'S CROCKPOT STEW

Bobbie Thierfelder

4 c vegetables, cut into small pieces, carrots, celery, onion, turnips and potatoes (optional green beans)
1-2 lbs stew meat, cut into small pieces
1 envelope brown gravy mix
2 Tbsp onion soup mix
1 Tbsp Worcestershire sauce
1/8 tsp garlic powder
Pepper to taste
1 can beef broth
1 bay leaf

Spray pot with oil. Add vegetables. Combine gravy mix and onion soup mix, coat meat and put in pot with vegetables. Add Worcestershire sauce, garlic powder and pepper. Add broth and bay leaf, mix well.

Cook on low for 7-8 hours. Stir a few times to make sure vegetables are covered by liquid and not sticking to bottom of pot. Remove bay leaf before serving.

This recipe is from my son Steve. Enjoy!

TACO SALAD

Dorothy E. Beier Stirmel and Deanna Stirmel

Hamburger (any ground meat, we use ground chuck or ground round)

Taco seasoning packet – mild / original

Tomatoes*

Lettuce

Carrot matchsticks

Cheese – shredded (type is to your taste)

1 bag of Dorito's nacho cheese flavor or 1 bag of Fritos

1 bottle of Taco Sauce (use like a salad dressing, optional)

*add as many vegetables as you want

Brown the hamburger, season to taste with the taco seasoning (you can either apply dry or follow the packet's directions) and drain the meat during cooking.

Cut up all of your vegetables.

Place all ingredients in a large bowl (except for the chips and taco sauce), mix together. If desired you can add the taco sauce and mix with other ingredients.

Crunch / break up the chips into smaller bite size pieces. Add some to the salad just before serving and stir together.

To serve add chips to a plate or in a small bowl and top with the desired amount of salad.

We make a meal of just this—awesome!

TACO SALAD

Deanna Stirmel and Mark Wendorf

Hamburger (any ground meat, we use ground chuck or ground round)

Taco seasoning packet – mild / original

Tomatoes*

Lettuce

Carrot matchsticks

Cheese – shredded (type is to your taste)

1 bag of Dorito's nacho cheese flavor

*add as many vegetables as you want

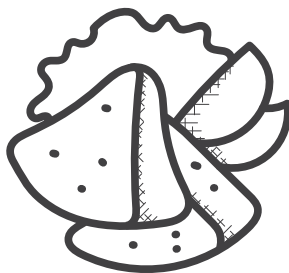
Brown the hamburger, season to taste with the taco seasoning (you can either apply dry or follow the packet's directions) and drain the meat during cooking.

Cut up all of your vegetables. Crunch / break up the chips into smaller bite size pieces.

Place all ingredients into separate bowls.

On a plate add chips, top with the desired amount of each item (ours tends to end up in layers).

We make a meal of just this. My plate is usually overflowing and I go back for seconds—awesome!



TACO IN PASTA SHELLS

Marlene Deschler

15-18 jumbo pasta shells (about 1/2 of 12 oz. pkg)

1 lb ground beef

6 oz cream cheese, cubed

1 tsp chili powder

1/4 tsp salt

8-10 oz taco sauce

2 c shredded cheddar cheese

1-1/2 c crushed tortilla chips

sour cream as a garnish

Cook pasta shells according to the package. Brown ground beef, crumble, drain fat. Stir cream cheese into cooked beef. Add chili powder and salt. Simmer 5 minutes. Preheat oven to 350 degrees. Filled cooked shells with beef mixture and arrange them in a greased casserole dish. Spoon taco sauce over shells. Cover dish and bake 15 minutes. Uncover, top with shredded cheese and crushed tortilla chips. Bake uncovered for 15 minutes. Serve with sour cream.

A family favorite!

BARBEQUES (SLOPPY JOES) FOR A CROWD

Helen Laack

4-5 lb ground beef

4-5 large onions, chopped

1/2 bunch celery, chopped

1-2 cloves garlic, chopped

4 tsp salt or to taste

3 tsp pepper

2-3 tsp chili pepper

1 can tomato soup

1 Tbsp Worcestershire sauce

1 (16 oz) can tomato sauce

1 c oatmeal

Brown beef, onion, celery, and garlic, in batches if needed to be sure it browns well. Skim fat off as it fries (it may be better to sauté the vegetables separately in a little vegetable oil). Add seasonings, soup, sauces and oatmeal along with enough water to make the mixture quite runny. Simmer gently one to two hours until desired thickness and until flavors have developed. Even better if fixed ahead and reheated. Serves 30 or more people and can be frozen for later use.

We often had unexpected visitors from out of state when we lived in Virginia, so this was handy to have in the freezer.

BARBECUED BEEF

Melery Long

1 (5-6 lb) roast

1 (8 oz) catsup

1 (8 oz) Heinz chili sauce

3/4 c brown sugar

6 tsp Worcestershire sauce

3-4 onions, chopped

Combine last six ingredients and spread on top of roast. Cover and bake at 275-300° for 4-5 hours.

ROSA'S BARBECUE

Ginny Stirmel

1 lb ground beef
1/2 c green pepper, diced
1/2 c celery, chopped
1/4 c onion, chopped
1 (8 oz) can of tomato sauce
1/2 c catsup
2 Tbsp sugar
1 Tbsp vinegar
1 1/2 tsp Worcestershire sauce
Salt and pepper to taste

Brown beef. Add vegetables, sauces and seasoning.
Simmer 20 minutes. Serve on hamburger buns. Serves 6.

This recipe was given to me by one of my best friends since childhood Rosa May Davis. It's a family favorite.

BILL'S HOT BEEF SANDWICHES

Helen Laack

1 (2 1/2-3 lb) boneless roast
Bacon fat OR olive oil
1 large onion, chopped
1 tsp freshly ground pepper
1 Tbsp Italian seasoning
1-2 minced garlic cloves
2-3 tsp garlic salt

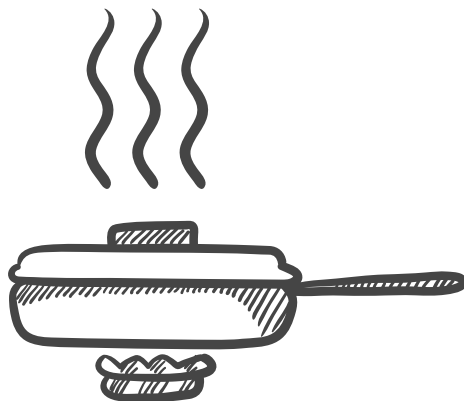
The best hard rolls you can get

Thinly slice roast across the grain—or have it sliced at the meat department. Sauté meat and onion in a little bacon fat or olive oil. Add seasonings to taste along with about 1/4 to 1/2 cup water and pressure cook 35-40 minutes.

Shred meat slightly with fork and serve on hard rolls with pickled peppers or fresh dills. Even better reheated. This can easily be frozen and reheated in the microwave.

Crockpot Variation: Omit the fat and just put all but half the onion in the crockpot. Cook on low all day, about 6 hours, until meat falls apart. Sauté the remaining onion in a little fat and add to the meat. Taste for seasoning and serve.

Jim Laack found Bill's, a dirt cheap "greasy spoon" café when he started college in Stevens Point. They made excellent chili and hot beef sandwiches, so this was one of the first places we ever went on a date. I learned how to copy the sandwiches and have made them often ever since. One caution: if you take these to a potluck in your crockpot, be sure you have stabilized it so it doesn't spill. We had a Ford Escort in Arizona that carried a not so fresh reminder of these sandwiches years after I failed to remember this little hint!



HAMBURGER STUFFED FRENCH BREAD

Marlene Deschler

1 unsliced loaf French bread (1 pound size)

1 lb hamburger

1 (10 $\frac{3}{4}$ oz) can condensed cheddar cheese soup, undiluted

1 Tbsp Worcestershire sauce

1 tsp salt

$\frac{1}{2}$ tsp pepper

4 slices American cheese (or sliced cheese of your choice)

Cut off top of bread. Carefully hollow out bottom of loaf leaving a $\frac{1}{2}$ -inch shell. Cut/tear removed bread into pieces; set aside.

In a skillet, brown hamburger, drain. Add soup, Worcestershire sauce, salt, and pepper. Cook and stir for 3-4 minutes. Stir in the reserved bread cubes. Spread meat mixture into bread shell, top with sliced cheese and replace bread top. Cover loosely with foil and place on an ungreased baking sheet.

Bake at 350° for 6-8 minutes until sliced cheese melts and it is heated through.

Simple, but delicious meal!

SLOPPY JOES

Dorothy E. Beier Stirmel

Hamburger (any ground meat: we use ground chuck or ground round)

Onion, minced (very small amount)

1 can of Campbell's vegetable beef soup (don't make into the soup)

1 pkg of "Sloppy Joe" seasoning mix—smallest packet

2 cans Campbell's tomato soup (don't make into the soup)

Sugar, to taste

Note: all ingredients vary depending on the number serving

Brown the hamburger (drain while browning) and add the minced onion. Add the sloppy joe seasoning—to taste. Add the vegetable beef soup, stir and begin warming through. Add the two cans of tomato soup, stir and warm through. Add sugar to taste and to cut the tomato soup acid. Stir occasionally while cooking. Once cooked through, serve on hamburger buns.

Serve with a salad and a vegetable or your favorite picnic food.

APPLES AND BEEF

Dorothy E. Beier Stirmel

Beef—any left overs (steak, roast, or any beef cuts from last night)

2-3 thinly sliced apples

Handful of Cinnamon Red Hearts

Thinly slice or make small pieces of your left over beef. Thinly slice your apples. Place beef and apples in a fry pan, mix/toss together. Sprinkle in the cinnamon red hearts—to taste. Stir all ingredients together. Cook until warmed through.

Serve with mashed potatoes or anything else you like. Acts as a main dish.

BEEF STIR FRY

Helen Laack

1/2 c teriyaki sauce

1 Tbsp orange honey

1-2 Tbsp hot mustard

3 cloves garlic, finely minced

3/4-1 lb flank steak/roast

Vegetables, including any/all of the following:

3 onions, sliced

2 green or red peppers, in julienne strips

10 oz broccoli spears, cut in large pieces (or frozen broccoli spears, thawed slightly)

1 c sliced mushrooms

2-3 c thinly sliced carrots

1 c chopped parsley

Mix marinade of teriyaki sauce, honey, mustard and garlic.

Slice meat very thin across the grain (you may want to freeze it slightly to make the cutting easier). Spread the slices in a glass pie pan and pour the marinade over. Stir and let sit for 2-4 hours.

Meanwhile, prepare the vegetables to be used. When ready to serve, drain the meat, reserving the marinade.

Heat a small amount of oil in a non-stick skillet and sauté the meat at high heat until it is just cooked through.

Remove meat to a serving plate, lower the heat to medium high, and add onions, carrots, and broccoli (if using frozen broccoli, add it with the second group of vegetables). Add the marinade and cover. Cook until not quite tender and stir in remaining vegetables. Cover and cook till just done (add a little water if necessary). Return the meat to the pan long enough to heat through. Serve over rice (which takes about as long to cook as the stir fry).

This is a great after church Sunday dinner meal. You can

marinate the meat and prepare the vegetables in the morning and then have the food ready within 20 to 25 minutes of arriving home—and you can stretch the meat to serve a few more people by adding more vegetables. As is, less than a pound of meat easily serves 5 to 6 people.

GRANDMA K'S CHOP SUEY

Elsie Kirkpatrick/ Merry Strand

1 lb round steak, cut into small pieces

1/2 lb pork shoulder cut into small pieces

1/3 c oil

1 stalk celery, cut into 1-inch pieces

4 large onions, coarsely chopped

1/2 tsp salt

1/2 tsp pepper

Brown the meat in hot oil and cook over low heat for one hour. Add onions and celery, boil until vegetables are tender in just enough water to cover. Add seasoning.



BEEF PAPRIKA

Linda Gray Wren

2 Tbsp olive or vegetable oil
2 lbs beef round steak cut into 1-inch cubes
1 c sliced onion
1 small clove garlic, minced
3/4 c catsup
2 Tbsp Worcestershire sauce
1 Tbsp brown sugar
2 tsp salt
2 tsp paprika
1/2 tsp dry mustard
Dash cayenne red pepper
1 3/4 c water, divided
2 Tbsp flour
3 c cooked noodles, hot

Place oil in large skillet to coat the bottom. Add meat, onion and garlic; cook and stir until the meat is brown and the onion is tender. Stir in catsup, Worcestershire sauce, sugar, salt, paprika, mustard, cayenne and 1 1/2 c water. Cover and simmer 2-2 1/2 hours.

During the last fifteen minutes of the cooking time, cook the noodles. At the end of the cooking time, blend flour and 1/4 c water; stir gradually into meat mixture and bring to boiling, stirring constantly. Boil for 1 minute. Serve beef over noodles. Serves 6.

GRANDMA STIRMEL'S HASH

Virginia B. Stirmel/ Helen Laack

Leftover boiled potatoes

Leftover beef or pork roast or steak

Onion

Celery salt

Beets (optional)

Black pepper

Using an old fashioned meat grinder, grind all ingredients together. If you don't have quite enough potatoes, add a slice or two of stale bread. If you have a few carrots or other leftover vegetables, grind them too. (If you use beets, you should call it Red Flannel Hash.)

Heat some butter or margarine or bacon grease in a heavy black iron skillet. When very hot, spread the hash over the pan, patting down evenly. As it browns, stir occasionally so that much of the mixture is a crusty brown and the onions are done. Serve with more celery salt and ketchup.

Hash was one of those dishes that never really had a recipe; you just looked in the refrigerator to see what was available and combined it with onions (lots of onions!) and other fresh seasonings to make a new, and very savory, dish. This was always one of my favorite meals

MEXICAN FRIED RICE WITH CHEESE

Helen Laack

10 oz ground beef
1/2 medium onion, chopped
2 c cooked brown rice
1/4 c finely chopped green pepper
8 oz tomato sauce
1/4 tsp garlic powder
1/2 tsp oregano
1/2 tsp cumin
4 oz Mexican Velveeta (see note)

Sauté beef and onion until browned. Drain thoroughly and stir in rice and green pepper. Stir and sauté about 5 minutes more.

Add remaining ingredients and simmer until cheese is melted and desired consistency is reached. Serve with a tossed salad and warm corn tortillas (beans too if desired) for a Mexican fiesta meal. Serves 4.

Note: If “Mexican Velveeta” is not available, use regular or Lite Velveeta and add about 1/4 c salsa and hot sauce to taste.

MEATLOAF

Dianne Stirmel Robertson

1 lb ground chuck
1/2 lb ground pork
3/4 c finely chopped onion
1/2 c fine dry bread crumbs
1/2 c milk
1 egg
2 Tbsp ketchup
1/4 tsp pepper
1/4 tsp paprika

Mix the above. Form into a football shaped loaf. Put in ungreased pan. Spread 2 Tbsp ketchup on the top before baking. Bake at 350° for about 1 1/4 to 1 1/2 hours.

CARROT BEEF LOAF

Virginia B. Stirmel/ Helen Laack

- 1 lb ground beef
- 1 1/2 c grated carrots
- 1 c tomato juice or sauce
- 1/2 c chopped celery
- 1 onion, chopped
- 1 c crushed dry cornflakes or crackers
- 2 eggs
- 1 tsp salt or seasoning salt
- 1/2 tsp pepper

Mix thoroughly and bake in well greased shallow pan at 350° for 1 hour.

Grandma Stirmel's recipe notes "received from Grandma 'Payt' Logterman," and she said she often used it as her basic meat loaf.

SWEET AND SOUR MEAT LOAF

Virginia B. Stirmel

- 1 1/2 lb ground beef
- 1 c bread crumbs
- 1 small onion or 1 tsp onion flakes
- 1/4 tsp pepper
- 1 tsp salt
- 1 (15oz) can tomato soup, divided
- 2 Tbsp brown sugar
- 2 Tbsp vinegar
- 4 Tbsp white sugar
- 2 tsp prepared mustard

Mix well the first 5 ingredients and half the can of tomato soup, form into loaf. Cover with foil and bake at 350° for 50 minutes. Meanwhile, mix other half of can of tomato soup, sugars, vinegar and mustard. Bring to boil and pour over meat loaf. Bake 10 minutes more.

HAMBURGER NOODLE BAKE

Vickie Stirmel Saltmarsh

4 lbs ground beef
3 large onions, chopped
1 c green pepper, chopped
16 oz medium noodles
3 (10 $\frac{3}{4}$ oz) cans condensed tomato soup
4 c shredded American cheese
1 (12 oz) bottle chili sauce
 $\frac{1}{4}$ c chopped pimento
2 tsp salt
2 tsp chili powder
 $\frac{1}{2}$ tsp pepper
3 c soft bread crumbs
 $\frac{1}{4}$ c butter, melted

In large skillet cook beef, onions and green pepper, half at a time until the meat is brown. Drain off fat.

Cook noodles as directed, drain well. Return drained noodles to kettle. Stir in meat mixture, tomato soup, cheese, chili sauce, pimento, salt, chili powder, pepper and 2 c water. Mix well. Divide mixture between two 9x13 baking dishes.

Toss bread crumbs with melted butter. Sprinkle on top of casseroles. Bake, uncovered, at 350° until heated through, about 45 minutes. Garnish with green pepper rings if desired. Makes two casseroles, 12 servings each.

JANET'S FAMOUS FAMILY HOT DISH

Janet Stirmel

1 1/2 lbs ground chuck
1 very large carrot, grated
3 stalks of celery, diced
3/4 cup chopped onions
1 (10 1/2 oz) can of Campbell's Tomato Soup
1 (10 1/2 oz) can of Campbell's Old Fashioned Vegetable Soup
10 oz water
1 (8 oz) can corn
1/2 tsp salt
1/2 tsp ground pepper
1/2 bag cooked wide noodles

Brown chuck, onions and celery. When almost done add grated carrot. Boil and drain noodles. Combine all ingredients in a casserole dish and bake at 350° for 1 hour. Serve with buttered saltine crackers.

This was Myron Stirmel, Jr.'s favorite.

MEAT N' POTATO PIE

Vickie Stirmel Saltmarsh

1 egg, slightly beaten
Instant or real mashed potatoes (enough to make 8 servings)
1 c milk
1/4 c catsup
1 Tbsp minced onion
3/4 tsp salt
1/8 tsp pepper
1 lb ground beef
1/2 c shredded sharp cheddar cheese

Combine egg, half the dry potatoes, milk, catsup, onion, salt and pepper. Add beef and mix well. Spread in 9-inch pie plate. Bake at 350° for 35 minutes.

Prepare remaining potatoes as directed and spoon on hot pie. Sprinkle cheese over potatoes. Bake another 3 to 4 minutes. Cut in wedges and serve with catsup. Makes 4-5 servings.

TATER TOT CASSEROLE

Dorothy E. Beier Stirmel/ Deanna Stirmel

Hamburger (any ground meat, we use ground chuck or ground round)

Corn (frozen) or any vegetable(s) of choice

2 cans Campbell cream of mushroom soup

Milk (for the soup)

Tater Tots (I like the mini tater tots)

Pre-heat oven to the temperature on the tater tots label.

Brown the hamburger, season to taste. While meat browns, warm the cream of mushroom soup with only $\frac{1}{3}$ the amount of milk (this makes pouring the soup easier and it covers more).

Spray the cooking/baking spray on all sides of the (9 x13) pan. Once the hamburger is browned, pour/place in the pan, spread evenly. Place the corn/vegetables over the hamburger, in an even layer. Pour the soup over the vegetables. Place the tater tots in a single layer over the vegetables, covering all the vegetables. Bake according to the tater tots directions. To serve scoop desired amount onto a plate and serve with a salad, fruit, and/or more vegetables.

Note: Leftovers can be turned into sloppy joes by adding the sloppy joe seasoning mix, vegetable beef soup, and the tomato soup from Sloppy Joe recipe from Dorothy E. Beier Stirmel. Scoop all the left-over tater tot casserole into a pot add the sloppy joe ingredients, heat, and serve. The tater tots add interesting surprise texture and taste to the sloppy joes.

TATER TOT CASSEROLE

Helen Laack

- 1 lb ground beef
- 1 onion, chopped
- 1-2 stalks celery, chopped
- 1 can cream of mushroom or celery soup
- 1 lb bag Tater Tots

Brown ground beef with onion and celery and turn into a large casserole dish. Stir in soup and spread Tater Tots over the top. Bake at 400° for about 40-45 minutes until mixture is bubbly and Tater Tots are well browned.

Back in the 70s and 80s, it seemed as though there could never be a potluck without this dish. I have often added a little more nutrition by stirring in 10 to 12 oz of frozen green beans, mixed vegetables, or spinach.

PUFFY MEAT LOAF PIE

Virginia B. Stirmel

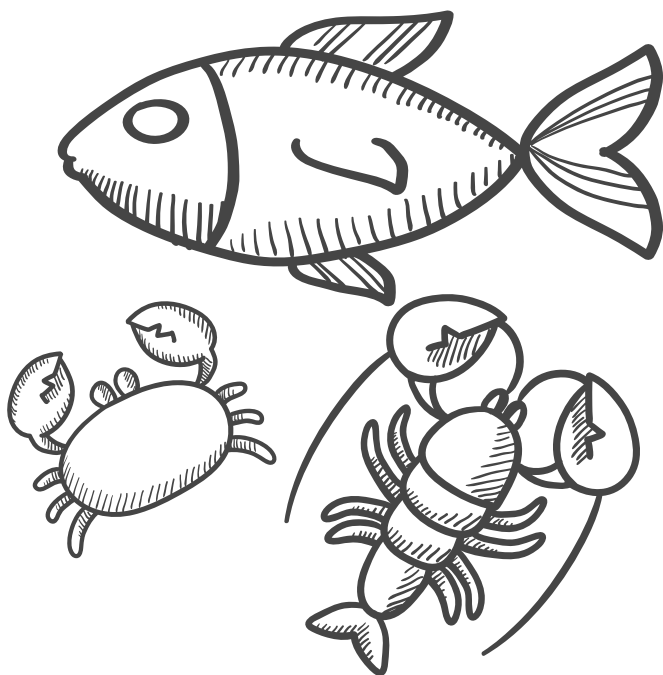
- 1 lb ground beef
- 1/4 c catsup
- 1/4 c onion, chopped
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 egg
- 1 c shredded raw potato
- 1/2 c shredded cheddar cheese
- 1 (8 oz) pkg dinner rolls

Combine first seven ingredients and mix well. Press into greased 9-inch pie plate. Bake at 375° for 20 minutes. Carefully drain off any juice.

Separate dinner rolls and cover meat mixture. Bake for another 10 minutes. Sprinkle with cheese. Bake another 5 minutes. Serves 6.

Main Dishes:

Fish



CREAMED TUNA ON TOAST

Dorothy E. Beier Stirmel

3 Tbsp solid Crisco oil

1/4 - 1/2 c flour

2 c milk (or more depending on the number serving)

Dash of pepper (to taste)

2 cans tuna (drained)

Sliced bread for toast

Heat Crisco to melt it, remove from heat. Whisk flour into the melted Crisco and return to heat—just to warm. Add the milk, whisk together. Add pepper, just a touch, one shake of pepper shaker and whisk in. Add the tuna, stir. Warm all ingredients (so mixture is warm when placed on toast). Mixture is a gravy consistency, not a soup consistency.

Toast bread. Place toast on plate as a whole piece or broken into several pieces. Pour tuna-milk mixture over the toast and enjoy!

QUICK TUNA LUNCH

Marge Brereton

1 lb frozen mixed vegetables

2 Tbsp butter

Pinch of marjoram

1 (6 oz) can of tuna

1/4 c milk

1 can celery soup

Cook frozen vegetables as directed. Add butter and marjoram. In separate bowl mix tuna, milk and celery soup then add into vegetables. Heat. Serve over rice with salad or crusty bread.

FISH STICKS FANTASTIC

Helen Laack

- 1 slice bacon
- 1/2 c chopped onion
- 1/4 c chopped celery
- 1/4 c chopped green pepper (opt)
- 1 can celery soup
- 3-4 c cooked macaroni
- 1 c shredded cheese
- 1 egg
- 1/2 c water
- 12 fishsticks, slightly thawed

Cook bacon until crisp. Remove bacon and sauté onion, celery, and pepper in bacon fat until golden brown and tender. Stir in all remaining ingredients except fishsticks and continue to cook until heated through. Pour into large casserole dish and arrange fishsticks over the top. Bake at 375° until the fishsticks are done and the mixture is bubbly. Serves 5 to 6.

I think fishsticks were the chicken nuggets of the 70s, and we ate them often. This meal was one that I started making when we lived in Virginia.

TUNA HOT DISH

Linda Gray Wren

- 1 (13-15 oz) bag potato chips
- 1 can cream of mushroom soup
- 1 can golden mushroom soup
- 2 (6 3/4 oz) cans tuna
- 1 1/2 - 2 soup cans of milk (depending on size of bag of chips)
- 2 tsp Worcestershire sauce (opt)
- Small can mushroom pieces (opt)

Mix all ingredients together, crushing chips and place in a 2 1/3 or 3 qt casserole dish (a small roaster pan works too). Bake at 375° for 35 to 40 minutes, stirring after about 25 minutes.

This is one of Phil's favorite recipes.

TUNA POTATO SURPRISE

Helen Laack

- 1 medium onion, chopped
- 1 can tuna
- 1 can mushroom soup
- 2-3 c frozen green beans, thawed*
- 1/4 tsp Italian seasoning
- 1/2 tsp ground pepper
- 2 c mashed potatoes, approximately
- 1 c shredded Cheddar cheese

Sauté onion in a little oil and stir in beans; cook about 1 minute. Add all other ingredients except potatoes and cheese and heat just until it begins to bubble. Pour into (1 1/2 qt) casserole dish and spread potatoes in a ring around the top of the tuna mixture. Sprinkle cheese in the hole in the center and put the casserole under the broiler for a few minutes, just until the cheese melts and the potatoes start to brown. If potatoes are leftover and cold from the refrigerator, you may need to heat the casserole in the microwave for a few minutes.

** Peas may be substituted for the beans if preferred.*

TILAPIA IN GRILL PACKETS

Marlene Deschler

frozen tilapia filets, thawed

frozen peas

American cheese slices

dried dill weed

fresh ground pepper

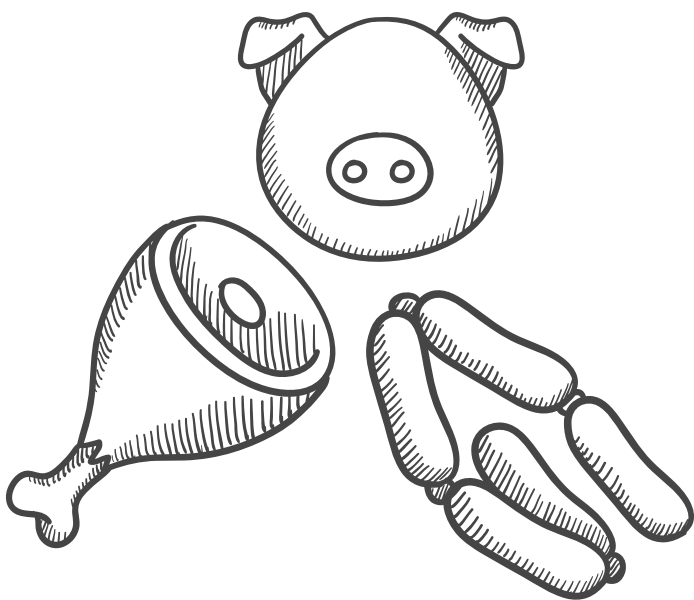
Tear off aluminum foil large enough to fit a tilapia filet and to be folded into a packet for the grill. Spray the shiny side of the foil with cooking spray or a little butter. Place about 2/3 c of frozen peas in the center of foil. Lay 1 American cheese slice over peas. Place 1 tilapia filet on top of that and sprinkle dill weed generously on top and a little pepper.

Bring long sides of foil up to center and fold down a couple times (not tight against tilapia, leave a little space). Bring in ends and fold down a couple times.

Place packets on preheated grill over low to medium heat. Cook about 5 minutes, flip over and cook a little longer. Check a packet to see if tilapia is cooked through. Once it is, it's time to eat! Packets can be placed on plates and opened and eaten or the contents can be scooped onto plates.

Main Dishes:

Pork and Ham



BBQ HOTDOGS

Dorothy E. Beier Stirmel

Hot Dogs (quantity depends on the number you are serving)

Ketchup (brand your choice)

BBQ sauce (brand/ flavor your choice)

Cut hot dogs into small bite size pieces. Place into fry pan then add equal parts of Ketchup and BBQ Sauce. Stir the three ingredients together and cook until warmed through, stirring occasionally so sauces do not stick to pan. Serve with macaroni and cheese.

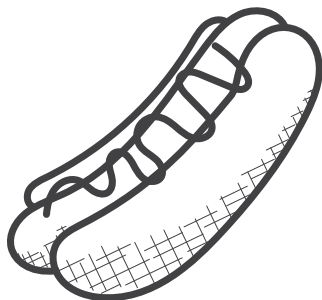
PIGS IN A BLANKET

Deanna Stirmel and Mark Wendorf

Hot dogs (any flavor)

Crescent rolls or crescent roll sheet dough

Pre-heat oven to the temperature on the label for crescent rolls. Cut hot dogs in half and wrap a half of a hot dog in one of the crescent rolls and tuck in any ends. Repeat for all dough pieces and hot dog halves (OR you can leave the hot dogs full length, they will just hang out of the crescent rolls). Place wrapped hot dogs on a cookie sheet and bake according to crescent rolls directions. Serve with ketchup. Serve as a meat side to macaroni and cheese.



GRANDMA STIRMEL'S NEW ENGLAND BOIL

Virginia Stirmel/ Helen Laack

1 "ring bologna"

Potatoes

Onions Carrots

Cabbage

Green beans (opt)

Prepare vegetables for the number of people to be served, and cut in large chunks. When fresh green beans are available, take the ends off but leave them whole. Put all in a large pot with the bologna on top. Add about an inch or two of water (and perhaps a little salt if the bologna isn't highly seasoned), cover and cook until the vegetables are all very tender. Arrange the vegetables attractively around the meat on a large platter. Serves 6 to 10.

It was many years before I discovered that New England Boiled Dinner was supposed to be served with a beef roast or possibly corned beef. But "ring bologna" was often very inexpensive, and this method of preparation gave an extra bit of flavor to the vegetables. I often make a variation by combining the basic vegetables in the microwave, sometimes with a bit of ham or cheese to add protein.

HAM AND VEGGIES

Helen Laack

- 2-4 oz ham, cut in strips
- 1 medium to large sweet onion, sliced
- 1 1/2 c frozen French style green beans
- 1/2 c red pepper, cut in 1-inch cubes
- 3 oz. Velveeta
- Fresh ground pepper to taste

Microwave ham and onion for 4-5 minutes; may need to add a teaspoon or so of water if ham is dry. Add beans and red pepper and microwave another 2-3 minutes. Stir in Velveeta and sprinkle with pepper. If cheese doesn't melt just from heat of vegetables, return to microwave another 30 seconds to one minute.

Serve with dinner rolls and a simple green salad, this makes a very quick meal for 2 to 3 people.

BREAKFAST PIZZA

Marlene Deschler

- 8 oz. tube crescent rolls
- 8 oz. pkg. brown and serve sausage
- 1 c. shredded mozzarella
- 1 c. shredded cheddar
- 4 eggs, slightly beaten
- 3/4 c. milk
- 2 T. minced onion, optional
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. oregano

Preheat oven to 350°. Slice sausage and lightly brown; drain. Press crescent rolls into a greased 9" x 13" pan. Sprinkle on 1 c. cheese and a layer of sausage. Mix together eggs, milk, onion (if using), and seasonings. Pour mixture over cheese/sausage layer. Top with remaining cup of cheese. Bake for 25 minutes until tests done and lightly browned.

HAM AND MAC BAKE

Vickie Stirmel Saltmarsh

- 3 1/2 oz elbow macaroni (1 c)
- 1/4 c butter
- 1/4 c all purpose flour
- 2 Tbsp brown sugar
- 2 Tbsp prepared mustard
- 1/4 tsp salt
- Dash of pepper
- 2 c milk
- 2 c fully cooked ham, cubed
- 2 medium apples, peeled, thinly sliced (2 c)
- 1 1/2 c soft bread crumbs (about 2 slices)
- 2 Tbsp butter, melted

Cook macaroni in boiling salted water just until tender, 8-10 minutes and drain. In large sauce pan melt the 1/4 c butter, blend in flour, brown sugar, mustard, salt and pepper. Add milk all at once, cook and stir until thickened and bubble. Stir in cooked macaroni, ham and apple slices. Turn mixture into a (2 qt) casserole dish. Combine bread crumbs and 2 Tbsp melted butter and sprinkle over casserole. Bake, uncovered, at 350° for about 35 minutes. Serves 6.

MEAL-IN-ONE CASSEROLE

Helen Laack

1 onion, chopped
1 to 2 Tbsp oil or butter
1/4 c flour
1 c milk
2 c shredded Cheddar cheese, divided
1 (10 oz) pkg chopped spinach, thawed
4 c sliced, cooked potatoes
1/2 lb sliced hot dogs OR 2 c diced ham

Sauté onion in the oil. Stir in the flour; when there are no dry lumps of flour left, stir in milk and heat to boiling, stirring constantly. Remove from heat and blend in 1 1/2 cups cheese. Continue stirring until cheese has melted and then stir in spinach. Mix gently with potatoes and hot dogs or ham and turn into casserole dish. Sprinkle top with remaining cheese. Bake at 350° about 45 minutes, until heated through and bubbly. May microwave instead of heating in oven. Serves 5-6. **Variation:** Substitute a can of cream of mushroom, chicken or celery soup for the flour and milk.

This was one of Torrey's favorite meals, and he often asked for it for his birthday dinner.

SPECIAL PORK CHOPS

Helen Laack

4-6 pork chops or pork steaks

1 can mushroom soup

Juice of 1 orange

1 tsp grated orange rind (opt)

1 tsp cinnamon

Freshly ground pepper

Remove all excess fat from the pork chops or steaks and brown in a tiny bit of oil in a non-stick skillet. When well browned on both sides (use medium high heat for best browning), add the mushroom soup, orange juice (and rind if desired), cinnamon and pepper, turn the heat to low, cover, and let simmer about 20-30 minutes, until the juices have turned a rich brown. Serve with mashed potatoes or rice.

I first made this way back in 1962 when I had a foods class that required preparing a meal for a group of professors on a budget of \$10 for 6 people—and we had to have appetizers, soup, main course and dessert! This has remained a favorite way to prepare pork as it is quick, still quite inexpensive, and people invariably like it but ask “so what’s in it that tastes so unique?”

“MAKES ME WANT TO COMMIT A CRIME SO I CAN HAVE IT AS MY LAST MEAL” PORK BAKE

Darcie Laack

6 bone-in pork chops
1lb sauerkraut, drained very well
3 Tbs brown sugar
4 c prepared mashed potatoes
Salt & pepper to taste
1 large chopped onion
1 can cream of chicken or cream of celery soup

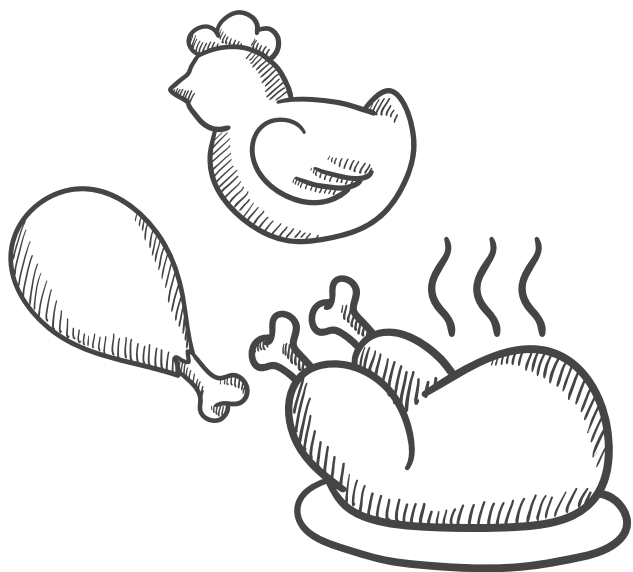
Brown chops slowly. Remove from skillet and season with salt and pepper. Drain part of fat from skillet, empty drained sauerkraut into skillet. Add onion and brown sugar. Stir over medium heat until warmed through. Place $\frac{3}{4}$ of kraut in large shallow baking dish and arrange chops on top.

Spoon soup over chops. Cover and bake at 325° for 1 hour and 15 minutes or until chops are tender. Remove from oven and spread mashed potatoes over top of dish. Continue baking until potatoes are warmed through. Cover with remaining kraut and brown under broiler until caramelized.

Happiness in a pan. My birthday meal every year since moving back to Wisconsin.

Main Dishes:

Poultry



CHICKEN SALAD

Marlene Deschler

3/4 lb cooked chicken, cut into bite-sized chunks

scant 3/4 c celery, chopped

1/2 c chopped pecans

1/2 c raisins, chopped

3/4 c mayo

1/2 Tbsp lemon juice

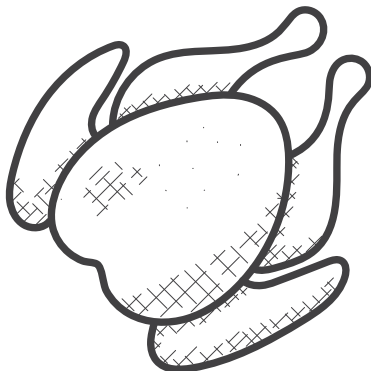
2 pinches curry powder

1/4 tsp dill (to taste)

dash fresh ground salt

Mix together well. Place down the center of a spinach/whole wheat/tortilla wrap. Fold in bottom and one side and roll up.

Delicious light summer "sandwich" I've always liked chunky chicken salad at restaurants and thought I should be able to imitate that and make my own and this is the result! I don't believe I've ever created my own recipe before, so this is a first for me! It lasts well in the refrigerator. It can also be served on a croissant or toast with lettuce.!



CHICKEN STUFFED PEPPERS

Linda Gray Wren

4 small green peppers

1/2 c rice, cooked

1 1/2 c cooked chicken

1/2 c chopped celery

2 Tbsp chopped onion

1 Tbsp chopped pimento

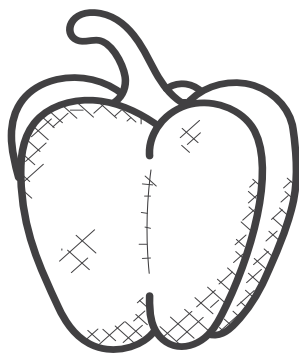
1/2 c salad dressing

1/2 tsp curry powder

1/4 tsp salt

dash of pepper

Remove tops and seeds from peppers. Partially cook them in a small amount of salted, boiling water for about 5 minutes. Drain. Cook the rice in 1/2 c water until tender. Add chicken, celery, onion and pimento. Combine salad dressing, curry powder, salt and pepper. Toss lightly with the rice mixture. Fill peppers and place in greased baking dish. Pour small amount of water around the peppers. Bake at 350° for 30 minutes or until the peppers are tender. Serves 4.



GROUND TURKEY SWEET POTATO SKILLET

Mariah Deschler

2 Tbsp extra-virgin olive oil
1 lbs extra-lean ground turkey
1 tsp garlic clove, minced
1/2 c onions, diced
1/2 c yellow pepper, diced
1 1/2 c sweet potato, diced
Salt and freshly ground black pepper
A pinch of red chili flakes
1/2 c shredded mozzarella cheese
Fresh parsley for garnishing

In a cast iron skillet, heat olive oil over medium-high heat. Add ground turkey and garlic. Use a wood spoon breaking up the turkey while it cooks. Stir occasionally and cook for about 5 minutes. Add onions and yellow peppers and cook until onions are soft. Add the sweet potato, chili pepper, salt and pepper.

Cover the skillet and cook until sweet potatoes are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato faster.

While the sweet potato is cooking, preheat the oven to 400°. When the sweet potato is tender, add shredded mozzarella cheese and put the skillet in the oven to melt the cheese*. When the cheese melts, remove from the oven, and garnish with parsley. Serves 4.

** You can just put the lid on the skillet for 5 minutes. The cheese will melt.*

***You can keep this recipe in the fridge for up 6 days.*

MOM'S CHICKEN ENCHILADAS/ BURRITOS

Helen Laack

5 chicken drumsticks or thighs

1 small onion, chopped

1 (8 oz) can tomato sauce

2 Tbsp diced green chilies

1/3 c salsa, or to taste

1/2 tsp cumin

Corn tortillas

Grated cheese

Place chicken in (2 qt) casserole dish, cover and cook in microwave 12 minutes or until done. Reserve most of broth, leaving about 1 Tbsp in dish. Add onion to broth in dish and microwave about 2-3 minutes. Stir in tomato sauce, chilies, salsa, and cumin. Cut chicken into bite-sized pieces and add to sauce.

Burritos: Spoon filling down the center of tortillas, add grated cheese, and microwave until cheese is just melted. Top with sour cream, more salsa, olives, etc., as desired.

Enchiladas: Warm 8-10 corn tortillas in microwave a few seconds to soften. Divide about 2/3 of the chicken mixture among the tortillas, top each with about 1 Tbsp grated cheese, roll and place into a flat casserole dish. When all the tortillas are filled, mix remaining filling with reserved broth and 1/4 c picante sauce or salsa. Pour this mixture over the enchiladas; if too dry, add more tomato sauce. Microwave at medium power about 12-15 minutes. About 3 minutes before done, sprinkle with grated cheese. Serve with low fat sour cream (or yogurt or cottage cheese), olives, chopped lettuce, guacamole, etc.

BARBEQUED CHICKEN

Jule Romick

- 1/4 c vegetable oil
- 1 (2 1/2-3 lb) broiler-fryer chicken
- 1/2 c onion, chopped
- 1/4 c celery, chopped
- 1/2 c catsup
- 1/3 c water
- 2 Tbsp lemon juice
- 1 Tbsp brown sugar
- 1 Tbsp Worcestershire sauce
- 1 Tbsp vinegar
- 1 Tbsp prepared mustard

In skillet slowly brown broiler-fryer chicken in oil. Cut up and place in (12 x 7) baking dish. In skillet, add onion and celery, cook until tender. Add rest of ingredients and simmer 15 minutes, skim off excess fat. Pour sauce over chicken. Bake covered at 325° for 1 hour 15 minutes or until done, basting several times. Serves 3-4.

Hints: Add more water (1/2 c) and catsup (1/2 c) to thicken sauce. Cook with lid on, checking frequently. This works great with chicken breasts too.

DON'T PEEK CHICKEN

Helen Laack

One cut up chicken—or about 4 to 6 large chicken pieces (leg quarters for example)

1 can cream of mushroom soup

1/2 pkg dry onion soup mix

1/2-1 soup can milk

Spread the chicken in the bottom of a medium roaster and spread the cream soup over the top. Then sprinkle with the onion soup. Cover tightly and bake at 325° for 2 1/2 hours. Don't peek!

You can use cream of chicken or cream of celery soup instead of the mushroom soup, and you may add a can of mushrooms to intensify the mushroom flavor—pour in the liquid too.

Double the recipe if you expect guests—or if you just want lots of this really delicious gravy. The meat has wonderful flavor for use in any of the recipes in this cookbook that call for cooked chicken. This can also be made in a crockpot, on low for about 4-6 hours. The gravy won't be quite as brown but the flavor will be just as good.

This is a great Sunday dinner meal. It takes just the amount of time for you to be able to go to Sunday School and church and bring friends home to the wonderful smell of roasted chicken. You can quickly cook some rice and put frozen vegetables (which you had placed in a microwavable serving dish prior to church) in the microwave and have dinner ready in 20 minutes or so.

10 MINUTE VEGGIE CHICKEN

Helen Laack

2 pieces chicken, skinned (drumstick and thigh are good)

1/2 c onion cut in large chunks

1/4 c red pepper, cut in 1-inch squares

1 fresh green chile, sliced (or green bell pepper)

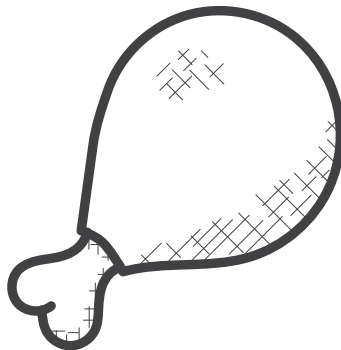
2-3 Tbsp water

Seasoning salt

Poultry seasoning

Place chicken in small microwave safe casserole dish and add vegetables and water. Sprinkle with seasonings to taste, cover loosely, and microwave on high about 8-9 minutes. You may want to turn the chicken after about 5 minutes.

Put a cup of (regular, NOT Minute) rice in 2 1/2 c water and start it cooking just before you put the chicken and vegetables together, and you'll have a full meal for two ready in 15 minutes. Adding another piece or two of chicken will take a little longer in the microwave, but you can still have a meal ready for 4 people in half an hour.



15 MINUTE SWEET AND SOUR CHICKEN

Helen Laack

2 large pieces frozen hot and spicy fried chicken

1/2 medium onion, chopped

1 stalk celery, sliced

1/4 green pepper, chopped

1 carrot, cut in tiny sticks or thin slices

1-2 c broccoli, cut in tiny pieces

1-2 Tbsp soy sauce

1/4 c plum sauce (OR—use strawberry glaze like that used for pies)

Place chicken in (1 1/2 qt) casserole dish, cover loosely, and cook in the microwave on high for 6 minutes.

Meanwhile, chop vegetables. When chicken is done, remove it from casserole and drain on paper towels. Pour out fat from casserole and put all the vegetables in the dish. Cover and cook on high for about 6 minutes.

While vegetables cook, chop the chicken into large pieces. When the vegetables are done, add the chicken and stir in the soy sauce and plum sauce. Heat together another minute or two and serve over rice. Makes two generous servings.

Like Kung Pao chicken and faster than Chinese take out.

CALIFORNIA CHICKEN CASSEROLE

Melery Long

4 chicken breasts

1 pkg frozen broccoli

Grated cheese

Bread crumbs

Sauce:

1 can undiluted cream of chicken soup

1/2 c mayonnaise

1/2 tsp curry powder

1/2 tsp lemon juice

Simmer chicken for 30 minutes. While cooking make sauce by combining ingredients and mixing well.

In buttered casserole dish place broccoli then chicken. Pour sauce over all. Sprinkle with grated cheese and bread crumbs. Bake at 350° for 45-60 minutes.

CHICKEN ENCHILADA CASSEROLE

Helen Laack

1-2 c chicken (or turkey), cooked and diced

2 cans cream of chicken or mushroom soup

1 c plain yogurt OR chicken broth

1 medium onion, chopped

1 (4 oz) can diced chilies

12-16 corn tortillas

1-2 c shredded Monterey Jack cheese

Combine soup, yogurt, onion, and chilies and set aside. Spray a 9x13 baking pan with oil. Tear 4 or 5 tortillas into strips and arrange in bottom of pan. Spread half of chicken evenly over tortillas. Cover with half of the soup mixture and sprinkle with about 1/3 of the cheese. Repeat layers and then top with the last four tortillas torn in strips. Top with rest of cheese. Cover tightly and refrigerate a few hours or overnight. Bake, covered, at 350° about 30 minutes or until bubbly. Remove cover last 15 minutes.

Great for potlucks--it also works well (with an oven timer) for serving to guests right after church.

CHICKEN AND RICE CASSEROLE

Helen Laack

- 1 c rice—brown or long grain white
- 2 1/2 c water
- 1 tsp salt
- 1 medium onion, chopped
- 1 tsp olive or canola oil
- 1-2 cloves garlic, minced (optional)
- 1/4 c diced red or green bell pepper (optional)
- 1-2 c cooked chicken or turkey, cut in bite-sized pieces
- 2-3 c frozen vegetables*
- 1 (4 oz) can mushroom pieces (optional)
- 1 can creamed soup (mushroom, chicken, etc.)
- Seasoning to taste—salt, pepper, seasoning salt, and/ or Italian seasoning as desired
- 1 c grated cheese (optional)

Combine rice, water, and salt and cook, covered according to package instructions (usually about 20 minutes for white rice, 25 to 30 minutes for brown rice).

Meanwhile, sauté onions (and garlic and pepper if used) in oil until onions are golden and pepper is softened. Stir in all remaining ingredients except cheese and heat thoroughly. When rice is cooked, stir into other ingredients and place in oiled casserole dish, top with cheese if desired.

Bake at 350° for about 15 minutes or microwave for about 5 minutes, just until cheese is melted and the entire dish is piping hot OR the casserole can be covered at this point and refrigerated for later use. When ready to bake, put in 350° oven for about 30 minutes, until bubbly. Serves 5 to 6.

**Vegetables that can be used include any of the frozen mixed vegetable combinations, broccoli, spinach, peas, peas and carrots, or green beans. This is also a good use for odds and ends of leftover vegetables from other meals. You can also substitute ham or other meats for the chicken or turkey.*

GREEK CHICKEN

Helen Laack

1 frying chicken, quartered

4 small to medium potatoes, scrubbed and cut in strips

1-2 Tbsp olive oil

2 tsp oregano

Garlic, onion powder, black pepper (to taste)

1/4 - 1/2 c lemon juice

Microwave chicken, covered, 6 minutes. Stir potato strips into chicken and sprinkle remaining ingredients over the top, ending with lemon juice. Return to microwave and cook for another 10 minutes, turning once. (If chicken pieces are especially large, check to be sure they are cooked through, and add another minute or two if needed.)

Oven method: Combine chicken and potatoes in baking dish, sprinkle with seasonings and then drizzle with lemon juice and oil. Bake at 400°. Keep it covered for 45 minutes and then remove the cover for 15 more minutes.

If you eat a lot of chicken, this is a variation that you may find good for a change. It is also good if you are cooking for someone who cannot have added salt, as there is none in the basic recipe.

ORIENTAL CHICKEN

Virginia B. Stirmel

- 2-3 c cooked chicken, cubed
- 1 c sliced celery
- 1/2 c diced onion
- 1 c crushed pineapple, juice reserved
- 1 can cream of celery soup
- 3 Tbsp sweet pepper
- 1 (4 oz) can mushrooms, drained
- 2 tsp chicken bouillon
- 1 small can water chestnuts
- 2 c egg noodles, cooked and drained

Cook celery, onion in juice from crushed pineapple about 5 minutes. Stir in cream of celery soup, sweet pepper, chicken, crushed pineapple, mushrooms, chicken bouillon, and water chestnuts. Add egg noodles and turn into a buttered casserole dish. Bake at 350° for 15-20 minutes (or heat in a microwave dish).

CHICKEN POT PIE

Helen Laack

Yeast crust (makes 3 crusts)

- 1 pkg dry yeast
- 1/2 c milk, lukewarm
- 1/4 c oil
- 1/4 tsp salt
- 6 Tbsp sugar
- 1 egg, plus slightly beaten egg white
- Approximately 3 c flour

Chicken filling (for 1 pie)

- 2 c finely chopped cooked chicken
- 1/2 small onion, chopped
- 2 Tbsp chopped pimiento (optional—or use chopped bell pepper)
- 1 can condensed cream of chicken soup

Topping (for 1 pie)

1/2 c breadcrumbs

1-2 Tbsp oil or butter

1/4 c slivered almonds (opt)

Italian seasoning

Crust: Dissolve yeast in milk and let stand a few minutes. Stir in all remaining ingredients for crust with about half the flour and beat well. Gradually stir in the remaining flour and knead until smooth. Cover, let rise until double, and then punch down and divide dough in thirds. Roll each into a 10-inch circle and press each one firmly into a 9-inch oiled pie pan. Press the rim with the tines of a fork to make a decorative trim on the crust. Brush the crusts with a slightly beaten egg white and let rise 20 minutes more. Prick all over with a fork and bake at 350° for 8 minutes. Do not brown. (The crusts may be tightly wrapped and frozen for a few weeks at this point.)

Filling and Topping: Combine all filling ingredients and pour into yeast crust. Brown breadcrumbs in oil and stir in almonds and seasoning to taste. Sprinkle over the filling and bake at 350° for 15 minutes or until thoroughly heated.

You can substitute diced ham, tuna or salmon for the chicken. Frozen peas, broccoli or mixed vegetables can also be stirred into the filling for a real one-dish meal. The crust can also be made from frozen bread dough or pizza dough. The egg white makes a nice shiny finish and keeps the crust from getting soggy, so don't skip this step. I have found this is a way to make what is really a pretty basic recipe look extra special for guests (or your family), and people always seem to be impressed by these pies.

CHICKEN POT PIES (INDIVIDUAL)

Deanna Stirmel

Gravy

1 can Campbell's cream of mushroom soup

1/2 can of milk (use the soup can as your measuring cup)

Filling

2 chicken breasts

Frozen vegetables of your choice (I use frozen corn and frozen peas)

Pie crust

1 can Pillsbury dough (any type of canned dough)

Individual baking cups/pans – glass or metal (I use glass)

Pre-heat oven to the temperature on the dough label.

Spray the individual pans with cooking spray.

Cook the chicken breasts until done then break up/ cut apart the chicken breasts into small pieces. Cook/warm the soup and milk—this creates your “gravy” so don't make it too thin/runny.

While chicken and soup are cooking, roll out or flatten the dough and divide into pieces that will fit as a bottom with sides and then a separate top. Place the dough into the pans.

In a microwave safe bowl partially cook the frozen vegetables. (I cook mine for 2 minutes instead of 3–3 1/2 minutes that I normally do.)

In a large bowl combine chicken and vegetables, mix together. Next add the soup and stir until all items are covered/coated with the soup. Scoop equal amounts of filling mixture into each individual dough lined pans.

Cover with the dough top and pinch top dough and side dough together (top dough is optional).

Bake according to dough instructions

Let pot pies rest then remove pot pies from pans. Eat and enjoy.

Note: The original recipe comes from Pillsbury, but it didn't work for me so I tweaked it to the above recipe. I found that pre-cooking everything made the filling hot and the dough crisper. The next thing I am going to do is try this recipe as a "freezer recipe". Let me know how it works for you.



Main Dishes: Vegetarian



CREAMED EGG ON TOAST

Dorothy E. Beier Stirmel/ Deanna Stirmel

3-4 eggs (depending on number serving; we used 6 with us 4 kids at home)

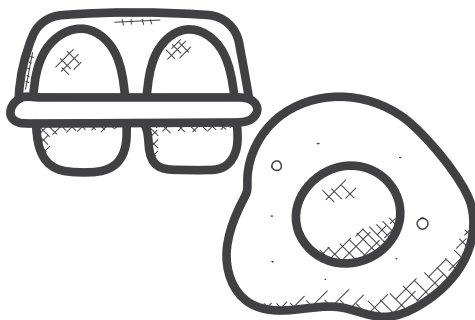
1-2 cans Campbell's cream of celery soup

1/4 milk

Dash of pepper, to taste (no salt, salt is already in the soup)

Sliced bread for toast Cook eggs to hard boiled. Remove the egg yolks, set aside. Cut up the egg whites into small pieces. In a pot on stove stir soup, milk, pepper, and egg whites together and warm through on low heat. Add egg yolks to mixture. Keep mixture warm on low, don't burn it (so mixture is warm when placed on toast). Mixture is a gravy consistency—not a soup consistency. Toast bread and place toast on plate as a whole piece or broken into several pieces. Pour egg-soup mixture over the toast and enjoy.

Dorothy learned this recipe while in high school; she made it at home for her parents and 10 siblings.



KIDNEY BEAN AND BOILED EGG SALAD WITH YOGURT DRESSING

Virginia B. Stirmel/ Helen Laack

1/3 c finely diced sweet onion
2 c (or 15 oz can) kidney beans, drained
3 hard-boiled eggs, peeled and chopped coarsely
2 c diced or thinly sliced celery

Yogurt Dressing

2/3 c plain yogurt
1-2 tsp prepared yellow mustard
3-4 tsp sugar*
salt or seasoning salt and pepper to taste*

Combine ingredients for dressing and mix well (see NOTE). This is very similar to “mayonnaise style salad dressing” that works well on old-fashioned potato salad or even as a sandwich spread instead of mayo. Combine all ingredients with dressing. Taste for seasonings and adjust as needed. Chill for an hour or more to blend flavors. Garnish with parsley or serve on lettuce leaves if desired. *NOTE: If using canned kidney beans, be aware that these almost always contain added sugar and salt, so don’t add sugar, salt and pepper to the dressing until you have tasted the salad to see how much will be needed.

A very different dish that Mom often served in the spring and summer was this very healthy—but pretty un-Midwestern—main dish salad. It also often appeared after Easter as she tried to find uses for all the boiled eggs we had colored. I really liked it but rarely made it until I started looking for more recipes using beans. Even back in the day, Mom was on to healthy—and often vegetarian—meals. It took a while for me to duplicate the dish, as Mom said she didn’t really have a recipe for it. The only change I have made is the yogurt dressing; she always used just Miracle Whip. Feel free to switch back to that if you’d like.

2 BEAN SALAD

Fiona Saltmarsh

1 (15oz) can cannellini beans, rinsed and drained

1 (15oz) can kidney beans, rinsed and drained

1/2 red onion, soaked in cold water to mellow flavor

2 celery stalks, finely chopped

1/2 c fresh parsley, finely chopped*

1 Tbsp fresh rosemary, finely chopped*

1/3 c apple cider vinegar

1/4 c olive oil

Splash of lemon juice

Sugar, salt, pepper to taste

Chop onion and place in cold water, allow to soak for 15-20 minutes so flavor is not overpowering. In a large bowl mix the beans, onion (drained of water), celery, parsley and rosemary. In a separate bowl (or liquid measuring cup) whisk together the vinegar, oil, lemon and seasoning. Taste and add more seasoning if needed. Pour over beans and stir to coat. Chill beans in refrigerator for several hours or overnight to allow beans to soak up the flavor of the dressing. *If you don't have fresh herbs you can substitute dried. Reduce amount by a third (1/3 c dried parsley and 1 tsp rosemary, crushed). I also like to add a dash of cayenne pepper.

Great to serve a large group. Can be a main dish for vegetarians or side dish for non-vegetarians. If you want to serve more people you can add a can of garbanzo beans, extra onion and celery and double the dressing.

SPICY CITRUS BLACK BEANS

Fiona Saltmarsh

1 (15oz) can black beans
Olive oil
1 c chopped onion
1 clove garlic, minced*
1 tsp chili powder
1/2 tsp cumin
1/4 tsp dried oregano
Cayenne pepper, to taste
1/4 c water
2 Tbsp orange juice
2 Tbsp lime juice
1 1/2 tsp tomato paste

Cook onion in oil. Add garlic and cook 30 seconds, stirring constantly. Add seasoning and cook until fragrant, stirring constantly, about 30 seconds. Add beans, water, orange juice, lime juice and tomato paste, stir to combine. Bring to a simmer and cook on medium-low heat, stirring occasionally until beans are cooked through and liquid has cooked down some. Serve warm. *You can substitute 1/4 tsp garlic powder if you don't have fresh garlic.

This is a recipe which I tweaked quite a bit before finding a balance between the flavors. It makes a great vegetarian taco filling.

BUTTERNUT SQUASH CHILI

Fiona Saltmarsh

- 1 Tbsp extra-virgin olive oil
- 1 red bell pepper, seeded and finely chopped
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, minced
- 1/2 c dry red wine
- 1 1/2 c butternut squash cubes*
- 1 (15oz) can white beans, rinsed and drained
- 1 (14oz) can whole tomatoes with juice, chopped into 1/2-inch pieces
- 1/2 c salsa
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp unsweetened cocoa powder
- 1/2 tsp cinnamon
- 1/2 tsp cayenne pepper, or to taste

Cook red pepper and onion in oil in a large soup pot over medium heat until onion is soft. Stir in the garlic and cook until fragrant, about 1 more minute. Pour in the wine and let bubble 1 minute, stirring and scraping any browned bits from the bottom of the pot. Add the butternut squash, beans, tomatoes and their juice, salsa, 1 c water, the chili powder, cumin, cocoa, cinnamon and cayenne, if using. Bring the chili to a simmer, then reduce the heat to medium low and cook, stirring occasionally, until the squash is tender and the chili begins to thicken, about 1 hour. (If the soup looks too thick while cooking, add up to 1 cup more water.) Serve as is or topped with a dollop of Greek yogurt and avocado cubes.

**The original recipe calls for 3c butternut squash but I like the squash to be an accent rather than the star of the chili.*

LAZY DAY CHILI

Fiona Saltmarsh

1 can Chili beans, mild or hot to taste

3 c vegetables of choice, chopped (I like to use onion, broccoli, zucchini and green beans)

Black pepper, cayenne pepper to taste

Dash of cinnamon

Steam vegetables in microwave, drain. Place chili beans in microwave safe dish and heat 1 minute. Combine vegetables and beans, season to taste. Return to microwave and heat through. Right before serving add a dash of cinnamon to each portion and stir. Serves 3-4.

The cinnamon may sound strange but it's really good, especially when you make it extra spicy like I do. Don't add it with other seasonings or it can dull the other flavors. Feel free to add whatever other spices you would like to your own taste (splash of vinegar, garlic, cumin, etc).

VEGETARIAN CHILI

Helen Laack

2 c carrots, sliced or grated

2-3 Tbsp olive oil

2 large onions, chopped

3-4 large cloves garlic

1 large bell pepper, diced

1 large zucchini, grated (about 2-3 cups)

1-1 1/2 c chopped cilantro

1 (26 oz) jar spaghetti sauce

2 (15 oz) cans tomatoes with green chilies

1 tsp cumin

1-2 tsp oregano

2 Tbsp chili powder or to taste

Seasoning salt

Ground black pepper
2 (16 oz) cans beans, in chili sauce
2-3 (16 oz) cans beans—use several kinds—black, kidney, white, garbanzos, etc.
Water to rinse cans
1/2 -1 c rolled oats
1/2 c barley
1-2 tsp cider vinegar
1-2 tsp sugar (opt)
Dash of hot sauce (opt)

Add about 1 tablespoon of water to the carrots, cover, and microwave 5 to 6 minutes. When very soft, remove from microwave and mash well. Do not drain. Meanwhile, sauté onions and garlic slowly in the olive oil, cooking until golden and translucent. Stir in pepper, zucchini, and mashed carrots and continue to sauté for a few more minutes. Stir in the spaghetti sauce, tomatoes, and seasonings. (As the sauce, tomatoes and beans are used, rinse each can out with about 1/4 c or so of water. The mixture will be quite thin, but the best flavor comes from starting out thin and cooking down slowly.) Bring mixture slowly back to a boil and simmer about 20 minutes or so. Add the beans and cilantro and taste for seasoning. Stir in the oatmeal and barley and turn to low heat. Simmer, uncooked, stirring and tasting occasionally. Serve with grated cheese and chopped raw onion if desired. Freezes well and gets better when reheated. The use of oatmeal and barley in this vegetarian dish provides a texture much like chili made with ground beef. The recipe as given has quite a bit of “heat” so you may want to start with less chili powder or use 4 to 5 cans of regular beans, all without chili sauce. If you can’t get cilantro, you can eliminate it or use parsley in its place.

SWEET POTATO CURRY

Darcie Laack

1 large chopped onion
2 tsp curry powder
2 tsp cumin
1/2 tsp cinnamon
1 Tbsp brown sugar
2 vegetable bouillon cubes
10 oz fresh spinach, coarsely chopped
2 large cooked sweet potatoes, peeled and diced
1 (14oz) can chickpeas
1/2 c water
1 14oz can diced tomatoes (or fresh, if available)
3/4 c bell peppers
chopped cilantro for garnish

Sauté onions and bell peppers until they begin to soften. Add all the spices and stir to coat the onions evenly with spices.

Add the tomatoes and chickpeas. Add the water and veggie bouillon and bring to a boil for a minute or two.

Add the fresh spinach, a couple of handfuls at a time, coating with the cooking liquid to wilt. Cover and simmer for about 3 minutes until all the spinach has just wilted.

Add the cooked sweet potatoes, and simmer another 3-5 minutes, until the flavors are combined.

Serve over brown rice.

This is a favorite cool-weather meal. I usually bake the sweet potatoes in the microwave for about 4 minutes apiece, and then let them cool before peeling and dicing.

VEGETARIAN GUMBO

Fiona Saltmarsh

- 1/4 c vegetable Oil
- 1/4 c flour
- 1 small green pepper, diced (1c)
- 1 small onion, diced (1c)
- 1 c diced celery
- 2-2 1/2 c water, separated
- 2-3 Tbsp Cajun seasoning
- Salt, black and/or cayenne pepper to taste
- 1 c low-sodium vegetable broth/ unsalted stock
- 1 1/2 Tbsp tomato paste
- 2 cloves garlic (2 tsp)
- 3/4 -1 c raw pecan halves
- 1 c chopped yellow squash/ zucchini
- 1 c chopped radishes
- 1/2 c carrots
- 1 c frozen cut okra or 1 1/2 c fresh okra cut 1/2-inch pieces

Heat oil in large saucepan or Dutch oven over medium heat. Stir in flour until smooth paste forms. Cook 8-10 minutes, or until roux is caramel-colored, stirring constantly. Add bell pepper, onion and celery, stir to coat with roux. Stir in 1 cup water and Cajun seasoning and simmer 1-2 minutes, scraping up any stuck-on bits from the bottom of pot. Stir in broth, 1-1 1/2 more cups of water, tomato paste and garlic and season with salt/pepper if desired. Add pecans. Cover, reduce heat to medium-low and simmer 30 minutes, stirring occasionally. Add squash, radishes, carrots, and okra. Cover and simmer 15-20 minutes more, or until vegetables are tender and sauce is thick and glistening. Serve over rice (or with corn bread) and sprinkle with green onion. This is my own adaptation of a Vegetarian Times recipe. If you have left overs (I usually do since it's just me eating it) or want to make ahead you can easily freeze it and reheat later.

My Dad doesn't have very many Holiday traditions but he always cooks Cajun food for Fat Tuesday. He usually

makes Shrimp Etouffee or Jambalaya and when I became a vegetarian he made sure to include me by reserving a portion of the base before adding the non-vegetarian ingredients. The first year I was living on my own I wanted to honor his tradition so that year (and every year since) I made this recipe. Delicious!

CHEESE TORTILLAS

Melery Long

- 1 (8 oz) pkg cream cheese
- 1 (8 oz) container sour cream
- 1 can chopped green chilies
- 1 1/2 tsp garlic salt
- 1 c grated Cheddar or Monterey jack cheese
- 1/2 c chopped olives (optional)
- 1/2 c green onion (optional)
- 1 pkg tortillas
- 1/2 c chunky salsa

Mix first seven ingredients together and spread on tortillas. Cool for 1 hour then slice each tortilla into 1 inch thick pieces. Serve with salsa for dipping.

TWO CHEESE ENCHILADAS

Vickie Stirmel Saltmarsh

1 c salsa divided

1 1/2 c cottage cheese

1 c shredded cheddar cheese divided

1/4 c green onion slices

1/4 tsp dried oregano leaves crushed

8 (6 inch) flour tortillas, warmed

Spread 1/4 c of salsa in (12 x 8) baking dish. In separate bowl, combine cottage cheese, 1/2 c cheddar cheese, onions and oregano. Put 1/4 c of the cheese mixture in center of each tortilla and roll up. Place seam side down over salsa in dish. Top with remaining cheese and salsa. Cover. Bake at 375° 20 to 25 min or until thoroughly heated.



LENTIL BURGERS

Helen Laack

3/4 c dry lentils (approx. 3 c cooked)
1 1/2 c water
2 Tbsp cider vinegar
1 Tbsp olive oil
1 c finely minced onion
4-5 large cloves garlic, minced
1 (4 oz) can mushroom pieces, drained and chopped
1/2 c very finely minced walnuts
1 tsp salt
1/2 of a (10 oz) pkg chopped spinach
1 tsp dry mustard
Fresh black pepper
1/2 c fine bread crumbs

Cook lentils in water for about 30 minutes or until lentils are very soft and liquid is all absorbed (if water is absorbed but lentils are still hard, add about 1/2 c of hot water—or liquid from mushrooms—and continue to simmer). Remove from heat, add vinegar, and mash well. Sauté onions in oil about five minutes and then add all remaining ingredients except lentils and breadcrumbs. Sauté 5 to 10 minutes or until all the vegetables are very tender. Combine the sauté, crumbs, and lentils and mix well. For easiest forming, chill the mixture about an hour before forming patties. Make into 3 to 4-inch diameter burgers and fry in a small amount of hot oil until crispy on the outside (if the mixture is very crumbly and a little difficult to form into patties, you may wish to add an egg to the batter).

This recipe is adapted from the Moosewood Cookbook and is a delicious vegetarian alternative. Makes great cheeseburgers too.

OATMEAL HAMBURGERS

Helen Laack

1 c ground nuts (walnuts are best for this)

1 large onion, finely chopped

2 eggs

1 c oatmeal

3 Tbsp milk

Salt and sage to taste

Tomato or barbecue sauce (opt)

Mix together well all ingredients but tomato sauce. Drop by tablespoonsful in a small amount of hot oil and brown well. If desired, put a little sauce on the patties, cover, and simmer about 30 minutes. Be sure to use plenty of onion and you will discover these are a very good substitute for hamburgers. Serve on your favorite buns with onions, lettuce and tomatoes. They do not hold together in quite the same way that ground meat does, so don't make the patties too large.

FETTUCINE ALFREDO

Jule Romick

1 lb fettucine noodles

1/4 lb butter, softened (1/2 c)

1 pint heavy cream

12 oz fresh grated parmesan cheese

salt, garlic salt, and pepper (to taste)

Boil noodles in kettle of salted water. Meanwhile beat butter until fluffy. Beat in cream. When well blended beat in cheese, salt, garlic salt, and plenty of black pepper. Drain noodles and toss with sauce. Serve immediately.

EGGPLANT FALAFELS

Fiona Saltmarsh

Tahini Sauce:

- 3 Tbsp warm water
- 2 Tbsp tahini (roasted sesame seed paste)
- 4 tsp fresh lemon juice
- 1 tsp honey
- 1/2 tsp ground cumin
- 1 garlic clove, minced

Eggplant:

- 2 eggplants (about 12 oz each)
- Cooking spray
- 3/4 tsp kosher salt, divided
- 1/4 c chopped onion
- 1/4 c fresh breadcrumbs
- 1/4 c chopped fresh flat-leaf parsley
- 1 Tbsp tahini (roasted sesame seed paste)
- 2 tsp olive oil
- 1 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp freshly ground black pepper
- 1/4 tsp ground red pepper
- 2 large eggs
- 2 garlic cloves, minced
- 1 (15oz) can no-salt-added chickpeas (garbanzo beans), rinsed and drained

Relish:

- 1 c chopped, seeded tomato
- 1/2 c chopped, seeded, peeled cucumber
- 1/2 c vertically sliced red onion
- 1/2 c coarsely chopped fresh flat-leaf parsley
- 1 Tbsp fresh lemon juice
- 1 Tbsp extra-virgin olive oil

Prepare sauce, combine first 6 ingredients in a small bowl, and stir with a whisk. Set aside. Preheat oven to 475° and prepare eggplant. Slice the eggplants in half lengthwise; score cut sides with a crosshatch pattern. Place the eggplant halves, cut sides down, on a baking sheet coated with cooking spray. Bake for 7 minutes or until slightly tender and browned. Remove from oven and carefully scoop out pulp, leaving a 3/4-inch shell. Reserve pulp for another use. Season cut sides with 1/4 tsp salt. Combine remaining 1/2 tsp salt, onion, and rest of eggplant ingredients in a food processor/ blender and process until smooth. Spoon 1/2 cup chickpea mixture into each eggplant shell. Bake for 25 minutes or until eggplant halves are tender and chickpea mixture is lightly browned (filling will puff up). While eggplants are baking prepare relish. Combine the tomato and remaining ingredients in a bowl and stir to combine (can increase amount of lemon juice or add a splash of vinegar for extra tang). To serve place eggplant halves on plates and top each half with 1/4 cup relish and 1 1/2 Tbsp sauce. Serves 4.

This is a labor-intensive dish but worth it in the end. Great taste and presentation.

CLASSIC SDA SABBATH “MEATLOAF”

Nadia and Torrey Laack

- 1 large onion, chopped
- 1-2 stalks celery, chopped (if desired)
- butter or olive oil
- 5 c Special K cereal
- 5 eggs, beaten
- 1 c ground pecans (or walnuts)
- 1 large carton cottage cheese
- 2 Tbsp vegetarian chicken seasoning or onion soup mix

Sauté onion and celery in butter/oil. Mix all ingredients together and turn into oiled loaf pan. Bake at 350° for 45-50 minutes. A classic SDA recipe. There are lots of variations but this is the easiest one to make.

Special K is used because of the higher protein content compared to bread crumbs or other cereals (and probably because Dr. Kellogg was an SDA). Put it together in the morning before church and delay start your oven to cook during church. It may sound gross but tastes so good. Some like it with ketchup but I like the flavor as it is.

BAKED SPINACH

Melery Long

- 2 (10 oz) pkgs frozen chopped spinach
- 1 small onion, chopped
- 1 can cream of mushroom soup
- 12-15 Ritz crackers, crushed
- 2 eggs, beaten
- Salt and pepper
- Grated cheese

Cook spinach until just thawed. Drain well by pressing in a colander. Combine all ingredients except cheese. Place in a 9x13 pan. Sprinkle with cheese. Bake at 325° for 1 hour.

BAKED SPINACH CASSEROLE

Marge Brereton

1 pkg frozen chopped spinach, thawed and drained

1 c cooked rice

1 c sharp cheddar cheese, shredded

2 eggs, lightly beaten

2 Tbsp butter, softened

$\frac{1}{3}$ c milk

$\frac{1}{2}$ tsp Worcestershire sauce

2 Tbsp chopped onion

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ tsp rosemary or thyme, crushed

Mix all together. Bake in a greased casserole dish at 350° for 20 minutes. Do not overbake. Serves 6.

BROCCOLI-RICE CASSEROLE

Vickie Stirmel Saltmarsh

3 c uncooked rice (cook before making casserole)

1 c butter

1 c onions (chopped); sauté until clear

1 c celery, chopped

3 (16 oz) pkgs. thawed broccoli

1 large jar Cheez Whiz/ Velveeta

2 cans mushroom soup

Cook rice. Mix cooked rice and all other ingredients together. Bake at 350° for one half hour or 45 minutes (until it bubbles). Makes a very large recipe.

MEATLESS ITALIAN LASAGNA

Vickie Stirmel Saltmarsh

- 1/4 c butter
- 2 medium carrots, finely chopped*
- 2 stalks celery, finely chopped
- 1 medium green pepper, finely chopped
- 2 medium onions, finely chopped
- 2 medium zucchini, sliced*
- 1 (16 oz) can tomatoes, cut up, undrained
- 1 (12 oz) can tomato paste
- 2 bay leaves
- 2-3 cloves garlic, minced
- 1/4 c snipped parsley
- 1 tsp dried basil, crushed
- 1 tsp dried oregano, crushed
- 3/4 tsp salt
- 1/2 tsp dried thyme, crushed
- 1/4 tsp pepper
- 2 c sliced fresh mushrooms (optional)
- 10 lasagna noodles, cooked, rinsed and drained (about 8 oz)
- 2 c cream-style cottage cheese, drained
- 8 slices mozzarella cheese, torn (8 oz)
- 1/4 c grated parmesan cheese

In large saucepan melt butter, stir in carrots, celery, green pepper, and onions (and mushrooms if using). Cover and cook 10 minutes, stirring frequently. Add zucchini, undrained tomatoes and tomato paste, mix well. Add bay leaves, garlic, parsley and seasoning. Cover and simmer for 30 minutes. Remove cover and continue simmering 10-15 minutes or until thickened as desired. Cover for 5 more minutes. Remove from heat and discard bay leaves. In a 9x13 baking dish layer one third of noodles, vegetable sauce, cottage cheese and mozzarella. Repeat twice, ending with mozzarella on top. Sprinkle evenly with parmesan. Cover with foil and place on baking sheet. Bake

at 350° for 45 minutes. Remove foil and continue baking for 10 minutes or until cheese is golden. Remove from oven and let stand 10 minutes before serving. If desired garnish with snipped parsley. Makes 8-10 servings.

** In place of carrots and zucchini I use a 16oz bag of frozen Capri style vegetables (green beans, carrots, zucchini, and yellow squash).*

ZUCCHINI LASAGNA

Helen Laack

2 large zucchinis

1/4 c flour

Salt and pepper to taste

Oil for frying—as little as possible

2-3 cloves garlic, minced

1 medium onion, chopped

1 (10 oz) pkg frozen chopped spinach, thawed

1 lb ricotta

2 eggs

1/4 c Parmesan, divided

1/4 c flour

1 tsp oregano

Italian seasoning to taste

2-3 c spaghetti sauce

1/2 lb shredded mozzarella (may use less)

Slice the zucchinis lengthwise into 1/4-inch slices. Dip each in 1/4 c flour and season as desired. Fry in the heated oil over medium heat until they are golden, turning them once. Meanwhile, sauté the garlic and onion in a bit of oil in the microwave for about 2 minutes. Add the spinach, and mix with the ricotta, eggs, half the Parmesan, seasonings, and remaining flour. In the bottom of an oiled 12 x 8 baking pan, spread a cup of the spaghetti sauce. Layer half the zucchini slices to cover the entire surface, then spread with half the

ricotta mixture, then half the mozzarella. Repeat the layers and then sprinkle with the remaining Parmesan. Bake at 350° for about 45 minutes or until bubbly throughout. Let stand for about 10 minutes before serving.

Though it has some flour in it, this recipe is a good substitute for regular lasagna for those who are reducing their carbohydrates—and it's a great way to use up extra zucchini from the garden. The recipe works well with regular lasagna noodles as well. Just pre-boil the noodles till soft and assemble as above.

GARBANZOS AND SHELLS WITH SPINACH

Helen & Darcie Laack

1 Tbsp olive oil
1 clove garlic, minced
1 medium onion, finely chopped
1 finely chopped carrot
Red pepper flakes to taste
2 Tbsp chopped parsley (opt)
2–3 tsp tomato paste
1 (15 oz) can garbanzos
liquid from beans and enough water to make 1 cup
10 to 16 oz pkg frozen chopped spinach, thawed
Salt to taste
8 oz pasta shells, cooked and drained

Sauté onion and garlic in oil and add all except the pasta. Stir just until heated through and fold in pasta shells. Serve topped with freshly ground pepper and grated Parmesan.

This is a wonderful vegetarian main dish that even people not especially fond of spinach really like.

CORN QUICKIES

Marge Brereton

1 can whole corn, drained well

1 egg slightly beaten

2 Tbsp flour

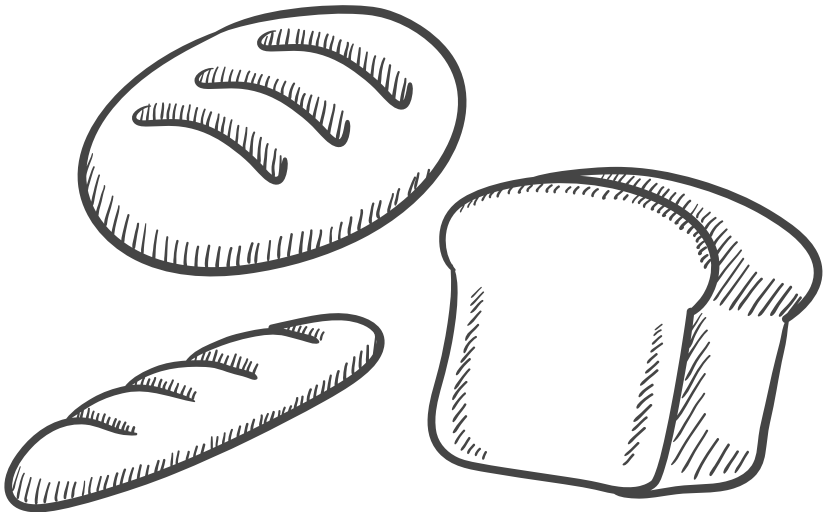
1/2 tsp baking powder

1 Tbsp grated onion

Mix together well. Drop small amounts on hot greased griddle. Fry until brown and turn just to “set” the patties. Makes 8 corn quickies.



Breads



BASIC SWEET BREAD MIX

Helen Laack

3 1/2 c warm water

1 pkg dry yeast

1 c dry milk powder

1/4 - 1/2 c butter or margarine

1/3 - 1 c sugar

1 Tbsp salt

1- 4 eggs

6 1/2 c flour—or more: may use up to half whole wheat flour

Cinnamon, nutmeg, cardamom, lemon peel or extract—as desired

Place yeast in warm (not hot) water with about a teaspoon of sugar and let rise 5 to 10 minutes. Meanwhile, combine rest of water, dry milk, butter, sugar, salt and eggs. Beat in about 3 cups of flour and then stir in yeast mixture. Add spices and flavorings as desired and beat until silky. If desired, you can let the dough sit at this stage until it becomes very bubbly, about half an hour or so. Gradually add more flour until the dough forms a ball around the spoon. Turn out on to a well-floured surface and knead until the dough is smooth (Grandma Stirmel always said it should be “as soft as a baby’s behind”). Spread the surface of the ball of dough with oil or soft butter and put in a bowl covered with a towel. Let rise until doubled in size. If desired, you can punch the dough down once or twice.

Coffee Cake: To shape the dough, pull off a portion about the size of a softball or slightly larger. Shape into a long rope and then roll it into a rectangle about 8 x 16 or so. Spread the dough with softened or melted butter and then sugar and cinnamon and raisins or nuts if desired. Cut the dough into three long strips and roll each one up as you would for cinnamon rolls. Seal the seams by pinching the dough together. Braid the three pieces and then place on a well-oiled sheet in the shape of a

wreath, pinching the ends together. Repeat with the rest of the dough. (This recipe will make from three to five coffeecakes depending on the size you make them.) Cover each coffeecake with a towel and let rise until doubled and very light. Bake at 375° for 15 to 25 minutes, depending on size, until deep golden brown. Brush with melted butter or margarine while still very hot from the oven. Frost each with white powdered sugar frosting, sprinkle with green sugar, and decorate with maraschino cherries and walnut pieces.

Hot Cross Buns: Stir raisins (or dried currants to be really authentic) into the dough with the eggs. Then shape the dough into golf ball sized rolls. The traditional way to make these is to cut a cross shape into the dough just before baking. A much easier approach and one that really turns out better is to just ice the rolls with powdered sugar frosting crosses after they are baked.

Cinnamon Rolls: Roll out and make as you would for any cinnamon rolls. These are especially good made with whole wheat flour. For any of the variations, frost only those coffee cakes or rolls as they will be eaten. I used to leave a bowl of frosting next to the big Tupperware container of cinnamon rolls so everyone could frost their own. This keeps the frosting looking fresher and less messy. (It also allowed those who wanted lots of frosting to add their own extra layer!)

One year we made 40 coffee cakes at Christmas for gifts for neighbors, the mailman, people at church, etc. The ingredients are variable depending on the richness you desire. One of Grandpa Stirmel's "Milwaukee cousins," Myron, was married to Clara who was a wonderful German cook. I remember one time when Grandma Stirmel asked Clara for the recipe for her German "kuchen" (much like this coffeecake). Clara just said, "The more you put, the better it is." And that's what making yeast breads is really about—the more shortening, sugar, eggs, or spices you add, the richer the dough.

IRISH SODA BREAD

Fiona Saltmarsh

4 c flour
2 tsp baking soda
1 tsp salt
2 Tbsp sugar
1 $\frac{2}{3}$ c milk
2 Tbsp white vinegar
1 c raisins or currants

Preheat oven to 400°. Line a baking sheet with parchment paper. Put the milk and vinegar in a bowl, stir with a spoon and let stand for 5 minutes. Stir with a spoon again. In a large mixing bowl combine flour, baking soda, salt, and sugar. Add the milk mixture and raisins. Mix until all flour is incorporated (if too tough to mix with the spoon mix with your hands). Put the dough ball on a baking sheet. Shape the dough into a flattened ball shape 8 inches in diameter (if the dough is too sticky to shape, put a little flour on your hands and the dough). Cut an X on top of the dough circle with a sharp knife, about $\frac{1}{2}$ inch deep. Place on prepared baking sheet and bake for 40 minutes, or until the crust is golden brown.

My Step-mom Noreen is South Side Irish so having Irish Soda Bread (with raisins) has become a St. Patrick's Day tradition for me. My Grandma Saltmarsh also used to make it often (with currants).

BLUEBERRY COFFEE CAKE

Helen Laack

Cake:

1/2 c shortening
1/2 c sugar
1 egg
2 c flour
2 1/2 tsp baking powder
1/2 c milk
2 c blueberries

Crumb topping:

1/2 c sugar (may use white or brown, or a mix of both)
1/2 c flour (OR substitute oatmeal for all or part)
1/2 tsp cinnamon
1/4 - 1/2 tsp nutmeg
1/4 c butter
1/4 c chopped nuts (optional)

Cream shortening and sugar and stir in egg. Sift dry ingredients together and add alternately with the milk. Stir in blueberries. Pour into well-greased (11 x 7) pan. Mix topping ingredients together and spread evenly over the top. Bake at 350° 45 to 50 minutes. (If frozen berries are used, allow them to thaw partially; expect to add about 5 to 10 minutes to baking time.) **Variations:** Crushed cereals, such as Wheat Chex or Wheaties, can be added to the crumb mixture along with or instead of oatmeal. Other fruits such as sliced strawberries, sliced or chopped cranberries, finely chopped peaches, apples, nectarines, or pears can be substituted for the blueberries. OR use 1 1/2 cups applesauce and decrease milk to 1/4 cup. Add cinnamon or apple pie spice to batter.

Lance has always liked blueberries, so he often asked for this as a special breakfast.

COFFEE CAKE EXCEPTIONALE

Linda Gray Wren

Cake:

¾ c margarine or butter

1 ½ c sugar

3 eggs

1 ½ tsp vanilla

3 c flour

1 ½ tsp baking powder

1 ½ tsp baking soda

¼ tsp salt

1 ½ c dairy sour cream (for low fat version, use 1 c fat free plain yogurt and ½ c sour cream)

Filling:

½ c packed brown sugar

½ c finely chopped nuts

1 ½ tsp cinnamon

Preheat oven to 350°. Lightly grease a (10 x 4) tube pan. In large mixer bowl, combine butter, sugar, eggs and vanilla. Beat for 2 minutes at medium speed, scraping sides of bowl frequently. Sift together flour, baking powder, baking soda and salt and add to egg mixture alternately with sour cream. Make the filling: mix together brown sugar, nuts and cinnamon. Spread ⅓ of batter (about 2 cups) in the pan. Sprinkle with ⅓ (about 6 Tbsp) of the filling. Repeat twice. Bake for about 60 minutes or until a wooden toothpick inserted in the center comes out clean. Cool slightly before removing from pan. Recipe can also be used to make two (9 x 5) loaves. When baking in loaf pans, spread ¼ of the mixture in each pan; top each with ¼ of the filling. Repeat.

CREPES

Vickie Stirmel Saltmarsh

- 3 eggs
- 1/4 tsp salt
- 2 cups flour
- 2 cups milk
- 1/4 c melted butter or cooking oil

In a medium mixing bowl, combine eggs and salt. Gradually add flour alternately with the milk, beating with electric mixer or whisk until smooth. Beat in melt butter or oil. Refrigerate batter at least 1 hour. Cook on upside-down griddle or in a traditional pan (small frying pan works). This is one of the thicker batters. You may want to add 1 or 2 Tbsp of milk or water to thin. Makes 30 to 35 crepes.

WHEAT GERM CREPE BATTER

Vickie Stirmel Saltmarsh

- 2 eggs
- 3/4 c flour
- 1/3 c wheat germ
- 1 1/4 c milk
- 1/4 tsp salt

In medium mixing bowl combine all ingredients and beat with an electric mixer or whisk until smooth. Alternatively, you can combine all ingredients in blender and blend for about 1 minute. Scrape down the sides and blend another 15 seconds or until smooth. Refrigerate at least 1 hour. Stir batter before cooking on upside-down griddle or in a traditional pan. Makes 18 to 22 crepes.

I like to use whole wheat flour for this recipe.

WELSH CAKES

Vickie Stirmel Saltmarsh

- 4 c self-raising flour
- 1/2 lb lard or butter
- 1/2 lb currants (or raisins)
- 1 c sugar
- 1 egg
- 1-2 cup milk

Mix lard and flour. Add sugar and currants. Add egg and milk. Mix with hands (dough should be the consistency of cookie dough). Roll out and cut in small circles. Cook on griddle like a pancake.

I got this recipe from Chris and Fiona's Great Grandma Dare. She was reluctant to give it to me and did not include any measurements, just told me how to make them.



EASY BRAIDED CREAM CHEESE DANISH

Marlene Deschler

Danish:

1 tube crescent rolls/dough sheet

1 pkg (8 oz) cream cheese, softened

2 Tbsp sugar

1 Tbsp vanilla

sliced almonds

1/2 c cherry or blueberry pie filling, or any jelly preserve of your choice (optional)

Glaze:

1 c powdered sugar

3 Tbsp milk

1/2 tsp vanilla

Preheat oven to 375°. Grease a baking sheet. With a mixer, beat together cream cheese, sugar, vanilla. Beat until smooth and set aside. Unroll crescent rolls (pushing together the perforations if using the rolls) and squish it out a little on the baking sheet. On each long side of the dough, make 2-inch long cuts about 1 inch apart.

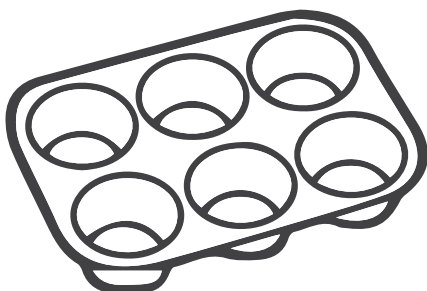
Spread the cream cheese mixture down the middle. If adding pie filling, spread it on top of the cream cheese mixture. Starting at one end, alternately fold the strips over the filling, giving the look of a braid. Bake for 15–20 minutes, until golden brown. While the Danish is baking, mix the glaze ingredients together. You want the glaze to be thick, but spreadable. After removing Danish from the oven allow to cool a bit before spreading glaze on still warm Danish.

CHOCOLATE CHIP MUFFINS

Mariah Deschler

- 4 Tbsp butter
- 2 c flour
- $\frac{1}{3}$ c brown sugar
- 1 Tbsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 c milk
- 1 egg
- 1 c mini chocolate chips

Place butter in a glass measuring cup and microwave on High for 1 minute, or until butter is melted. Remove from microwave and let cool. Preheat oven to 425 ° (if using a dark muffin pan bake at 400 °). In a large bowl, combine flour, sugar, baking powder and salt. In a smaller bowl, combine milk, egg and melted butter. Add wet ingredients to dry ingredients and stir just until moistened. Stir in chocolate chips. Place paper liners in 12 muffin tins and fill $\frac{3}{4}$ full with muffin batter. Bake 20 to 25 minutes, or until a toothpick inserted in center comes out clean. Cool on a wire rack. Makes 12 muffins.



HIGH PROTEIN BLUEBERRY MUFFINS

Vickie Stirmel Saltmarsh

Muffins:

1/4 c butter

1/3 c packed brown sugar

1 egg

1 1/2 c whole wheat flour

1/3 c wheat germ

1/4 c dry milk

1 1/2 tsp baking powder

1 c milk

1 c blueberries, fresh or frozen

Crumb topping:

1/4 c packed brown sugar

1/3 c whole wheat flour

1/2 tsp cinnamon

1/4 c butter

Cream together butter and 1/3 c brown sugar. Beat in egg. In another bowl combine all dry ingredients mixing well. Add dry ingredients alternatively with milk to the butter mixture. Stir until combined, do not overbeat. Fold in blueberries. Fill greased muffin pan. Combine ingredients for crumb topping and sprinkle over each muffin. Bake at 400° for 20 minutes. Let muffins cool a few minutes before removing from pan. Makes 12 small muffin or 9 large muffins.

PUMPKIN APPLE STREUSEL MUFFINS

Linda Gray Wren

Muffins:

2 1/2 c flour
2 c sugar
1 Tbsp pumpkin pie spice
1 tsp baking soda
1 tsp salt
2 eggs, slightly beaten
1 c solid pack pumpkin
1/2 c vegetable oil
2 c peeled, finely chopped apple

Streusel topping:

2 Tbsp flour
1/4 c sugar
1/2 tsp cinnamon
4 tsp butter

In a large bowl, combine flour, sugar, pumpkin pie spice, baking soda and salt. In a medium bowl combine eggs, pumpkin and oil. Add the pumpkin mixture to the flour mixture and stir just until moistened. Add apples. Spoon batter into greased or paper lined muffin cups, filling each 3/4 full.

Make the streusel topping: combine flour, sugar and cinnamon. Cut in butter until mixture is crumbly. Sprinkle on top of muffin batter. Bake at 350° for 35 to 40 minutes for large muffins. For 6 giant muffins, bake 40 to 45 minutes. Muffins are done when toothpick inserted in center comes out clean.

From a good friend of the Grays, this has become a fall favorite.

RASPBERRY GREEK YOGURT MUFFINS

Darcie Laack

Topping:

- 2 Tbsp chopped pecans
- 2 Tbsp raw or turbinado sugar
- 1 Tbsp wheat germ or oatmeal
- 1 tsp cinnamon

Muffins:

- (Generous) 1/2 c sugar (3/4 c if using frozen berries)
- 1/2 c wheat germ
- 1 1/4 c all-purpose flour (or whole wheat if you're feeling extra healthy)
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 1 c nonfat plain Greek yogurt
- 1/2 c milk
- 1 egg, lightly beaten
- 1 c raspberries, fresh or frozen (unthawed)

Preheat oven to 350 °. Mix together topping ingredients and set aside. If using fresh raspberries, rinse and pat dry. Set aside. Combine dry ingredients in large bowl. Mix well. In a separate bowl, combine yogurt, milk and egg. Blend well. Add yogurt mixture all at once to dry ingredients. Mix just until uniformly moistened. Do not overmix. Gently fold in raspberries. Fill greased muffin cups 2/3 full and sprinkle each with topping. Bake for 23-26 minutes until toothpick comes out clean. Let muffins cool 5 minutes before turning out from pan.

RHUBARB MUFFINS

Virginia B. Stirmel

Muffins:

3/4 c white sugar
2 Tbsp molasses
1/2 c oil
2 tsp vanilla
1 egg
1 c buttermilk
1 1/2 c diced rhubarb
1/2 c chopped walnuts
1/4 tsp black walnut flavoring
2 1/2 c flour
1 tsp baking powder
1 tsp baking soda
1 tsp salt

Topping:

1 tsp melted butter
1/3 c sugar
1 tsp cinnamon

Mix first 6 ingredients. Stir in rhubarb, walnuts and walnut flavoring. Sift together flour, baking powder, baking soda and salt. Add to wet ingredients, mixing just until all is dampened. Spoon into greased muffin pan. Combine topping ingredients. Sprinkle on top and press into muffins. Bake at 350° or 375° for 25 minutes.

CHOCOLATE CHIP BUTTERMILK SCONES

Marlene Deschler

3/4 c cold buttermilk*
1/4 c sugar
2 tsp. vanilla
1 egg
1 c all-purpose flour
1 c whole wheat flour
1/2 tsp salt
3 Tbsp chilled butter, cut into small pieces
3/4 c mini chocolate chips
milk, sugar

Preheat oven to 375°. Combine buttermilk, sugar, vanilla, and egg, stirring with a whisk. Combine flour, baking powder, salt, in a large bowl stirring with a whisk. Cut in chilled butter with a pastry blender until the mixture resembles coarse meal.

Gently fold in chocolate chips. Add milk mixture, stirring just until moist.

Place dough on a lightly floured surface and knead lightly four times. Divide dough in half. Place both halves on a greased pan. Pat each half into a round (about 6 inches in diameter). Cut each round into 8 triangles (like a pie), leaving the pieces all together in their round. Lightly brush rounds with milk and sprinkle with sugar.

Bake for 10-12 minutes until test done.

*If you don't have buttermilk on hand, you can make your own. Place 1 scant tablespoon lemon juice and enough milk to measure 3/4 cup, let stand 5 or more minutes.

SNICKERDOODLE SCONES

Marlene Deschler

Scones:

- 1 c sour cream
- 2 eggs
- 4 c all-purpose flour
- 1 c sugar
- 1 tsp baking soda
- 2 tsp baking powder
- 1/4 tsp cream of tartar
- 1 tsp salt
- 4 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1 c butter

Glaze:

- 1 c plus 3 Tbsp powdered sugar
- 2 Tbsp milk
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Preheat oven to 350°. Line a baking sheet with parchment paper or grease it. In a bowl, whisk together sour cream and eggs, set aside. In a large bowl whisk together the flour, sugar, baking soda, baking powder, cream of tartar, salt, cinnamon, and nutmeg until combined. Add butter and mix with pastry blender until it looks like coarse cornmeal/pea-sized pieces of butter. Add sour cream mixture and fold with a spatula just until combined. Transfer dough to a lightly floured surface. Knead gently 6–8 times until it just holds together. Place on prepared pan and shape/pat into two 6-inch rounds. Cut each round into 8 triangles (like a pie) and leave as a whole. Lightly sprinkle with a cinnamon/sugar mixture. Bake for 10–15 minutes until golden brown. Let cool slightly while making glaze. Drizzle glaze over entire round or over each individual triangle as you serve it.

Delicious warm!

APPLESAUCE BREAD

Merry Strand

1/2 c butter, softened

1 c sugar

1 egg

1 1/2 c flour

1 1/2 tsp baking soda

1 t cinnamon

3/4 t nutmeg

1/2 tsp salt

1/2 tsp ground cloves

3/4 c raisins

1/2 c chopped nuts

1 1/4 c applesauce

Cream butter and sugar until light. Beat in egg. Sift flour, soda, cinnamon, nutmeg, salt and cloves. Gradually add to butter mixture alternatively with apple sauce. Stir in raisins and nuts. Bake in greased and floured 9 x 5 loaf pan or Bundt pan at 350° for 1 hour. Cool in pan. Dust with powdered sugar.

Goes great with coffee or tea.

BANANA BREAD

Vickie Stirmel Saltmarsh and Fiona Saltmarsh

$\frac{1}{3}$ c shortening

$\frac{2}{3}$ c sugar

2 eggs

1 c mashed bananas*

1 c flour

2 tsp baking powder

$\frac{1}{4}$ tsp baking soda

$\frac{3}{4}$ c graham cracker crumbs

$\frac{1}{2}$ -1c nuts (walnuts, pecans, etc.: optional)

Cream shortening, sugar and eggs. Add bananas, flour, baking powder, baking soda, graham cracker crumbs and nuts. Bake in a greased loaf pan at 350° for 1 hour or until inserted toothpick comes out clean.

*You can freeze bananas in 1 cup packages and defrost for later use.

*This has been a family favorite for many years,
with nuts, of course!*

CRANBERRY BANANA NUT BREAD

Alice Romick

2 c sifted flour
3 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1 c fresh cranberries
1 tsp grated orange rind
1 c very ripe bananas, mashed
1/2 c milk
4 Tbsp butter
1 c sugar
1 egg
1 c coarsely chopped pecans

Sift flour, baking powder, salt and cinnamon into a large bowl. Grind fresh cranberries. Add orange rind, banana and milk to cranberries. In a separate bowl cream together butter, sugar, and egg until fluffy. Stir in dry ingredients until thoroughly blended. Stir in banana cranberry mixture. Add chopped pecans. Pour into greased loaf pan. Bake at 350° for 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes and turn out onto wire rack to cool completely. Wrap in waxed paper, foil or plastic wrap. Slices and tastes best if stored for at least one day before serving. Makes 2 loaves or a double recipe will make 7 mini loaves.

This has been a part of our Christmas tradition. I first made it in 1960 from a Family Circle Christmas helps magazine and later found out it was one of Gladys Taber's recipes. We often gave this as gifts to Sunday school teachers, school custodians, teacher friends, etc.

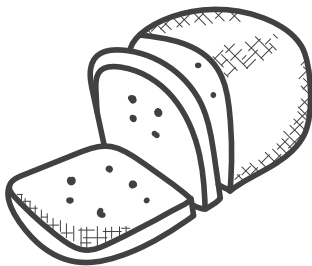
CHRISTMAS MINCEMEAT BREAD

Linda Gray Wren

- 2 c whole wheat flour
- 1/2 c 100% bran crumbles
- 1/2 c wheat germ
- 3 tsp baking powder
- 1/4 c brown sugar
- 1 egg, beaten
- 2 Tbsp orange marmalade
- 3/4 -1 c buttermilk
- 1 c mincemeat
- 5-6 sliced dates

Combine flour, bran crumbles, wheat germ and baking powder. In a separate bowl mix together brown sugar, egg, marmalade and buttermilk, set aside. Stir mincemeat and dates into dry ingredients. Now stir in wet ingredients until just blended. Bake in well-greased (9 x 5) pan at 350° for 1 hour. Cool before slicing.

Nice for holiday tea.



DUTCH CARROT BREAD

Alice Romick and Merry Strand

1 c oil
4 eggs
2 c sugar
3 c flour
2 tsp baking powder
2 tsp baking soda
1 tsp salt
2 tsp cinnamon
2 c grated or ground carrots
1/2 c chopped nuts

Beat oil, eggs and sugar until well blended. Sift together flour, baking powder, baking soda, salt and cinnamon. Stir into egg mixture and beat until well blended. Stir in carrots and nuts. Put in two well-greased and floured (9 x 5) loaf pans. Bake at 350° for 50 minutes to an hour, or until done. Turn onto wire rack to cool.

GRANDPA ZEKE'S ZUCCHINI BREAD

Zeke Harris/ Marlene Deschler

2 c flour
2 c sugar
2 t baking soda
1/2 t baking powder
1 t salt
1 T cinnamon
3 eggs
1 c oil (I use 1/2 c oil, 1/2 c applesauce)
1 T vanilla
2 c zucchini, grated
1 c chopped nuts

Mix all together. Bake at 350 ° for 1 hour. Store in refrigerator. Makes 2 loaves.

From Joey's Grandpa Zeke Harris.

ORANGE PUMPKIN BREAD

Virginia B. Stirmel

1 whole orange, into sections, remove seeds

$\frac{2}{3}$ c water

$\frac{2}{3}$ c shortening

2 c sugar

4 eggs

1 (16 oz) can pumpkin

3 $\frac{1}{3}$ c flour

2 tsp baking soda

$\frac{1}{2}$ tsp baking powder

1 tsp cinnamon

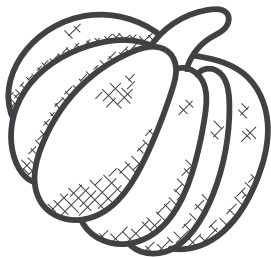
1 tsp cloves

$\frac{2}{3}$ c chopped pecans

$\frac{2}{3}$ c dates or raisins

Place orange sections and water in blender and puree.

Cream shortening and sugar. Add orange puree, eggs and pumpkin. Mix well. Sift together flour, baking soda, baking powder, cinnamon and cloves. Add to wet ingredients stirring well. Stir in pecans and dates/raisins. Pour into two greased 9 x 5 loaf pans or 4 mini loaf pans. Bake at 350° for 1 hour if using 9 x 5 pan or 35–40 minutes for mini loaf pans (until toothpick comes out clean).



PISTACHIO BREAD

Ginny Stirmel

Bread:

- 1 box yellow cake mix
- 1 (3.4 oz) pkg instant pistachio pudding mix
- 4 eggs, beaten
- $\frac{1}{3}$ c oil
- 1 c sour cream
- $\frac{1}{2}$ c water

Topping:

- $\frac{1}{3}$ c sugar
- 1 tsp cinnamon

Mix sugar and cinnamon together and put half in bottom of a greased ($9\frac{5}{8} \times 5\frac{1}{2}$) loaf pan. Mix together other ingredients and pour into loaf pan. Put other half of sugar cinnamon mix on top of batter. Bake at 350° for 1 hour.

BREAD STICKS

Helen Laack

- 1 Tbsp dry yeast (1 pkg)
- $1\frac{1}{2}$ c warm water
- 1 t salt
- 1 Tbsp sugar or honey
- Approximately 4 c whole wheat flour (may use part or all white)
- 1 beaten egg with 1 tsp water
- Coarse salt (optional)
- Sesame seeds or other toppings—see below

Mix yeast, water, salt and sugar and then add flour gradually to make firm dough. Knead until smooth and elastic. (This recipe works well in a food processor.) Let rise until double. Roll the dough into a cylinder and cut in four even parts. Then cut each part into 12 equal segments

and shape each into a 9-inch rope. Place each breadstick on a well-oiled sheet and brush with a mixture of the egg and water. Sprinkle generously with any of the following: coarse salt, seasoned salt, finely grated hard cheese, sesame or poppy seeds, toasted onion flakes, or even sugar and cinnamon for sweetened breadsticks. Bake 12 to 15 minutes at 425 °.

Variation: To make pretzels, cut dough into 36 pieces and shape each rope into the traditional pretzel shape.

This is a great recipe for younger children to help with, and it is a healthy alternative to many other snacks.

BUNS

Grandma Merenes/ Virginia B. Stirmel

1 yeast cake
1 c warm water
2 c warm water
1/2 c sugar
1/2 c shortening

At night, dissolve yeast cake in 1 cup warm water. Make a thin batter. In the morning add 2 cups warm water and sugar and shortening. Mix as you would bread. Let stand until night. Then make into little balls placing so they do not touch each other. Bake in morning.

I found this in Grandma Stirmel's recipes. As you can see, there is no flour listed; it is just assumed that a thin batter will require flour, just as any bread making would need more later.

Notice the time; if you wanted these buns for Sunday after church, you would need to start them on Friday night!

BUTTERY ROLLS

Marlene Deschler

1 c warm milk (70°–80°)

1/2 c butter, softened

1/4 c sugar

2 eggs

1 1/2 tsp salt

4 c bread flour or all-purpose flour

1 pkg (2 1/4 tsp) active dry yeast

In bread machine, place all ingredients in order suggested by manufacturer. Select dough setting (check after 5 minutes of mixing and add 1–2 tsp of water or flour as needed). When bread dough cycle is complete, turn dough onto a lightly floured surface. Divide into 24 portions; shape into balls. Place balls in greased 9x13 pan. Cover and let rise in a warm place for about 15 minutes. Bake at 375° for 13–16 minutes or until golden brown.



CORN PUDDING

Ginny Stirmel

- 1 (15 oz) can cream style corn
- 1 (15 oz) whole kernel corn, lightly drained
- 1 c sour cream
- 2 eggs, beaten
- 2 sticks margarine, melted
- 1 box Jiffy corn muffin mix

Grease an 8-inch square dish. Mix all ingredients and pour into prepared dish. Bake at 350° for 45-55 minutes until golden and knife comes out clean. Serves 8.

BEER BREAD

Marlene Deschler

- 3 c. flour
- 1 tsp. baking powder
- 1 tsp. salt
- 4 T. sugar
- 12 oz. beer (not light)

Preheat oven to 375°. Mix dry ingredients together. Stir in beer (it tends to foam up when poured onto dry ingredients, but will easily mix in). Bake in greased 5" x 9" loaf pan for 45 minutes. Spread top with butter and bake an additional 5 minutes.

Comment: This is quick and easy to throw together and makes a delicious, very dense, moist bread that is great served warm or later toasted. We serve it with soup or my Hot Artichoke Spinach dip.

FRENCH BREAD

Vickie Stirmel Saltmarsh

5 1/2 – 6 c all-purpose flour, divided

2 pkg active dry yeast

2 tsp salt

2 c warm water (115–120°)

Corn meal

In large mixer bowl combine 2 c of flour, yeast and salt. Add warm water. Beat on low with electric mixer for 30 seconds, scraping sides of bowl constantly. Beat 3 minutes on high speed. Stir in as much of remaining flour as you can using a spoon. Turn dough out onto lightly floured surface. Knead in enough of remaining flour to make a stiff dough that is smooth and elastic (about 8–10 minutes total). Shape dough into ball. Place in lightly greased bowl, and turn once to coat surface of dough. Cover bowl.

Let rise in warm place until double (1–1 1/2 hours). Punch down and turn onto lightly floured surface. Divide dough in half.

Cover and let rest 10 minutes. Roll each half of dough into a 15 x 12-inch rectangle. Roll up tightly from long side. Seal and taper ends. Place seam side down on greased baking sheet and sprinkle with corn meal. Cover.

Let rise until nearly double (about 45 minutes). With sharp knife make 3 or 4 diagonal cuts about 1/4 inch deep across tops of loaves. Bake at 375° for 40–45 minutes. Cool on wire rack. Makes 2 loaves.

PITA BREAD

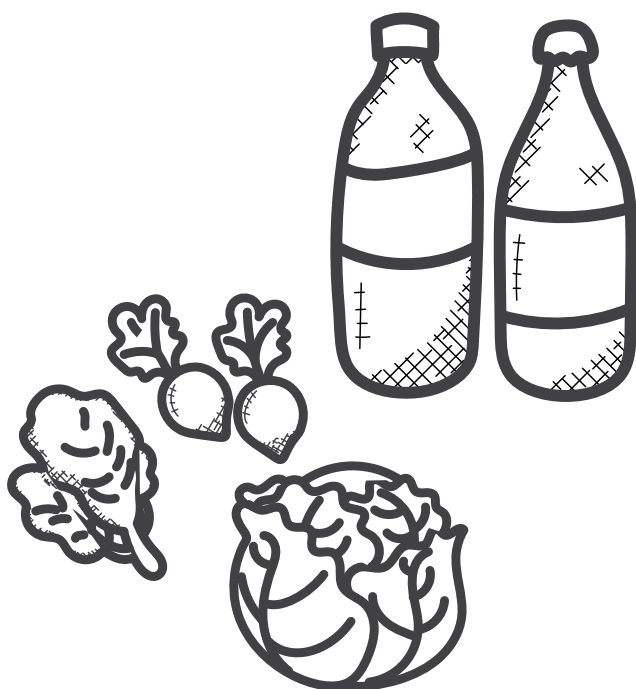
Helen Laack

2 pkg dry yeast
2 1/2 c warm water
1 tsp sugar
1 1/2 Tbsp salt
1 Tbsp oil
About 6 c flour

Combine all ingredients to make a sticky dough; turn onto well-floured board and knead until smooth and elastic, about 10 minutes. Divide into 12, 16 or 24 pieces, depending on the size desired. (I usually make 16 for a good-sized sandwich roll.). Knead each piece until smooth and round. Roll each ball to 1/8-inch thickness and place on a well-floured surface. Cover with a cloth for 2 hours, or until dough has risen slightly. Turn each one over and place on an ungreased cookie sheet. Bake at 450 ° for 5 minutes or until puffy. Place under broiler 2 minutes, until brown. Cover with towel until cool. These are wonderful hot out of the oven with just a light spread of butter or olive oil, but they are also good with many sandwich fillings. The secret to get them to “split” is to keep them covered before baking and then again after they come out of the oven.

You will need a lot of space for them to raise, and it helps if the kitchen is nice and warm—I never had a problem with that in Arizona!

Salads and Dressings



BROCCOLI DELIGHT SALAD

Ginny Stirmel

4-5 c raw broccoli
1/4 c diced red onion
10 strips of fried bacon, crumbled
1 c raisins
1 c sunflower seeds, shelled
4 Tbsp sugar
1 Tbsp vinegar
1/4 c salad dressing

Wash and drain broccoli, put in a large glass bowl. Add onions, bacon, raisins, and sun flower seeds. In separate bowl, mix together sugar, vinegar and dressing. Pour over broccoli mixture and stir to coat.

"COPPER PENNY" CARROT SALAD

Helen Laack

4 lbs carrots, sliced slantwise
1 large Bermuda onion, cut in rings
1 green pepper, cut in strips
1 can tomato soup
1 c sugar
1 c oil
3/4 c cider vinegar
1 tsp salt
1/2 tsp black pepper
1 tsp dry mustard

Cook carrots in a minimum of water (or steam) only a few minutes until just barely done and still somewhat firm. Marinate in sauce overnight. Will keep 1 week or more in refrigerator.

Grandma Stirmel had given this to me in 1975 after she had received it from Aunt Alice. This is a great dish for potlucks.

HARVEST JELL-O SALAD MOLD

Linda Gray Wren

- 1 pkg lemon Jell-O gelatin
- 1 c boiling water
- 1/2 tsp onion salt or onion powder
- 3/4 c cold water
- 1 Tbsp vinegar
- 1/2 c sliced radishes
- 1/4 c sliced celery
- 1/4 c sliced, quartered cucumber

Dissolve Jell-O gelatin and onion salt in boiling water. Add cold water and vinegar. Chill until very thick but not fully set. Fold in the remaining ingredients and pour into a 3 cup or 1 qt mold. Chill until firm. Unmold on crisp greens. This recipe works very well with sugar free gelatin mixes.

OVERNIGHT CABBAGE SALAD

Helen Laack

Salad:

- 1 large head cabbage
- 1 green pepper
- 1 large sweet onion
- 1 c sugar

Dressing:

- 1 c vinegar
- 2 tsp sugar
- 1 tsp celery seed
- 3/4 c oil
- 1 tsp salt
- 1 tsp dry mustard

Grate cabbage, green pepper, and onion together and cover with 1 cup sugar. Mix dressing ingredients together in a saucepan and bring to a boil. Pour over cabbage while

still hot. Refrigerate at least four hours or overnight. This keeps well.

Note: You probably should have at least 2 quarts of shredded vegetables.

LEMON ORZO SALAD

Marlene Deschler

1 lb orzo pasta

salt

1 1/2 c raisins

1 c fresh basil

1 1/2 c pine nuts

1/2 tsp pepper

4 oz baby arugula (or other greens)

2/3 c olive oil

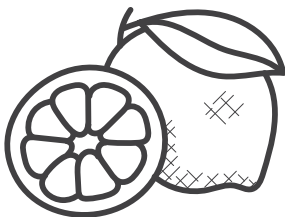
juice of 3 lemons

2 c feta cheese

Cook orzo until tender. Drain and cool. Place arugula, basil, pine nuts, and raisins in a bowl and mix well. Add orzo. Mix lemon juice and olive oil in small bowl. Pour over salad and mix well. Add feta cheese and toss.

Refrigerate until ready to serve.

I made this salad for the 2018 Stirmel Family Reunion. It's a light, fresh salad, great for the summer! It makes a large amount, so can easily be cut in half.



QUINOA “MACHU PICHU” SALAD

Darcie Laack

2 c quinoa
2 1/2 c vegetable broth
4 green onions, thinly sliced
1/2 c chopped dried apricots (or golden raisins, whichever is on hand)
3 Tbsp rice vinegar
1/2 c orange juice
1 tsp orange zest
2 Tbsp olive oil
1 tsp ground cumin
1 cucumber, chopped (peeled if you prefer)
1/2 c fresh parsley, chopped
Salt and pepper to taste

Rinse the quinoa in a fine-mesh sieve under cold water until it runs clear. Bring the vegetable broth to a boil and add the quinoa. Return to a boil. Reduce the heat to low, cover, and simmer until it has expanded fully, about 20–25 minutes. Uncover, fluff with a fork, and cool.

Once cooled, move the quinoa to a large bowl. Add onions, apricots, rice vinegar, orange juice and zest, olive oil, cumin, cucumber, and parsley. Toss to combine. Salt and pepper to taste. Cover and refrigerate until cold and serve. Makes about 6 servings.

This salad got its name when one of my Laack cousins had a hard time pronouncing quinoa but liked the salad enough to request it again at our next family gathering. Although quinoa is a product of Bolivia, not Peru, the name stuck. Highly adapted from a Food Network recipe, this is a really refreshing summertime vegetarian salad.

RICE AND RAISINS

Dorothy E. Beier Stirmel/ Deanna Stirmel

1 box Minute Rice

1 container raisins

Milk

Cinnamon

Measure the amount of water needed for the number of servings of rice you want. Add water to sauce pan and begin bring the water to boil. Add to the water the desired amount of raisins—a couple of handfuls should work. When the water is to a boil and the raisins have plumped up add the rice. Cook the rice according to the directions on the box. Scoop desired amount of rice and raisins into a cereal bowl, pour milk over the top and then top with cinnamon. Serve with a grilled cheese sandwich.

Note: Dorothy would make this for supper. Similar to eating cereal for supper.

SOUPED UP MINUTE RICE

Dorothy E. Beier Stirmel

1 can Campbell's cream of mushroom soup

$\frac{3}{4}$ of a can of milk (using the soup can as your measuring cup)

1 (heaping) can Minute Rice (use the soup can as your measuring cup)

Cook the soup, with milk, according to the soup directions. When soup is cooked/warmed through, add a can of minute rice and cook the rice in the soup just as you would with water. Fluff with fork and serve as a side with meat and vegetables instead of stuffing or a potato.

CRANBERRY DELIGHT SALAD

Merry Strand/ Marlene Deschler

- 1 (1 lb 4 oz) can crushed pineapple, drained
- 1 lb miniature marshmallows
- 1 lb cranberries, ground coarse
- 2 c sugar
- 2 c whipping cream
- 1 pkg Dream Whip

Mix and chill pineapple and marshmallows for several hours or overnight. In separate bowl mix and chill cranberries and sugar. Whip the whip cream and Dream Whip according to directions. Mix in pineapple and cranberry mixtures. Chill until needed.

CRANBERRY SAUCE

Fiona Saltmarsh

- 1 1/2 c sugar
- 3/4 c fresh orange juice
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- Dash of cloves
- 1 (12oz) pkg fresh cranberries
- 1 Tbsp grated orange rind

Combine first six ingredients in a medium sauce pan and bring to a boil over medium-high heat. Reduce heat to medium and cook 12 minutes or until cranberries pop. Remove from heat and stir in orange zest. Cool completely before serving.

I make this whenever I have Thanksgiving with my Dad (like a lot of families we all make something to contribute to the meal). It's easy to make and always a big hit.

CRANBERRY SAUCE

Ginny Stirmel

1 bag of whole cranberries

1 c pomegranate juice

1/2 c Sprite

1 c sugar

Put all ingredients in a pot. Bring to a boil until berries pop. Simmer for 20 minutes or until thick and smooth. Serve hot or cold.

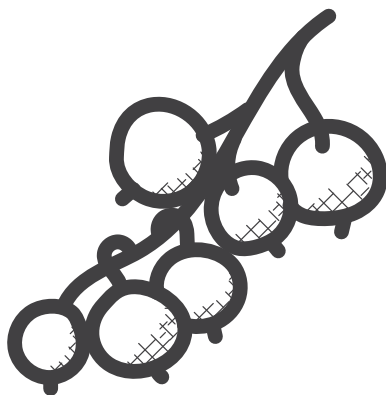
FRESH FROZEN CRANBERRY RELISH

James and Ginny Stirmel

1 lb bag of fresh frozen cranberries

1 whole orange, with peel, cut into pieces

Grind cranberries and orange pieces together. Sweeten to taste with 1/2 - 2/3 c of sugar. Serve cold as relish. Makes 1 pint.



GRANDPA'S CITRUS SALAD

Grandpa Stirmel/Helen Laack

4 grapefruit, preferably pink or red or a mixture
12 oranges
8-10 Maraschino cherries
Sugar to taste—approx. 2-4 tsp for this much fruit
Maraschino cherry juice
Water (opt)

Peel, section, and seed grapefruit and oranges, removing membranes from grapefruit. (Juice oranges provide the best juiciness and flavor but navel oranges will allow you to save time because they won't need to be seeded." Cut each cherry into 4 to 8 pieces and add to fruit in a large bowl. Add sugar, maraschino cherry juice (1 to 2 tsp or more) and water if desired for added juiciness. Stir well. May be served immediately but better if chilled for several hours.

This recipe can be doubled or tripled and is good to have around during the holidays, so be sure to make plenty.

Note: Though not quite as attractive as the carefully peeled sections, you can save time by cutting the grapefruits in half and then sectioning just as you would if eating plain. Scrape the sections into a bowl and then squeeze the remaining juice and pulp with a juicer and add to the rest of the fruit.

We always refer to this as Grandpa Stirmel's recipe because he would sit and carefully cut up all the grapefruit and oranges when the folks used to visit us in Arizona over the holidays. Even when he wasn't with us for Christmas, we always made this, remembering the fun we had preparing it with Grandpa. Now, we always have it for Christmas morning breakfast.

GERMAN POTATO SALAD

Helen Laack

1 1/2 c water

1/3 c cider vinegar

1/2 c sugar

1 tsp salt

3 tsp cornstarch

1/2 c water

1/2 c bacon, diced

Bacon drippings (opt)

Approximately 1 qt cooked, sliced potatoes

1 large onion, diced

Black pepper to taste

Chopped parsley (opt)

Heat to boiling 1 1/2 cup water, vinegar, sugar and salt. Stir cornstarch and 1/2 cup water until smooth and then stir into boiling mixture. Stir and cook until clear and thick. Stir in bacon and drippings. Mix with potatoes, onions and seasonings. Serve warm or cold.

This was Great Grandma Laack's old old recipe that was always a traditional summer side dish with bratwurst and hot dogs. Grandma Stirmel told me that Grandma Kirkpatrick made a dressing like this for fresh, lightly cooked green beans, and it really is a good combination. If the beans are small and kept whole and red onions rings are added, it is a very pretty side dish. Black olives also make a nice addition.

GERMAN POTATO SALAD

Ginny Stirmel

2 lbs potatoes

1/2 lb bacon

Green onion

1 tsp oil

1/2 c water

2 Tbsp sugar

1 tsp apple cider vinegar

Salt and pepper to taste

Cook potatoes until soft. Peel and slice. Fry bacon, cut into small pieces and add to potatoes. Cut up green onions and add to potatoes. Cook oil, water, sugar, and apple cider vinegar together. Taste: may need to add more sugar, salt and/or pepper to taste. Mix potato mixture into sauce. Serve warm.

This recipe was given to me by Lisa Millerick, an old German lady who stayed at the Edgewater Resort.

GRANDMA'S POTATO SALAD

Virginia B. Stirmel/ Helen Laack

Boiled potatoes

Chopped onions or chives (use plenty)

Boiled dressing (see recipe below)

Diced celery (optional)

Radishes (optional)

Boiled eggs (optional)

Dice potatoes when cool. Combine with other ingredients and season to taste with salt and pepper. Chill well.

We used to have wild chives in the yard at the house by Sharon Corners, and one of the signs of spring was when Grandma would pick the chives and make a big bowl of

potato salad. When planning to make potato salad, she would usually serve a meal with boiled potatoes, deliberately cooking extras to use for the salad. The extra potatoes would cool just enough while we ate so they were the right temperature to dice and make the salad before doing the dishes. She boiled the eggs right in the pan with the potatoes too, and they always came out just right—a trick I still use for either potato or pasta salad.

BOILED DRESSING

Virginia B. Stirmel/ Helen Laack

- 1 c sugar
- 1 tsp flour
- 1 c cider vinegar
- 1 1/2 tsp prepared mustard
- 1/2 c water
- 1/2 tsp salt
- 3 eggs

Mix thoroughly. Cook, stirring constantly until thickened. Especially good for potato salad.

Grandpa Stirmel always raved about Grandma's potato salad when she used this dressing.



COTTAGE CHEESE DRESSING

Virginia B. Stirmel/ Helen Laack

- 1 carrot
- 1 c cottage cheese
- 3 tsp milk
- 1 tsp dill seed
- 1/4 tsp salt
- 1/4 tsp grated onion
- 1 tsp mayonnaise

Grate carrot in blender and add cottage cheese and milk. Blend until smooth and add rest of ingredients. Especially good on tomato or tuna salad.

I never had this at Grandma's but found it in her handwriting on a little slip of paper in her recipe file. It really is good—although I always add more than that tiny bit of onion.

GRANDMA K'S COLESLAW DRESSING

Elsie Kirkpatrick/Merry Strand/Helen Laack

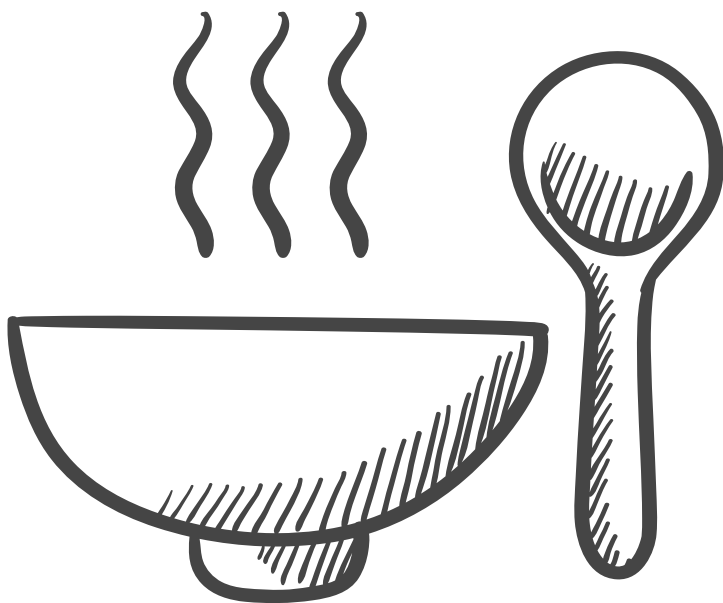
- 1 c salad dressing
- 1/2 c sugar
- 1/4 c vinegar

Mix thoroughly. Especially good on cold slaw or lettuce.

(Helen's note:.) This is exactly as Grandma wrote it for me, and is the dressing she often used for coleslaw, tuna salad, etc. The "salad dressing" she always used was Miracle Whip style, never mayonnaise. (Grandma Laack made a dressing almost like this, but she used "top milk"—the cream from un-homogenized milk—instead of Miracle Whip and added salt and pepper to taste. I have often substituted yogurt for the Miracle Whip and added just a bit more sugar.)



Soups



BEEF NOODLE SOUP

Alice Romick

1 1/2 lbs beef, cut in bite size pieces (we use left-over beef roast, chuck chunks or stew meat)

Flour

salt, pepper, onion powder, to taste

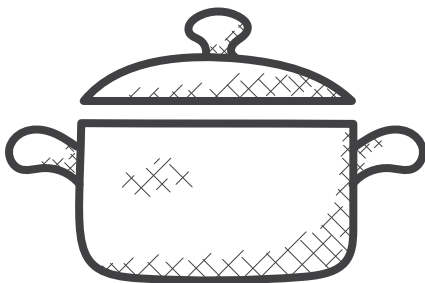
Dash garlic powder

1 lb medium width noodles

2 bay leaves

Several beef bouillon cubes

Coat meat in mixture of flour, salt, pepper, onion powder and garlic powder. Brown meat in skillet. Put browned meat in a large stew pot, add several cups of water and the bay leaves. Simmer for about 1 hour. About an hour and a half before you want to eat, prepare noodles as directed on package. Drain. Add noodles to meat along with more water and 4-5 bouillon cubes. Stir now and then, tasting and adding bouillon to taste. Simmer 30-45 minutes. Remove bay leaves and serve.



MEATBALL SOUP

Helen Laack

2 large onions, chopped
6 garlic cloves, minced
1 (28–29 oz) can or jar spaghetti sauce
1 (28 to 29 oz) can crushed tomatoes
1 or 2 (16 oz) cans garbanzo beans—use liquid in soup too
1 (12 oz) pkg chopped spinach
2 chopped red or green bell peppers
2 large carrots, grated
2 chicken bouillon cubes or packets
1 Tbsp sugar
Italian seasoning, salt and pepper to taste
1/2–1 tsp hot pepper flakes (optional)
1 lb pre-cooked meatballs
Water

Sauté onions and 4 of the garlic cloves in a little oil until the onions are soft and slightly browned. Meanwhile combine all the other ingredients except the meatballs in a large pot. Fill the spaghetti sauce bean, and tomato cans with water and add to the soup. You should add at least 2 to 3 cans of water, to desired thickness. Add the onions and garlic and simmer an hour or so. About 1 hour before serving, add another clove or two of garlic, crushed, and the meatballs. Taste again for seasonings. Soup keeps well and can be frozen.

Variations: Other vegetables can be added, such as corn, grated zucchini, additional beans, etc. Pasta can be added. The meatballs can be omitted for a vegetarian dish, you may want to add another can of beans instead. The Longhorn Cheese Meatballs in the Vegetarian Main Dish section may also be substituted for regular meatballs

I think spaghetti sauce is one of the greatest convenience foods, so I developed this recipe to use it to good advantage. This is

a good soup for winter entertaining, with a good crusty bread and apple crisp for dessert. If you know of someone who is sick or just needs cheering up, a big jar of this taken to their home is a wonderful gift.

CARROT SOUP

Helen Laack

2 c concentrated chicken broth
4 c water
2 med to lg onions, chopped
2 stalks celery, chopped
1 red bell pepper, chopped
4-6 medium carrots, thinly sliced
1 c super sweet corn
1 small jalapeno, seeded and chopped (opt)
Garlic powder, salt, cumin and Italian seasoning to taste
Chopped parsley

Simmer all but parsley until vegetables are very tender, adding a bit more water if too thick. Puree in blender and serve with parsley sprinkled over the top. Serve with sour cream if desired.

This soup has a beautiful bright color and is great in the fall when fresh corn is available and the nights are cool and just right for soup.

CHICKEN DUMPLING SOUP

Marlene Deschler

1 T. butter
olive oil
6 carrots, chopped (I use baby carrots and estimate how many would equal 6 full ones)
3 stalks celery, chopped
1-2 cloves garlic
1 T. flour
1 tsp. oregano
4 c. chicken broth
2 c. boiling water mixed with 2 bouillon cubes (or an equal amount of broth)
chicken (cooked....I use a broasted chicken from the deli, it is easy that way! Or can use chicken breasts or whatever you have)
salt, pepper

Sauté the carrots, celery, and garlic in the butter and a little olive oil (adding oil as needed). Add the flour and a little chicken broth and cook for about 2 minutes. Add rest of the broth and water/bouillon, chicken, and oregano. Salt and pepper to taste. Let simmer.

Just before serving, bring to almost boiling and drop in the dumpling mixture. It will cook very quickly. Heat through a bit longer to cook the dumplings and it is ready to serve!

Dumplings

1 egg
flour
milk
salt, pepper

Whisk the egg, add a little milk (maybe a tablespoon), stir in enough flour to make a thick-ish consistency. Add salt and pepper. The consistency should drop off the spoon easily into the soup, but not be too thin or the dumplings are stringy and kind of disappear into the soup. You want the dumplings to be about 1/2" wide. I made this dumpling recipe up and have never

written down exact amounts, so you may have to do it by trial and error!

This is a favorite soup on a cold day and my family just loves the dumplings...it's probably their favorite part! I've made this and given it away to friends when they are ill, it makes a great gift.

MICROWAVE BROCCOLI AND CHEESE SOUP

Helen Laack

2-3 c broccoli, finely chopped

2 chicken bouillon cubes

1 finely chopped onion

2 tsp oil

2-3 tsp flour

1 1/2 c dry milk powder

1 c crumbled cheddar cheese

1/2 c diced American cheese

Pepper to taste

Water

Microwave the broccoli with bouillon cubes in 1 cup water for 6 to 7 minutes. Remove and keep covered. Sauté onion in oil for 2 minutes in microwave, add flour and stir until smooth. Add dry milk and stir until well combined. Gradually add 2 cups very hot water. Cook on high about 8 minutes, stirring occasionally, until thick and bubbly. Stir in broccoli (including its cooking liquid) and cheeses. Return to microwave on low to medium power for another few minutes, until cheeses are melted. Season to taste. Soup may be pureed if desired.

Variation: Omit cheese and use a can of evaporated milk as part of the liquid. Puree and grate cheese over the top.

TORTILLA SOUP

Marlene Deschler

- 1 can refried beans
- 1 (15 oz) can black beans, rinsed and drained
- 1 (14 oz) can chicken broth
- 1/2 c corn (plain or southwest style)
- 3/4 c salsa (plus more to serve with soup)
- 3/4 c cooked chicken, cut into bite-sized pieces
- 1/2 c water
- 2 c shredded cheese (cheddar, Mexican blend, co-jack)
- Toppings: fresh cilantro, sour cream, salsa, cheese

Place all ingredients (except cheese and toppings) into a soup pot and heat through on medium heat, stirring often. (It does not need to boil.) Add cheese in for about last 10 minutes until it is melted. Serve with tortilla chips and toppings.

We are Mexican food fans, and this is a nice version of that type of food in a soup form! It has ingredients that are likely in the pantry and quick and easy to make. Warms up well, too.

“THE WORLD’S MOST VENERABLE PRESCRIPTION” CHICKEN SOUP

Helen Laack

1 chicken leg quarter, with skin and visible fat removed
1 lg clove garlic, minced (or garlic powder if fresh isn't available)
1 onion, chopped

Water

Vegetables—see below

Seasoning—see below

Vegetables: at least 1 or 2 potatoes, 2 carrots, both cut in small dice and 1 cup of frozen corn; other vegetables may include celery, parsley, zucchini, peas or frozen mixed vegetables, fresh or frozen spinach, even some finely shredded cabbage

Seasonings: about 2 tsp salt, freshly ground pepper to taste, 1/2 to 1 tsp Italian seasoning, 1/4 to 1/2 tsp cumin (optional) and 1 tsp poultry seasoning. Put all the ingredients into a “standard size” crockpot and fill to about 1 to 2 inches from the top with water. Cook on low temperature 6 to 8 hours or until chicken is falling apart. Remove chicken from soup, cool just enough to handle, and pull the meat from the bones. Cut in bite-size pieces and return to soup. Taste for seasonings.

Variations/additions: If desired, about 20 to 30 minutes before serving, stir in some chopped parsley and/or cilantro. Omit potatoes and add about 1/4 – 1/2 c. barley with the other main ingredients. For chicken noodle soup, omit potatoes, be sure to include some celery, and add 1-2 cups egg noodles about 1 hour before serving (fewer or very thin noodles may require less cooking time). For chicken rice soup, omit potatoes. If using brown rice, include about 1/2 – 3/4 cup rice with main ingredients. If using white rice, add only an hour or so before serving. May double or triple the ingredients and prepare in large stockpot. Bring all ingredients to a boil, turn to a low simmer and cook, covered, for three hours or so. (You don't

have to increase the chicken but then may need to use bouillon cubes or powder for part of the salt.)

According to many sources, the world's oldest prescription is chicken soup. "It has been used to treat facial pain, asthma, neurologic disorders, upper respiratory tract infections, urinary tract infections, and gastrointestinal disorders." So, stay healthy and have some soup!

CHEESY POTATO SOUP

Merry Strand

2 c boiling water
1/2 c diced carrots
2 c diced potatoes
1/2 c dried celery
1/4 c diced onion
1/2 tsp salt
1/4 tsp pepper
1/4 c butter
1/4 c flour
2 c milk
1 c cooked ham, cubed
1 c shredded cheddar

Add vegetables to boiling water. Add salt and pepper. Simmer 10 minutes or until tender. Remove from heat. DO NOT drain.

In a kettle, melt butter then stir in flour and add milk. Stir until thick. Add vegetables and ham. Stir in cheese. Do not let boil. Simmer until ready to serve.

SPLIT PEA SOUP

Helen Laack

1 lb dry split peas
3 qt water*
1 small ham bone (opt.)
1 lg onion, chopped
1 1/2 c finely chopped carrots
1 c chopped celery
1 chicken bouillon cube or packet
Garlic clove, minced
1/2 tsp oregano leaves
1/2 tsp black pepper
Bay leaf

Rinse peas, then combine with other ingredients and simmer about 2 1/2 hours. Remove ham bone, cut off any meat and return meat to soup. Continue to cook another hour or so until done. Soup freezes well.

*If only about half of the water is used, the soup will have the thickness of canned condensed soup. This takes less space in the freezer and tastes very good when thinned with milk before re-heating.

Variations: If no ham is used, a second bouillon cube and a little more salt may be needed.

Ham juices reserved from an earlier ham are excellent in this soup, even if no ham bone is used. Omit bouillon cubes until you have tasted for seasonings, as the ham juices may be salty enough.

Soup may be pureed. If this is done, do not add the ham pieces until after pureeing.

Grandma Laack made a wonderful summer soup with a large ham bone and a 20 to 24 ounce package of frozen green peas instead of the dried peas, and I made this for years before starting to make split pea soup. Either way, this is really an easy soup to make, with only a few minutes of preparation.

WILD RICE SOUP

Marlene Deschler

9 slices bacon, cooked and cut up/crumbled
1/4 small onion, chopped
1 box Uncle Ben's Long Grain and Wild Rice, original flavor
(not minute variety)
1 pt half and half
1 pt milk
2 (10 1/4 oz) cans of potato soup
2 c shredded cheddar cheese

Fry bacon and drain. Fry onion in bacon grease, or grease of your own choosing. Mix all ingredients in a heavy pan, heat through thoroughly, do not boil. Watch closely so milk doesn't burn. Heat until cheese is melted.

LEBANESE LENTIL SOUP

Nadia and Torrey Laack

1 c. brown lentils
8 c water
1/4 c rice
1 large onion, chopped
salt and pepper to taste (water should be a little briny)
1/2 c olive oil

Sauté onions in 1/4 c oil and seasonings, add lentils and water and cook 15 minutes. Add rice and cook 20 more minutes. Pour in remaining 1/4 c extra virgin olive oil before serving.

This is such a simple recipe but our kids love it and it is so healthy. We serve with crusty French or sourdough bread and middle eastern Lebneh (strained yogurt) cheese spread to dunk in.

QUICK GAZPACHO

Helen Laack

1 (46 oz) can tomato juice (or V-8 juice)

1/2 cucumber, peeled and minced

1 green pepper, minced

1 small onion, minced

1 (4 oz) can diced green chilies

1 tsp Worcestershire sauce

1 tsp seasoning salt

1 tsp minced garlic

1 tsp olive oil (opt)

1 tsp chopped chives (opt)

2 drops hot pepper sauce

White pepper, salt to taste

Combine all and chill thoroughly. Serve with lemon if desired.

STONE SOUP

Helen Laack

1 pkg ramen style noodle soup (NOT the cup of soup size)

Potatoes

Onions

Carrots

Other vegetables as available and desired Cube potatoes, dice onions and carrots, and cook until tender in a little water to which the seasoning packet from the soup has been added. Add leftover or frozen vegetables when the potatoes, onions and carrots are just tender. Add enough water to make the amount of soup noted on the package (If you have used a lot of vegetables, you may want to increase this amount to as much as double the original amount). When the water boils, add the noodles and cook just until they are tender.

If you have ever read the children's story "Stone Soup," you will understand the name of this recipe. This is a very economical, very easy way to make homemade soup and can easily be stretched to serve an extra person or two at the last minute.

TOMATO SOUP

Merry Strand

3 Tbsp butter

3 Tbsp flour

1 tsp salt

$\frac{1}{8}$ tsp pepper

1 qt tomato juice

$\frac{1}{4}$ tsp baking soda

$\frac{1}{2}$ tsp onion powder

1 tsp sugar

Melt butter over low heat in a sauce pan. Blend in flour, salt and pepper. Stir in tomato juice and cook for 5 minutes. Add baking soda, onion powder and sugar. Bring to a boil and serve.

Tip: a little red food coloring enhances appearance.

I use homemade tomato juice, sometimes with added chopped onions and celery. Makes a quick lunch or simple supper with crackers or toast.

Vegetables



BEANS, CROCK STYLE

Vickie Stirmel Saltmarsh

1 1/2 lbs (3 3/4 c) dry navy beans
3 qts water
6 oz salt pork, cut in small pieces (1 c)
1 1/2 c chopped onion
1/2 c light molasses
3 Tbsp honey
1 1/2 tsp dry mustard
1 tsp salt

Rinse beans. Add beans to water and cover. Soak overnight. Bring to a boil. Reduce heat and simmer, covered, 30 minutes. Remove from heat. Drain beans. Place beans in 3 qt slow-cooker. Stir in rest of ingredients. Cover and cook on high heat setting for 6 hours, stirring several times. Add additional cooking liquid as needed. Makes 12 servings. Leftovers can be frozen.

CALICO BEANS

Dianne Stirmel Robertson

1 lb ground chuck
1/2 lb bacon
1 c chopped onion
1 1/2 c catsup
1 c brown sugar
2 tsp vinegar
2 tsp salt
1 tsp dry mustard
1 can butter beans, rinsed well
1 can kidney beans, rinsed well
2 cans tomato-based pork & beans (I use Campbell's)

Brown beef, bacon & onion. Drain fat. Combine all ingredients. Place in a 3 qt casserole dish. Bake at 350° for 40 minutes, uncovered. *Enjoy!!!*

CROCKPOT BARBEQUED BEANS

Helen Laack

2 (30 oz) cans pork and beans OR black beans, garbanzos or other beans (or equivalent amount in smaller cans)

Ham, diced (optional)

1/2 large onion, chopped

1/2 green pepper, chopped

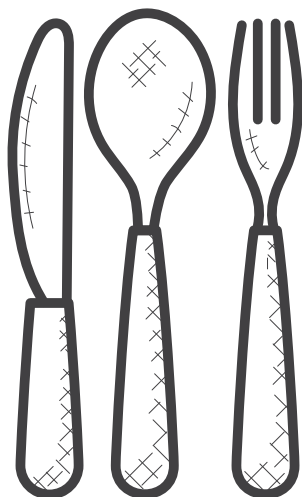
1/2 c barbecue sauce

2 Tbsp vinegar

1 tsp (or more) dry mustard

Drain most of liquid from beans and combine with all the other ingredients in crockpot. Cook on high for about 30 minutes and then on low for 3 hours, until all flavors are well blended. Serves 6-8, more if a side dish at a potluck.

Relatively inexpensive and easily made, this is a good dish for potlucks. Use the least expensive store brands for this.



SCALLOPED CORN

Marlene Deschler

1 can cream-style corn
1 can whole kernel corn, drained
1 c sour cream
2 eggs
1 box Jiffy corn muffin mix
½ c butter, melted
salt and pepper to taste

Mix together both cans of corn and sour cream. Add eggs, muffin mix, butter, salt, and pepper. Mix well.

Grease a 7 ½ x 12 glass dish. Pour mixture into dish.
Bake at 350° for about 1 hour until lightly browned and thoroughly cooked.

This is a favorite of Addison's and one that we make for most holidays. I've never thought that "scalloped" was the best description for it as it is almost bread-like and not saucy or creamy as scalloped seems to indicate. It's delicious!

GREEN BEANS ALMANDINE

Helen Laack

- 1 (16 oz) pkg frozen green beans—French cut beans if available
- 1 Tbsp olive oil
- 1/4 – 1/2 c slivered almonds
- 2–3 Tbsp finely diced onion
- 1 Tbsp red bell pepper, finely diced (opt)
- 1/2 to 1 tsp Italian seasoning

Combine all ingredients and place in casserole dish. Cover and microwave at full power for 5 minutes. Season with salt and freshly ground pepper if desired.

This can also be made with fresh green beans, especially if you have the small ones that can be left whole. Cook the beans in a tablespoon or two of water for about 3 minutes, then add the remaining ingredients and cook for 3 to 4 minutes more.

GREEN BEANS WITH ALMONDS AND LEMON

Marlene Deschler

- 1 lb green beans, fresh or frozen (whole, not cut)
- 4 Tbsp butter
- 2 Tbsp lemon juice
- 1/4 c sliced almonds
- lemon pepper seasoning

Steam green beans and drain.

Meanwhile, brown the butter. Melt the butter in a skillet over medium heat. Swirl or stir the butter with a wooden spoon as it starts to foam and sputter. Remove the butter from the heat as soon as it begins to turn golden brown and smells nutty, about 1 minute.

Add lemon juice to the butter along with the almonds. Swirl/stir over low heat for 30 seconds or more to toast almonds. Add the green beans to the skillet stirring to coat with butter mixture. Generously sprinkle on lemon pepper and stir.

One of those recipes that is easy, but impressive looking! I like that! ;-)

HOT GREEN BEANS

Melery Long

- 2 Tbsp oil
- 3/4 c of 1/2-inch bread cubes
- 1 can cut green beans
- 1 Tbsp oil
- 1 Tbsp vinegar
- 1 tsp minced onion
- 1/4 tsp salt
- 2-3 Tbsp parmesan cheese

Sauté bread crumbs in 2 Tbsp oil until golden and crisp. Drain beans. Mix vinegar, oil, onion and salt. Pour beans into skillet after removing bread. Pour vinegar mixture over beans, heat and stir until hot. Toss with bread and cheese and pour into casserole dish to serve.

GOLDEN TWICE BAKED POTATOES

Linda Gray Wren

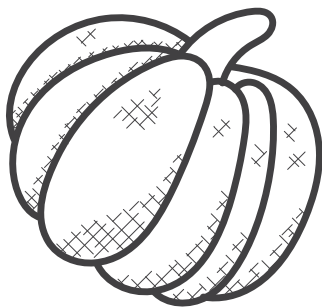
- 4 large baking potatoes
- 1 1/2 c (6 oz) shredded sharp cheddar cheese, divided
- 1/4 c Miracle Whip
- 1/4 c milk
- 1 egg
- 1/2 tsp salt
- Dash pepper
- 1/4 c green onion
- 4 pieces bacon, fried crisply and crumbled

Bake potatoes. Cut lengthwise and scoop potato out of peeling leaving a 1/8-inch shell. Combine the potato you scooped out with 1 cup cheese, Miracle Whip, milk, egg and seasonings. Beat until fluffy. Fill shells with the potato mixture. Top with the remaining cheese, onion and bacon.

Bake at 350° for 15 minutes.

To make the potatoes ahead of time, cover and refrigerate after filling the shells. Do not add toppings until just before baking.

Increase baking time to about 20 minutes. Serves 4 to 8.



BAKED SWEET POTATOES

Helen Laack

Sweet potatoes

Look for very dark orange sweet potatoes that are of medium size. Scrub potatoes and lay on baking tray. Bake at 375° for about 45 minutes to 1 hour, depending on size of sweet potatoes. Be sure they are VERY soft and well roasted for best results. Remove from oven and cool just enough to handle. Insert a fork in one end to hold while peeling if you want to use right away. You may also refrigerate and peel later. After peeling, mash thoroughly and serve.

Thorough roasting will result in very sweet potatoes that really don't need any added seasoning.

If you are in a hurry, you can microwave sweet potatoes just as you do baked potatoes, but they don't seem to have quite as rich a flavor as the roasted ones. Fill the oven with these, peel and mash and then freeze the extras in meal sized portions.

THANKSGIVING SWEET POTATOES

Marlene Deschler

2 1/2 – 3 pounds sweet potatoes, peeled and cooked

2 eggs

3/4 c brown sugar, divided

1/2 c butter, divided

1 tsp salt

1 tsp cinnamon

orange juice (up to 1 c)

1 c pecan halves or pieces

Mash sweet potatoes (should have about 6 cups). If potatoes seem dry, beat in orange juice a little at a time until the potatoes are moist and fluffy. Beat in eggs, 1/4 c brown sugar, 1/4 c butter, salt, and cinnamon. Place in a greased (1.5 to 2 qt) casserole dish. (Refrigerate at this point if preparing ahead of time.)

Before baking, arrange pecan halves on top. Sprinkle with remaining 1/2 c brown sugar and drizzle on remaining 1/4 c melted butter. Bake uncovered at 375° for 25 minutes or until heated through and bubbling at the edges.

This recipe is Joey's Aunt Gina's recipe. I first had it at a Thanksgiving at their house many years ago. It has become a tradition for us at holidays now, too!

CAULIFLOWER AND PEAS

Helen Laack

- 1 small to medium head cauliflower
- 12 -16 oz frozen peas
- 1 large sweet onion, cut in rings
- 2-3 Tbsp water
- 1 tsp Italian seasoning
- 3-4 large lettuce leaves

Cut or break cauliflower into small flowerets about 1 to 1 1/2 inches in diameter. Put cauliflower, peas and thinly sliced onions in large heavy saucepan with tight fitting lid. Add water and seasoning and lay lettuce leaves over the top.

Bring to boil and then turn to low and simmer about 15 to 20 minutes until the cauliflower is just tender. Remove and discard lettuce leaves before serving.

FRESH VEGETABLE RELISH

Virginia B. Stirmel

- 5 medium large tomatoes.
- 1 medium green pepper (finely chopped)
- 1 medium onion (finely chopped)
- 1 large celery rib (finely chopped)
- 1 Tbsp horseradish
- 2 tsp salt
- 1/8 tsp cloves
- Dash of pepper
- 1/2 c sugar
- 3/4 c vinegar
- 1 tsp mustard seed

Peel, remove seeds, and finely chop tomatoes. Add next seven ingredients. Let stand two hours then add sugar, vinegar and mustard seed.



Refrigerate. Drain to serve. Serve chilled. Keeps 4-5 days.

GREAT-GRAMMA LAACK'S CALIFORNIA BLEND VEGETABLES DISH

Helen Laack/Darcie Laack

- 1 large bag frozen California Blend vegetables (carrots, broccoli, & cauliflower)
- 1 Small pkg Velveeta or similar American cheese
- 1 can cream of mushroom (or cream of celery) soup
- Prepared seasoned croutons, enough to cover a 9x13 pan.
- 1/2 c butter, melted
- Seasonings to taste

Cover and cook the vegetables in microwave until just thawed. No need to add any water as the frozen vegetables will have enough liquid of their own. Cube the Velveeta and stir into the hot vegetables along with the cream soup and seasonings. Stir well. If the cheese does not melt completely, return to the microwave for 15 to 30 seconds.

Pour croutons and butter into skillet on medium heat and toss until croutons are covered with butter and lightly toasted.

Bake at 350° until brown and veggies are completely tender. (May need to cover lightly with foil).

Variation: replace croutons & butter with Helen's crumb topping below.

This is "required eating" at every Laack Thanksgiving gathering.

CRUMB TOPPING FOR VEGETABLES

Helen Laack

- 1 Tbsp olive oil
- 1 c fine dry bread crumbs
- 1 to 2 Tbsp grated Parmesan or Romano cheese

Seasonings, use one or more of the following:

- 1/2 tsp seasoning salt
- 1/4 tsp garlic salt
- 1/2 – 1 tsp Italian seasoning
- 1/4 tsp marjoram, rosemary, or thyme
- grind of freshly ground pepper

Add ins, use one or more of the following:

- 1 Tbsp finely chopped onions
- 1 clove garlic, minced
- 2 Tbsp slivered almonds
- 1 Tbsp finely chopped bell pepper

Sauté your choice of “add ins” in the olive oil until just tender (or until nuts are just starting to turn golden). Stir in breadcrumbs and seasonings and continue to cook over medium heat just until crumbs start to brown. Remove from heat and spread over prepared vegetables.

This recipe can be doubled or tripled and the extra crumbs stored in a tightly covered container in the freezer for several weeks. Adding a crumb topping to vegetables (or even plain old macaroni and cheese or other casseroles) can make these foods seem a little more special.

CARROT POTATO PANCAKES

Helen Laack

3 medium baking potatoes (peeled or just scrubbed)

3 large carrots

1 large onion

1/3 c parsley (optional)

3 eggs

1/4 c dry milk powder

1/3 c flour OR cornmeal

1 1/2 t salt

1/2 t pepper

Olive or canola oil

Grate potatoes and carrots and chop onions and parsley fine (may do all of this in food processor for uniform size). Stir all ingredients together.

Heat a small amount of oil in a large non-stick skillet and drop large spoonfuls of the mixture (about 1 cup or so) into the pan. Flatten each into a patty about 1/4 to 1/2 inch thick. Cook until well browned on bottom, turn and continue cooking until both sides are well browned, about 5 minutes total.

Not all the recipe can be cooked at one time, so cover finished pancakes with a paper towel and set aside (if needed, re-warm the earliest in the microwave for a few seconds before serving). You may need to add a bit of oil for each batch as you make them. Serve with sour cream and/or ketchup.

Great for a special Saturday breakfast. The addition of the carrots adds a lot of nutrition and color, and even those who aren't crazy about cooked carrots will probably like these.

STUFFING FOR THANKSGIVING

Helen Laack

1 1/2 lb bread

4 big stalks of celery—about 2 cups

1-1 1/2 c giblets from turkey (but no liver; may substitute ground beef or turkey for giblets)

1-1 1/2 c raisins

1-2 apples (opt)

1 very large or 2 medium onions

1-1 1/2 tsp sage

1 tsp poultry seasoning

Salt if needed

Chicken or turkey broth

Dice the bread and dry on cookie sheets; you should have about a gallon of dry bread cubes (this can be done as much as a week ahead of time, with the bread cubes stored in a glass jar after thoroughly drying).

When you are ready to make the stuffing, put the giblets in a pan with a little water and salt, cover, and cook on medium heat until tender—about 30 to 45 minutes (if using ground meat instead, brown in a frying pan until all pinkness has gone out of the meat).

Grind all the remaining ingredients except breadcrumbs in a food processor, grinder, or blender. When the giblets are tender, reserve the broth and grind them into the rest of the ingredients.

Place the breadcrumbs into a very large bowl and pour the rather disgusting looking glop from the processor onto the breadcrumbs and stir in up to 2 cups of the broth, until the dressing is evenly moist. If you run out of broth, you can use water, but the flavor is best if you have a can or two of broth ready to use. Taste for seasonings (this is safe to do

with this stuffing, as the meat has been pre-cooked).

Grease a large crockpot and put the stuffing in it, laying the turkey neck on the top. Cover and bake at low heat for 3 to 4 hours (you may need two crockpots if yours is not very large).

Long ago I discovered that it is a whole lot easier to make the stuffing outside the turkey. To be sure that you have the flavor of stuffing cooked inside the bird, be sure to use lots of broth and keep the mixture moister than you would make it if you were putting it in the turkey. Grinding the onions, raisins, etc., blends the flavors more thoroughly than just chopping. This may seem like a large recipe, but it disappears very quickly—and freezes well along with the turkey leftovers.

BREAKFAST POTATOES

Helen Laack

2 lb hash browns

1 to 1 1/2 c yogurt

1 can cream soup (mushroom, broccoli, chicken, or celery)

1 very large onion, chopped

Seasoning salt and pepper to taste

1-2 c grated cheese

Spread potatoes in 9x13 pan. Combine all remaining ingredients except cheese and pour over potatoes.

Sprinkle with cheese and bake, uncovered, at 350° for 1 hour.

May be prepared ahead and refrigerated.

Good for brunch or potlucks—serves 10 people.

HASH BROWN CASSEROLE

Bobbie Thierfelder

2 cans cream of potato soup, undiluted, mash a little
1 c sour cream
1/2 tsp garlic salt
1 (2 lb) pkg frozen hash browns
2 c cheddar cheese
Parmesan cheese

Mix all but cheese. Add cheddar cheese and mix well. Put in a 9x13 greased pan and top with parmesan cheese.

Bake, uncovered, at 350° for 55-60 minutes or until potatoes are tender. Yields 12-16 servings (half recipe can be baked in an 8-inch square dish).

Great to serve with Easter dinner. Enjoy!

FARMER'S ZUCCHINI

Dianne Stirmel Robertson

Zucchini, sliced
Butter
Crackers, saltines or Ritz
Paprika

You need a cast iron skillet. Brown sliced small zucchini in butter. Fry 1 stick of butter until browned or more if you use more crackers. Crush and brown crackers, saltines or Ritz, and brown with browned butter. Sprinkle with paprika.

Bake at 350° for 20-25 minutes.

Truly from an Ozaukee County Farmer!! Absolutely tasty, but not very weight conscious. It truly is a farmer's recipe, note there are really no measurements for ingredients.

ZUCCHINI CASSEROLE

Helen Laack

Zucchini
1 onion, chopped
2 eggs
1 c cheddar cheese
Salt, pepper
1 tsp Breadcrumbs (if desired)

Topping:

3 T butter
Breadcrumbs

Peel and cube zucchini and cook until tender. Drain. Fry onion in butter. Beat eggs, grate cheese and mix with zucchini and onions. Add salt and pepper (if desired).

Melt butter, stir in breadcrumbs, brown lightly over low heat. Pour crumbs over top of casserole. Bake at 350° for 30 minutes.

Grandma Stirmel gave me this recipe in the early 70s. There are no amounts given for the zucchini or breadcrumbs, but I usually use about 2 to 3 medium to large zucchini (which I grate instead of cube) and 1 to 2 cups breadcrumbs, depending on how much "crust" I wanted to add. I would also add seasoning salt and Italian seasoning to the breadcrumbs while browning them. This along with sliced ham and a tossed salad makes a good summer dinner.

Cakes & Icings



GRANDMA LAACK'S BANANA CAKE

Helen Laack

¾ c butter, softened

1 ¼ c sugar

2 eggs

1 tsp vanilla

1 c mashed bananas

¼ c sour milk (or yogurt)

1 ¾ c flour

1 tsp baking soda

Cream the butter well. Add the sugar and continue beating until mixture is very creamy. Beat in the eggs and vanilla. When smooth and creamy, mix in the bananas and sour milk or yogurt. Continue to mix until evenly blended.

Sift together the flour and soda and gradually add to the creamed mixture. Continue mixing for about 1 minute with an electric mixer or until the batter is smooth and very evenly mixed.

Turn the batter into a well-oiled and floured 9x13 pan. Bake at 350° for about 30 to 35 minutes. Cool and frost. Sprinkle with chopped walnuts if desired.

Here is the major change I made to the original: Grandma always made hers with a fluffy chocolate frosting, but I didn't care about the chocolate banana combination and used Caramel Frosting (see recipe at the end of this section) instead.

When I first moved to Sheboygan County and was welcomed into the Laack/Schultz family, I discovered what it was like to have almost everyone's relatives within only a few miles of each other. As a result, just about every family birthday and anniversary was celebrated with an evening of food and

fellowship, usually starting relatively late, after all the milking was done. The core of the family was two sets of German grandparents and their eight children, all but two of them dairy farmers. Many of the cousins I gained were also still on the farm.

Being German, being active, hard working farmers (and their wives), the foods at these get togethers were hearty and of course homemade. There would be sandwiches, maybe some potato or macaroni salad and then desserts. Lots of desserts. Tortes and kuchen (two things I had never had to that time), cakes and "bars."

From those days long ago, there are still a few recipes that we have kept going into the next generations. We still refer to them by the name of the relative who was most identified with that delicious cake

BANANA TORT

Dianne Stirmel Robertson

Crust:

1 1/2 c flour

1/2 c butter

1/2 c chopped nuts

Filling:

8 oz cream cheese

3 c + 2 Tbsp milk

1 c powdered sugar

8 oz Cool Whip

4 bananas

2 (3oz.) pkgs instant vanilla pudding

Combine flour, butter and nuts. Press in a 9x13 pan. Bake at 375° for 10 minutes. Cool. Mix together cream cheese,

2 tablespoons milk, powdered sugar and half of the 8 oz container of Cool Whip. Pour over cooled crust. Slice 4 bananas over top. Mix 3 cups of milk with 2 packages of pudding. Pour over bananas. Top with the rest of the Cool Whip. Chill.

Note: I always use more Cool Whip on top and make sure the bananas are nice and ripe.

AUNT GRACE'S CHERRY CAKE

Helen Laack & the Laack kids

1 c sugar
1/2 c butter
3 eggs
4 Tbsp sour milk (or yogurt)
1 tsp soda
1/2 tsp cinnamon
1/4 c cloves
1 1/2 c cake flour (or all-purpose flour)
1 c sour cherries (lightly packed-if frozen,
drain and save the juices for another use)

Cream butter and sugar, add eggs one at a time, beating well. Sift soda, cinnamon, and cloves with flour. Add sour milk and flour mixture alternately to batter. Add cherries. Bake at 375° for 35-40 min.

Frost with a powdered sugar frosting and sprinkle with coconut or walnuts. (As I recall, this was always topped with coconut!)

LAZY DAISY CAKE

Alice Romick

Cake:

1/2 c milk
1 Tbsp butter
2 eggs
1 c sugar
1 c sifted flour
1 tsp baking powder
Salt
1 tsp vanilla

Topping:

2/3 c brown sugar
4 Tbsp cream
1/3 c melted butter
1/2 c coconut

Heat milk and butter, set aside. Beat eggs, add sugar, continue beating. Stir in rest of ingredients, adding hot milk last. Bake in flat pan at 350-375° for 25 to 30 minutes.

While cake bakes, stir together the topping ingredients. Spread on warm cake and place under broiler until it caramelizes. Without broiler, use half as much cream and return to hottest part of oven for a few minutes.

One of my favorites growing up. I think sometimes Mom just put chocolate icing on the cake.

This is in the 1963 Brick Church Cookbook, with Aunt Helen Fairchild the contributor.

Helen Laack note: You can also use this topping on a plain white or yellow cake mix cake baked in a 9x13 pan.

CHOP SUEY (PINEAPPLE) CAKE

Ginny Stirmel/ Marge Brereton

Cake:

2c flour

1 $\frac{2}{3}$ c sugar

1 c chopped walnuts

2 tsp baking soda

1 (16oz) can crushed pineapple with juice

Topping:

8 oz cream cheese

2 c powdered sugar

1 stick butter

1 Tbsp vanilla

2 Tbsp milk

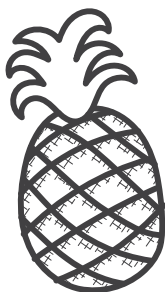
Mix cake ingredients well and pour into greased and floured 9x13 pan. Bake at 350° for 40 minutes. Mix topping ingredients well and spread on cooled cake.

Variation For 8-inch square pan:

Cake: 1 c flour, $\frac{3}{4}$ c sugar, $\frac{1}{2}$ c walnuts, 1 tsp baking soda, 8 oz crushed pineapple with juice

Topping: 3 oz cream cheese, 1 c powdered sugar, $\frac{1}{2}$ stick butter, 1 $\frac{1}{2}$ tsp vanilla, 1 Tbsp milk

Aunt Marge (Uncle Gage's wife) gave me this recipe in 1995.



HUMMINGBIRD CAKE

Tammy Stirmel

3 c all-purpose flour
2 c sugar
1 tsp salt
1 tsp baking soda
1 tsp cinnamon
3 large eggs beaten
1 1/2 c vegetable oil
1 1/2 tsp vanilla
1 (8oz) can crushed pineapple, in juice, undrained
2 c ripe bananas
1 c chopped pecans (optional)

Preheat oven to 350°.

Mix together flour, sugar. Salt, baking soda and cinnamon in a large bowl. Add eggs and oil, stirring just until dry ingredients are moistened. Stir in vanilla, pineapple, bananas and pecans.

Divide into three 9-inch round pans or one 9x13 pan, greased and floured.

Bake 25–30 minutes or until toothpick comes out clean. Cool completely. Frost with Cream Cheese Frosting (see recipe at end of this section). Sprinkle with pecans if desired.

WORLD'S EASIEST CAKE

Dan and Dorothy Stirmel

1 (20 oz) can crushed pineapple in heavy syrup

1 (21 oz) can cherry pie filling

1 two-layer size pkg yellow cake mix

1 c pecans, chopped

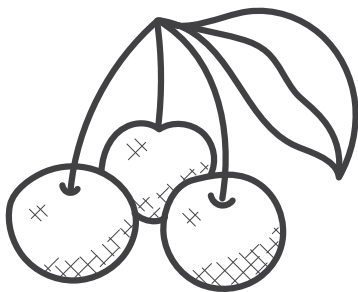
1/2 c butter, chilled

Preheat oven to 350° and grease a 9x13 pan.

Evenly spread the pineapple in its syrup in the bottom of the prepared pan. Spoon the pie filling evenly over the pineapple. Evenly sprinkle dry cake mix over the pie filling, then sprinkle with chopped nuts.

Slice butter into thin slices and put evenly over top.

Bake 50 minutes or until golden. Serve warm. Makes 12 servings.



MICHAEL'S STRAWBERRY SHORTCUT CAKE

Merry Strand

1 c mini marshmallows

1 (16oz) frozen strawberries, sliced in syrup, thawed

1 (3oz) pkg strawberry Jell-O

2 ¼ c flour

1 ½ c sugar

1 c milk

1 tsp vanilla

½ c shortening

3 tsp baking powder

½ tsp salt

3 eggs

Grease the bottom only of a 9x13 pan and spread mini marshmallows on. Combine strawberries and Jell-O, set aside. Combine remaining ingredients and beat 3 minutes. Pour batter over marshmallows. Spoon strawberry mixture evenly over batter. Bake at 350° for 45-50 minutes or until golden brown and toothpick inserted in middle comes out clean.

Also delicious made with raspberries and raspberry Jell-O.

STRAWBERRY ANGEL MOLD

Dorothy E. Brier Stirmel

1 (6 oz) pkg strawberry flavored gelatin

2 c hot water

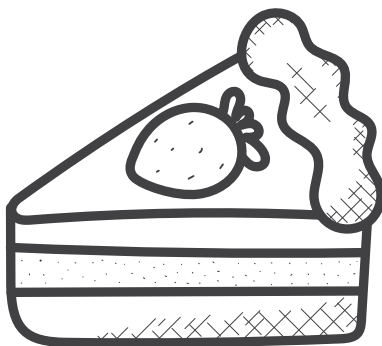
1 (16 oz) pkg frozen strawberries

1 angel food cake

1 (9 oz) container cool whip

In large 3qt mixing bowl with seal, add boiling water to gelatin and stir until dissolved. Add frozen strawberries to gelatin mix and stir until strawberries are thawed. Push angel food cake down into bowl with gelatin and strawberries and put lid on bowl. Turn bowl over until cake is covered with gelatin mixture. Chill until gelatin is set. Remove from bowl and serve with cool whip.

I usually cut up the angel food cake into small pieces, add it to the gelatin mixture and put it in a 9x13 pan then chill until firm and cut into squares. It's very good



MOM'S KILLER CHOCOLATE CARROT CAKE

Darcie Laack/Helen Laack

2 c sugar
1 c butter
4 eggs
1 c mashed, cooked carrots
4 heaping Tbsp cocoa
2 c flour
2 tsp baking powder
1 1/2 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
1/2 c milk
1/2 c nuts (opt)
1/2 tsp vanilla (opt)

Combine sugar and butter and beat until well blended. Add in eggs, one at a time, and beat until light. Blend in the carrots and cocoa. Sift the dry ingredients and add alternately with the milk, stirring well after each addition. Add nuts and vanilla if desired.

Pour into well-greased and floured 10-inch tube or Bundt pan. Bake at 350° for 60 to 70 minutes and let cool right-side-up before removing from pan.

This is a super-moist, dense cake that has a wonderful texture. I often make it with a Cooked Chocolate Frosting (see recipe at end of this section) just drizzled lightly over the top.

If desired, this can be made with part carob powder and part cocoa—but you might want to ask Lance first about Mom's "carob phase!" Up to a cup of the flour can be whole wheat, but this will affect the texture somewhat.

I think I have been asked for this recipe more than any other dessert, and it makes a great birthday cake.

CHOCOLATE CHERRY CAKE

Marge Brereton

1 fudge cake mix without pudding (or chocolate cake mix)

1/4 c mayonnaise

2 eggs

1 tsp almond extract

1 c cherry pie filling

Mix mayonnaise, eggs, extract and pie filling in a bowl. Add cake mix and stir with spoon until mixed. Ignore mixing instructions on box but bake as directed on cake mix box.

GREAT GRANDMA LAACK'S FLOP CAKE

Helen Laack and the Laack kids

1 1/2 c sugar

1 c flour

2/3 c lard or chicken fat*

2 squares chocolate, melted*

4 eggs

1 tsp baking powder

Nut meats

Mix as usual. Bake at 350° for about 30 minutes.

*Use butter or margarine for fat—although chicken fat removed before cooking chicken and “rendering” it (cook very slowly with a small amount of water until the fat is thoroughly liquefied, strain, chill and pour off water) makes a wonderfully fine-grained cake. May use 1/4 c cocoa for chocolate. Use a 9 x 13 cake pan.

This is the recipe exactly as Grandma gave it to me. Because it is not a high cake, Great Grandma Elsie Laack declared it a “flop,” and the name stuck, although it's everyone's favorite. It is always served with the Cooked Chocolate Frosting (see recipe at end of this section)—something that I did often have “flop”!

FUDGE CHOCOLATE SHEET CAKE

Melery Long

Cake:

2 c sugar
2 c flour
1 tsp baking soda
2 sticks butter
4 Tbsp cocoa
1 c water
1/2 c buttermilk
2 eggs
1 tsp vanilla

Frosting:

1 stick butter
4 Tbsp cocoa
6 Tbsp buttermilk
1 box powdered sugar
1 tsp vanilla
1 c nuts (optional)

Sift together flour, sugar and baking soda into a large bowl. In saucepan melt butter, cocoa and water. Bring to rapid boil and pour over dry ingredients. Add buttermilk, eggs and vanilla. Pour into greased and floured jelly roll pan. Bake at 400° for 20 minutes.

While cake bakes prepare frosting. Melt butter with cocoa and buttermilk, bring to a rapid boil and remove from heat. Add powdered sugar, vanilla and nuts. Mix until smooth. Spread on HOT cake.

HOT FUDGE PUDDING CAKE

Helen Laack

- 1 c flour
- $\frac{3}{4}$ c sugar
- 2 tsp baking powder
- 2 Tbsp cocoa
- $\frac{1}{2}$ c milk
- 2 Tbsp melted margarine or butter

Topping:

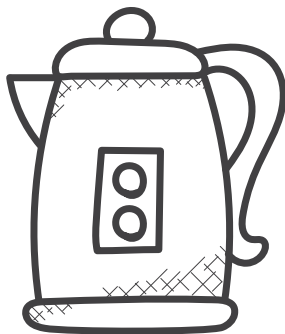
- 1 c brown sugar
- 4 Tbsp cocoa
- $1\frac{3}{4}$ c hot water
- 1 c nuts (optional)

Sift dry ingredients and stir in milk, butter, and nuts.

Spread in oiled 9" square pan.

Mix brown sugar and cocoa and sprinkle over batter. Pour hot water over entire batter. Bake at 350° for 45 minutes.

This is from the old Betty Crocker Cookbook, with a pudding like layer under a chewy brownie cake. Quick and fun to make.



MISSISSIPPI MUD CAKE

Tammy Stirmel

Cake:

1c butter, melted
2 c sugar
1/2 c unsweetened cocoa
4 large eggs, lightly beaten
1 tsp salt
1 tsp vanilla
1 1/2 c all-purpose flour
1 1/2 c coarsely chopped pecans
1 (10.5 oz) bag mini marshmallows

Frosting:

1/2 c butter, softened
3 3/4 c confectioner's sugar
3 Tbsp baking cocoa
1 Tbsp vanilla
4-5 Tbsp milk

Whisk together melted butter and next 5 ingredients in a large bowl. Stir in flour and pecans. Pour batter in a greased 9x13 pan.

Bake at 350° for 20-25 minutes or until wooden toothpick comes out clean. While baking, mix all ingredients for frosting.

Spread mini marshmallows on top of cake immediately after removing from oven. Drizzle chocolate frosting over marshmallows. Cool completely before cutting.

WACKY CAKE

Alice Romick

1 1/2 c flour (all purpose)

1 c sugar

3 Tbsp cocoa

1/2 tsp salt

1 tsp soda

1/3 c salad oil

1 Tbsp vinegar

1 tsp vanilla

1 c warm water

Sift and mix all the dry ingredients into an ungreased 8-inch square pan. Level dry ingredients and make 3 holes or wells in the mixture. Pour oil into one hole, vinegar into one hole, and vanilla into the other hole. Pour warm water over top. With a fork, stir mixture until smooth. Bake at 350° for 35 to 40 minutes. Use Chocolate Fudge Icing (see recipe at end of this section).

We've served Wacky Cake many times over the years. The pulpit committee that came from Wheeling to New Jersey to hear Bob preach really liked it.

This recipe, doubled, is in the orange Brick Church Cookbook, with Aunt Jessie Nichols and Alice both listed as contributors. This recipe says to place small chocolate candy bars on hot cake to melt for frosting. We usually have cake just plain or with white frosting.

FRUITCAKE

Virginia B. Stirmel/ Helen Laack

1 c butter

2 c sugar

1/2 c molasses

1 c raisins

4 eggs

3 c flour

1 tsp each—cinnamon, cloves, soda, nutmeg

That's it—no other instructions at all! This is a real “heritage recipe,” I found a very yellowed recipe card in Grandma (Virginia) Stirmel's recipe box, in Grandma Merenes's own handwriting. This is it exactly as given.



GREAT-GRANDMA LAACK'S POPPY SEED CAKE

Helen Laack & the Laack kids

Cake:

1/2 c poppy seeds
1 c milk
1 1/2 c sugar
3/4 c butter
4 egg whites, well beaten
2 c flour
1 tsp flavoring (I always used vanilla)
2 c flour
2 tsp baking powder

Custard Topping:

1 Tbsp cornstarch
3/4 c sugar
1 1/2 c milk
4 egg yolks
vanilla

Soak seeds in milk for two hours. Cream butter and add sugar, then add milk and poppy seed. Add dry ingredients and then beaten egg whites. Pour into a (9 x 12) pan and bake at 375° for 25 minutes (may need a little longer baking time, but do not overbake).

Topping. Dissolve cornstarch in a little milk; cook over double boiler with the rest of the milk until mixture thickens. Add sugar, beaten egg yolks, and vanilla. Spread on cooled cake and sprinkle with chopped walnuts.

My method: Mix the cornstarch and sugar and gradually add the milk. Then put in a heavy saucepan over medium heat and cook until the mixture thickens, stirring pretty constantly. Remove from heat and pour a spoonful or so of the hot milk mixture into the egg yolks. Then fold all the eggs into the hot mixture. Put the pan back on the stove and then return just until bubbly. Stir in vanilla and cool slightly before spreading on cake.

“WELFARE CAKE”

Helen Laack

Cake:

1 1/2 c water
1 c rolled oats
1/2 c butter
1 c white sugar
1 c brown sugar
2 eggs, beaten
1 1/2 c flour
1 1/2 tsp baking soda
1 tsp cinnamon
1 c raisins

Topping:

1 c sugar
1/2 c water
3/4 c peanut butter

Boil water, remove from heat and stir in rolled oats. Stir until blended and then add, in order, the butter, sugars, and eggs. Mix well and add the dry ingredients. Fold in the raisins and pour into a well-greased (9 x 12) cake pan. Bake at 350 about 30 minutes.

While cake is baking, prepare the topping. Boil the sugar and water together for 1 to 1 1/2 minutes, remove from heat, and stir in peanut butter, mixing well.

Remove cake from oven when it is just done (don't overbake at this point), spread with topping, and put back in oven for 7 to 10 more minutes, until bubbly.

This recipe came from the Sheboygan County Welfare Department when Jim worked there in the early 70s. At that time, there were agricultural surplus commodities distributed (this was before food stamps), and they often included dry scrambled egg mix. This recipe was one that was developed for people to use up their dried eggs, but I have only made it with fresh eggs.

MICROWAVE CARROT SPICE CAKE

Helen Laack

2/3 c melted butter
1 c sugar
2 eggs
1 c cooked carrots
1/2 c apple, finely chopped
1 1/4 c flour
1 tsp baking powder
1 tsp baking soda
1 tsp vanilla
1 tsp cinnamon
1/2 tsp allspice

Combine all ingredients and mix at low speed of mixer just to blend. Then beat for 2 minutes at medium speed. Pour into well-greased (but NOT floured) 6 cup glass Bundt pan or an 8 or 9-inch (deep) round baking dish with a greased custard cup inverted in the center.

Put in microwave at power level 7 (high medium) for 10 to 11 1/2 minutes, turning once. Let stand, covered, 10 minutes.

Keep covered and refrigerate if kept more than a few hours. Just before serving, dust heavily with powdered sugar.

As with most microwaved cakes, this does not brown, but it has a rich color from the spices and carrots. It is very moist and tastes richer than it is. This can be mixed and out of the oven in only half an hour.

I often steam or boil a large pot of carrots until very very soft, mash them, and freeze in 1 cup portions for use in cakes, spaghetti sauce, etc. I have heard of people using baby food carrots instead of their own cooked carrots, but I believe they would be a little more water-y and thus might not work quite as well.

GRANDMA K'S GINGERBREAD

Grandma Kirkpatrick/ Merry Strand/ Helen Laack

1 c white sugar
1/2 c molasses
1/2 c lard
3/4 t cinnamon
3/4 tsp ginger (Helen: I use up to 2 tsp)
3/4 tsp cloves
2 t baking soda
1 c boiling water
2 1/2 c flour
2 eggs, beaten

Variation: use 3 c flour and 1/2 tsp baking powder, no eggs

Cream sugar and lard. Add molasses. Sift flour, soda, and spices. Alternately add dry ingredients and water. If using eggs add. Stir in 1/2 c raisins or currents if desired. Bake at 350° in 9-inch square greased pan (or 9 x 13 for thinner cake).

Merry: My mom (Virginia B. Stirmel) gave me this recipe back in April of 1957. She got it from Grandma "K" Kirkpatrick.

Helen: There are a few cakes that I made for my kids that I had grown up with. One of these was gingerbread. From my earliest years, I remember Mom pulling out a green Depression era pitcher with a wood cover centered by an old-fashioned egg-beater. This was the way she made whipped cream. Over the years when we had our own cows, she would sometimes save some cream back from the milk she always, always pasteurized, and this would be whipped for topping strawberry shortcake in season or gingerbread at other times of the year. Though I never liked whipped cream, I did welcome both strawberry shortcake and gingerbread.

PUMPKIN CAKE

Joe Hilyard/Fiona Saltmarsh

Cake:

- 4 eggs
- 2 c sugar
- 1 c oil
- 1 can pumpkin
- 2 c flour
- 2 tsp baking soda
- 1 tsp baking powder
- 2 tsp pumpkin pie spice
- 2 tsp cinnamon
- 1/2 tsp salt

Icing:

- 1 stick butter, softened
- 1 (8oz) pkg cream cheese
- 1 (16oz) box confectioner's sugar

Beat together eggs, sugar, oil and pumpkin. In separate bowl sift together rest of ingredients. Add the dry ingredients to the wet and beat together for about four minutes.

Bake at 350° for 45-50 minutes in an angel food cake type pan, greased and floured.

While cake is cooling beat together all ingredients for icing.

When cake is completely cooled spread with icing.

When I went to Massachusetts for college I didn't know anyone but lucked out and was randomly assigned a wonderful roommate, Annette. We got along so well that we roomed together all four years of college and her family basically adopted me, making me feel welcome and always including me in their family get togethers.

Annette's Dad had a special recipe for Pumpkin Cake that he would always make for her Mom's birthday (October 18th). He passed away the year before we started college so I never got to meet him but Annette's sister carried on the tradition and now every time I have pumpkin cake I think of them and the way they made me a part of the family. This is his recipe.

QUICK SPICE CAKE

Linda Gray Wren

2 1/4 c flour
3 tsp baking powder
1 tsp salt
1 1/4 c sugar
1 tsp cinnamon
1 tsp cloves
1/2 tsp allspice
1/2 c oil (not olive oil)
1 c milk, divided
2 large eggs
1 Tbsp margarine, softened
1tsp vanilla
1/2 c raisins (optional)
1/2 c finely chopped nuts (optional)

Very lightly grease two 8-inch layer cake pans or a (9 x 5) loaf pan (a 9x13 pan may be used if you don't mind a thinner cake).

Sift together into a mixing bowl flour, baking powder, salt, sugar, cinnamon, cloves and allspice. Add oil and 1/2 c milk., stir till flour is dampened, then beat at medium to high speed for 2 minutes (depending on portable or stand mixer). Add 1/2 c milk, eggs, butter, vanilla and raisins and nuts if using. Beat two minutes longer and pour into prepared pans.

Bake at 375° for about 50 minutes for (9 x 5) loaf pan, 30 minutes for other pans. Toothpick inserted in middle should come out clean when done. Allow to cool then frost with powdered sugar or butter cream frosting.

COOKED CHOCOLATE FROSTING

Helen Laack

- 1 1/2 c sugar
- 2 squares chocolate (OR 3 Tbsp cocoa)
- 1/2 c milk
- 1 heaping tsp cornstarch
- 1 tsp butter
- 1 tsp vanilla

Stir together all ingredients except butter and vanilla. Boil mixture until it forms a soft ball in cold water. Allow to set (stirring occasionally) until cool. Beat in the butter and vanilla. Nuts may also be added if desired.

This is the frosting always used for Flop Cake, and I have found it an excellent fudge-y topping for the Chocolate Carrot Cake too. As with the fudge that Uncle Bob Romick and I used to make, I sometimes have difficulty getting this to set properly, but the flavor is wonderful even if it stays sticky—or sets up hard as fudge candy!

CARAMEL FROSTING

Helen Laack

- 1 1/2 Tbsp butter
- 3 Tbsp milk
- 1/2 c packed brown sugar
- 1 1/2 c confectioners' sugar
- 1/2 tsp vanilla extract

In a saucepan over medium heat, melt the butter, and mix in the milk and brown sugar. Boil vigorously for 1 minute.

Remove from heat, and cool slightly. Beat in the vanilla and then gradually add the powdered sugar, beating after each addition. If necessary, add a few drops of milk or water for best spreading consistency. This spreads most easily when it is still warm.

Use for Grandma Laack's Banana Cake.

CHOCOLATE FUDGE ICING

Alice Romick

2 Tbsp melted butter or margarine

2 c powdered sugar

1 Tbsp cocoa

1 tsp vanilla

3 Tbsp hot coffee

Mix all ingredients but coffee—then add coffee and beat by hand until smooth.

Use for Wacky Cake.

CREAM CHEESE FROSTING

Tammy Stirmel

For 3 tier cake:

2 (8 oz) pkgs cream cheese, softened

1 c butter, softened

2 (16oz) pkgs powdered sugar

2 tsp vanilla

For 9x13 cake:

1 (8oz) pkg cream cheese, softened

1/2 c butter, softened

1 (16oz) pkg powdered sugar

1 tsp vanilla

Cream butter and cream cheese. Slowly add powdered sugar and vanilla.

Use for Hummingbird cake.

Candies and Other Sweets



AUTUMN CARAMELS

Fiona Saltmarsh

- 1 vanilla bean
- 2 cinnamon sticks, broken in half
- 6 whole cloves, coarsely crushed
- 1 whole allspice, coarsely crushed
- 1 1/2 c heavy cream (12oz)
- 8 Tbsp unsalted butter, divided
- 1 c light corn syrup
- 2 c sugar
- 1 tsp salt
- 1 tsp vanilla extract

Line an 8-inch square pan with aluminum foil and spray foil with cooking spray.

Split vanilla bean lengthwise and scrape out seeds. In a small saucepan place vanilla bean seeds, scraped vanilla pod, cinnamon sticks, crushed cloves, crushed allspice, heavy cream and 4 Tbsp butter. Bring mixture to a low boil over medium heat. Remove from heat, cover with a tight-fitting lid and let sit for 30 minutes to infuse flavors.

After 30 minutes, combine corn syrup and sugar in a 4qt saucepan and stir over medium-high heat until sugar dissolves and mixture comes to a boil. Cover pan with lid and let it boil for 4 minutes so condensation washes sugar crystals from sides of pan.

Remove lid and continue cooking, without stirring, until mixture reaches 320°. Then carefully pour cream through a strainer into hot syrup mixture. Mixture will bubble and splatter and temperature will drop.

Cook, stirring frequently, until reaches 250° for a soft caramel, 255° for a firmer caramel.

Remove from heat and stir in remaining butter, salt and vanilla extract. Pour into prepared pan and let it set at room temperature, at least 4 hours or overnight. Once set remove from pan and peel off foil. Cut into squares and wrap in wax paper. Store in an airtight container at room temperature for up to 2 weeks. Tip: refrigerate for a bit after set to make them easier to handle when cutting up.

These are a favorite of my Grandma's (Ginny Stirmel) and surprisingly easy to make.

SEA FOAM

Virginia B. Stirmel/Helen Laack

3 c sugar
1/2 c light corn syrup
2/3 c water
2 egg whites
1/8 tsp salt
1 tsp vanilla
1 c nuts (opt)

Boil sugar, corn syrup and water together until the mixture reaches hard ball stage, 250° on candy thermometer.

While syrup cooks, beat egg whites and salt at high speed for 3 minutes. Pour syrup slowly into beaten whites while beating at high speed. Continue beating until mixture passes glossy stage, about 5 minutes. Add vanilla and beat until mixture forms peak when beater is raised. Fold in nuts if used and drop on waxed paper until completely cool.

This is the “divinity” candy that we often had in the winter to satisfy Grandpa Stirmel’s sweet tooth. Grandpa would sometimes get out the old flat iron and a hammer and then pull out the bag of hickory nuts we had gathered in the fall, and we would sit and crack and pick at the nuts while Mom was cooking the syrup and beating the egg whites. We also made this at Christmas and, if the budget allowed for maraschino cherries in the house, Grandma would put a little of the cherry juice in with the water (to give it a delicate pink) and then would stir in well-drained pieces of cherries instead of nuts.

BOB'S FUDGE

Bob Romick

3 c sugar
Cocoa to color
1 1/2 c evaporated milk
1/2 c creamy peanut butter
1 tsp vanilla

Mix sugar and cocoa until completely blended (for usual fudge cocoa should color sugar the color of a cup of cocoa). Add milk. Mix completely. Put on medium heat and let boil until soft ball stage. Add vanilla and peanut butter, mix, and let cook until peanut butter melts into mix. Remove from heat and beat about 1 1/2 minutes. Pour on to buttered plates and let cool.

Bob and Helen used to make this together in the 50's when Bob and Alice were dating. Sometimes it was great, sometimes hard as a rock or sometimes runny. They did have a good time.

FOOLPROOF CHOCOLATE FUDGE

Vickie Stirmel Saltmarsh and Fiona Saltmarsh

3 c semi-sweet chocolate morsels (18oz)
1 (14oz) can sweetened condensed milk
1 1/2 tsp vanilla extract
1/2 c chopped nuts (optional)

In a heavy saucepan, over low heat, melt chocolate morsels with sweetened condensed milk, constantly stirring. When all melted, remove from the heat, stir in vanilla and nuts. Spread evenly into wax lined 8-inch square pan. Chill 2 to 3 hours or until firm. Turn fudge onto cutting board, peel off paper and cut into squares. Store loosely covered at room temperature.

MYSTERY FUDGE

Vickie Stirmel Saltmarsh

- 2 c sugar
- 3 Tbsp cocoa or 1 square chocolate
- 1/2 stick butter
- 1/2 c milk
- Pinch of salt
- 1 tsp vanilla
- 1/2 c peanut butter
- 1/2 c nuts
- 3 c quick oats

Boil sugar, cocoa, butter, milk and salt. Remove from heat and add vanilla, peanut butter, nuts and quick oats. Mix thoroughly and drop by teaspoon onto waxed paper. Let stand to dry.

PEANUT BUTTER FUDGE

Tammy Stirmel

- 1 c peanut butter (I prefer crunchy)
- 3 c sugar
- 3/4 c butter
- 2/3 c evaporated milk
- 1 (7 oz) jar marshmallow cream
- 1 tsp vanilla

Combine sugar, butter, and milk in a heavy sauce pan. Bring to a full rolling boil, stirring constantly. Continue boiling over medium heat for 5 minutes, stirring constantly to prevent scorching. Remove from heat. Add peanut butter, stir until melted. Add marshmallow cream and vanilla. Beat until well blended.

Spread in a 9 x 13 pan lined with foil or parchment paper. Cool at room temperature, then refrigerate. Cut into squares when firm.

CREAM CHEESE MINTS

Vickie Stirmel Saltmarsh

1 (8 oz) pkg cream cheese

1/4 c butter, softened

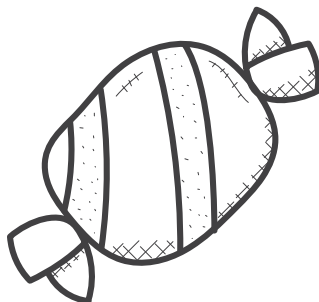
2 lbs. powdered sugar

A few drops food coloring: red, green or as desired

1/2 tsp peppermint or wintergreen extract

Combine cream cheese and butter in heavy bottomed saucepan. Stir over low heat until cheese is soft, butter is melted and the mixture is thoroughly blended. Add powdered sugar and stir until well combined. Add your choice of food coloring and flavoring. If desired, you may divide the whole batch to make 2 or 3 color choices, adding extract to taste. Roll into 1 inch balls. Place on wax paper to dry. Store in the refrigerator. Makes about 8 dozen mints.

You can use lemon extract and yellow food coloring if you're not a fan of mint but I always use peppermint extract. Great for a Christmas party.



PEANUT BRITTLE

Fiona Saltmarsh

3/4 tsp baking soda
1/2 tsp water
1/2 tsp vanilla
3/4 c sugar
1/2 c water
1/2 c light corn syrup
1 Tbsp + 1 1/2 tsp butter, cut into pieces
1/2 lb (3c) unsalted, raw peanuts

Grease a jelly roll pan with butter and keep warm in a 200° oven. Grease a long metal spatula with butter and set aside.

In a small bowl mix baking soda, 1/2 tsp water and vanilla; set aside.

In 1.5 qt sauce pan mix sugar, 1/2 c water and corn syrup. Cook over medium heat about 240°, stirring occasionally (about 25 minutes, will be bubbly and clear). Stir in butter and peanuts. Cook over medium heat until 300°, stirring constantly (about 13 minutes). Immediately remove from heat and quickly stir in baking soda mixture until light and foamy.

Pour onto jelly roll pan and quickly spread to about 1/4-inch thick with buttered spatula. Cool completely then break into pieces.

SCOTCH BRITTLE

Virginia B. Stirmel

1 c butter, softened
1 tsp salt
1 tsp vanilla
1 c sugar

2 c flour
1 c butterscotch chips
1 c finely chopped salted peanuts, divided

Combine butter, salt and vanilla. Gradually blend in sugar. Add flour, butterscotch chips and $\frac{3}{4}$ c peanuts. Mix well.

Press evenly into an ungreased (15 x 10) pan. Sprinkle with $\frac{1}{4}$ c finely chopped salted peanuts, pressing nuts into dough. Bake at 375 for 25 minutes or until golden brown. Cool. Break into irregular pieces. Makes about 1 $\frac{3}{4}$ lbs.

PEANUTTY POPS

Helen Laack

1 envelope unflavored gelatin
 $\frac{1}{2}$ c sugar
 $\frac{1}{3}$ c dry milk powder
1 c boiling water
1 c chocolate milk
1 c peanut butter

In medium bowl, mix unflavored gelatin and sugar; add boiling water and stir until gelatin is completely dissolved. With wire whip or rotary beater, blend in peanut butter; stir in milk. Pour into 5-ounce paper cups and place in freezer until partially frozen. Insert popsicle sticks and freeze until firm. Makes 6 pops.

Variations: stir in small semi-sweet chocolate chips, chopped banana or mini-marshmallows just before inserting stick.

I bought the bathroom dispenser size plastic cups and used them for these and fruit juice popsicles that I kept in the freezer almost continuously through those long Arizona summers. I also cut back on the peanut butter at times to reduce the calorie load just a little. These are still a favorite of Darcie's and she requested them for the 2004 Stirmel Family Cookbook.

MICROWAVE CARAMEL CORN

Helen Laack

1/2 c brown sugar

1-2 Tbsp butter

2 Tbsp water

1/4 tsp soda

4-6 c popcorn

Mix sugar, butter and water in a large glass bowl* and microwave at level 5 (medium) for 4 to 5 minutes, until it reaches the hard ball stage. Stir at least twice. Add soda and stir well. Put popcorn in a large glass* casserole dish and pour syrup over. Stir. Put popcorn into microwave at medium heat about 4 to 6 minutes more, stirring 2 or 3 times. Let cool.

*Use glass rather than microwaveable plastic, as the syrup gets hotter than most of these materials are able to handle.

You will notice that there is no salt in the recipe; that is because I developed it using already popped corn like the kind you can get in a one or two pound giant bag from Costco or some grocery stores. If you pop your own corn, you will probably want to add about 1/2 tsp or so of salt.

OVEN CARAMEL CORN

Merry Strand

15 c popped corn (unsalted)

1 c packed brown sugar

1/2 c butter/margarine

1/4 c light corn syrup

1/2 tsp salt

1/2 tsp baking soda

Peanuts (optional)

Mix sugar, butter, corn syrup and salt in large saucepan.

Cook over medium heat until it bubbles around the edge. Stirring, boil for 5 minutes. Stir soda into sugar mixture until it is foamy. Immediately pour over corn in two 9x13 pans. Stir till all is coated. Bake at 250° for 1 hour, stirring every 15 minutes. Remove from oven. Stir to break apart, cool and enjoy. Also very good with peanuts in it.

MOLASSES POPCORN BALLS

Virginia B. Stirmel/ Helen Laack

1 $\frac{3}{4}$ c light molasses
2 c sugar
 $\frac{2}{3}$ c water
2 tsp vinegar
 $\frac{1}{2}$ tsp soda
Popcorn (no amount given)

Combine all but soda and cook to hard ball stage (250° on candy thermometer). Remove from heat and stir in soda. Mix thoroughly and pour over popcorn, stirring up from bottom of dish so all popcorn is covered. Shape into balls. Makes 12 balls.

A quickie variation: Melt $\frac{1}{2}$ lb light caramel candy with 2 tsp water in top of double boiler. Stir until smooth and pour over 2 qts salted popcorn. Spread on buttered cookie sheet. Cool, break apart.

These are the very old-fashioned, very molasses-y popcorn balls that Grandpa and Grandma used to make on long winter nights.

MUDDY BUDDIES

Vickie Stirmel Saltmarsh

9 c of rice, corn, and/or chocolate Chex cereal

1/2 c peanut butter

1/4 c butter or margarine

1 tsp vanilla

1 1/2 c of powdered sugar

Put cereal in a large bowl. In 1 qt microwavable bowl, microwave chocolate chips, peanut butter, and butter on high 1 minute, stir. If need add 30 seconds at a time until melted and smooth. Add vanilla. Pour mixture over cereal stirring until evenly coated. Pour into a 2-gallon resealable bag and add powdered sugar, seal the bag and shake to cover. Spread on wax paper to dry/cool and store in air tight container in refrigerator.

SWEET CHEX MIX

Marlene Deschler

11 whole cinnamon graham crackers broken into bite-sized pieces

8 c Chex cereal (any type)

1 c small straight pretzels

1 c pecan halves (optional)

1 c margarine or butter

1 c brown sugar

1 c vanilla baking chips, M&M's (optional)

In a large bowl, mix together the graham crackers, cereal, pretzels, and nuts. Set aside.

Cook margarine and brown sugar in microwave for 2 minutes on high. Stir (using a whisk makes it easier to combine the two). Cook for 2 more minutes. Pour over cereal mixture. Stir well to coat thoroughly.

Spread mixture onto baking sheets. Bake at 275° 16 to 18 minutes. Spread on waxed paper to cool. Add vanilla baking chips or M&M's, etc. if desired. Store in sealed container *Yum!*

Cookies and Bars



ALMOND SPRITZ

Fiona Saltmarsh

- 1 c butter
- $\frac{2}{3}$ c sugar
- 3 egg yolks
- $\frac{1}{2}$ tsp almond extract
- $\frac{1}{2}$ tsp vanilla extract
- 2 $\frac{1}{2}$ c flour

Cream together butter, sugar, yolks and extracts. Gradually add flour. Use a cookie press to put onto an ungreased cookie sheet.

Bake at 400° for 5–7 minutes or until just set. Immediately remove from trays and cool on wire rack. Yield 6 dozen.

APPLE "COOKIES"

Helen Laack

- Apples
- Peanut butter

Core the apples and fill the cavity with peanut butter. Slice into $\frac{1}{2}$ inch slices so you have a “doughnut” of apple filled with peanut butter.

This was one of Darcie's favorite snacks for years, and we made these frequently.

CHRISTMAS CANDY CANES

Helen Laack

- 1 c butter
- 1 c sugar
- 1 tsp vanilla
- $\frac{1}{2}$ tsp almond extract
- 2 c flour
- 1 c quick oatmeal

Mix well. Add a bit more flour or rolled oats as necessary to keep dough firm. Roll into candy cane shapes and bake at 325° for 20 to 25 minutes. Ice with red and white frosting to make candy cane stripes. *Easy to mold dough can be shaped for any holiday.*

CHEWY CHOCOLATE COOKIES

Melery Long

1 1/4 c butter

2 c sugar

2 eggs

2 tsp vanilla

3 1/2 c flour

3/4 c cocoa

1 tsp baking soda

1/2 tsp salt

Cream butter and sugar. Add eggs and vanilla, blend well. In separate bowl measure flour, cocoa, baking soda and salt. Gradually add to wet ingredients.

Drop by teaspoon full onto ungreased cookie sheet. Bake at 350° for 8 minutes.

To make these extra special add chocolate chips or peanut butter chips.

CHEWY COCONUT COOKIES

Fiona Saltmarsh

1 1/4 c flour

1/2 tsp baking soda

1/4 tsp salt

1/2 c butter

1/2 c packed brown sugar

1/2 c granulated sugar

1 egg

1/2 tsp vanilla

1 1/3 c flaked coconut

Combine flour, baking soda and salt. Set aside. In a large mixing bowl cream butter and sugars until smooth. Beat in egg and vanilla until light and fluffy. Gradually add flour mixture. Stir in coconut.

Drop dough onto ungreased cookie sheet and bake at 350° for 8-10 minutes. Yield 3 dozen.

CHOCOLATE COOKIES

Grandma Belinda Stirmel

- 1 c sugar
- 1/2 c melted butter
- 1 egg
- 1 tsp vanilla
- 3 squares chocolate, melted
- 2 c flour
- 1 tsp baking soda
- 1 c sweet milk
- 1/2 c raisins
- 1/2 c nutmeats

Mix sugar and butter. Add egg, vanilla and melted chocolate. Mix flour and baking soda. Alternately add flour mixture and milk to chocolate mixture. Stir in raisins and nutmeats. Mix well. Drop by teaspoons full on greased baking sheet. Bake at 350°. Frost with chocolate icing.

COOKIE TOYS

Helen Laack

- 1 c butter
- 1/2 c sugar
- 1 egg
- 2 tsp vanilla
- 2 1/2 c flour
- 1/2 tsp baking powder
- 1 c rolled oats

Mix and chill. Roll to 1/4-inch thickness and cut out. Bake on ungreased sheets at 375° for 8 to 10 minutes. Watch closely to avoid burning.

This is Alice Romick's recipe from the Orange Brick Church Cookbook. These are easy to roll, and the oatmeal adds a nice nutty flavor. When we used to make many, many Christmas cookies (one year we topped 100 dozen!), these were among the favorites.

CHOCOLATE CHIP COOKIES

Fiona Saltmarsh

3/4 c butter, softened
1/4 c shortening
1 c packed brown sugar
1/2 c granulated sugar
3/4 tsp baking soda
1/2 tsp salt
2 eggs
1 tsp vanilla
2 1/2 c flour
3 c chocolate chips

In large bowl blend butter and shortening. Add sugars, baking soda and salt. Beat until combined. Beat in eggs and vanilla. Beat in flour. Stir in chocolate chips.

Drop teaspoonfuls of dough onto ungreased cookie sheet and bake at 350° for 8–9 minutes or until edges are light brown. Yield 5 dozen.

Caramel-Chocolate Chip: Make above recipe. If using hard caramels (i.e. Kraft squares) cut into small pieces and place 2 or three on top of dough ball before baking. Make sure to press down so dough is on all sides of caramels. If using soft caramels, cut into small pieces and place 2 or 3 on top of cookie immediately after removing from oven.

Chocolate Chip-Pretzel: Make above recipe but use 1 1/2 c chocolate chips and 1 1/2 c pretzel pieces.

COUNTRY HOLIDAY COOKIES

Melery Long

- 3 c flour
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 c butter
- 1 1/4 c sugar
- 1 egg
- 1 tsp vanilla

Cream butter and sugar until light and fluffy. Beat in egg and vanilla. Beat in dry ingredients until just combined. Cover and chill for 3 hours. Roll out dough and use cookie cutters to cut out shapes. Bake at 375° for 8-10 minutes or until bottom is light brown.

CRISP OATMEAL COOKIES

Grandma "K" Kirkpatrick

- 1 c brown sugar
- 1 c white sugar
- 1 c shortening
- 1 tsp vanilla
- 2 eggs, beaten
- 1 1/2 c flour
- 1/2 tsp salt
- 1 tsp soda
- 2 c oats
- 1/3 c nut meats

Cream sugars and shortening. Add vanilla and eggs. Mix well. Sift together flour, salt and baking soda then add to wet ingredients and mix well. Add oats and nuts. Mix well. Shape dough in rolls and wrap in wax paper. Chill thoroughly in refrigerator. Cut into 1/4-inch thick slices. Bake on greased pan at 350° for about 10 minutes. Makes 5 dozen.

DOUBLE CHOCOLATE OATMEAL COOKIES

Helen Laack/Darcie Laack

1 1/2 c sugar
1 c butter
1 egg
1/4 c water
1 tsp vanilla
1 1/2 c flour
1/2 tsp baking soda
1/3 c cocoa
3 c oatmeal
6 oz chocolate chips or holiday M&Ms, or mini chocolate chips
AND M&Ms

Cream butter and sugar and beat in egg, water, and vanilla. Add flour, soda and cocoa and mix well. Stir in oatmeal and chocolate chips. Drop by teaspoonfuls about 2 inches apart on ungreased cookie sheets. Bake about 10 minutes at 350°. Do not overbake. Makes about 5 1/2 dozen cookies.

Helen's variations: Substitute 1 cup very finely chopped apples for chocolate chips

This is another one of our family's standard Christmas cookies, but it's good year round. You can cut the butter or margarine back to 3/4 cup and can add as much as an additional cup of oatmeal for a cookie that is still very good but not quite so rich.

DOUBLE KISSES

Helen Laack

1 1/2 c flour
1/4 c cocoa
6 oz butter
2/3 c sugar
1 tsp vanilla
1/4 tsp cinnamon
1/4 c ground hazelnuts or other nuts
May need 2 tsp to 1/4 c water

42-50 candy kisses

Mix as usual for piecrust. Using about 2 teaspoons of dough, form a flat round in the palm of your hand. Center an unwrapped candy kiss on dough and bring dough up to cover completely. Pinch dough to keep candy kiss shape. Bake at 325° for 12 minutes on well-greased cookie sheet until no longer shiny but dull and dry looking and bottoms are chocolate brown in color. Be sure not to over bake. Cool completely before lifting from sheets. Wrap in 5-inch squares of foil as for candy kisses. (If desired, cut thin strips of paper and add a message, similar to a Hershey kiss.)

I found this recipe in the San Francisco Chronicle on a business trip in 1989. A little work, but lots of fun to make with special messages for Valentine's Day.

GINGER SNAPS

Helen Laack

2 c sugar
1 c butter or margarine
2 eggs
1 c molasses
1 tsp vanilla
4 c flour—may need more
1 tsp soda
1 tsp cinnamon
2-4 tsp ginger
1/2 tsp cloves

Cream butter and sugar; add eggs, then molasses and vanilla. Sift dry ingredients and stir in. Roll into small balls and place far apart on sheets as these spread. Bake at 350° for 12 to 15 minutes.

These are very much like purchased ginger snaps, with crinkled tops. The advantage of these is that you can alter the spiciness to suit your own tastes.

GRANDMA STIRMEL'S JUMBO RAISIN COOKIES

Linda Gray Wren

- 1 c water
- 2 c raisins
- 1 c shortening
- 2 c sugar
- 3 eggs
- 1 c chopped nuts
- 4 c sifted flour
- 1 tsp baking powder
- 1 tsp soda
- 2 tsp salt
- 1 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp allspice

Place water and raisins in a saucepan. Bring to a boil and boil for 5 minutes. Set aside to cool, retaining the water with the raisins. Preheat oven to 400°.

Cream shortening and sugar. Add eggs and beat well. Add chopped nuts and raisins. Sift together sifted flour, baking powder, soda, salt, cinnamon, nutmeg and allspice. Add flour mixture to raisin mixture and blend. Drop by teaspoonfuls on to greased cookie sheet and bake for 12 to 15 minutes.

Makes about 5 dozen cookies.

These soft, flavorful cookies are a favorite at our house!

GREAT GRANDMA STIRMEL'S MOLASSES COOKIES

Linda Gray Wren

- 2/3 c sugar
- 2/3 c shortening or lard
- 1 c molasses
- 1 tsp soda in 2/3 c very hot water
- 3 c flour
- 2 Tbsp cocoa
- 1 tsp ginger

1 tsp cinnamon
1/4 tsp cloves
dash salt

(There is no oven temperature noted on the old card; bake at 350°)

Cream first three ingredients together well. Add soda in hot water. Add flour and spices and mix well. Add enough additional flour to roll. Roll, cut out and bake. Very good frosted.

GREEN CHRISTMAS BALLS (A.K.A. "RUSSIAN TEA CAKES")

Helen Laack

1 c soft butter or margarine
1/2 c sifted powdered sugar
1 tsp vanilla
2 1/4 c flour

Filling choices: Maraschino cherries, candied fruit, dates, or nuts

Green icing

Flaked coconut

Cream butter, sugar, and vanilla well. Stir in flour and chill.

Cut cherries in thirds or halves. Dates should be quartered, and nuts should be in large pieces. Take small pieces of dough and roll around your choice of fillings and shape into small balls. Place on ungreased cookie sheets and bake at 400° for about 7 to 8 minutes until set but not brown. Cool.

Thin green icing and put in a bowl. Using a fork, dip each cookie into the icing, remove, drain slightly and then roll in a bowl of flaked or grated coconut. Allow to dry on wire racks over waxed paper.

These take a long time to make but they are favorite Christmas cookies that really look nice in an assortment of cookies.

GUM DROP COOKIES

Melery Long

- 1 c shortening
- 1 c brown sugar
- 1 c white sugar
- 2 eggs
- 1 tsp vanilla
- 2 c flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 4 c oatmeal
- 1 c chopped gumdrops
- 1 c coconut (optional)
- 1c nuts (optional)

Mix together first 5 ingredients. Add remaining ingredients and mix well. Drop by teaspoonful onto cookie sheet. Bake at 375° for 7-9 minutes.

MARBLE SUGAR COOKIES

Fiona Saltmarsh

Black dough:

- 2 3/4 c flour
- 3/4 c Dutch processed cocoa
- 1/2 tsp salt
- 1 tsp baking powder
- 1 c unsalted butter, softened
- 1 3/4 c granulated sugar
- 2 eggs
- 2 tsp vanilla

White dough:

- 1/2 c butter, softened
- 1/2 c shortening
- 2 c sugar
- 1 tsp baking soda
- 1 tsp cream of tartar

1/8 tsp salt

3 egg yolks

1/2 tsp vanilla

1 3/4 all purpose flour

Make black dough: In a separate large bowl whisk together flour, cocoa powder, salt and baking powder. Add eggs one at a time, beating well after each addition. Add vanilla. Add flour mixture and beat until you have a smooth dough. Place in refrigerator.

Make white dough: In a large bowl beat butter and shortening for 30 seconds. Add sugar, baking soda, cream of tartar and salt. Beat until combined. Beat in yolks and vanilla. Beat in as much flour as possible and stir in rest with spoon if needed. Place in refrigerator.

After 30 minutes–1 hour (dough should be a firm but not too stiff) take out of fridge and break off small pieces of each dough kneading together to get a marbled effect. Shape into balls (if dough is too sticky return to fridge for a bit). Bake at 350° for 10-15 minutes.

A few years ago, my younger brother (half-brother by my Dad) challenged me to make marble sugar cookies. After a bit of research through cookbooks and online I came up with this recipe and it was a huge hit. It makes a LOT of cookies so it's best used for a party or you can freeze some of the cookies for later. You can make either dough on its own. If you make just the white dough, which is a traditional sugar cookie, reduce heat to 300°.

SUGAR COOKIES (MICHAEL'S)

Lia Strand

1 c powdered sugar (firmly packed)

1 c sugar

1 c butter

1/2 t salt

5 c flour

2 eggs

1 c oil

2 t vanilla

1 t baking soda

1 t cream of tartar

Cream sugars, butter, and salt. Add eggs, oil, vanilla, soda, cream of tartar, and flour. Mix well and drop by teaspoons on ungreased cookie sheet. Flatten with glass dipped in sugar. Bake at 350° for 10-12 minutes.

We make these melt-in-your-mouth cookies every Christmas.

NEVER FAIL ROLLED COOKIES

Helen Laack

1 package cake mix (2 layer size) any flavor

2-3 tsp softened butter

1 egg

1 tsp water

Mix with hands until thoroughly combined. Should be almost like Play-Doh in consistency.

Rolled cookies: Roll very thin on a mixture of flour and powdered sugar. Bake at 375° for 5 to 7 minutes.

Molded cookies: Roll in balls and put on sheets. Dip a glass in plain or colored sugar and flatten each cookie. Bake at 375° for 5 to 8 minutes.

This is another of Alice's recipes from the Orange Brick Church Cookbook. It is a good one for children to learn on, as the dough is as easy to work with as Play-Doh.

NOT SO RICH CHOCOLATE CHIP COOKIES

Helen Laack

1 c butter or margarine
1 ¼ c brown sugar
1 c sugar
3 large eggs
1 ½ tsp vanilla
4 c flour
1 tsp soda
6-12 oz chocolate chips

Cream butter and sugars; beat in eggs and vanilla. Sift soda and flour together and stir in. Add chocolate chips. Drop by spoonfuls onto greased baking sheet. Bake at 350° about 12 to 15 minutes. Makes 4 to 5 dozen depending on size.

Grandma Stirmel gave me the cookie recipe this is based on. When the kids were small, I usually made them with fewer chocolate chips, both because they were cheaper and because I thought they were at least a little healthier that way.

MELERY'S NO BAKE COOKIES

Melery Long/Darcie Laack

Melery's original recipe:

Melt together ½ c margarine, 2 c sugar, ½ c milk, 3 T cocoa, and 1 t vanilla. Bring to a boil and boil for 1 minute. Remove from heat. Add ½ c peanut butter, 3 c oatmeal, then 1 c coconut, oatmeal, or wheat germ.

Darcie's updates:

Melt together ½ c butter, 1 ½ c sugar, ½ c milk (or Kaluah for the vegan boozy version), ¼ c cocoa.

Bring to a boil and boil for 1 minute. Remove from heat. Add 1 t vanilla, ½ c peanut butter, 3 c oatmeal, and 1 c coconut, and 1/2 chopped pecans.

Darcie's note: I have been making Melery's recipe ever since the 1991 cookbook came out, thinking fondly of my "big sister cousin" every time. It's evolved over the years, but still my fave.

OATMEAL DATE FILLED COOKIES

Merry Strand

Cookie:

1 scant c shortening

1/2 tsp salt

1 c sugar

1/2 c sour milk

2 c flour

2 c oatmeal

1 tsp soda`

1 tsp vanilla

Filling:

1/2 c dates

1/2 c water

1/2 c brown sugar

Mix all except filling together and roll as for pie crust. Cut with cookie cutter, spread filling between cookies, and bake.

Filling: Boil dates, water, and brown sugar until thick. Use 1 teaspoon for each cookie.

This is "Aunt Jessie" Nichols' recipe from the 1936 Brick Church Cookbook.

Marlin made these for us in 1972. They are also very good with raspberry jelly in them. I would suggest baking at 350° to 375°. You can also make a round cookie, place filling on half and fold in half.

OATMEAL RAISIN COOKIES

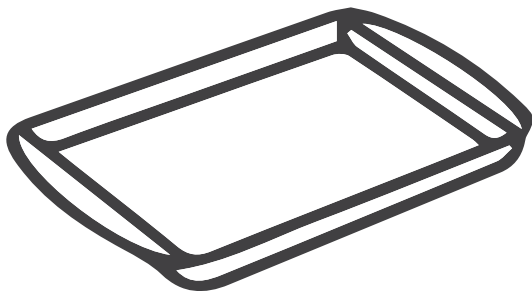
Fiona Saltmarsh

- 3/4 c butter, softened
- 1 c packed dark brown sugar
- 1/2 c granulated sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 2 eggs
- 1 tsp vanilla
- 1 1/2 c flour
- 2 c rolled oats
- 1 c raisins

In large mixing bowl beat butter and shortening. Add sugars, baking powder, baking soda, salt and cinnamon. Beat in eggs and vanilla. Beat in flour. Stir in oats and raisins.

Drop dough by teaspoonfuls onto ungreased cookie sheet.

Bake at 375° for 8-10 minutes or until edges are lightly browned. Allow to stand on cookie sheet for 1-2 minutes before transferring to wire rack to finish cooling.



PEPPER NUTS

Linda Gray Wren

1 c brown sugar
1 c shortening
2 eggs
1 c molasses
3 Tbsp vinegar
3 Tbsp hot water
4 1/2-5 c flour
2 tsp soda
1 tsp allspice
1/2 tsp cloves
1/4 tsp cardamom
1 tsp cinnamon
1/2 tsp anise oil
1/4 tsp pepper
1/2 tsp. nutmeg
1 c nut meats

Cream together brown sugar, shortening, eggs, molasses, vinegar and hot water. Sift together flour and spices. Add molasses mixture alternately to flour and spices. Roll into balls about the size of a small walnut. Bake at 375°. When slightly cooled, roll in powdered sugar.

Mary Stuart Brandt recipe mom used.

(Helen Laack note: I made these with my kids the day after Thanksgiving so they had time to mellow. I often increased all the spices a little and always left out the nuts. This is a VERY large recipe.)

PUMPKIN OATMEAL CHOCOLATE CHIP COOKIES

Vickie Stirmel Saltmarsh

4 c flour
2 c Quick oats
2 tsp baking soda
1 tsp salt

2 tsp cinnamon
1 1/2 c butter
2 c brown sugar (firmly packed)
1 c sugar
1 egg
1 tsp vanilla
1 can pumpkin
1 1/2 c semi-sweet chocolate chips

Preheat oven to 350°. Combine flour, oats, soda, salt and cinnamon; set aside. Cream butter; gradually add sugars, beating until light. Add egg and vanilla. Alternate adding pumpkin and dry ingredients, mixing well. Stir in chocolate chips. Bake about 10 minutes. Makes 8 dozen.

Great to make ahead and then freeze to pull out later. I often take these for coffee hour at church.

SHORT COOKIES

Helen Laack

1 1/2 c brown sugar
1 – 1 1/4 c butter
2 eggs
3 c flour
2 tsp baking powder
2 to 3 c oatmeal
2 tsp vanilla
1 c walnuts (or 1 c dates)
1 c raisins

Mix, form into balls, and flatten with a fork to 1/4 inch thickness. Bake at 375°.

Variations: Use granola type cereal for part of oatmeal. Soften the raisins with a little water in the microwave before adding.

For a very different texture (and for kids who don't usually like raisins), put the raisins and oatmeal in the food processor and grind before adding.

This is from the 1931 Brick Church Cookbook and is one of the best oatmeal cookies you'll ever eat!

SHORTBREAD WREATHS

Helen Laack

1 c butter

½ c sugar

2 c flour

1 tsp real vanilla

Decorative trims (see below for suggestions)

Cream butter and sugar until fluffy and very smooth. Stir in flour and vanilla and work dough with hands until smooth. Chill several hours or overnight.

Divide dough in half. Shape each half into an 18-inch rope. Arrange in a circle on a pizza pan or large cookie sheet and pinch ends together. Using your fingers, flatten the wreath, making leaf-like indentations and ridges. Keep the overall thickness about ½-inch. Use nuts, candied cherries, cinnamon candies and/or green colored sugar to decorate.

Bake at 300° about 30 to 40 minutes until golden brown and crisp. Cool 5 minutes on sheets, then remove carefully to rack or directly to serving plate. Store in airtight container.

This is a very easy dough to work with, and these wreaths make a beautiful centerpiece for a Christmas dessert table. Be sure to use butter and real vanilla for best flavor.

SNICKERDOODLES

Fiona Saltmarsh

- 1 c shortening
- 1 1/2 c sugar
- 2 eggs
- 2 3/4 c flour
- 2 tsp cream of tartar
- 1 tsp baking soda
- 1/4 tsp salt
- 2 Tbsp sugar
- 2 tsp cinnamon

In small bowl mix 2 Tbsp sugar and 2 tsp cinnamon, set aside.

Mix shortening, 1 1/2 c sugar and eggs until fluffy. Sift together flour, cream of tartar, baking soda and salt. Blend into creamed mixture. Roll dough into small balls and roll in cinnamon sugar mixture. Place on ungreased cookie sheet and bake at 400° for 8-10 minutes or until bottom of cookie is golden brown.

CARAMEL SNICKERDOODLES: Make the above recipe but after dough is formed roll a small ball and create a depression in middle, place half or quarter of a **soft** caramel (should be soft to the touch; size will depend on how large you make the cookies) in the center and top with another ball with an impression in it. Press two cookie halves together sealing caramel inside. Roll in cinnamon-sugar mixture and bake as would plain snickerdoodle. You can also sprinkle with coarse salt immediately after removing from oven.

SUGARPLUM COOKIES (AKA DATE BALLS)

Darcie Laack

Now gluten free!

1/2 c butter

2 eggs, slightly beaten

1 c sugar

1 1/2 c sliced or chopped dates

1/2 tsp salt

1 tsp vanilla

1 c chopped pecans

2 1/2 c Rice Krispies cereal

Heat in heavy sauce pan butter, eggs and sugar. Stir in dates and cook 5 minutes or less, stirring constantly. Remove from heat and add salt, vanilla, pecans and Rice Krispies cereal.

When cool enough to handle, shape into small (1-inch) balls and roll in powdered sugar.

Makes about 6–7 dozen balls.

UNBAKED OATMEAL COOKIES—MICROWAVE

Helen Laack

1 c sugar

1–2 tsp butter

2 tsp cocoa

1/2 c powdered milk

1/4 c water

2 tsp peanut butter

1/2 tsp vanilla

2–3 c oatmeal

Combine sugar, butter, cocoa, milk powder and water in a large glass bowl. Heat on high for 3 minutes, till boiling well (watch to avoid having mixture boil over). Stir in remaining ingredients until well combined. Turn out on a cold plate and cut into squares when cold. Can also drop by tablespoons onto waxed paper instead.

This is a fast version of an old basic kid pleaser.

APPLE CHEESECAKE BARS

Helen Laack

1 1/2 c oatmeal
3/4 c flour
1/2 c brown sugar
1/4 c sugar
1/2 – 3/4 c butter
2 c ricotta or cottage cheese*
2 large OR 3 small eggs
1/2 c sugar
1 tsp vanilla
2-3 c finely chopped apples
1/3 c chopped pecans
2 tsp sugar
1 tsp cinnamon

Crust: Combine oatmeal, flour, sugars and butter. Reserve 1 cup of mixture and pat rest in greased 9x13 pan and bake at 350° for 15 minutes.

Filling: Combine cheese, eggs, sugar, and vanilla, mix until smooth, and pour over crust. Top with apples, nuts and sugar and cinnamon.

Sprinkle reserved crumbs over top. Bake at 350° for 25 minutes, until set.

*Replace ricotta with vanilla yogurt and use 3 medium eggs. Reduce sugar in filling to 2 tablespoons.

Microwave version: Divide crumbs between two 9 inch pie pans. Microwave each separately for 1 3/4 minutes. Divide filling and apples between the two pans and bake each one at power level 7 for about 7 to 9 1/2 minutes until set.

This oatmeal crust is a good substitute for graham cracker crusts in other recipes.

BUTTERSCOTCH BROWNIES

Fiona Saltmarsh

- 1/2 c butter softened
- 1/2 c sugar
- 1/2 c brown sugar
- 1 egg
- 1 tsp vanilla
- 1/2 tsp baking powder
- 1 c flour
- 1/2 c butterscotch chips
- 1/2 c chopped nuts (optional)

Combine butter with sugars. Add eggs and vanilla and mix well.

Add baking powder and flour and mix until combined. Fold in chips (and nuts).

Spread into a greased or lined 9-inch square pan and bake at 350° for 30–35 minutes until brown.

CHRISTMAS CHEERIOS TREES

Merry Strand

- 3 Tbsp butter
- 3 c mini marshmallows
- 1/2 tsp green food coloring
- 1/2 tsp vanilla
- 4 c Cheerios
- Multi-colored non-pareils

In a large saucepan melt butter and marshmallows over low heat, stir in food coloring and vanilla. Fold in Cheerios until evenly coated. Scoop out onto waxed paper into 12 even portions and with buttered hands quickly shape into tress (slant hands slightly and press mixture in and down at same time to make a rounded tree). Sprinkle with non-pareils while tacky. Top each tree with a gumdrop, frosting of other candy to designate a star.

These are great for children's favors or Christmas tree decorations that can be eaten. Once dry, wrap in plastic wrap and tie with colored string/ribbon.

CORN FLAKE BARS

Helen Laack

1 c flour
1/3 c melted butter
3/4 c brown sugar, divided
2 eggs
1/2 c chopped dates
1 c cornflakes
1 c coconut
1/2 c raisins
1/2 c chocolate chips

Mix flour, 1/4 cup brown sugar and melted butter and pat in bottom of (9 x 12) pan. Beat together eggs and rest of brown sugar and then fold in remaining ingredients. Spread over crust and bake at 350° for 25 to 30 minutes until lightly browned and set.

Microwave variation: cut recipe in half EXCEPT use 1 cup cornflakes. Place in greased 8 or 9 inch pie pan as in original recipe. Microwave on medium power for 6 minutes and then another 1 1/2 to 2 minutes at full power, just until set.

There was a weekly farm magazine from Green Bay called The Farmers Friend and Rural Reporter that Great Grandpa and Grandma Laack used to get. Grandma was the one who read it the most because it had lots of recipes for good basic "farm food," and this was one of those recipes I made a lot when the kids were small. You can add up to 3 cups of cornflakes to make the recipe a little less rich and a little healthier.

CRANBERRY CRUNCH SQUARES

Linda Gray Wren

Crust/ Topping:

- 1 c quick oats
- $\frac{2}{3}$ c brown sugar
- $\frac{1}{2}$ c sifted flour
- $\frac{1}{2}$ c shredded coconut

Filling:

- $\frac{1}{4}$ tsp salt
- $\frac{1}{3}$ c margarine or butter
- 1 (16oz) can whole cranberry sauce
- 1 Tbsp orange juice
- 2 tsp grated orange rind

Mix together first 5 ingredients. Cut margarine/ butter into dry ingredients. Place half of crumb mixture into greased 8x8 pan.

Combine cranberry sauce, orange juice and orange rind. Spread evenly over crumb mixture. Top with remaining crumbs.

Bake at 350° for 30 to 35 minutes. Cut into squares while warm and serve with whipped cream or ice cream. Serves 9.

CREAM CHEESE BROWNIES

Melery Long

- 1 box chocolate cake mix
- 1 8 oz. pkg. cream cheese
- 3-4 eggs
- $\frac{1}{2}$ c sugar
- Chocolate chips, chocolate frosting

Preheat oven to 350°. Grease and flour 10x15 jelly roll pan.

Prepare cake mix as directed on package. Pour batter into pan.

Mix remaining ingredients. Drop cream cheese mixture by tablespoon into batter. Cut through batter with knife several times for marbled effect. Sprinkle with chocolate chips. Bake until tests done with a toothpick. Let cool and then frost with chocolate frosting.

These really help cure the chocolate cravings.

HAGAR'S MINT BROWNIES

Melery Long

Chocolate Layer:

1 c flour

1 c sugar

1/2 c butter

4 eggs

1 1/2 c or 1 (16 oz) can Hersey syrup

Mint Layer:

2 c powdered sugar

1/2 c butter

1 tsp water

1/2 tsp mint extract

3 drops green food coloring

Combine all ingredients for the chocolate layer. Bake at 350° for 25-30 minutes. Cool completely.

Combine all ingredients for mint layer and spread over cooled chocolate layer.

Melt 2 Tbsp butter with 1 c chocolate chips and spread over mint layer. Cool in fridge. Very rich so cut into small pieces to serve. Store in fridge.

ITALIAN CINNAMON BARS

Linda Gray Wren

- 1 1/2 c flour
- 3/4 c sugar
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp nutmeg
- 1 medium or large egg
- 1/2 c shortening
- 3/4 c sour milk
- 1/2 - 3/4 c currants or raisins (chopped)
- 1/2 c chopped nuts

Combine in a large mixing bowl; beat together at medium speed (high on handheld mixer) for 2 minutes, scraping sides of bowl frequently. Pour into a well greased (9x13) pan and bake at 375° for 20-25 minutes (or until springs back when pressed lightly with finger).

While bars are still quite warm, brush with 1-2 Tbsp melted butter and sprinkle with cinnamon sugar mixture (3 Tbsp sugar and scant 1 tsp cinnamon).

Makes a soft cake-type bar cookie.

LEMON BARS

Vickie Stirmel Saltmarsh

Crust:

- 1 c butter
- 2 c flour
- 1/2 c powdered sugar

Filling:

- 4 eggs
- 4 Tbsp lemon juice
- 2 c sugar
- 4 Tbsp flour
- 1/4 tsp salt

Cream butter, add 2 c flour and powdered sugar. Press with fingers in slightly greased 9x13 pan and bake at 350° for 20 minutes.

Beat eggs until thick. Add lemon juice, sugar, 4 Tbsp flour and salt. Beat well. Pour mixture over crust after it has been baked. Return to oven and bake another 20 minutes. When cooled sprinkle with confectioner's sugar and cut into small bars. Makes 3-4 dozen.

These are one of Fiona's favorite sweet treats.

LEMON BARS—MICROWAVE

Helen Laack

1 c flour
1/4 c brown sugar
1/3 c butter
3/4 c sugar
2 eggs
2 tsp flour
1/4 tsp baking powder
1/4 c lemon juice
1 tsp grated lemon peel

Combine flour, brown sugar and butter. Pat in (8 1/2 x 11) pan and microwave on medium (power level 7) for 3 minutes.

Combine remaining ingredients and pour over crust. Microwave at power level 6 for 6 minutes, just until set. When cool, sprinkle with powdered sugar.

One of the best things about the microwave is being able to keep the kitchen a little cooler in the summer. All the heat in Arizona was a real encouragement to try to adapt as many recipes to the microwave as possible.

LEMON CHIFFON SQUARES

Virginia B. Stirmel/ Fiona Saltmarsh

Crust:

2 c vanilla wafers crumbs (7 oz)

1/2 c margarine or butter

Filling:

1 (13 oz) evaporated milk

1/3 c sugar

1c boiling water

1 (6 oz) frozen lemonade concentrate

1 (6 oz) lemon Jell-O (lime Jell-O and a few drops of green color may be used)

1/8 tsp salt

Have crust in a 9x13 dish.

Chill evaporated milk 1 hour. Combine Jell-O, sugar, salt and water, stir until all is dissolved. Set in fridge and chill until thickened but not set (doesn't take long). Whip evaporated milk in a chilled bowl until thick and holds a peak. Fold in gelatin mixture, gently but thoroughly.

Pour gelatin mix over crust and chill at least 10 minutes. Cut into squares to serve. This keeps several days in the fridge. Low calorie—cool dessert!

I found this recipe in the orange Brick Church Cookbook and it sounded so good I decided to include it. No instructions on how to make the crust but try melting the butter in the dish and then pressing the vanilla wafer crumbs evenly over butter to form a crust and refrigerate until filling is ready.

MAGIC COOKIE BARS

Vickie Stirmel Saltmarsh

- 1/2 c butter
- 12 whole graham crackers, finely crushed (about 1 1/2 c crumbs)
- 1 (14 oz) can sweetened condensed milk
- 1 (6 oz) pkg semi-sweet chocolate chips
- 1 1/3 c flaked coconut
- 1 c chopped nuts (typically walnuts)

Preheat oven to 350° (325° if using glass dish).

In a 9x13 baking pan melt butter in oven. Sprinkle graham cracker crumbs over melted butter then pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients and press down firmly. Bake 25-30 minutes or until coconut is lightly browned. Cool. Chill thoroughly if desired and cut into bars. Store loosely covered at room temperature.

MERRY CHERRY BARS

Vickie Stirmel Saltmarsh

Bars:

- 1 c butter
- 1 c granulated sugar
- 1 egg
- 1/2 tsp almond extract
- 2 c flour
- 1/4 tsp salt
- 3/4 c coarsely chopped red candied cherries
- 1/2 c coarsely chopped HOLIDAYS Plain Chocolates or M&Ms

Icing:

- 1 c sifted confectioners sugar
- 5 tsp warm water

Beat together butter and sugar until light and fluffy; blend in egg and almond extract. Add combined flour and salt, mix well. Stir in 1/2 c candied cherries. Spread dough into ungreased (15 1/2 x 10 1/2) jelly roll pan. Sprinkle with remaining 1/4 c candied cherries and chocolate candies, press in lightly. Bake at 300° for 30-35 minutes or until edges are very lightly browned. Cool thoroughly. Combine confectioners sugar and water, mixing until smooth. Drizzle over top. Cut into bars to serve.

MINCEMEAT BARS

Virginia B. Stirmel/ Fiona Saltmarsh

Bars:

1 tsp soft butter
1 1/2 c brown sugar
1 tsp vanilla
2 eggs
2 tsp molasses
2 c flour
1/2 tsp salt
1/2 tsp soda
1 tsp cloves
1 tsp cinnamon
3 tsp hot water
1/4 c chopped nuts
1/4 c raisins
1 (9oz) pkg dry mincemeat, broken up

Icing:

1/2 c powdered sugar
3 tsp hot milk
1/2 t. vanilla

Mix butter, sugar, vanilla, eggs, and molasses thoroughly. Sift together dry ingredients and add. Stir in hot water and mix well. Add nuts, raisins, and mincemeat. Spread thin in 1 9x13 inch pans or one (11 x 17) inch jelly roll pan. Bake at 400° for 12 to 15 minutes or until no thumb print remains when touched. (Dough puffs and fills in holes as it bakes.) Spread at once with Icing. Cut into squares.

This is a Christmas favorite of mine and Grandpa's (Jim Stirmel). It has been passed down from his Mom through the generations.

PUMPKIN SQUARES

Ginny Stirmel

3 c pumpkin
1 c evaporated milk
2 eggs
1 c sugar
1/2 c brown sugar
1 Tbsp flour
1 tsp cinnamon
1/2 tsp salt
1/4 tsp ginger
1/4 tsp ground cloves
1/4 tsp nutmeg
1 c flour
1 c sugar
4 tsp baking powder
1 c milk
1 tsp vanilla

Mix first 11 ingredients, set aside. Melt 1/2 c butter in bottom of 9x13 pan. Let set. Add last five ingredients to the pumpkin mixture. Pour over melted butter. Bake at 350° for 1 hour.



RASPBERRY BARS

Bobbie Thierfelder

1/2 lb butter, softened

3/4 c sugar

1 tsp vanilla

2 1/3 c flour

1/2 tsp salt

1 12oz seedless raspberry jam (or other flavor you like)

2/3 c granola

1/4 c sliced almonds

Cream butter and sugar, mix on low. Add vanilla. Add flour and salt slowly.

Press 3/4 of the dough into a 9-inch square greased pan. Cover with raspberry jam, do not spread to edge.

Mix other 1/4 of dough with granola and sliced almonds. Sprinkle over top and bake at 350° for 45 minutes.

TOFFEE BARS

Vickie Stirmel Saltmarsh

1 c butter

1 c brown sugar

2 c flour

1/2 tsp salt

1 egg

1 tsp vanilla

1/2 lb sweet chocolate (melted) or chocolate frosting

Chopped nuts

Cream well butter and brown sugar. Add flour sifted with salt. Add egg and vanilla. Spread evenly in ungreased 10x15 pan. Bake at 350° for 25 minutes. Remove from oven and spread at once with melted sweet chocolate or chocolate frosting. Sprinkle with chopped nuts

SOUR CREAM RAISIN BARS

Helen Laack

- 1 pkg yellow or white cake mix
- $\frac{1}{3}$ c butter, softened
- 1 c raisins
- $\frac{1}{2}$ c chopped nuts
- $\frac{1}{2}$ c sugar
- 1 tsp cinnamon
- 1 $\frac{1}{2}$ c sour cream OR yogurt
- 2 large eggs OR 3 medium eggs

Combine cake mix and butter until crumbly. Pat into a 9x13 greased pan. Sprinkle raisins and nuts over crust. Combine remaining ingredients and stir until well blended. Pour evenly over nuts and raisins. Bake at 350° for 35 to 40 minutes, until set. Cool completely before cutting.

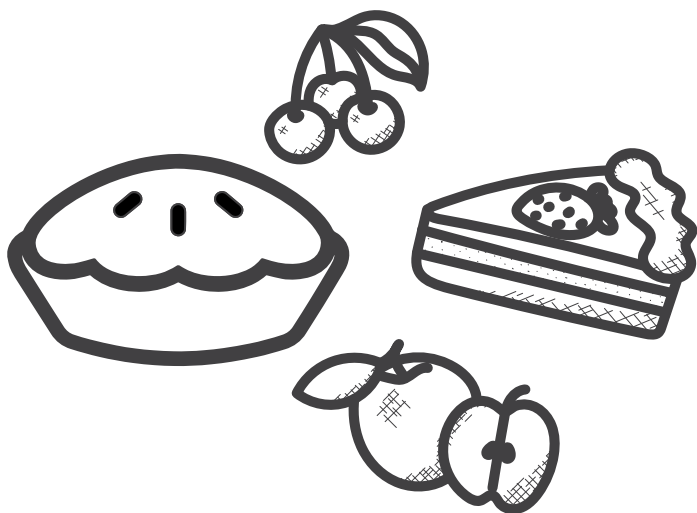
Variations: Use chopped dried apricots instead of raisins and almonds for the nuts. Add almond extract in place of (or in addition to) cinnamon.

Use chocolate cake mix and substitute 1 teaspoon vanilla for cinnamon. Omit raisins.

Reduce sugar slightly and use 1 cup plain yogurt and $\frac{1}{2}$ cup lemon yogurt. Omit raisins and cinnamon, and add 1 teaspoon grated lemon rind.

One of Torrey's favorites, the recipe is based on a Pillsbury Bake-Off recipe from 1977.

Pies & Pastries



BANANA SPLIT PIE

Helen Laack

Crumb crust*

1 quart vanilla ice cream, slightly softened

2 bananas, sliced

1 c chocolate chips

1/2 c coarsely chopped nuts

Chocolate syrup

Maraschino cherries (opt)

Pat crumb crust on bottom and sides of 9-inch pie pan. Spoon half the softened ice cream over crumbs and arrange the bananas, chocolate chips and nuts evenly over the ice cream. Cover this layer with the rest of the ice cream and drizzle a small amount of chocolate syrup over the top. Garnish with cherries if desired and put into freezer until ice cream is again solid.

* For the crumb crust, use 1 1/2 cups graham cracker crumbs, chocolate graham cracker crumbs, or crushed chocolate cookie crumbs. Or, if you have brownies or chocolate cake that threaten to become stale, crumble them and put in a 250 to 300° oven until dried out. If desired, you can combine any of these crumb choices with 1/4 c melted butter, but we want this to be a "low calorie" dessert, right?

This looks a lot more impressive than just ice cream with toppings but really takes little time to put together. Have fun coming up with variations of ice cream and toppings.

COCONUT PIE

Ginny Stirmel/ Marge Brereton

4 eggs
1/2 c flour
2 c milk
3/4 c sugar
1 c coconut
2 Tbsp butter
1 Tbsp vanilla
A couple dashes of nutmeg

Put all ingredients into a blender for 2 minutes. Pour into a greased 10-inch pie pan. Bake at 350° for 45 minutes, or until knife comes out clean. Will make its own crust.

This is another recipe that Aunt Marge (Brereton) gave to me.

FRESH STRAWBERRY PIE

Virginia B. Stirmel

1 (3oz) pkg strawberry Jell-O
4 Tbsp corn starch
1/3 c sugar
1 1/2 c water
4 c fresh strawberries, sliced (or 1 pt frozen)*
9-inch pie shell, baked

Mix Jell-O, corn starch, sugar and water. Cook, stirring frequently until mixture boils (it will be clear instead of creamy). Remove from heat and let cool 10-15 minutes before stirring in strawberries. Cool about 1 1/2 hours before pouring into pie shell. Serve with whipped topping.

* You may need to add more sugar if using fresh strawberries.

KEY LIME PIE

Fiona Saltmarsh

Crust*:

1 1/2 c graham cracker crumbs

1/4 c confectioners' sugar

1/8 tsp salt

1/3 c melted butter

Filling:

3 large egg yolks

1 (14 oz) can sweetened condensed milk

2/3 c bottled Key lime juice OR freshly squeezed lime juice
grated zest of 1 medium lime (about 1 Tbsp, loose; optional)

Stir together all of the crust ingredients until thoroughly combined. Press the crumbs into the bottom and up the sides of a 9-inch pie pan. Bake at 325° for 15 minutes; it'll start to darken in color a bit. Remove it from the oven, and place it on a rack to cool.

Meanwhile, whisk the grated lime zest (if using) and egg yolks at high speed of an electric mixer for about 4 minutes. The mixture will lighten in color and thicken somewhat. Stir in the sweetened condensed milk, mixing till smooth. Beat at high speed for 3 minutes; the filling will become slightly thicker, and gain a bit of volume. Add the lime juice, stirring just to combine.

Pour filling into the cooled crust, and return the pie to the oven. Bake for about 25 minutes, until it appears set around the edges, though still a bit wobbly in the center.

Remove the pie from the oven, and cool to room temperature. Refrigerate for several hours before serving. Can serve with whipped cream.

**To save time use a premade graham cracker crust. If you want to try something a little different make the crust and add 1/3 to 1/2 cup toasted coconut.*

IMPOSSIBLE PIE

Vickie Stirmel Saltmarsh

2 c milk
1 c coconut
4 eggs
¾ stick butter
¼ tsp salt
1 tsp vanilla
½ c flour
¾ c sugar

Place all ingredients in a blender and mix. Pour mixture into a greased and floured pie plate.

Bake at 350° for 45 minutes.

This pie forms its own crust.

LEMON FLUFF PIE

Helen Laack

9-inch pie shell, baked
4 eggs, separated
Grated peel of 1 lemon
¼ c lemon juice
3 Tbsp water
1 c sugar, divided

Separate eggs and set aside whites. Beat yolks until thick and gradually stir in lemon rind, juice, water, and ½ cup of the sugar. Cook over low to medium heat, stirring constantly, until thickened. Remove from heat.

Beat egg whites until stiff; beat in remaining ½ cup sugar, a tablespoon at a time. Continue beating until whites are glossy and form soft peaks. Fold half the whites into the warm yolk mixture. When evenly blended, turn into pie shell. Spoon remaining meringue all around the edge of the pie, leaving the center of the pie uncovered. Make sure the meringue touches

the crust all around so it doesn't shrink from the edges. Bake at 325°, about 15 minutes, until meringue is lightly browned.

This old Farm Journal recipe was a favorite for our family. We had "sour oranges" in Arizona, and this worked wonderfully using their juice instead of lemons. If you ever have the opportunity to make sour orange pie, add about 2 tsp cornstarch in the first step.

NECTARINE-MULBERRY PIE

DARCIE LAACK

2 c mulberries, blackberries, or blueberries (divided in two)
3/4 c sugar
3 T cornstarch
1 c water
2 1/2 c ripe nectarines, sliced
1 pre-baked or graham cracker pie crust

Rinse & drain berries. In saucepan, add 1c of the berries and sugar & cornstarch. Cook, stirring often, over medium-high heat, until mixture comes to a full boil and starts to thicken.

Layer nectarine slices in bottom of pie shell. Top with remaining fresh berries. Spoon hot berry mixture over the fruit. Chill until set.

This pie is the fresh taste of early summer to me, especially bringing back fond memories of family heritage mulberry harvests. It's really pretty, to boot! Make sure the nectarines are really juicy and ripe.

PEACH PIE DELUXE

Helen Laack

Glaze:

1 or 2 very finely chopped peaches

1/2 c water

2 Tbsp cornstarch

3/4 c sugar

2 Tsp orange juice concentrate

1 tsp almond extract

Filling:

3 oz cream cheese or whipped cottage cheese (opt)

3-4 peaches, sliced

9-inch pie shell, baked

Make the filling: Spread cream cheese in bottom of pie shell and cover with two layers of sliced peaches.

Make the glaze: Combine peaches and water and cook (on stovetop or microwave) until peaches are very soft. Combine cornstarch and sugar and stir into cooked peaches and cook until thick and clear. Stir in orange juice concentrate and almond extract.

Pour hot glaze over the top and chill.

This can also be used with strawberries, nectarines, or plums, or a mixture of summer fruits and berries.

RAISIN COTTAGE CHEESE PIE

Helen Laack/Darcie Laack

1 Tbsp cornstarch

$\frac{3}{4}$ – 1 c sugar

2 Tbsp butter, softened

Juice and rind of 1 lemon (or 1 to 2 Tbsp Realemon juice)

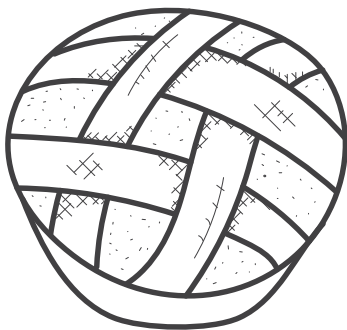
2 c sieved cottage cheese or 1 $\frac{1}{2}$ c yogurt

3 eggs

1 c raisins

Mix cornstarch, sugar and butter until smooth and add to rest of ingredients. Pour into unbaked pie shell, sprinkle lightly with cinnamon and nutmeg and bake at 375° about 40 minutes or until set.

This is another recipe from Grandma Laack, developed by her mother during a milk strike in the '30s when they had an abundance of cottage cheese available. Especially good in winter when fresh fruit wasn't always available.



COUNTRY TEAROOM PASTRY (PIE CRUST)

Helen Laack

4 c flour

1 Tbsp sugar

1 1/2 tsp salt

1-1 1/2 c margarine

1 egg

1/2 c cold water

1 Tbsp vinegar

Blend flour, sugar and salt. Cut in margarine until particles are about the size of peas.

In separate bowl, beat egg and stir in water and vinegar. Sprinkle over the flour a tablespoonful at a time, tossing with a fork to mix. Gather dough together with hands into a ball so that it cleans the bowl. Chill before rolling.

Makes two 9-inch two crust pies and one 9-inch one crust pie shell.

This is a big recipe but, if you are going to make piecrust, why not make a lot all at once? Roll the crusts out between waxed paper and then freeze, with two layers of waxed paper between, flat, just like the piecrusts you can buy. If wrapped well, these will keep for several months. Since our family usually chose pies for their birthdays instead of cake, it was nice to have crusts ready for special occasions.

GREEN TOMATO MINCEMEAT

Helen Laack

8 c ground green tomatoes
8 c ground apples (unpeeled, mixed varieties)
3-4 c ground raisins,
1 Tbsp salt
1 lb brown sugar
4 1/2 c white sugar
1 1/4 c cider vinegar
3 c strong coffee
1 Tbsp cinnamon
1 1/2 tsp cloves
1 1/2 tsp nutmeg

Grind the tomatoes and drain (note: the tomatoes are very acid, so do not use aluminum bowl or pan for this stage). Cover with boiling water and let sit for 5 minutes. Drain. Repeat this process of covering with boiling water and draining twice more. Add remaining ingredients. Stirring frequently, bring to a boil and simmer on the stove about 20 to 30 minutes. Then put uncovered in 300° oven and continue to cook, stirring every half hour or so. Scrape down sides of pan each time. After an hour or so of cooking, taste and add more sugar if needed (may need a total of 6 cups depending on tartness of apples and greenness of tomatoes).

It will probably take a couple of hours to reach the desired thickness—but, oh, how wonderful the kitchen smells while it is cooking! After cooling, divide into pie sized portions (about 3 to 4 cups) and freeze. Makes enough for 5 to 6 large pies.

I developed this from several recipes, especially the 1936 Brick Church Cookbook. My most special memory is that Grandma Stirmel helped me make this when she visited me here in New Jersey the fall of 1997. We spent a week making mince meat and tomato sauce and going out to look at the fall colors. How wonderful it was to have her in my kitchen even for just a few days.

BAKLAVA

Nadia and Torrey Laack

2 c walnuts, chopped fine

1/2 c sugar

1/2 tsp cinnamon

1/8 Tbsp cloves

1 box phyllo dough, thawed according to directions

1 lb butter

For syrup:

2 c water

2 c sugar

2 tsp lemon juice

1 tsp rose water (can use vanilla)

Mix walnuts with sugar and spices, set aside.

Using a pastry brush, brush a shallow baking tray with butter then begin laying sheets of phyllo dough, brushing melted butter over each layer. Add a layer of nut mixture periodically to have 2-3 layers of nut mixture, ending with layer of phyllo dough. Cut on the diagonal and bake at 350° for 30-45 min, until golden.

Meanwhile boil sugar, water and lemon juice approximately 10 minutes to thicken. Remove from heat and stir in rose water. Let cool and pour over baklava (baklava should still be warm).

My dad always told me only one of the items should be warm, either syrup or baklava, not both, otherwise will end up soggy. Now I have fond memories of my dad in his white tank-top undershirts making Baklava in the middle of the night. At the time I didn't much appreciate having to help with buttering of the layers while trying not to fall asleep on the tray but now I am glad I learned how to make baklava our way. Not sure if it is Lebanese or Syrian—but it is the right way. 😊

BANQUETTE

Helen Laack

Crust:

4 c flour
1/2 tsp baking powder
1 Tbsp salt
2 c margarine or butter
1 c ice water

Filling:

3 eggs
1 lb almond paste
1/2 tsp almond extract
2 Tbsp vanilla
1/3 c fine dry bread crumbs
Scant 1/4 c cornstarch
Egg white

Make the crust: Cut butter into dry ingredients as for pie crust and sprinkle ice water over gradually, tossing lightly.

Make the filling: Mix all the filling ingredients together until smooth. [Continued on next page.]

Form crust into a ball and divide into 8 portions. Roll each into a 4-inch by 15-inch rectangle. Roll 1/8 of the filling into a log and place down the middle of one of the crusts. Fold the two sides over, sealing edges with a little milk or water. Place seam side down on well greased baking sheet (I used waxed paper and oiled it well) and brush lightly with egg white. Sprinkle with sugar and prick with a fork. Repeat with the remaining crusts and filling.

Bake each at 350° to 375° for 15 to 25 minutes until golden. Be sure the bottom is also done. Makes 8 banquettes. To serve, slice in 1/2 to 1-inch slices.

This is an authentic Dutch recipe—usually made at Christmas—that I received from our pastor's wife in Scottsdale. In 1989 our youth group made 82 of these for a fundraiser.

CREAM CHEESE KOLACKY (FRUIT TARTS)

Vickie Stirmel Saltmarsh

1 (8oz) pkg cream cheese

1/2 lb unsalted butter

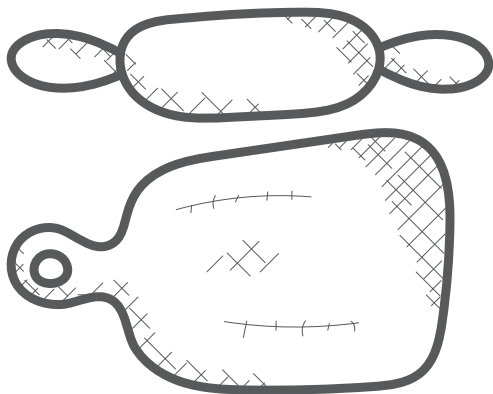
2 c flour

1/2 tsp baking powder

Solo pastry filling or fruit jam, flavor of choice

Powdered sugar

Cream together cream cheese and butter. In separate bowl stir together flour and baking powder. Add to butter mixture and mix thoroughly. Roll out dough to 1/2-inch thickness and cut out round shapes with a small glass. Alternatively use a teaspoon full to form small balls and press flat with thumb to 1/2-inch thickness. Fill dough with fruit filling/jam of choice. Bake at 375° for about 15 minutes. Sprinkle with powdered sugar.



FRUIT DUMPLING

Virginia B Stirmel/ Helen Laack

Make a plain biscuit dough; roll out; put fruit in, and then press together. Place in a deep pudding dish. Put 1 c sugar in a spider, a large piece of butter, heaping tablespoon of flour and water enough to make a sauce to cover the dumplings. Boil up good and pour over the dumplings. Flavor with Mapleline. Bake until dough and fruit are done and brown.

This recipe is exactly as Grandma Stirmel received from Mrs. J.C. Krohn, a friend of Grandma Kirkpatrick's. The following is the way that she had adapted this as a favorite apple recipe.

Prepare rich biscuit dough or pie crust. Roll out and cut into 6-inch squares. Use apples sliced as for pie, about 1/2 cup for each dumpling (I prefer to add sugar and cinnamon and stir well so each piece is coated before wrapping with the crust). Press crust so edges are sealed. Place in baking dish—leaving some space between dumplings. Instead of the original sauce recipe, it is much simpler to use a package of butterscotch pudding mix using 2 1/3 cups water. Cook according to directions on box. Remove from stove and stir in Mapleline (1/2 teaspoon). Pour around dumplings and immediately bake at 350° until apples are done and dumplings brown.

NUT CUPS

Vickie Stirmel Saltmarsh

Dough:

1/2 c butter

3 oz cream cheese

1 c flour

Filling:

1 egg

3/4 c brown sugar

1 Tbsp butter

1/2 tsp vanilla

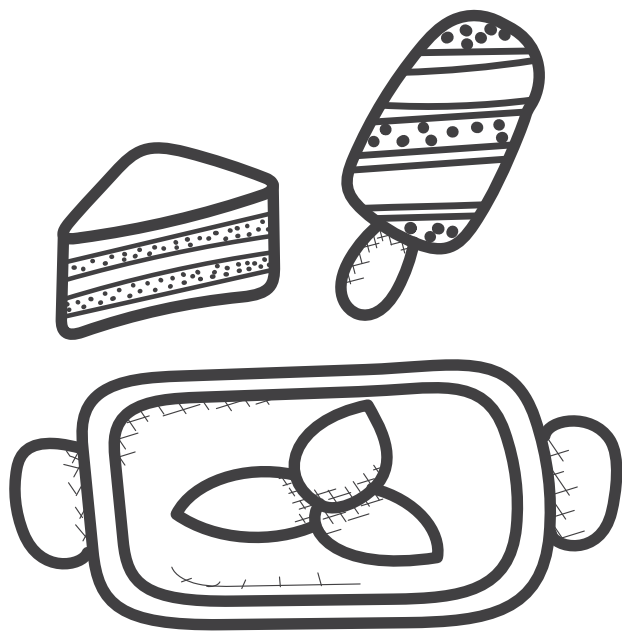
Dash of salt

3/4 c chopped nuts

Mix ingredients for dough until creamy. Roll into 1-inch balls. Press dough balls into muffin tin to form shape of small cup.

Make filling: beat egg until creamy, mix in brown sugar, butter, vanilla and salt then blend in nuts. Fill dough cups. Bake at 350° for 15 minutes.

Other Desserts



CHEESE CAKE

Janet Stirmel

Crust:

1 1/4 c crushed graham cracker crumbs

1/3 c melted butter

1/4 c sugar

Filling:

3 (8 oz) pkgs cream cheese

1 1/2 cup sugar

4 eggs

2 cups sour cream

1 cup whipping cream

1 tsp lemon rind grated

1/2 tsp vanilla

Soften cream cheese in large bowl, gradually beat in sugar until fluffy. Add remaining ingredients and beat until smooth. Pour into 9-inch spring-form pan lined with crust. Bake 1 hour at 350°. Turn off heat and allow cake to remain in oven for another hour. Can be topped with fruit of your choice or served plain.

Really, really good!

CHOCOLATE CHEESE CAKE

Vickie Stirmel Saltmarsh

Crust:

1 1/4 c chocolate wafer or graham crackers (about 18 wafers or 16 squares)

2 Tbsp sugar

Filling:

3 Tbsp butter, melted

2 (8oz) pkgs + 1 (3oz) pkg cream cheese, softened

1 c sugar

1/4 c cocoa

2 tsp vanilla

3 eggs

Coconut-Pecan Topping:

2 Tbsp butter

1/3 c light cream or evaporated milk

2 Tbsp brown sugar

2 egg yolks or 1 egg

1/2 tsp vanilla

1/2 c chopped pecans

1/2 c flaked coconut

Make crust: Preheat oven to 350°. Stir together crumbs and 2 Tbsp sugar; mix in butter thoroughly. Press mixture evenly in bottom of ungreased 9-inch spring form pan. Bake 10 minutes. Cool. Reduce oven temperature to 300°.

Make the filling: Beat cream cheese in large mixing bowl. Gradually add 1 c sugar and the cocoa, beating until fluffy. Add vanilla. Beat in eggs, one at a time. Pour filling over cooled crust and bake until center is firm, about 1 hour. Cool to room temperature.

Make the topping: Cook butter, cream, sugar and egg yolks in small saucepan over low heat, stirring constantly until thickened. Remove from heat. Stir in vanilla, pecans and coconut. Cool.

Spread cooled cake with topping. Refrigerate at least 3 hours. Loosen edge of cheesecake with knife before removing side of pan. Serves 12.

OREO ICE CREAM CAKE

Lia Strand

- 30 Oreo cookies
- 1/2 c margarine
- 3 oz unsweetened chocolate
- 3 beaten eggs
- 2 c powdered sugar
- 1/2 gal ice cream (any flavor)

Crush 25 cookies. Pat down in 9 X 13 pan. Melt margarine and chocolate in saucepan. Add beaten eggs a little at a time and then the powdered sugar. Stir until warm and fudgy (do not boil). Spread over cookie crust. Freeze 30 minutes. Cut ice cream into sections and place in pan. Softened ice cream works best. Use a rubber spatula to smooth out top. Sprinkle remaining cookie crumbs on top. Freeze at least 2 hours until solid. Cut and serve.

Karis's birthday cake in June!

EASY AS PIE CHEESE CAKE

Helen Laack

1/4 c butter

2–4 Tbsp sugar

1/2 tsp cinnamon (opt)

2 c graham cracker or cookie crumbs

1 pkg INSTANT vanilla pudding

1/4 c cream cheese, regular or low fat, softened

2 c nonfat yogurt or sour cream

1 c milk

Fruit topping, flavor of your choice

Crust: Melt butter in 7 x 11 pan in microwave. Stir in the sugar and cinnamon and then stir in the crumbs with a fork until the mixture is evenly crumbly.

Filling: Combine pudding, cream cheese, yogurt or sour cream and milk in a processor or blender and beat just until smooth. Spread over crust and top with fruit as desired.

Variations: Use chocolate graham cracker or chocolate cookie crumbs and chocolate pudding and omit fruit layer.

Use lemon pudding with peach, nectarine or apricot filling.

Completely cover the filling with fresh blueberries, strawberries or raspberries—or arrange alternating stripes of blueberries and strawberries.

The original recipe came from a store brand of Rice Krispies—use 3 cups of Rice Krispies crushed to 2 cups of crumbs instead of graham cracker crumbs.

Very fast and no need to heat the oven—a good combination for hot summer days.

APPLE CRISP

Helen Laack

Filling:

3-4 c apples, diced

1/2-1 c sugar*

1/2 tsp cinnamon

1/4 tsp nutmeg

Topping:

2 c quick or old-fashioned oatmeal

1/2 c sugar

1/2 tsp cinnamon

1/2 tsp nutmeg

2 Tbsp flour

3 to 4 Tbsp butter

1/2 c nuts (optional)

Combine apples, sugar, and spices and place in 9-inch pie pan. Combine oatmeal, sugar, spices, and flour and cut in butter until crumbly. Spread over apples and bake at 375° about 40 minutes until apples are tender and bubbly.

This may be cooked in the microwave for about 8 to 10 minutes until apples are tender. It will not be as brown and crispy but still tastes great.

*Using different varieties of apples adds to the flavor. I generally prefer not to peel the apples. The amount of sugar needed will depend on the tartness of the apples used.

This is a great recipe for last minute guests. It leaves a great aroma and is wonderful hot out of the microwave with a scoop of ice cream.

SIMPLE APPLE CRISP

Vickie Stirmel Saltmarsh

Apples
Quick oats
Cinnamon
1 stick butter

Peel and slice apples to fill your pan. Sprinkle quick oats over apples, about 1/4 – 1/2 inch deep. Sprinkle cinnamon over oats. Cut up a stick of butter into thin slices and drop evenly on top of oats. Bake at 350° until apples are tender.

As the name says, this is a very simple recipe and a great way to cut back on your sugar intake.

CHERRY CRISP

Fiona Saltmarsh

Filling:

6 c pitted cherries (thawed if frozen)
1/4 c sugar
2 Tbsp flour
2 tsp vanilla
1/2 tsp ground cinnamon
Pinch of salt

Topping:

1/4 c all-purpose flour
2/3 c rolled oats
1/3 c sliced almonds (or pecans or you can leave out and add more oats)
1/4 c brown sugar
4 Tbsp unsalted butter, melted (plus more for baking dish)

Preheat oven to 350°F. Butter a 9x9 square baking dish.

Toss the cherries in a large bowl with 1/2 sugar, vanilla, cinnamon, salt and 2 Tbsp flour. Transfer to the prepared baking dish.

Wisk the $\frac{1}{4}$ c flour, the oats, sliced almonds and $\frac{1}{4}$ c brown sugar in a medium bowl. Stir in the melted butter until combined, then sprinkle the mixture over the cherries. Bake until the filling is bubbling and the topping is golden brown, 50 minutes to 1 hour. Let cool slightly before serving.

Cherry pie has always been a favorite for me and Chris and the best part of a cherry pie, at least in our opinion is the filling (we even ate just a can of cherry pie filling once without bothering with the pastry).

APPLE KUCHEN

Ginny Stirmel/Julie Kohler.

$\frac{3}{4}$ c butter or margarine
1 c sugar
2 large eggs
 $\frac{1}{2}$ c milk
2 c flour
2 tsp baking powder
1 tsp vanilla
4 apples, peeled and sliced

Cream butter and sugar, add eggs and blend. Mix in flour and baking soda. Add milk and vanilla. Spread batter into a greased 9x13 pan and top with apple slices.

Melt $\frac{1}{2}$ c butter, remove from heat, add 1 c sugar and 1 c flour, mix with a fork until crumbly. Sprinkle over apples. Bake at 350° for about 45 minutes. Serves 12.

This is a recipe that I got from my mother Julie Kohler.

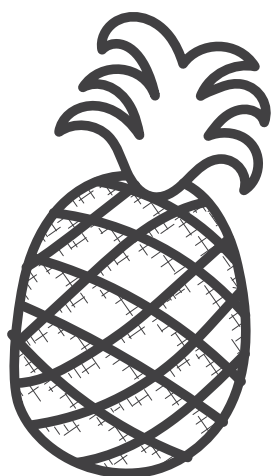
RHUBARB KUCHEN

Virginia B. Stirmel

1 c flour
1 tsp baking powder
1/4 tsp salt
1 egg, slightly beaten
2 Tbsp milk
2 Tbsp oil
3 c rhubarb, sliced
3 oz pkg strawberry Jell-O
1 c sugar
1/2 c flour
1/4 c butter

Sift together flour, baking powder and salt. In separate bowl mix egg, milk and oil. Add to dry ingredients and put in a greased 8-inch square pan. Sprinkle with rhubarb and then sprinkle strawberry Jell-O powder over rhubarb. Mix sugar, 1/2 c flour and butter. Sprinkle over top.

Bake at 375° for 45 minutes. May be served with whipped topping.



CREAMY RICE PUDDING

Vickie Stirmel Saltmarsh

$\frac{1}{3}$ c rice
2 c milk
 $\frac{1}{2}$ c sugar
 $\frac{1}{2}$ tsp salt
1 tsp vanilla
 $\frac{1}{2}$ c raisins

Mix rice, milk, sugar, salt and vanilla in a greased 1.5 qt casserole dish. Bake at 300° for 1 hour, stirring occasionally to prevent rice from sticking to bottom and crust forming on top. Remove from oven and stir in raisins, mixing thoroughly. Bake 2 hours longer, or until rice is tender, stirring occasionally. Do not stir during last 30 minutes of baking. Cool and serve warm. Makes 6 servings.

MOM'S HOT CHOCOLATE PUDDING

Michael & Lia Strand

5 c milk
1 c sugar
6 T cornstarch
 $\frac{2}{3}$ c cocoa
1 $\frac{1}{2}$ t vanilla
Dash of salt

Mix cornstarch, sugar, and cocoa together. Slowly combine with milk (make paste first). Cook over medium heat until thick. Add vanilla. Serve hot with vanilla ice cream.

Years ago Michael just had to get this recipe from his mom. From what I understand, this was Sunday evening fare, topped with a scoop of vanilla ice cream. We often eat it along with a big bowl of popcorn on a Sunday night.

GRANDMA STIRMEL'S CHOCOLATE PUDDING

Virginia B. Stirmel/ Helen Laack

Just 100 years ago, in mid-winter, the great "Spanish flu" epidemic had hit the rural Walworth community as hard as the rest of the country, and Grandpa and Grandma Stirmel (T.R. and Belinda) were very, very sick. At the time Dad (George B.) and Uncle Frank were about 7 and 8. They apparently did not get the flu, at least not as hard, but they were two little boys having to take care of themselves in a day when someone had to bring in wood and keep the fires going. There also would be not water unless you went out to the pump to get water, and just about any food you wanted had to be made "from scratch."

At the time, Grandma Brereton (Elsie Mereness Brereton Kirkpatrick) was visiting her parents (Willie and Della Mereness) and heard about "those poor little boys." She immediately went to the Stirmels and found a cold house and two adults too sick to do anything for themselves or their little boys.

Grandma immediately lit a fire and then, no doubt checking out the pantry, made the first thing she could think of to feed the boys: chocolate pudding. Stirred up in an old saucepan on the now warming cook stove, there was no time to chill it, so the first real meal in days for Dad and Uncle Frank was warm chocolate pudding.

Talk about comfort foods. All my life, I remember Dad sometimes coming home from a hard day or being out in really cold weather, and he would ask Mom if she could make "just a little chocolate pudding."

And I remember when I first heard this story, I asked Grandma Brereton about it. "Well, after all," she said with a smile. "I had to take care of my future son-in-law, didn't I?!"

In memory of that story, here is an updated method for making a similar pudding—that definitely should be served warm!

2 c water

$\frac{1}{3}$ c sugar

3 Tbsp cornstarch

$\frac{2}{3}$ c dry milk

$\frac{1}{4}$ c cocoa—this can be increased to $\frac{1}{3}$ c if desired

1 tsp vanilla

Heat the water until almost boiling in the microwave.

Meanwhile, combine all the cornstarch, sugar, dry milk powder, and cocoa in a VERY large, microwave safe bowl. (This stuff boils up and over really quickly!) Stir until the mixture is uniform in color.

Slowly pour in the very hot water, stirring until all the dry ingredients are well-mixed. Cover loosely and cook at medium power (power level 6 on most microwaves) stirring occasionally, for 5 to 6 minutes, until the pudding has thickened and is bubbling--kind of like the slow bubbles that you might imagine lava would form. Hint: You probably don't need to give this a first stir until almost 2 minutes into the process, but then you will need to stir more frequently, like every 30 seconds or so,

Remove from heat and stir in the vanilla. Serve warm or chilled.

The pudding will be quite soft if served warm; if you want a firmer texture, you could add as much as one more tablespoon of cornstarch.

If served chilled, you may want to put a piece of waxed paper on the surface or cover tightly immediately, as these puddings tend to form a little bit of a "skin" on top. There is nothing wrong with this (in fact, the flavor can sometimes seem even more chocolate-y) so you can just stir it back in or skim it off and let the kids nibble on it.

Variations:

If you like, you can use whole milk (or 2% or nonfat) in place of the water and dry milk. Heat the milk slowly in the microwave--it will boil over quite unexpectedly before adding to the dry ingredients.

You can also make the pudding on the stovetop, as in the original recipe. Just mix all the dry ingredients well and then slowly pour in the water (or milk if you prefer).

MEL'S FAVORITE BREAD PUDDING

Merry Strand

2 c dry bread cubes

$\frac{3}{4}$ c sugar

$\frac{1}{4}$ tsp salt

1 tsp vanilla

1 Tbsp butter

4 eggs, slightly beaten

4 c milk, scalded or $1\frac{1}{3}$ c dry milk + $3\frac{3}{4}$ c hot water

Soak bread in milk 5 minutes. Add sugar, salt and butter. Pour slowly over eggs. Add vanilla and mix well. Pour into 1.5 qt baking bowl. Place in a pan of hot water in a 350° oven until firm, about 1 hour. Serve warm with vanilla ice cream or cool and plain.

RØMMEGRØT

Marlene Deschler

2 c whipping cream

3 c whole milk (can use 2%)

1 c butter

$\frac{3}{4}$ c flour

$\frac{1}{4}$ tsp salt

$\frac{2}{3}$ c sugar

Heat milk and cream until scalded.

In separate pan, melt butter and stir in flour with wire whisk. Cook about 5 minutes. Add milk/cream mixture, stirring constantly until mixture bubbles and thickens. Stir in salt and sugar.

Eat immediately or pour into a crockpot on low setting. When ready to eat, serve with melted butter and cinnamon and sugar.

Rømmegrøt is a traditional Norwegian pudding or sometimes

called porridge. You'll hear it pronounced slightly different ways, but generally we say it "rhom-eh-groot." It is often served at holidays. It is quite rich, so most often served in small cups. Growing up, I do not recall eating this with our other Norwegian foods we enjoyed; however, after living in a historically Norwegian town for 25 years, we have come to have rommegrot as a tradition in our family. At certain times of the year we can even regularly find it in our local grocery store! My favorite way to eat it is with a little melted butter on top sprinkled with cinnamon and sugar!

ORANGE ICE

Helen Laack

1 pkg unflavored gelatin
1 c sugar
1 qt water
2 c fresh squeezed orange juice
1/4 c lemon juice
Grated rind of 2 oranges

Combine gelatin, sugar and water and let sit a few minutes to soften. Then bring to a boil, cool slightly and stir in remaining ingredients. Cool and freeze in shallow container. When just frozen, blend half at a time in a blender or food processor until fluffy. Refreeze. May be made as popsicles.

Variations: Substitute grapefruit juice for lemon juice. Use grape juice or other juices in place of orange juice.

Keeping popsicles on hand was almost a requirement for those long Arizona summers. I often used the bathroom sized plastic cups (about 2 or 3 oz size) set on a cookie sheet and popsicle sticks from the craft store to make dozens at a time.

APRICOT PINEAPPLE SHERBET

Helen Laack

- 2 c water, divided
- 1/2 c dried apricots
- 1/2 pkg unflavored gelatin
- 1/2 c sugar
- 3/4 - 1 c crushed pineapple packed in juice, not syrup
- 1 Tbsp lemon juice
- 1 c dried milk powder

Pour 1 c boiling water over apricots and let stand several hours. Mix well the gelatin, sugar and remaining cup of water, and bring to a boil. Cool. Stir in apricots and remaining ingredients and freeze until almost firm. Process until smooth. Freeze. For added creaminess, repeat the processing one more time.

FRUIT WATER SHERBET

Helen Laack

- 1 tsp unflavored gelatin (1/2 pkg)
- 1 1/2 c water
- 3/4 c sugar
- 4 Tbsp lemon juice
- 1-2 c crushed fruit*

Combine water, gelatin, and sugar and stir well. Bring to a boil and cook for another minute or two more. Cool. Stir in juice and fruit. Freeze in shallow container until just mushy. Process in a processor or blender until smooth and refreeze. Repeat the processing step for a smoother texture.

*Fruits that work well include strawberries, peaches, apricots, plums, mangos, raspberries, or any combination. Canned pineapple can also be included, and orange juice can be substituted for part of the fruit. Almond extract can be added for some of the fruits if desired.

It is especially fun to experiment with different combinations of fruits as they become available throughout the summer. You can also use frozen and even canned fruits.

STRAWBERRY SHERBET

Helen Laack

- 1 c water
- 1/2 pkg unflavored gelatin
- 1/2 c sugar
- 1/2 c dry milk
- 2 Tbsp lemon juice
- 1 pint strawberries

Combine all but berries and lemon juice in a 2 qt glass bowl and stir well. Microwave until boiling. Cool and stir in fruit and juice. Freeze just until slushy and process in processor until smooth. Freeze again until slushy and process a second time. Makes about 1 quart.

Variation: Put strawberries loosely in a 2 cup measure and fill the container with orange juice.

This recipe can be made just as easily with frozen berries as with fresh. There was always a time in the spring when the Arizona grocery chains featured strawberries for about 25 cents a pint, so we would buy flat after flat of berries. After washing and stemming them, I would freeze them whole (larger ones cut in half) on cookie sheets and then bag them.

TUTTI-FRUITI SHERBET

Helen Laack

- 2 c water
- 1 c sugar
- 1 tsp lemon rind
- 1 pkg unflavored gelatin
- 2/3 c orange juice
- 1/2 c lemon juice
- 1 c mashed banana

Combine the first four ingredients and boil for five minutes. Cool and add the juices and banana. Freeze until mushy and then process until smooth.

APRICOT DESSERT

Virginia B. Stirmel/ Helen Laack

1 angel food cake

46 oz apricot nectar

1 c sugar

7 Tbsp cornstarch

1 Tbsp lemon juice

Break the angel food cake into pieces and put in 9x13 pan. Cook remaining ingredients together until thick and clear. Pour over angel food cake and chill. Top with Cool Whip if desired and cut in squares. Serves 12.

This is a recipe Grandma gave me in August 1995; she had made it for Builders Class and she said it was one Grandpa had really liked.



CHOCOLATE LUSH

Melery Long

1 c flour
2 tsp baking powder
2 Tbsp cocoa
1/2 tsp salt
3/4 c sugar
2 Tbsp shortening, melted
1/2 c milk
1 tsp vanilla

Topping:

3/4 c packed brown sugar
4 Tbsp cocoa
1 3/4 c hot water

Sift flour, baking powder, cocoa, salt and sugar. Combine melted shortening, milk and vanilla. Mix into dry ingredients until well blended. Spread in ungreased (2 qt) casserole bowl.

Combine last three ingredients and pour over top of batter. Bake at 350° for 45 minutes. Let cool 1 hour and serve with vanilla ice cream.

I remember one summer, eating this chocolate lush with ice cream with my cousins as we sat in the trunks of cars and watched an outdoor movie that was being projected onto a side of one of the barn buildings at Grandpa and Grandma's.
- Mariah Deschler

CROWN JEWEL DESSERT

Ginny Stirmel

- 1 (3oz) pkg strawberry flavored Jell-O
- 1 (3 oz) pkg lemon flavored Jell-O
- 2 (3 oz) pkgs orange flavored Jell-O
- 4 c boiling water
- 1 1/2 c cold water
- 1/4 c sugar
- 1/2 c pineapple juice
- 1 (8 oz) container of Cool Whip, thawed

Prepare strawberry, lemon and 1 package of orange Jell-O separately using 1 c boiling water and 1/2 c cold water for each. Pour each into a 8" square pan. Chill until firm, about 4 hours. Cut into 1/2 inch cubes.

Dissolve the remaining package of orange Jell-O and sugar in 1 c boiling water. Stir in pineapple juice and chill until slightly thickened. Blend whipped topping into orange pineapple Jell-O mixture, fold in Jell-O cubes and pour into a 9 cut tube (Bundt) pan. Chill overnight until firm. Unmold and garnish with whipped topping if desired. Serves 12-14.

DESSERT PIZZA

Ginny Stirmel

- Vanilla sugar cookie dough
- 1 pkg cream cheese
- 1 c sugar
- 1 tsp vanilla
- Favorite fruit (such as blueberries, raspberries, strawberries, bananas, etc.)

Spread sugar cookie dough on a cookie sheet, bake for 8 minutes. Let cool.

Mix cream cheese, sugar and vanilla well. Spread on baked cookie dough. Put on your choice of fruit. Slice and eat.

EXOTIC PRETZEL SALAD

Ginny Stirmel

Layer 1:

2 c coarsely crushed pretzels

3/4 c butter melted

3 tbsp sugar

Layer 2:

1 c sugar

1 8 oz pkg softened cream cheese

1 8 oz tub of cool whip

Layer 3:

1 (6 oz) pkg raspberry Jell-O

2 c boiling water

2 (10 oz) pkgs frozen raspberries and juice

Mix ingredients of Layer 1 well and press into bottom of 9x13 pan. Bake at 350° for 8 minutes. No longer!

Make Layer 2: Beat sugar and cream cheese until creamy, fold in cool whip and spread over first layer.

Make layer 3: Mix ingredients together and cool slightly until congealed. Spread over cream cheese mixture.

This recipe is from Judy, a guest at the Edgewater Resort and is very good. It works best if you make the crust and let it cool. Then make the Jell-O mixture and make the cream cheese mixture just before the Jell-O is ready. It's easiest to spread the cream cheese mixture with a table knife.

FRIED APPLES

Virginia B. Stirmel/ Helen Laack

5 or 6 large apples

$\frac{2}{3}$ c sugar

cinnamon to taste

salt, pepper

$\frac{1}{3}$ stick margarine

I put margarine in skillet, add everything else, cover, and cook slowly until apples are just tender. Uncover, and let juice cook down a little. Serve hot.

Grandpa and Grandma often enjoyed just this and some bread and butter for their supper. This is the recipe exactly as Grandma wrote it for me.

MICROWAVED BAKED APPLES

Helen Laack

1 large apple

Raisins

Sugar and cinnamon

Chopped nuts (opt)

Cut the apple in half and scoop out the core and stem end sections from each half. Lay on a microwave safe plate, cut side up, and fill the center of each half with raisins and nuts. Sprinkle the entire cut surface liberally with sugar and cinnamon. Microwave on high for about 1 $\frac{1}{2}$ to 2 minutes until the apple is tender. Cool slightly (or serve hot with vanilla ice cream or vanilla yogurt). Serves one or two.

A simple last minute dessert with pretty basic ingredients. If you need to make enough for several people, it works best to do one apple at a time, but the cooking time is so short, that shouldn't be a problem.

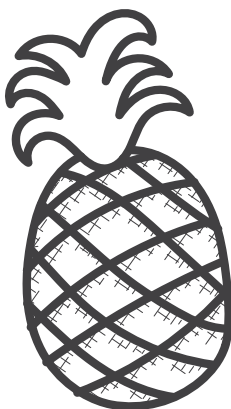
HAWAIIAN FRUIT COMPOTE

Ginny Stirmel

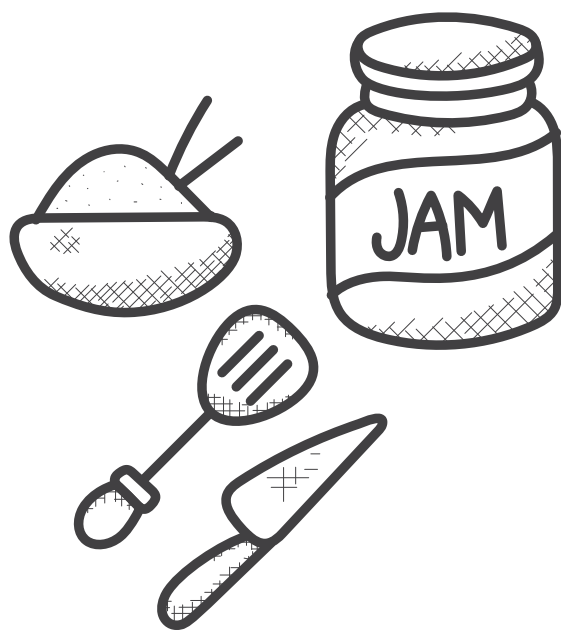
- 1 can fruit cocktail, not drained
- 1 can pineapple, not drained
- 1 can mandarin oranges, drained
- 1 small jar maraschino cherries
- 1 pkg instant lemon pudding

Drain the fruit but reserve the fruit cocktail and pineapple juice. Put all fruit in a medium sized bowl. Pour lemon pudding over fruit. Add 1 $\frac{1}{4}$ c of reserved juice and water as needed plus 1 Tbsp real lemon juice. Mix well. Refrigerate 4 hours before serving. You can add fresh fruit such as bananas, strawberries, blueberries or grapes an hour before serving.

This is a recipe from my sister-in-law Eveline "Willie" Kohler.



Miscellaneous



BEST JELLY

Ruth Brereton

3 1/2 c fruit juice
1/2 c real lemon-lemon juice
1 pkg Sure-Jell
3.5 oz black raspberry Jell-O
5 c sugar

Bring all but sugar to a boil. Boil for 3 minutes. Add sugar, boil 2 minutes longer stirring frequently. Pour into sterilized jars. Seal.

WINEPLANT JAM WITH JELL-O

Virginia B. Stirmel/ Helen Laack

4 c wineplant (rhubarb)
3 1/2 c sugar
1 pkg (3.5 oz) strawberry or raspberry Jell-O*

Cut rhubarb into small chunks and add sugar. Mix well and let stand over night or for several hours. In morning put on stove and bring to a rolling boil. Remove from heat and add Jell-O at once. Mix well. Put in sterilized jars and seal. Keep in a cool place.

*Other flavors of Jell-O may be used if you prefer. Try orange!

Grandma said this is a recipe she had originally gotten from Grandma Kirkpatrick.

MICROWAVE ORANGE MARMALADE

Helen Laack

1 large orange (8-10 oz)

Sugar

Wash the orange and cut into large pieces. Discard seeds but do not peel. Whirl in processor until evenly chopped. Measure the orange and put in a microwavable 2 or 3 quart bowl. Measure sugar to equal the amount of fruit and stir to mix well.

Cook, uncovered, at High, in microwave until thick as you like and it clings to a metal spoon, this will take 6-8 minutes (keep in mind that the marmalade will thicken slightly when cool). Stir well every 2 minutes. Cool and serve. Keeps in refrigerator up to one month. Makes about 1 1/4 cups.

This was from the February 1988 Sunset magazine and is a very easy way to make a topping for toast or biscuits. If you ever have access to "sour oranges," this is an excellent recipe to use them in.

DOROTHY'S BBQ SAUCE

Dorothy E. Beier Stirmel/ Deanna Stirmel

1 (24 oz) bottle of Heinz ketchup

1/2 c brown sugar, packed

2 serving tablespoons of frozen orange juice

1/4 c soy sauce

Combine all ingredients in a bowl and mix well. Pour into the ketchup bottle (or other storage bottle) and refrigerate.

Use just like you would any other BBQ sauce. Enjoy!

TERIYAKI MARINADE

Marlene Deschler

1/2 c Kikkoman Soy Sauce

1/4 c packed brown sugar

1/2 c orange juice

1 clove garlic, minced

1 tsp pepper

In a bowl, stir together soy sauce, brown sugar, orange juice, garlic, and pepper.

Pour over chicken (or meat of choice). Cover and marinate in the refrigerator for 4 hours or overnight. The longer the meat is marinated, the stronger the flavor will be.

We always liked the flavor of chicken in a teriyaki marinade, but I didn't like the ingredients in pre-bottled marinade, so I searched for a recipe and found this one with simple, common ingredients that is quick and easy to make.

HOT FUDGE SAUCE

Merry Strand

1/4 c plus 2 Tbsp sugar

1 (5 oz) can evaporated milk

3/4 c semi-sweet chocolate chips

1 1/4 tsp butter

1/2 tsp vanilla

Combine sugar, evaporated milk and chocolate chips in small sauce pan. Cook over medium heat, stirring until chocolate chips melt and mixture boils. Remove from heat, stir in butter and vanilla. Serve hot over ice cream. Yield 1 cup.

MICROWAVE FUDGE SAUCE

Helen Laack

1 c sugar

$\frac{1}{3}$ c cocoa

2-3 Tbsp flour

1-1 $\frac{1}{2}$ c water

1-2 Tbsp butter (may omit)

1 tsp vanilla

Mix dry ingredients in a LARGE microwave-safe bowl, add water and butter, and stir well. Microwave about 2 minutes on high. Stir well and then heat at low to medium heat 3 to 4 minutes more, stirring once or twice. The mixture should boil up and get very bubbly. Cool and stir in vanilla. (Because it bubbles up, you need to be sure to use a very large container to avoid having chocolate all over your microwave!)

Variation: Use only 2 tablespoons of flour, omit butter, and stir in $\frac{1}{4}$ to $\frac{1}{2}$ cup peanut butter with the vanilla.

This is adapted from Ruby Harness' recipe in the "Orange" Brick Church Cookbook. Use the smaller amount of water if you are going to serve this as hot fudge sauce and the larger amount of water if you plan to chill it.

CHUNK-STYLE APPLESAUCE

Vickie Stirmel Saltmarsh

8-10 large cooking apples, peeled, cored and sliced

1/2 c water

2 tsp cinnamon

1/2 c honey

Put all ingredients into slow cooker. Cover and cook on low overnight or 8-10 hours. Serve warm plain or with cream or can for later.

This is a favorite of Fiona's and she specifically requested it for this cookbook.

PEARSAUCE

Fiona Saltmarsh

8-10 pears, peeled, cored and cut into 1-inch pieces

2 Tbsp- 1/4 c water

2 tsp fresh lemon juice

1 tsp cinnamon

1/2 tsp ginger

1/2 tsp vanilla

Combine all ingredients in a large sauce pan. Bring to a boil over high heat. Reduce heat to medium heat and simmer, stirring occasionally, until pears are softened, about 25-30 minutes.

Remove from heat. If you prefer a chunkier sauce use a potato masher to mash. If you prefer a smoother sauce use an immersion blender to process or allow to cool and then transfer to a food processor or blender.

Will keep in fridge for 1 week or sauce can be frozen or canned.

I stumbled upon this recipe on someone's blog and after making it the first time I was hooked. It's super simple and delicious. I usually make a big batch and freeze in single serving containers which I can pull out one at a time for snacks. Great eaten warm or cold.

MERMAID SMOOTHIE BOWL

Mariah Deschler

3 ripe bananas, sliced and frozen

1/2 ripe avocado

1/4 c unsweetened vanilla almond milk

1 scoop vanilla plant based vegan protein powder (optional)*

1/2 tsp raw spirulina powder (optional)*

Optional Toppings: chia seeds, toasted/shredded coconut flakes, fresh fruit (berries, kiwi, mango, extra banana) or granola

Remove frozen bananas from freezer and let them sit on the counter for 5-10 minutes to defrost a bit. They should have been sliced and frozen in a bag/container for at least 4 hours prior.

Add all ingredients (except the toppings) to a high speed blender and slowly pulse/blend until thick and creamy, like an ice cream consistency. It will take a few minutes; do not add more liquid unless you want it to be thinner and soupy.

Transfer to a bowl, top with your favorite toppings and enjoy!

**Since you might not have protein powder or spirulina powder handy in your home, you can skip these 2 ingredients. It tasted just fine without them!*

STRAWBERRY SOUP SLURP

Vickie Stirmel Saltmarsh

1 lb frozen strawberries

1/4 c honey

1/2 tsp vanilla

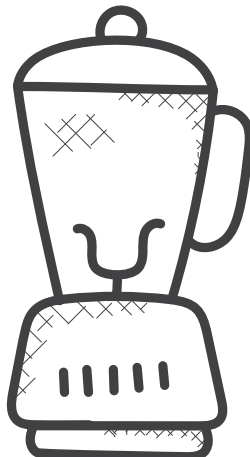
1 c low fat yogurt

1 c low fat milk

Let the berries thaw a bit. Put them in a blender. Set the speed to puree/ high. Blend the berries until they are liquid.

Pour liquid into a bowl. Stir in the honey and vanilla. Add the yogurt and milk. Stir slowly.

Chill in fridge 2 hours. Serves 4.



AUNT MELERY'S BAKED OATMEAL

Melery Long/Marilyn Lane/Lia Strand

3 c quick cooking oatmeal

1 c brown sugar

1 c milk

½ c melted margarine

2 eggs

2 tsp baking powder

1 tsp cinnamon

1 tsp salt

1 tsp vanilla

Mix all ingredients together. Pour into greased 9x13 pan. Bake at 350° for 30-40 mins. Serve warm, crumbled in bowl with milk over top.

Marilyn says: My boys are convinced anything that Aunt Melery makes is the best. This is one of their favorite 'Aunt Melery' meals!

Lia's note: This is an old standby, lovingly written by dear Melery, early on in our marriage (even before we had children). This recipe always reminds me of her.

CINNAMON RAISIN ROLL-UPS

Vickie Stirmel Saltmarsh

2 Tbsp butter
10 cooked crepes
1/4 c sugar
1 1/4 tsp cinnamon
2/3 c raisins

Spread a thin layer of butter on each crepe. Sprinkle with sugar, cinnamon and raisins. Roll up and place in a shallow baking pan. Bake at 350° for 5-8 minutes.

This is a great way to use left-over crepe for lunch treat or after school snack.

GRAMP'S FRIED EGG SANDWICHES

Helen Laack

2 slices white bread
1 egg
Bacon (opt)
Mayonnaise

Fry egg until yolk is set. Spread bread with mayonnaise and lay egg on one of the slices. If there is bacon available, add a slice or two. Top with other slice of bread.

I remember Mom making these for Great Grandpa Stirmel many days when he lived with us. We could have them as a special treat when we went on field trips. Back in the days when salmonella hadn't been heard of, everybody packed lunches for these trips. Fast food places were still a rarity.

PLAY DOUGH

Helen Laack

1/2 c salt

1 c water

1 c flour

1 Tbsp oil

2 tsp cream of tartar

Food coloring (opt)*

Combine all but coloring and mix well. Cook for 3 minutes over low to medium heat until the mixture comes together into a ball.

Remove from heat, divide into portions and color each as desired by kneading in the coloring.

*Unsweetened drink mixes (like Kool-Aid) can be used for coloring the dough, though this sometimes has a tendency to discolor the hands while playing with the clay.

This is very much like commercial Play-Doh. Store tightly covered; if refrigerated, may keep for over a week.

Because the ingredients are "edible" (with the cream of tartar, not really tasty however), this is a good recipe to use for even quite young toddlers.

PUMPKIN-PEANUT BUTTER DOG COOKIES

Darcie Laack

2 1/2 c oat flour (or more to stiffen)

2 eggs

4-8 oz canned pumpkin

1 (4oz) jar sweet potato & chicken baby food (or just plain chicken)

3 Tbsp peanut butter

Parmesan and parsley to sprinkle on top

Preheat oven to 365°.

Stir together all ingredients. Force through cookie press and sprinkle with cheese and parsley. Place on cookie sheet and bake for 25 minutes or until hard.

I've made these for years at Christmas to give out to my pooch-loving friends. I use oat flour for wheat-sensitive dogs. Probably best kept in a sealed container in fridge once they've been gifted.

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Lemon Bars—Microwave
Never Fail Rolled Cookies
Not So Rich Chocolate Chip
Cookies
Short Cookies
Shortbread Wreaths
Sour Cream Raisin Bars
Unbaked Oatmeal Cookies—
Microwave
Banana Split Pie
Banquette
Country Tearoom Pastry
Green Tomato Mincemeat
Lemon Fluff Pie
Peach Pie Deluxe
Raisin Pie
Apple Crisp
Apricot Pineapple Sherbet
Easy as Pie Cheese Cake
Fruit Water Sherbet
Hot Fudge Pudding
Microwaved Baked Apples
Orange Ice
Strawberry Sherbet

Tutti-Fruiti Sherbet
Gramp's Fried Egg
Sandwiches
Microwave Fudge Sauce
Microwave Orange
Marmalade
Play Dough

Torrey and Nadia Laack

Vegan "Cheese" Dip
Classic SDA Sabbath
"Meatloaf"
Lebanese Lentil Soup
Baklava

Melery Long

Barbequed Beef
California Chicken Casserole
Baked Spinach
Cheese Tortillas
Hot Green Beans
Fudge Chocolate Sheet Cake
Chewy Chocolate Cookies
Country Holiday Cookies
Cream Cheese Brownies
Gum Drop Cookies
Hagar's Mint Brownies
Chocolate Lush
Aunt Melery's Baked
Oatmeal

Dianne Stirmel Robertson

Chili
Meatloaf
Boater's Stew
Calico Beans
Farmer's Zucchini
Banana Torte

Alice Romick

Cranberry Banana Nut
Bread
Dutch Carrot Bread
Beef Noodle Soup
Lazy Daisy Cake
Wacky Cake
Chocolate Fudge Icing

Bob Romick

Bob's Fudge

Jule Romik

Barbequed Chicken
Fettucine Alfredo

Fiona Saltmarsh

Peach Salsa
Chai
2 Bean Salad
Butternut Squash Chili
Eggplant Falafels
Lazy Day Chili
Spicy Citrus Black Beans
Vegetarian Gumbo
Irish Soda Bread
Cranberry Sauce
Pumpkin Cake [from Joe
Hilyard]
Autumn Caramels
Peanut Brittle
Almond Spritz
Butterscotch Brownies
Chewy Coconut Cookies
Chocolate Chip Cookies
Marble Sugar Cookies
Oatmeal Raisin Cookies
Snickerdoodles
Key Lime Pie
Cherry Crisp
Pearsauce

Vickie Stirmel Saltmarsh

Dilled Garden Dip
Hamburger Noodle Bake
Meat N' Potato Pie
Ham and Mac Bake
Broccoli-Rice Casserole
Meatless Italian Lasagna
Two Cheese Enchiladas
Banana Bread
Crepes
French Bread
High Protein Blueberry
Muffins
Welsh Cakes
Wheat Germ Crepe Batter
Beans, Crock Style
Foolproof Chocolate Fudge
Cream Cheese Mints
Muddy Buddies
Mystery Fudge
Lemon Bars
Magic Cookie Bars
Merry Cherry Bars
Pumpkin Oatmeal Chocolate
Chip Cookies
Toffee Bars
Cream Cheese Kolacky
Impossible Pie
Nut Cups
Chocolate Cheese Cake
Creamy Rice Pudding
Simple Apple Crisp
Chunk-Style Applesauce
Cinnamon Raisin Roll-Ups
Strawberry Soup Slurp

Belinda Stirmel

Chocolate Cookies

Deanna Stirmel

Russian Tea

Taco Salad [with Mark Wendorf]

Pigs in a Blanket [with Mark Wendorf]

Chicken Pot Pies (Individual)

Donna Stirmel

Dorothy's Punch,
Remix

Taco Salad [with Mark Wendorf]

Dorothy Stirmel

Hot Chocolate Mix

Dorothy's Punch

Apples and Beef

Goulash

Sloppy Joes

Taco Salad [with Deanna]

Tater Tot Casserole

Creamed Tuna on Toast

BBQ Hotdogs

Creamed Egg on Toast

Rice and Raisins

Souped Up Minute Rice

Strawberry Angel Mold

World's Easiest Cake [with Dan]

Dorothy's BBQ Sauce

Ginny Stirmel

Rosa's Barbeque

Pistachio Bread

Corn Pudding

Broccoli Delight Salad

Cranberry Sauce

Fresh Frozen Cranberry

Relish [with Jim]

German Potato Salad

Chop Suey (Pineapple) Cake

Pumpkin Squares

Coconut Pie

Apple Kuchen

Crown Jewel Dessert

Dessert Pizza

Exotic Pretzel Salad

Hawaiian Fruit Compote

Janet Stirmel

Veggie Dill Dip

Janet's Famous Family Hot
Dish

Cheese Cake

Tammy Stirmel

Hummingbird Cake

Mississippi Mud Cake

Cream Cheese Frosting

Peanut Butter Fudge

Virginia B. Stirmel

Carrot Beef Loaf

Grandma Stirmel's Hash

Puffy Meat Loaf Pie

Sweet and Sour Meat Loaf

Grandma Stirmel's New

England Boil

Oriental Chicken

Kidney Bean and Boiled Egg

Salad with Yogurt Dressing

Buns

Orange Pumpkin Bread

Rhubarb Muffins

Boiled Dressing

Cottage Cheese Dressing

Grandma's Potato Salad

Fresh Vegetable Relish
Fruitcake
Molasses Popcorn Balls
Scotch Brittle
Sea Foam
Lemon Chiffon Squares
Mincemeat Bars
Fresh Strawberry Pie
Fruit Dumpling
Apricot Dessert
Fried Apples
Grandma Stirmel's Chocolate
Pudding
Rhubarb Kuchen
Wineplant Jam with Jell-O

Lia Strand

Merry Strand

Applesauce Bread
Cranberry Delight Salad
Cheesy Potato Soup
Tomato Soup
Michael's Strawberry
Shortcut Cake
Oven Caramel Corn
Christmas Cheerios Trees
Oatmeal Date Filled Cookies
Mel's Favorite Bread Pudding
Hot Fudge Sauce

Bobbie Thierfelder

Steve's Crockpot Stew
Hash Brown Casserole
Raspberry Bars

Linda Gray Wren

Beef Paprika
Tuna Hot Dish
Chicken Stuffed Peppers

Christmas Mincemeat Bread
Coffee Cake Exceptionale
Pumpkin Apple Streusel
Muffins
Harvest Jell-O Salad Mold
Golden Twice Baked
Potatoes
Quick Spice Cake
Cranberry Crunch Squares
Grandma Stirmel's Jumbo
Raisin Cookies
Great Grandma Stirmel's
Molasses Cookies
Italian Cinnamon Bars
Pepper Nuts

