

# The Family Cookbook Project Sample Cookbook



Create a Wonderful Cookbook for  
Your Family or Organization



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or Organization

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*Family Cookbook Project - Helping families collect cherished recipes forever. Visit us on the Web at [www.familycookbookproject.com](http://www.familycookbookproject.com)*



# About the Family Cookbook Project

The Great Family Cookbook Project began one summer as my family sat around our dining room table in our summer home in Wellfleet Massachusetts after enjoying a wonderful seafood meal that included lobster, clams and oysters that we had caught ourselves that day.

The idea was raised to create a family cookbook and everyone agreed that it sounded like a great idea. However, our family was scattered all around the county and collecting their recipes would be a daunting task. With the help of a high school friend, Chip Lowell, we built a basic Website to make the collection and online access to the recipes easier.

In no time at all, people were raving about how easy it was to move their entire recipe box online. Even my mother Denise, who is much more proficient in the kitchen than she is on a computer, was able to enter more than a hundred family favorite recipes into the Website with ease. Now when my wife Michelle or sister needs a recipe, we can go online or to our family cookbook to find what we need fast.

This sampler cookbook contains only a fraction of our family recipes and I offer them to you to show you the quality of the cookbook you can easily create online for your family, church, school or other group. Some of these cookbooks will end up as gifts, while others will be used as a successful fundraiser. However they are used, we are glad that we were able to help you enjoy the pleasures of your own personal cookbook.

Join us at [www.familycookbookproject.com](http://www.familycookbookproject.com) and see how easy it is to begin your own personal cookbook.

Bill Rice and Chip Lowell  
Publishers  
Family Cookbook Project

## **Step by step instructions on how to create a family cookbook**

Creating a treasured family cookbook has never been easier. The Great Family Cookbook Project was developed to make the process easy to understand and accomplish.

1)**Establish an editor** – The editor is the person who is responsible for getting things started and defining the project in terms of contributors, which recipes to include, cover and divider options and when to publish the book. Every project needs a go getter to get things done.

2)**Determine who is going to contribute recipes** - We have developed an easy to use invitation tool to get the ball rolling. All you need is each person's name and email address. For people without email addresses, we provide a simple letter for you to use to contact them.

3)**Determine the size of the project and set a deadline** – If you are interested in a printed cookbook, you need to set how many recipes to ask for from each person and when you want them submitted by. By asking for a specific number of recipes by a specific date – say a month or so in the future, you can get people to act on your request.

4)**Get started** – Lead by example. Enter your own favorite recipes. Reminder emails will be sent automatically as the deadline draws near. If not enough recipes have been added by the deadline you can extend the deadline.

5)**Start using the recipes** – All of the recipes are immediately available online on the family Cookbook page. One great way to show the benefits of the Great Family Cookbook Project is to start using some of the recipes and thanking the people who entered them!

6)**Prepare to publish** – Before you can publish your family cookbook, you need to begin the publishing process by freezing the content. Members can still enter recipes and they will be available online and in future editions, but not for this edition. The publishing tool will help you write a dedication, select a cover, choose printing specifications.

7)**Order your copies** – As editor, you can choose to order all of the books yourself or to use our order form tool to send an email to each contributor and have them place an order for their copies of your new family cookbook online. Most cookbook publishers require you to purchase at least 100 copies of your cookbook, our printer only requires 50 copies to purchased.

8)**Enjoy your new personalized cookbook** – Give them as gifts, share them with friends, try new family recipes, keep adding to your online collection and be proud of your accomplishment for your family.

**Now that you know how simple it is, now its time to log on and start your own cookbook at [www.familycookbookproject.com](http://www.familycookbookproject.com)**

## **Contributors**

Barbara Peatie  
Catherine Gallo  
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Demo Account  
Denise Wyer  
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Michael Rice  
Michelle Rice  
Micki Clark  
Patty Isenor  
Peggy Chester  
Sean Donovan  
Sue Gladding  
Tim Rice  
William Rice

**Note on page numbers in this sample book:**

This cookbook sample is created using the Family Cookbook Project software. We chose different recipe layouts for each section, which can change page numbers as recipe layouts change. Please forgive any page number mismatches you see in the Table of Contents or Indexes. Thanks!

**Note on photos:**

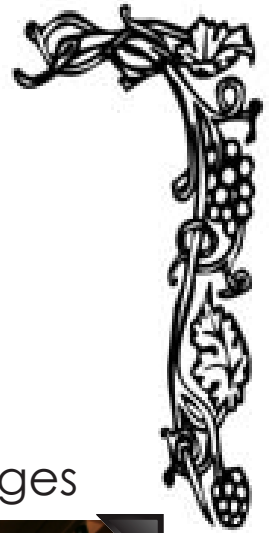
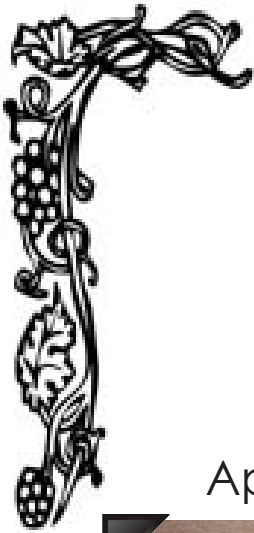
We have included many example cover and divider photos. These are intentionally lower quality for fast download times. Printed cookbooks are in high resolution.



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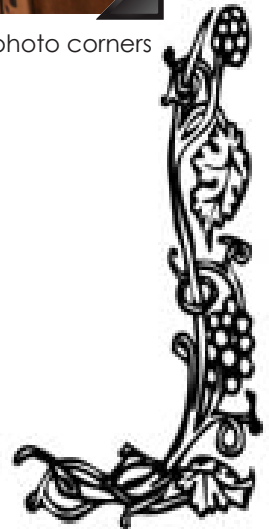
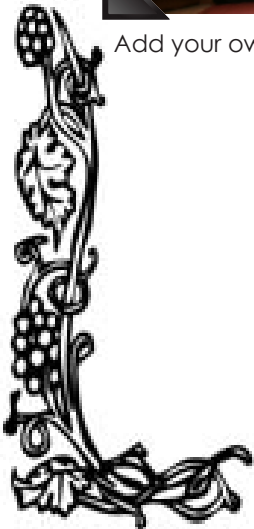




## Appetizers & Beverages



Add your own photos to dividers. Border: Black photo corners



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## SPICE GUIDE

Keep spices in tightly covered containers, in a cool dry place. After about a year, spices tend to lose flavor so more may be needed for seasonings. Overheating can cause spices to turn bitter. During lengthy cooking, add spices during the last half hour of cooking time. Usually 1 teaspoon of dried herb equals 1 tablespoon of fresh.

- ALLSPICE:** *A blend of cinnamon, cloves and nutmeg.* Meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves.
- BASIL:** *Pungent, sweet aroma.* Broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, sauces.
- BAY LEAF:** *Strong flavor.* Stews, soups, vegetables, pickles, gravies, sauces, marinades.
- CAYENNE:** *Red pepper, very hot.* Meats, seafoods, egg and cheese dishes, soups, sauces, dips, spreads, French dressing.
- CHILI POWDER:** *Hot, peppery blend of herbs and spices.* Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.
- CINNAMON:** *Sweet, spicy aroma.* Breads, cookies, cakes, desserts, pastries, beverages, sauces, vegetables.
- CLOVES:** *Strong, spicy-sweet aroma.* Pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, desserts.
- CUMIN:** *Strong, slightly bitter, lemon flavor.* Spanish, Mexican and Eastern dishes, stews, pickles, tomato dishes.
- CURRY:** *A blend of many spices; warm and sharp to hot and spicy.* Meat, seafood, egg and cheese dishes, soups, sauces, seafood, salads, dips.
- DILL SEED:** *Mild, slight caraway-like flavor.* Meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, egg dishes.
- GINGER:** *Pleasant odor, pungent taste.* Oriental dishes, meats, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, desserts.
- MARJORAM:** *Spicy, sweet aroma.* Roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, gravies.
- MUSTARD:** *Pungent taste.* Pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, corned beef.
- NUTMEG:** *Warm, sweet, spicy flavor.* Vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, sauces.
- OREGANO:** *Strong and aromatic.* Italian dishes, pizza and pasta, broiled and roasted meats, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, salad dressings.
- PAPRIKA:** *Varies from mild, slightly sweet to hot; adds color to many dishes.* Meats, poultry, salad dressings, dips, vegetables, soups and salads.
- PARSLEY:** *Mild flavor.* Brings out the flavor of most non-sweet foods.
- ROSEMARY:** *Sweet, spicy, pine-like fragrance.* Roasted meat and poultry, fish, stews, casseroles, stuffings, salads, breads, egg dishes.
- SAGE:** *Strong, slightly bitter.* Roasted meats and poultry, fish, stuffings, vegetables, cheese dishes, salads, gravies, sauces.
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Bacon Candy

## Bacon Candy ★

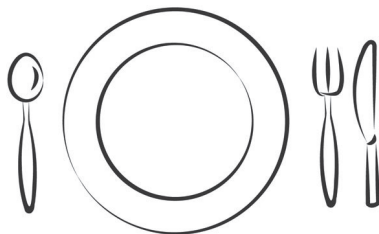
*Chip Lowell*

1/2 cup packed light brown sugar  
1 1/2 teaspoons chili powder  
20 slices of thick-cut bacon (1 1/2 pounds)

Preheat the oven to 400°. Line 2 rimmed baking sheets with foil. In a small bowl, whisk the brown sugar with the chili powder. Arrange the bacon strips on the foil and coat the tops with the chili sugar. Bake for 20 to 25 minutes, until caramelized and almost crisp. Transfer the bacon to a rack set over a sheet of foil to cool completely; serve.

Appetizers & Beverages

*Personal Story: First made Xmas 2012. Can be made early in the day. Store at room temperature.*





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# Blue Cheese Stuffed Mushrooms

---

*Marge Donovan*

24 med mushrooms ( about 1 lb)  
3 T butter or olive oil  
1 shallot minced  
2 T cooked bacon (2 sl)  
4 oz blue cheese  
4 oz creamed cheese  
1 † brandy or lemon  
1/2 † thyme

Remove stems from mushrooms and chop. Saute in 1 T butter, add minced shallot and cook until liquid evaporates. Blend room temp cheeses together. Add sauteed stems, bacon, lemon and thyme. In remaining 2 T butter quickly saute and toss mushrooms caps. Stuff with filling . Bake at 375 degrees for 10 minutes. Before baking may be covered and refrigerated for 8 hours.

# Crab Cakes and Baby Greens with Lemon Vinaigrette

---

*Michelle Rice*

3/4 c plain dry breadcrumbs  
1 lb. fresh crabmeat, picked over and drained well,  
1/4 c. mayonnaise  
3 T. chopped fresh chives  
1 T. worcestershire sauce  
1 T. dijon mustard  
1/4 tsp hot pepper sauce  
1 large egg, beaten to blend  
1/4 c. vegetable oil  
12 c. mixed baby greens  
Lemon Vinaigrette  
additional chopped fresh chives

Place 1/2 c. breadcrumbs in shallow dish.

Mix crabmeat, mayonnaise, 3 T chives, worcestershire sauce, mustard, hot pepper sauce and remaining 1/4 c. breadcrumbs in medium bowl to blend. Season with salt and pepper. Mix in egg

Using 2 T. for each, form crab mixture into twenty 1 1/2 inch cakes. Coat crab cakes with breadcrumbs in dish, pressing breadcrumbs to adhere. Transfer crab cakes to baking sheet lined with waxed paper. Cover and refrigerate at least 1 hour and up to 6 hours.

Heat oil in heavy large skillet over medium heat. Working in batches, add crab cakes to skillet and cook until golden brown and heated through, about 2 minutes per side. Transfer crab cakes to paper towel-lined plate.

Place mixed greens in large bowl. Toss with enough Lemon Vinaigrette to coat. Divide greens among 10



plates. Place 2 crab cakes alongside greens on each plate. Drizzle 1 tsp. vinaigrette over each crab cake. Sprinkle with additional chives and serve.





Denise's Stuffed Clams

## Denise's Stuffed Clams

---

*William Rice*

2 doz cherrystone clams  
2 slices white bread (no crust)  
1 medium onion finely chopped  
2-3 medium celery stalks  
1/4 cup butter  
12-15 Ritz crackers, crushed  
1/2 lb Linguica sausage (casing removed)  
red and green pepper  
white wine or sherry

Wash clams and steam open. Save shells. Reserve 1-2 cups broth. Soak bread in broth.

Saute sausage.

Remove sausage, add butter and saute onions, peppers and celery in butter.

Grind clams in food processor.

Mix together soaked squeezed bread, crackers, clams, sausage, celery, onion and peppers. Moisten with clam broth and wine or sherry

Fill clean clam shells with mixture. Brush with butter and wine.

Bake at 400 for 30 minutes, brushing occasionally with butter/wine mixture.

***Personal Story:** At low tide in Wellfleet the kids (and some of the adults) like to go clamming at the beach or at Billingsgate Island. Here is one of our favorite ways to put those clams to good use. They make a great appetizer and several can even make a meal.*

## Eggplant Brushetta

---

*Sue Gladding*

1 bagette of bread  
2 medium Eggplants  
3 cloves of Garlic  
Basil  
Olive oil  
1/2 cup Pesto  
1/2 cup grated Provolone cheese  
1/2 cup grated Gorgonzola cheese

Slice bagette and toast. Cube and salt eggplant. Saute with garlic, basil and olive oil. Mix cheese together.

Brush pesto onto bread slices. Add cooked eggplant. top with cheese.

Bake at 400 for 15 minutes.

# Herb's Stuffed Mushrooms

---

*Denise Wyr*

1 lb. baby bella mushrooms  
1 lb. hot american sausage, cooked and drained  
1 pkg. Alouette Herb & Garlic spreadable cheese 1/4 cup  
parmesan cheese

Brown sausage, drain. Add parmesan cheese. Clean mushrooms, and remove stems. Fill mushroom cavity with sausage mixture. Top with Alouette cheese spread

Bake 350 15 - 20 min.

# Katie's Grilled Shrimp

---

*Katie Villa*

3 tblsp. olive oil  
3 tblsp. apricot preserves  
1 1/2 tblsp. white wine vinegar  
2 1/4 tsp. dijon mustard  
2 1/4 tsp. curry powder  
1 1/4 tsp minced garlic  
1 1/2 lbs. uncooked shrimp, peeled and deveined  
skewers

Mix together the first 6 ingredients in a large bowl. Add shrimp and toss to coat. Cover and refrigerate for at least 2 hrs.

Thread shrimp on skewers and grill or broil 3 minutes each side.

# Michelle's Crab Spread

---

*William Rice*

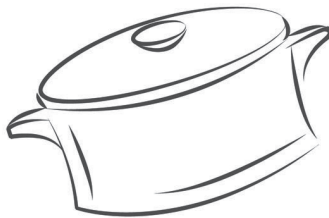
1 cup sour cream  
4 heaping tablespoons mayonaise  
juice of 1/2 lemon  
1 teaspoon dry mustard  
1 cup grated cheddar cheese  
1 pound fresh Wellfleet crabmeat  
2 8oz pkg chive cream cheese - softened  
2-3 teaspoons Worcestershire sauce

Preheat oven to 350. Combine all ingredients except 1/4 cup cheese and the crabmeat. Mix until creamy, then gently stir in crabmeat.

Spoon into 1 1/2 quart ovenproof serving dish. Top with remaining cheese and bake for 30 minutes. Serve hot with crackers or bread.

***Personal Story:*** *Prep time is 4 hours if you have to open the crabs.*

*Since we pull up a lot of crabs in our lobster pots, it made sense for us to find new ways of using them. This was adapted from the Very Virginia cookbook by Michelle and is a favorite when ever it is served.*



# Scotty's Chicken Wings

---

*Patty Isenor*

4 pkgs. Perdue Wingettes  
1/2 pint apricot brandy  
garlic powder  
oregano  
cold water to cover  
16 oz. teriyaki or soy sauce

Rinse wingettes  
Put in deep plastic container  
Put in all ingredients and cover with cold water  
Let marinate 2-3 days in refrigerator  
Cook on grill

*Personal Story: Don't burn them on the grill*



# Smoked Salmon Spread

---

*Michelle Rice*

8 ozs. cream cheese, room temperature  
1 scallion (green onion, white part and 3 inches green) thinly sliced  
1/4 c. heavy or whipping cream  
1 tsp fresh lemon juice  
dash of Tabasco sauce  
2 T red salmon caviar  
4 oz. smoked salmon, gently shredded

Gently mix the cream cheese and cream in a bowl.

Stir in the scallion, lemon juice and Tabasco.

Gently fold in the smoked salmon and caviar until well combined, but do not over mix. The shreds of salmon and the caviar should remain whole.

Serve on black bread or bagels, or hollow out a thin loaf of French bread, fill it with salmon and slice.



# Vidalia Onion Dip

---

*William Rice*

3 cups shredded swiss cheese  
1 to 1 1/2 cups mayo  
3 tsp minced garlic  
3 cups chopped vidalia onion (three onions)

Preheat oven to 350  
Grease casserole dish  
mix ingredients and add to dish  
Bake 35-40 minutes until bubbly  
Serve with fritos or tortilla chips

***Personal Story:** This was prepared by Zita Dimeo on New Years eve 2004. It did not last long because everyone loved it!*

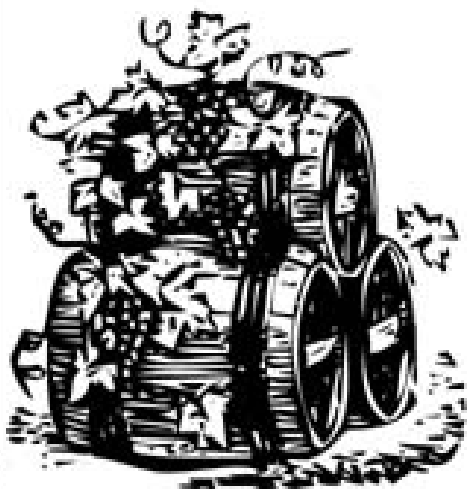




## Bread and Muffins



Add food photos, too! Border: Drop Shadow



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## ***MICROWAVE COOKING HINTS***

**To speed cooking and promote even heating, use the following techniques:**

- Stir food during cooking to bring the heated outside parts to the center.
  - Turn food over when microwaving small items like hamburgers or chops, or when defrosting.
  - Rearrange foods or individual items during cooking to promote even heating.
  - Allow standing time to complete the cooking of roasts and baked products.
  - Cover foods to hold in moisture and speed cooking.
  - Arrange foods in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the center and thicker pieces toward the outside.
  - Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
  - Select foods or pieces of the same size and shape because small items cook faster than large ones.
  - Food at refrigerator temperature takes longer to cook than food at room temperature.
  - Dense foods take more time to heat than light or porous foods.
- 
-

## Aloha Banana Bread

*Michelle Rice*

2 c. flour  
1. c. sugar  
1 tsp. soda  
1/2 tsp. salt  
1/2 c. butter  
2 eggs  
1/4 c. milk

1 c. banana  
1 T. orange peel  
1 tsp. vanilla  
1/2 tsp. almond extract  
1 c. flaked coconut  
1/2 c. chopped nuts

Mix. dry ingredients together.

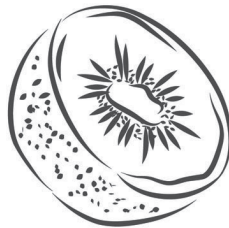
Add rest of ingredients except coconut and nuts

Blend until dry ingredients are moistened.

Beat at med. speed 3 minutes

Stir in coconuts and nuts

Bake in greased loaf pan at 350 for 60 - 70 minutes.





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## Banana Nut Chocolate Chip Bread

*Michelle Rice*

2 c. flour  
1 c. sugar  
1 tsp. baking soda  
1/2 tsp. salt  
1 c. mashed banana

2 eggs, beaten  
1/2 c. sour milk  
1/2 c. melted butter  
1 c. chopped walnuts  
1 c. chocolate chips

To make sour milk add 1-2 T. vinegar to milk and let sit while mixing everything else. Milk will curdle.

Mix dry ingredients together. Add banana, eggs, sour milk and butter. Mix together Add nuts and chips. Pour into 3 small loaf pans, greased

Bake 350 degrees 40 - 50 minutes, until knife inserted comes up clean.

**Personal Notes:** This recipe came from my Grandma Irene and I added to it. I usually use 2 or 3 very ripe banana, mashed and don't bother measuring. I've also added at times wheat germ or coconut, 1/2 - 1 c. of either or each. My children love this.

## Cape Cod Coffee Cake

*Denise Wyer*

1/2 cup butter

1 cup sugar

2 eggs

1 tsp almond extract

2 cups flour

1 tsp baking powder

1 tsp baking soda

1/2 tsp salt

1 cup sour cream

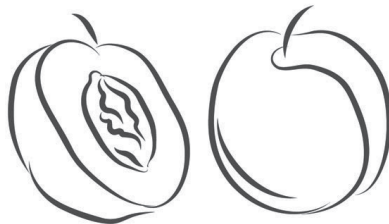
1/2 cup sliced almonds

1 8-ounce can whole cranberry sauce

Preheat oven to 325. Cream butter and sugar. Add eggs one at a time. Add extract. Combine dry ingredients and add alternately with sour cream to the butter-sugar mixture.

Put half the batter into a greased 10" springform pan. Spread the cranberry sauce over the batter. Add the rest of the batter and sprinkle the top with the almonds.

Bake for 1 hour, then cool for 15 minutes before opening the pan and removing the coffee cake.





Croissants

## Croissants

*Chip Lowell*

4 1/2 teaspoons yeast  
1/4 cup sugar  
6 tablespoons warm water  
2 teaspoon salt  
4 tablespoon butter melted

2 cups cold milk  
5 cups flour plus more for working  
2 cups cold unsalted butter 4 sticks  
1 large egg beaten

In a small bowl or bowl of a stand mixer, dissolve the yeast and a pinch of the sugar in the warm water. Let stand until foamy, about 5 to 10 minutes.

To mix the dough by hand, In a large bowl, combine the remaining sugar, the salt, melted butter, milk, the yeast mixture and 1/2 cup of the flour, and mix with a wooden spoon until blended. Gradually add the remaining flour 1/2 cup at a time and mix just until the dough comes together in a sticky ball.

To mix the dough by stand mixer, In the large bowl of a stand mixer fitted with the paddle attachment, combine the remaining sugar, the salt, melted butter, milk and the yeast mixture and mix on medium speed until combined. Gradually add the flour 1/2 cup at a time and mix just until the dough

comes together in a stick ball.

On a lightly floured surface, roll out the dough into a rectangle about 1/2 inch thick. Transfer to a large baking sheet and cover with plastic wrap. Place in the fridge until chilled, about 40 minutes.

While the dough is chilling make the butter package. I found it was easiest to place all four sticks of butter together in a gallon size ziplock bag. Then using a rolling pin, beat the butter on a work surface to flatten it. Continue to gently beat the butter with the rolling pin to shape the butter into a 6-by-8-inch rectangle. This part was really kind of hard, but just keep working it. Once the butter is in the shape of a rectangle place it back in the fridge to stiffen up again. Don't worry if your butter is not in a perfect rectangle. It's still going to work.

Now it is time to laminate the dough, which just means fold the dough with the butter to create layers. On a lightly floured work surface, roll out the dough into a 16-by-10-inch rectangle. With a short side facing you, place the butter in the middle of the dough. Fold the ends up like a letter. Fold over the upper half to cover the butter and press the edges together to seal. Then fold over the remaining lower half and press the edges together to seal. Turn dough again so the short side is facing you, and use the rolling pin to press down equally on the dough to help flatten it. Roll dough into a 15 x 10 inch rectangle. Then fold the dough like a letter again, with a short side facing you, fold the bottom third up, then fold the top third down. Use your hands to pull the dough into a rectangle shape. You should now have a roughly 11 x 6 inch rectangle. This completes the first turn. Wrap in plastic wrap and place in the fridge to chill for 45 minutes.

Return the chilled dough to the lightly floured work surface with a folded side to your left and repeat the process to

make 3 more turns, rolling, folding and chilling the dough each time, for a total of 4 turns. After the final turn, refrigerate the dough for at least 4 hours or overnight (I chilled mine overnight).

To form the croissants, cut the dough in half and place one half in the fridge while working with the other half. Roll out one half of the pastry on a lightly floured work surface into a 9-by-18-inch rectangle. Using a pizza cutter or sharp knife cut the dough in half lengthwise, and then cut the dough into triangles. Cut a small vertical slit right into the middle of the straight end, and using both hands, roll croissant up pushing the sides out to either side. Place on a baking sheet about 2-3 inches apart, cover with a towel and set in a warm place to rise for 1-2 hours. The croissants will not double in size like other yeast doughs do. After one hour position a rack in the middle of the oven and preheat to 425 degrees F.

Lightly brush the tops of the pastries with the egg mixture. Bake the pastries, 1 sheet at a time, until golden brown, 15-18 minutes. Transfer to a wire rack and let cool on the pan. Serve warm or at room temperature. Store in an airtight container at room temperature for up to 1 day. Makes 25-32 croissants.

To freeze the croissants before baking, complete the steps through step 8. Once all the croissants have been rolled place them on a baking sheet lined with wax or parchment paper. Cover the baking sheets and freeze for about 2 hours. Remove the pans and place the croissants in a freezer safe bag and seal. Immediately place back in the freezer and freeze for up to 6 months. To bake, allow the croissants to thaw overnight in the fridge and then bake as directed.

Optional fillings for the croissants:

1-2 teaspoons of pure pumpkin



1 -2 teaspoons peanut butter + 1 square of chocolate

1 teaspoon cinnamon sugar

1-2 teaspoons Nutella

Roll each triangle up as directed. Brush each top with egg wash and for the pumpkin and cinnamon sugar croissants, sprinkle with more cinnamon sugar. Bake as directed.



## Ginny's Award Winning Irish Soda Bread

*Ginny Larkin*

3 cups all-purpose flour  
1 cup whole wheat flour  
1 ½ tsp. baking soda  
1 tsp. salt  
4 tbl. sugar

1 ½ tbl. caraway seeds  
1 cup raisins or currants  
1 ¾ cups well-shaken buttermilk  
1 tbl. unsalted butter, melted

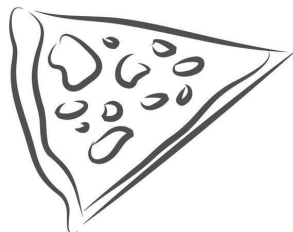
Preheat oven to 375 degree. Butter and flour a large baking sheet, shaking off excess flour. Sift together flour, baking soda, and salt into a large bowl. Stir in sugar, caraway seeds, and raisins. Add buttermilk and stir just until dough is evenly moistened but still lumpy.

Transfer dough to a well-floured surface and gently knead with floured hands about 8 times to form a soft but slightly less sticky ball. Halve dough and form into 2 balls.

Pat out each ball into a domed 6-inch round on baking sheet. Cut a ½ inch deep X onto each loaf with a sharp knife, then brush with butter.

Bake in middle of oven until golden brown and bottom sounds hollow when tapped about 35-40 minutes. Transfer loaves to rack to cool completely.

**Personal Notes:** This recipe has won the famous Donovan family Irish Bread Bake-Off. (There is no truth to the rumor that the voting was rigged!)



## Lucious Raspberry Muffins

*Lucy Dunne*

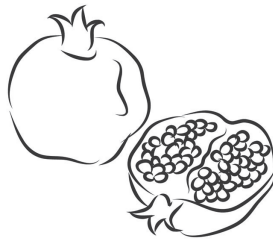
1 1/2 cup flour  
1/2 tsp baking soda  
1/2 tsp salt  
1 1/2 tsp cinnamon  
1 cup sugar

1 12 oz frozen raspberries  
2 eggs, well beaten  
2/3 cup oil  
1/2 cup pecans

Mix together dry ingredients. Make well in center.  
Stir in raspberries and eggs. Mix in oil and pecans.

Put in greased muffin tins. Bake 425o for 15 - 20 min. Cool 5 min. before removing.

**Personal Notes:** Makes 3 doz. miniature muffins.



## Old-Fashioned Irish Soda Bread

*William Rice*

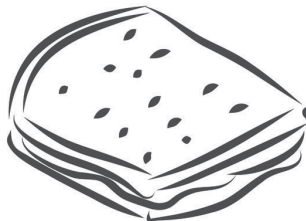
1 1/2 cups golden raisins	3/4 cup sugar
2 tablespoons caraway seeds	3/4 cup canola oil
Juice of 2 oranges	1 3/4 cups low-fat buttermilk
3 cups all-purpose flour	1 medium egg, well beaten
1 1/2 teaspoons salt	2 egg whites
1 teaspoon baking soda	1/4 cup apple sauce
1 tablespoon baking powder	2 tablespoons unsalted butter, melted

Preheat oven to 350

Lightly spray or wipe a 12-to14-inch cast iron skillet with vegetable oil. Line the pan with waxed paper and set aside. In a small saucepan over low heat, place the raisins and orange juice and macerate until the raisins are plump. In a large bowl, combine all the dry ingredients and mix well. Drain the raisins and add them to the dry mixture until coated. In a small bowl, combine the oil, buttermilk, egg, egg whites and applesauce. Add to the dry ingredients and mix well. Pour the batter into the prepared skillet and smooth the top. Drizzle the melted butter over the dough.

Bake for 1 hour or until golden and a toothpick inserted in the center comes out clean.

**Personal Notes:** This recipe has won the family St Patrick's Day Irish soda bread bake-off. It is a best served warm right out of the skillet.



## Peach & Poppyseed Muffins

*Catherine Gallo*

1 tsp. baking soda	1/4 tsp. salt
8 Tbl. butter - softened	1/2 tsp. vanilla
1 cup sugar	3 Tbl. poppyseeds
2 eggs	2/3 cup pureed peaches (1 babyfood jar of peaches)
1 1/4 cup flour	

Preheat oven to 350. Line 12 muffin tins with papers or grease. Stir baking soda into peaches in small bowl - this will foam up. Cream butter with sugar. Add eggs one at a time Mix. Alt. add flour and peach puree. Add salt, vanilla, and poppyseeds. Do not over mix. Fill muffin cups. Bake 20-25 minutes

## Peggy's Irish Soda Bread

*Peggy Chester*

2 cups flour	3 T butter
4 tsp baking powder	3/4 cup buttermilk
1/2 tsp salt	1 cup raisins
2 T sugar	

Make corn meal-like mix out of the dry ingredients. Add raisins. Gradually add milk until it holds together. Shape into a ball and knead on floured surface for a few minutes. Place ball on cookie sheet and make a cross on the top of the ball. Bake 350 for 25 minutes. If top needs a little browning, raise oven temp to 400 for last 5-8 minutes.

**Personal Notes:** This won first prize at the first Donovan family soda bread contest back in the early 1990's. Maybe it was the cross I made on the top that helped me that year.

## Pumpkin Bread

*Denise Wyer*

2 2/3 cup sugar

4 eggs

2/3 cup butter

3 1/2 cup flour

1 can (One-pie) pumpkin

1/2 tsp. cloves

2/3 cup water

1/2 tsp. baking powder

2 tsp. baking soda

1 1/2 tsp salt

1 tsp cinnamon

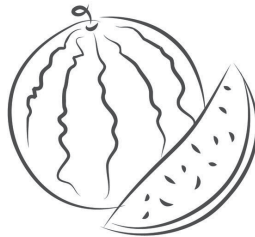
1 1/2 tsp nutmeg

1 cup chopped nuts

Mix everything together until smooth. Fold in chopped nuts.

Bake in greased 4 med size baking pans 350o 45 - 55 min.

**Personal Notes:** Freezes well



Soups, Stews, Salads and  
Sauces



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## CONVERSION OF PAN AND UTENSIL SIZES

<i>UTENSIL</i>	<i>Measure (Volume)</i>	<i>Measure (cm)</i>	<i>Measure (inches)</i>
<i>Baking or cake pan</i>	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
<i>Cookie sheet</i>		40x30	16x12
<i>Jelly roll pan</i>	2 L	40x25x2	15x10x3/4
<i>Loaf pan</i>	1.9 L	23x13x7	9-1/4x5-1/4x2-3/4
<i>Round layer cake pan</i>	1.2 L	20x4	8x1-1/2
			9x1-1/2
<i>Pie pan</i>	750 mL	20x3	8x1-1/4
	1 L	23x3	9x1-1/4
<i>Tube pan</i>	2 L	20x7	8x3
	3 L	23x10	9x4
<i>Springform pan</i>	2.5 L	23x6	9x3
	3 L	25x8	10x4
<i>Baking dish</i>	1 L		1 qt.
	1.5 L		1-1/2 qt.
	2 L		2 qt.
	2.5 L		2-1/2 qt.
	3 L		3 qt.
	4 L		4 qt.
<i>Custard cup</i>	200 mL		6 fl. oz.
<i>Muffin pans</i>	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1-1/4
	100 mL	7.5x3.5	3x1-1/2
<i>Mixing bowls</i>	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

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# Apricot Mustard

Michelle Rice

1 1/2 cups Apricot preserves  
6 tablespoons Dijon mustard

Combine preserves and mustard in small saucepan over low heat. Stir gently until preserves and mustard are thoroughly mixed. Cool.

**Personal Story:** This sauce is a perfect compliment for Cajun Chicken Bites, but it can go with other dishes as well.

"After all the trouble you go to, you get about as much actual "food" out of eating an artichoke as you would from licking 30 or 40 postage stamps."

--Miss Piggy



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## Big & Beefy Beef Stew

Tim Rice

- ¼ cup unsifted all purpose flour
- 2 ½ teaspoon salt
- 1 can light beer (optional for some family members)
- 2 pound beef chuck; cut into 1 inch cubes
- ½ teaspoon pepper
- ½ cup salad oil
- 2 pounds onions – sliced
- 1 clove garlic – peeled and diced
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Bottels steak sauce
- 2 bay leaves
- ½ teaspoon dried thyme leaves
- 1 package (10oz) frozen peas
- 2 tablespoons chopped parsley
- 2 pounds potatoes – paired and quartered

Combine flour, salt and pepper – use to coat chuck well. In large stock pot (doesn't have to be a Dutch oven) heat ¼ cup oil.

Sauté onion and garlic until tender, remove and set aside.

Heat remaining oil in pot – add chuck and brown well on all sides.

Add onion and garlic along with beer, soy sauce, Worcestershire sauce, steak sauce, bay leaves and thyme and

mix well.

Bring mixture to boil. Reduce heat and simmer – covered - 1 ½ hours.

Add potatoes; simmer – covered – 20 minutes or until tender.

Add peas; simmer – covered 8 minutes or until tender.

Ready to serve!

**Personal Story:** This is a great stew to enjoy during a New England winter snowstorm!

## Cole Slaw with Champagne Vinegar Dressing

Joanna Chester

Dressing:

3 c. mayonaise  
1 cup sour cream  
2 T peeled, chopped garlic  
1/3 c. champagne vinegar  
3 T. granulated sugar  
1 1/4 T. celery seed  
salt & pepper

Cole Slaw:

1 head of red cabbage shredded  
1 head of green cabbage shredded  
1 bag of baby carrots shredded  
2 ripe mangos diced

Mix ingredients for the dressing.

Combine cole slaw ingredients and toss with dressing.

**Personal Story:** This recipe can be easily cut in half and may be prepared about 12 hours ahead.

## Curried Chicken Salad with Grapes

Denise Wyer

- 4 boned, skinned chicken breast halves (about 1 lb poached in stock)
- 2/3 cup seedless grapes - preferably half red and half white
- 1/4 cup toasted slivered almonds
- 1/2 cup mayonnaise
- 3 tbl cream
- 1/2 tsp curry powder

Cook chicken;

Add rest of the ingredients and refrigerate.

## Denise's Blue Cheese Dressing

Denise Wyer

- 1/2 lb. blue cheese, crumbled
- 2 garlic cloves, chopped fine
- 1/2 small onion, chopped fine
- 1 cup mayonnaise
- 1 cup sour cream
- 2 tbl cider vinegar
- 2 tbl lemon juice

Mix all together and refrigerate.

Keeps 2 -3 weeks

# French Onion Soup

Michelle Rice

4 T unsalted butter  
2 T olive oil  
6 cups sliced yellow onions  
4 cloves garlic, minced  
1 teaspoon sugar  
1/3 cup cognac  
1 T dijon style mustard  
1/2 teaspoon dried thyme  
3 T unbleached all purpose flour  
3 quarts beef stock  
1 1/2 cups dry white wine  
salt and freshly ground black pepper, to taste

1. To make the soup, heat the butter and oil in a large stock pot. Add the onions and cook over high heat, stirring occasionally, for 15 min. Add the garlic and sugar. Reduce heat to medium and cook, stirring occasionally, until the onions are golden brown, about 40 minutes.
2. Pour in the cognac, warm it, and flame with a match. When the flames subside add the mustard and thyme. Stir in the flour and cook, stirring frequently for 3 minutes.
3. Gradually stir in the stock and wine. Season to taste with salt and pepper. Simmer uncovered over medium heat of 1 hour.
4. Preheat oven to 350degrees F
5. To make the croutons, spread one side of each bread slice with 1 1/2 teaspoons butter and 1 1/2 teaspoons oil. sprinkle with the garlic. toast the prepared side only on a baking sheet until crusty and golden, 12-15 min.
6. Combine the 3 cheeses for the gratin.
7. Preheat boiler
8. Ladle the hot soup into 8 oven-proof soup bowls to fill three-fourths full. Float a crouton in the center of each bowl. Top each bowl lavishly with the cheeses. Broil 6 inches from the heat until the cheese is melted and bubbling, about 4 to 5 minutes. serve immediately.

# Gram Hegarty's Corn Chowder

Heather Donovan

2 large potatoes cubed  
1 large onion diced  
1 can of cream style corn  
1 can of milk  
1 teaspoon of sugar  
salt and pepper  
butter

Put cubed potatoes in just enough water to cover, cook until tender then strain.

In soup pot, sautee onion in butter until transparent, then add potatoes, creamed corn, milk, and sugar.

Salt and pepper to taste, heavy on the pepper.

Bumpa likes his served with a pat of butter.

**Personal Story:** This one is from Heather's maternal grandmother.

"The belly rules the mind."  
--Spanish Proverb

# Grandma Hibbard's Chili Sauce

Marge Donovan

1 qt tomatoes chopped  
2 sm onions chopped  
1/2 C cidar vineger  
1 t salt  
1/2 C brown sugar  
1 t salt  
1 green bell peppper chopped  
1/4 C celery tops chopped  
black pepper  
1/2 t of each cinnamon, allspice and cloves

Put all ingredients into a large pot and bring to a boil. Reduce heat and simmer for at least an hour. Put into a glass jar with a lid. Keep in refrigerator.

**Personal Story:** During the summertime when the vegetables were fresh, this condiment was often on the table at dinnertime. We ate it as a side dish. My Mom served it with baked beans. We all love it.

"When baking, follow directions. When cooking, go by your own taste."  
--Laiko Bahrs

## Helen's Bar-b-que Sauce

Katie Villa

1 Tblsp. oil  
1 cup chopped onion  
3 Tblsp. brown sugar  
3 Tblsp. vinegar  
1 bottle of chili sauce

saute the onion in the oil until translucent, add remaining ingredients and simmer. The longer it simmers the better it gets!

**Personal Story:** The aroma will be sure to bring back memories of all the picnics at the Peaties on Fairfield Ave! This was a favorite of Helen's for barbecue chicken or ribs.

"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."

--Lewis Grizzard



## July 4th Grilled Vegetable Salad

Catherine Gallo

- 3/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1 large red onion, cut 3/4 inch thick rounds
- 12 baby beets, stems trimmed to one inch, peeled, halved lengthwise
- 3 small zucchini, cut lengthwise into 4 slices
- 3 japanese eggplant, cut lengthwise into 4 slices
- 2 large red bell pepper, cut one inch thick
- 6 slices French bread
- 10 cups mixed baby greens
- 4 large tomatoes, sliced
- 3 Tbl basil, fresh, chopped
- 2 Tbl chives, fresh, chopped
- 1 Tbl marjoram, fresh, chopped
- 3/4 cup goat cheese, Montrachet, crumbled
- 1/2 cup romano cheese, grated
- 3/4 cup black olives such as Kalamata

heat grill (medium-high heat). Whisk 3/4 cup olive oil and vinegar in medium bowl to blend.

Place onion through pepper on baking sheet. Brush both sides with vinaigrette. Sprinkle veggies with salt and pepper. Grill veggies until just cooked through, about 10 min. per side for zucchini, eggplants, and peppers.

Veggies can be grilled a few hours ahead. Let stand at room temperature.

Brush bread with additional olive oil; sprinkle with pepper. Grill bread until beginning to brown, about 2 min. per side.

Arrange greens on large platter. Over-lap tomatoes atop greens in center of platter. Sprinkle tomatoes with S&P. Arrange grilled veggies atop greens around edge of platter. Drizzle remaining vinaigrette over tomatoes and grilled veggies. Sprinkle tomatoes and veggies with herbs. Sprinkle tomatoes with goat cheese. Sprinkle romano cheese over all. Garnish with olives. Serve with bread.

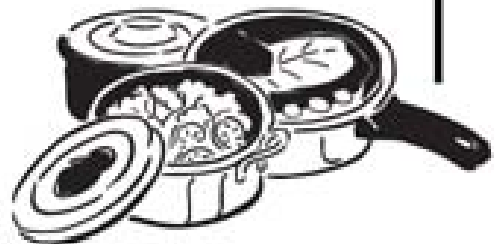
**Personal Story:** I've made this a few times for our Fourth of July gatherings on the Cape. It serves as a salad and a vegetable dish as well. It appeals to lots of people and is great the next day too. It's

Soups, Stews, Salads and Sauces

the salad that keeps growing and growing.

"I don't think America will have really made it until we have our own salad dressing. Until then we're stuck behind the French, Italians, Russians and Caesarians."  
--Pat McNelis

**Main Courses: Beef, Pork and Lamb**



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## ***EQUIVALENTS AND SUBSTITUTIONS***

1 pound shelled walnuts	=	3 cups chopped walnuts
1 pound raisins	=	2-3/4 cups seedless raisins
1 pound dates	=	2-1/2 cups pitted dates
1 tablespoon cornstarch	=	2 tablespoons flour or 4 teaspoons tapioca
1 medium clove of garlic	=	1/8 tsp. garlic powder
1 cup honey	=	1 cup molasses or corn syrup
1 cup ketchup	=	1 cup tomato sauce plus 1/2 cup sugar plus 2 table- spoons vinegar
1 teaspoon dry mustard	=	1 tablespoon prepared mustard
1 small onion	=	1 tablespoon dried onion
1 cup tomato juice	=	1/2 cup tomato sauce plus 1/2 cup water
1 cup self-rising flour	=	1 cup flour plus 1-1/2 tablespoons baking powder plus 1/2 teaspoon salt
1 egg	=	1 teaspoon cornstarch
1 cup liquid honey	=	1-1/4 cups sugar plus 1/4 cup liquid
1 cup corn syrup	=	1 cup sugar plus 1/4 cup liquid
1 cup buttermilk	=	1 cup plain yogurt
1 cup sour cream	=	1 cup plain yogurt
1 cup tomato juice	=	1/2 cup tomato paste plus 1/2 cup water

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## **Barbequed Leg of Lamb**

***Barbara Peatie***

2 c. plain yogurt  
1 whole head of garlic

5-6 pound boned (butterflied) leg of  
lamb

Mash garlic into yogurt, mix well. Slather all over the lamb and let marinate at least two hours. I generally put it to marinate the day before.

Grill about 12 minutes on each side to med. rare.

***Personal Notes: Fabulous, if I do say so myself.***

***"Love is a choice you make from moment to moment."  
--Barbara De Angelis***



***Braciolo***

## **Braciolo**

***Chip Lowell***

2 lbs beefsteak or top round  
2 tbsps minced sweet pepper  
2 tbsps freshly grated Romano  
cheese or 3 tbsps freshly grated  
Parmesan  
2 cloves garlic, minced or crushed  
1 tsp dried basil

3/4 tsp salt  
1 tsp freshly ground black pepper  
1/2 cup finely minced ham, salami or  
cooked sausage  
1/4 cup olive oil  
3 cups tomato sauce

Slice or butterfly the meat. Pound out to about 1/4 inch thick. Mixed remaining ingredients, except oil and tomato sauce. Spread stuffing in the center of the meat, but not all the way to the edges. Roll up and tie with kitchen string or use toothpicks. Slice the roll into 3-4 inch long rolls. Heat oil in a large skillet. Pat the meat dry with paper towels. Saute until

browned on all sides. Add tomato sauce, cover and simmer slowly for 2 hours, or until the meat is tender. Cut strings or remove toothpicks. Serve bracirole in tomato sauce over pasta, polenta or rice.

## Chinese Pepper Steak

*Denise Wyer*

1 1/2 lb top round	3/4 tbl salt
1/2 stick butter	1/8 tsp pepper
1/2 cup chopped onion	1 can beef broth
2 garlic buds, chopped	1 tbl cornstarch
2 lg green peppers	2 tbl water
1/2 cup celery	2 tsp soy sauce

Heat butter in skillet. Cut meat in thin strips on an angle. Saute meat until browned. Add onion, garlic, green pepper, celery, salt & pepper. Cook a couple of min. Add beef broth. Cook until tender - about 25 min.

Blend: 1 tbl cornstarch, 2 tbl water, 2 tsp soy sauce

Stir into meat - cook uncovered 5 min. longer.

Serve over rice

**"I love you, and because I love you, I would sooner have you hate me for telling you the truth than adore me for telling you lies."  
--Pietro Aretino, Italian poet**

## Citrus-Glazed Pork

*Denise Wyer*

1 pork tenderloin	2 tbl. low-sodium soy sauce
1/4 tsp. coarsely ground pepper	2 cloves garlic, minced
1/3 cup orange marmalade	vegetable cooking spray
2 tbl. chopped fresh mint	

Cut horizontally into 4 4oz. pieces.

Cut a lengthwise slit down the center of each piece of tenderloin two-thirds of the way through the meat. Flatten each piece of tenderloin, and sprinkle with coarsely ground pepper.

Combine marmalade and next 3 ingredients in a small bowl, and stir well. Brush marmalade mixture evenly over tenderloin, reserving remaining marmalade mixture.

Coat grill rack with cooking spray, and place on grill over medium-hot coals. Place tenderloins on grill rack and cook 6 min. on each side or until thermometer registers 145o, basting frequently with reserved marmalade.

Place remaining marmalade mixture in a saucepan over medium heat, and cook 1 min. Drizzle warm mixture over pork. Garnish with mint sprigs if desired.

**"To be capable of steady friendship or lasting love, are the two greatest proofs, not only of goodness of heart, but of strength of mind."**

**--Paul Aubuchon**



## **Corned Beef and Cabbage**

***Denise Wyer***

1 bay leaf	1 cup apple cider or juice .
6 peppercorns	6 carrots, halved crosswise
1 onion, stuck with 4 whole cloves	6 new potatoes
1 carrot, sliced	1 small cabbage, cut into 6 wedges
1 stalk celery, sliced	1 corned beef brisket, flat cut (about 4 lbs)
2 sprigs parsley	

### STOVE TOP METHOD:

1. Wash corned beef under cold running water. Place in large kettle; add bay leaf, peppercorns, onions with cloves, sliced carrot, celery, parsley and apple cider. Add enough water to just cover. Bring to a boil; skim surface. Lower heat; cover. Simmer 2 to 2 1/2 hours or until fork-tender.

2. Remove corned beef to heated platter; keep warm. Add halved carrots and the potatoes to the kettle; cook 15 min. Add cabbage; continue cooking 15 min. or longer until vegetables are tender.

3. Slice corned beef and arrange on platter with vegetables. Serve with Dijon mustard, or horseradish whip.

Horseradish whip:

1/2 cup plain yogurt (can be part mayonaise) - 3 tbl. prepared horseradish - 1 tbl orange juice 1/4 tsp sugar - salt & pepper to taste Yield 3/4 cup.

***Personal Notes: Best Ever***

## **Filet of Beef with Mustard Cream Sauce**

*Denise Wyer*

2 tbl. butter (1/4 stick)	pepper
2 6oz. 1 1/4" thick tenderloin steaks	1/4 cup brandy
2 tbl. Dijon mustard	1/2 cup whipping cream
1 tsp. worcestershire sauce	

1. Melt butter in heavy large skillet over medium high heat.
2. Add steaks and cook to desired degree of doneness, about 4 min. per side for rare.
3. Add mustard and worcestershire to skillet. Season with pepper.
4. Stir to combine. Remove pan from heat. Remove steaks and keep warm.
5. Add brandy to pan and ignite with match.
6. When flames subside, return skillet to heat.
7. Add cream to skillet and cook until reduced to thin sauce, about 2 min.
8. Pour sauce over steaks to serve.

**"O, Divine Master, Grant that I may not so much seek to be consoled, as to console... To be understood as to understand... To be loved as to love... For it is in giving that we receive... It is in pardoning that we are pardoned... And it is in dying to ourselves that we are born to eternal life. Amen."**

**--Saint Francis of Assisi**

## **Herb and Garlic Crusted Beef Tenderloin with Red and Yellow Pepper Relish**

***Michelle Rice***

2 2 1/4 to 2 3/4 lb pieces beef tenderloin (thick end), trimmed	2 1/2 T minced fresh thyme
Red and Yellow Pepper Relish (see recipe)	2 1/2 T minced fresh rosemary
8 T olive oil	6 T dijon mustard
6 garlic cloves, minced	

Preheat oven to 375.

Rub 1 T. oil over each beef piece. Sprinkle with salt and pepper.

Heat 2 large nonstick skillets over high heat. Add 1 beef piece to each; brown on all sides, about 5 minutes. Place beef pieces in large roasting pan.

Mix 6 T oil, garlic, 2 T thyme, 2 T rosemary in small bowl. Coat to and sides of beef pieces with mustard, then with herb mixture.

Roast until meat thermometer inserted into center of beef register 125 for medium rare, about 45 minutes.

Transfer to platter, let stand 10 minutes.

Cut beef into 1/2 inch thick slices. Sprinkle with remaining thyme and rosemary. Serve with pepper relish.

***Personal Notes:*** *I served this for Christmas dinner our first year in Connecticut in the big house.*

## **Herb's Meat Loaf**

*Denise Wyer*

2 eggs, slightly beaten  
1 small onion, chopped  
1/2 cup flavored bread crumbs  
1/4 cup parmesan cheese

1/4 cup ketchup  
1 link hot sausage (casing removed)  
2 lb. meatloaf combination (1 lb. beef  
- 1/2 lb. pork - 1/2 lb. veal)

Mix all together and place in the center of a casserole. Bake about 1 hour -350 degrees. Let cool

Just before serving, slice and place on the grill until warm on each side and slightly browned.

## **Honey Grilled Pork Chops**

*Denise Wyer*

6 pork chops (3/4 " thick)  
1 cup low-sodium soy sauce  
2 tsp. ground ginger  
5 garlic cloves, halved

6 tbl dark brown sugar  
6 tbl honey  
5 tsp dark sesame oil

Place chops in a heavy zip-top bag. In a small bowl, combine soy sauce, ginger, and garlic and pour over chops. Seal and refrigerate at least 3 hours, turning occasionally.

Prepare grill, in a saucepan, combine brown sugar, honey and oil. Cook over low heat until sugar dissolves, stirring constantly. Remove chops from marinade, discarding marinade. Grill chops over medium-hot coals 10 min. on each side or until done, basting often with honey mixture.

Note: Basting mixture becomes very thick when cool. Keep warm while grilling chops by placing the saucepan directly on grill rack.

## Leg of Lamb Steaks w/ mint sauce

**Tim Rice**

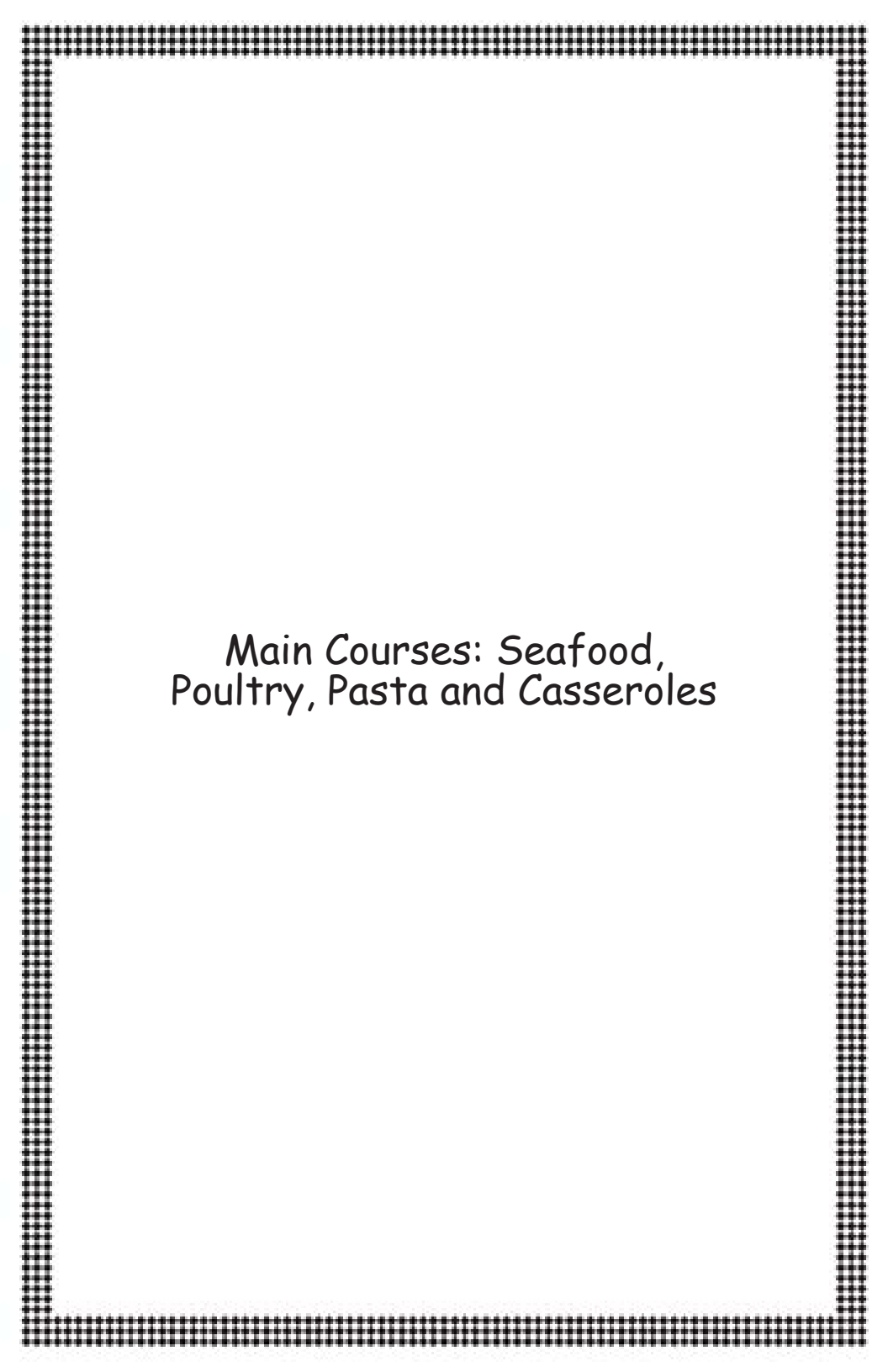
4 sirloin-end leg of lamb steaks (1 inch thick)      salt & pepper  
2 tablespoons chopped fresh mint      1/4 cup distilled white vinegar  
(optional)      1/2 cup sugar  
1 clove garlic, cut into slivers      2 tablespoons dried mint  
Olive oil (for brushing)

- 1) Turn on broiler
- 2) Using a sharp paring knife, make tiny cuts along the curved edges of the steaks at 3- to 4- inch intervals to prevent curling. Make 5 or 6 slits in the meat and insert the garlic slivers.  
Brush the meat with oil and sprinkle with salt & pepper. Set the meat on a rack inside a broiler pan or roasting pan. Set aside.
- 3) In a saucepan, combine the vinegar, sugar, and dried mint. Bring to a boil. Turn heat to medium-low and simmer sauce for 5- minutes. Remove from heat.
- 4) Transfer the lamb to the oven. Broil steaks for 5 minutes on a side or until the meat is cooked but still pink in the center. Remove from oven.
- 5) Return the mint sauce to a simmer, stir in fresh mint using, and pour the sauce into a serving bowl. Serve the lamb with roast potatoes

**Personal Notes:** *This recipe also works well on the grill.*

***"Better to have loved and lost, than to have never loved at all."  
--Saint Augustine***





*Main Courses: Seafood,  
Poultry, Pasta and Casseroles*

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### **OVEN TEMPERATURE CHART**

<b>MISCELLANEOUS</b>	<b>Temp.</b>	<b>Minutes</b>
Custard Cup	300F	20-30
Custard Casserole	300F	45-60
Soufflé	325F	50-60
Timbales	300F	35-45
Rice Pudding	325F	50-60

### **TABLE FOR DRIED FRUITS**

<b>FRUIT</b>	<b>Amount of Sugar or Honey</b>	<b>Cooking Time</b>
Apricots	1/4 c. for each c. fruit	40 min.
Figs	1 tbsp. for each c. fruit	30 min.
Peaches	1/4 c. for each c. fruit	45 min.
Prunes	2 tbsp. for each c. fruit	45 min.

### **RULES FOR WHIPPING CREAM**

- Chill the cream, bowl and beaters in a refrigerator for at least 2 hours. Beat until it is fairly stiff.
- If cream is beaten until it is warmer than 45 degrees, it will turn to butter.
- Should cream start to turn buttery, whip in 2 or 3 more tbsp. of cold milk.
- If you wish the cream to keep stiff for a day or two, add one teaspoon gelatin soaked in one tablespoon cold water. Dissolve the gelatin over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.
- Use medium speed when whipping cream with an electric beater.
- Cream, when whipped, almost doubles in bulk.

### **SUBSTITUTES FOR WHIPPING CREAM**

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
  2. Prepare cream as given above. Soak 1 tsp. gelatin in 2 tbsp. cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
  3. Use evaporated milk. Milk prepared with gelatin holds up better and longer, but may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
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## Baked Flounder with Parmesan Crumbs

*Ginny Larkin*

4 flounder fillets (1  $\frac{1}{2}$  to 2 pounds total)       $\frac{3}{4}$  cp(3 oz) finely grated Parmesan cheese  
salt and freshly ground black or white pepper, to taste      4 tbl. Unsalted butter  
 $\frac{1}{2}$  cp finely crumbled fresh bread crumbs      2 tbl extra-virgin olive oil

Freshly grated lemon zest or freshly squeezed lemon juice (optional)  
Thinly sliced fresh basil leaves (optional)

Preheat the oven to 425 degrees.

Pat the fish dry. Place the fillets in a large baking dish or roasting pan and season with salt and pepper to taste. Set aside.

In a small skillet over low heat or in a microwave-safe bowl, melt the butter.

Add the breadcrumbs, cheese and oil and, using your fingers, mix until evenly combined.

Sprinkle the mixture evenly over the fillets.

Bake the filets until they are cooked through and the topping is golden, about 15 minutes.

Let stand for 5 minutes. If desired, sprinkle with lemon zest or juice and basil. (We suggest you don't skip this.)

**Personal Notes:** Use Panko (Japanese bread crumbs) and this makes a low carb meal.

## Bill's Famous Dinner Nachos

*William Rice*

Berber or Jerk Spices	1 lb Sharp cheder cheese (grated)
1 oz Tequila	1/2 lb Pepper jack cheese (grated)
1 lb Boneless chicken breast	1 bag corn chips

- 1) Dice and saute chicken in tequila. Add spices to taste.
- 2) Spread chips in single layer on cookie sheet. Add piece of chicken to each chip.
- 3) Mix cheeses together. Cover each chip with cheese.
- 4) Bake at 350 until cheese is melted. Serve with sour cream and salsa.

**Personal Notes:** This is one of my favorite dishes to make. All too often nachos are all chip and nothing else. Here each chip is allowed to become a nacho, not just a chip!

"Life is either a daring adventure or nothing."  
--Helen Keller

## Cajun Chicken Bites

*Michelle Rice*

2 teaspoons ground cayenne pepper	1 teaspoon salt
2 teaspoons freshly ground black pepper	5 boneless chicken breast halves
1 teaspoon freshly ground white pepper	2 tablespoons butter
2 teaspoons dried thyme, finely ground	2 tablespoons vegetable oil
1 tablespoon garlic powder	

Mix peppers, thyme, garlic powder and salt in large ziplock bag

Cut chicken into bite sized pieces. Add chicken to spice mix in bag and shake until coated. Let sit for 20 minutes.

Add butter and oil to frying pan over medium-high heat. Saute chicken until cooked through (about 5 minutes).

Serve hot with Apricot mustard.

**Personal Notes:** This dish makes a great appetizer or main course for those who love their food spicy. The Apricot mustard is the perfect way to balance the spices.

"If A is a success in life, then A equals x plus y plus z. Work is x... y is play... and z is keeping your mouth shut."  
--Albert Einstein

## Cape Cod Cod

*Sue Gladding*

2-3 lbs Haddock or cod                      1 can Cream of shrimp soup  
1 sleeve Ritz crackers - crushed      1/2 cup Milk  
8 oz Grated extra sharp cheddar  
cheese

Skin and cut fish into bite sized pieces.

Spray lasagna pan with cooking oil.

Layer in fish then crackers then cheese.

Add milk to soup and pour on top of cheese layer.

Bake uncovered at 350 for 35 minutes

**Personal Notes:** This recipe is great for company.

"Failure is success if we learn from it."  
--Malcolm S. Forbes

## Chicken Dijon

*Denise Wyer*

2 whole boneless, skinless chicken breasts	2 tbl. Dijon mustard
2 tbl butter	1/2 tsp dried dill
2 garlic cloves, crushed	1/2 tsp. salt
1/2 cup dry white wine	1/4 tsp. pepper
1/4 cup water	

Preheat oven to 325o. Cut each breast into 2 pieces. Pound chicken with a mallet until 1/2" thick. Heat butter in large skillet. Add garlic and cook 2 min. over med. heat. Brown chicken pieces 3 min. on each side. Transfer chicken to 1 1/2 qt. shallow casserole. Put wine, water, mustard, dill salt & pepper into skillet. Stir to mix with chicken drippings. Bring to a boil and cook 1 min. Pour over chicken in casserole. Cover and bake 30 min.

Serve with rice.

"Success is not to be pursued... it is to be attracted by the person  
we become."  
--Jim Rohn

## Chicken Stuff

*Barbara Peatie*

As many boneless breast sections dry white wine,  
as people 2-3 chicken bouillon cubes  
white button or crimini 2-5 cloves of garlic  
mushrooms, match the other ingredients a little water

Med-large onion, sliced  
Green or red peppers, sliced

Put a little olive oil and butter in a frying pan, brown chicken. Either in the same pan or a big pot-add some more oil and butter and saute onions, peppers, mushrooms and garlic. Add some water and mash the bouillon cubes, add the chicken and white wine, some more water to not quite cover and simmer for about an hour.  
Serve over pasta

**Personal Notes:** This one meal got me through graduate school. Make it on Sunday, if study group comes over during the week - add more chicken and wine and heat. Make more pasta!

"Success is not so much what we have as it is what we are."  
--Jim Rohn

## Chicken Supreme

*Denise Wyer*

6 chicken breasts - boned & split	2 garlic cloves
2 cups sour cream,	2 tsp salt
1/4 cup lemon juice	1/2 tsp pepper
4 tsp worcestershire sauce	bread crumbs
2 tsp celery salt	butter
2 tsp paprika	

Marinate chicken overnight in sour cream, lemon juice, worcestershire sauce, celery salt, paprika, garlic salt & pepper.

Lift chicken out of marinade and dip into bread crumbs. Line a cookie sheet with foil and put chicken on. Pour 1/4 cup butter over chicken and bake uncovered 45 min. Pour remaining butter and bake 15 min.

This can be made the day before and baked for 40 min. Then pour remaining sauce and bake 20 min. 350o.

"Success is a journey, not a destination."  
--Unknown

## Chicken Wild Rice Casserole

*Michelle Rice*

4 c. cubed cooked chicken	1 can cream of mushroom soup
4 green onions	1/2 c. mayonnaise
1 can sliced water chestnuts	1 c. sliced mushrooms
1 jar pimento, sliced	2 pkgs. Uncle Ben Long Grain and Wild Rice, cooked

Mix together and bake 350 about 1 hour

**Personal Notes:** This is really Marge Donovan's recipe. She made this for us when Keegan was born and she came and gave me a day of cleaning and laundry, plus dinner. What a treat.

When I make it for my family I usually don't add the chestnuts or pimentos.

## Curried Chicken Salad with Grapes

*Michelle Rice*

4 boned skinned chicken breast halves (about 1 lb. poached in stock)	1/2 c. mayonnaise
	3 T. cream
2/3 c. seedless grapes	1/2 tsp. curry powder
1/4 c. toasted slivered almonds	

Cut cooled chicken into large chunks.  
Place with grapes and almonds in large bowl.  
Blend mayonnaise, cream and curry powder in small bowl.  
Season to taste with salt and pepper.  
Toss with chicken and chill





Fish Tacos

## Fish Tacos

*Chip Lowell*

1 pound firm white fish, such as tilapia, snapper, cod, mahi mahi, or catfish  
2 medium limes, halved  
1 medium garlic clove, finely chopped  
1/4 teaspoon ground cumin  
1/4 teaspoon chili powder  
2 tablespoons vegetable oil, plus more for oiling the grill grates  
Kosher salt  
Freshly ground black pepper  
1/2 small head of green or red cabbage (about 14 ounces), cored and thinly sliced

1/2 medium red onion, thinly sliced  
1/4 cup coarsely chopped fresh cilantro  
6 to 8 soft (6-inch) corn tortillas  
Sliced avocado, for garnish (optional)  
Guacamole, for garnish (optional)  
Salsa, for garnish (optional)  
Sour cream, for garnish (optional)  
Hot sauce, for garnish (optional)

Place the fish in a baking dish and squeeze a lime half over it. Add the garlic, cumin, chili powder, and 1 tablespoon of the oil. Season with salt and pepper and turn the fish in the marinade until evenly coated. Refrigerate and let marinate at least 15 minutes. Meanwhile, make the slaw and warm the tortillas.

Combine the cabbage, onion, and cilantro in a large bowl

and squeeze a lime half over it. Drizzle with the remaining 1 tablespoon oil, season with salt and pepper, and toss to combine. Taste and add more salt and pepper if necessary; set aside.

Warm the tortillas by heating a medium frying pan over medium-high heat. Add 1 tortilla at a time, flipping to warm both sides, about 5 minutes total. Wrap the warm tortillas in a clean dishcloth and set aside while you prepare the fish.

Brush the grates of a grill pan or outdoor grill with oil and heat over medium-high heat until hot. Remove the fish from the marinade and place on the grill.

Cook without moving until the underside of the fish has grill marks and is white and opaque on the bottom, about 3 minutes. Flip and grill the other side until white and opaque, about 2 to 3 minutes more. (It's OK if it breaks apart while you're flipping.) Transfer the fish to a plate.

Taste the slaw again and season as needed with more lime juice. Slice the remaining lime halves into wedges and serve with the tacos. To construct a taco, break up some of the cooked fish, place it in a warm tortilla, and top it with slaw and any optional garnishes.

"There are only about a half dozen things that make 80% of the difference in any area of our lives."

--Jim Rohn

A decorative border consisting of a thick black rectangular frame. At each of the four corners, there is a stylized floral arrangement. Each arrangement features a central flower with multiple layers of petals, surrounded by several leaves with detailed vein patterns. The floral designs are symmetrical and extend slightly into the corners of the frame.

Vegetables and Vegetarian  
Dishes

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## SAUCES

WHITE SAUCE	Liquid	Thickening	Fat	Salt
No.1 thin	1 c. milk	1 tbsp. flour	1 tbsp.	1/2 tsp.
No.2 medium	1 c. milk	2 tbsp. flour	1-1/2 tbsp.	1-1/2 tsp.
No.3	1 c. milk	3 tbsp. flour	2 tbsp.	1 tsp.
No.4 thick	1 c. milk	4 tbsp. flour	2-1/2 tbsp.	1 tsp.

*Use No.1 sauce for cream soups. Use No.2 sauce for creamed or scalloped dishes or gravy. Use No.3 sauce for soufflés. Use No.4 sauce for croquettes.*

## VEGETABLE TIMETABLE - MINUTES

VEGETABLE	Boiled	Steamed	Baked
Asparagus Tips	10-15	3-8	
Asparagus, tied in bundles	20-30	6-10	
Artichokes, French	40	45-60	
Bean, Lima	20-40	60	
Bean, String	15-35	60	
Beets, young with skins on	30	60	70-90
Beets, old	60-120	60-120	
Broccoli, florets	5-10	4-5 (al dente)	
Broccoli, stems	20-30	8-10	
Brussels Sprouts	20-30	6-8	
Cabbage, chopped	10-20	5-10	
Cauliflower, stem down	20-30	10-15	
Cauliflower, florets	8-10	5-7	
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, 1-1/2 inch pieces	20-30	45	
Corn, green, tender	5-10	15	20
Corn on the cob	8-10	15	
Eggplant, whole	30	40	45
Marrow	15-40		
Onions	25-40	60	60
Parsnips	25-40	60	60-75
Peas, green	5-15	5-15	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Potatoes, sweet	40	40	45-60
Scalloped potatoes			60-90
Pumpkin, in cubes	30	45	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	25-40		

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# Baked Black Beans with Sour Cream

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*Michelle Rice*

1 c. black beans  
2 T oil  
3 medium onions, thinly sliced  
2 medium cloves garlic, minced  
1 jalapeno chile  
3 T finely chopped cilantro  
1 tsp. salt  
1/2 c. sour cream, room temperature

Soak beans overnight in cold water, or do a quick soak by bringing them to a boil in water to cover, boiling 2 minutes, covering and letting stand 1 hour.

Drain soaked beans and put them in a large saucepan. Add enough water to cover generously. Bring to boil and simmer uncovered until tender, about 1 1/2 to 2 hours.

Heat oil in skillet. Add onions and cook over low heat until soft but not brown. Add garlic, chile and 2 T chopped cilantro and continue to cook 1 minute longer. Remove from heat

Preheat oven to 350. Drain beans, reserving 1/2 c. cooking liquid. Put beans in an oiled, small baking dish. Add reserved liquid and onion mixture. Add salt and taste for seasoning.

Bake 30 to 40 minutes or until liquid is absorbed. Top each serving with a dollop of sour cream and some chopped cilantro.

***Personal Story:*** *To speed it up even more I sometimes use 2 cans of black beans and skip steps 1 and 2. Use a 1/2 c.*

*water for the cooking liquid.*



# Barbecued Eggplant and Lentils

---

*Catherine Gallo*

1 cup dried lentils  
2 cups water  
1 medium eggplant (about 1 1/2 lbs)  
1/2 cup whole wheat flour (or white)  
1/2 tsp. salt  
1/4 cup oil  
2 onions, thinly sliced  
2 Tbl wine or cider vinegar  
2 Tbl soy sauce  
1 1/2 Tbl honey  
2 tsp. chili powder  
1/4 to 1/2 tsp hot pepper sauce  
2 cups tomato puree, mashed tomato pulp, tomato juice, or a combo

Combine lentils with water in 2 quart pot, bring to boil, cover, simmer for 30 minutes.

Meanwhile...cut eggplant into 1-inch cubes, combine flour and salt in paper bag and shake eggplant in bag to coat.

Heat oil in large, heavy skillet, add eggplant and cook about 10 minutes, turning to brown on all sides. Add all the other ingredients except the lentils, bring to gentle boil, cover, and cook over low heat for 15-20 minutes.

Taste sauce for seasoning. Stir in lentils, replace cover, and continue to cook until lentils are tender (about 30 minutes) If sauce is too thick and dry, add more tomato liquid. Cooking too vigorously will cause liquid to evaporate, try to keep sauce to a simmer. Touch your nose with your tongue, spin around and say meca leca hich meca hiney ho.

serve with/over rice or crusty bread

*Personal Story: From my veggie-head days. One could call it*

*veggie chili. I think it's a meal in itself instead of a side dish.  
Use lots of liquid and hot sauce for zip!*

## Butternut Squash and Rutabaga Puree

---

*Michelle Rice*

4 1/2 lbs. butternut squash, peeled, seeded, cut into 1 inch pieces  
1 c. (or more) canned low-salt chicken broth  
3 lbs. rutabagas, peeled, cut into 1 inch pieces  
1/4 c. butter

Preheat oven to 400. Arrange butternut squash in single layer in 13 x 9 glass baking dish. Add 1 cup broth. Sprinkle with salt and pepper. Cover tightly with foil. Bake until squash is very tender, about 45 minutes. Drain squash. Transfer squash to processor.

Meanwhile, cook rutabagas in large pot of boiling salted water until tender, about 20 minutes. Drain. Add to squash in processor. Process until mixture is smooth, adding more broth if necessary.

Transfer squash and rutabaga puree to heavy large saucepan. Add butter. Stir over low heat until heated through, about 5 minutes. Season with salt and pepper. Transfer to bowl and serve.

Can be prepared 1 day ahead. Cool. Cover and chill. Rewarm over low heat.



# Carrot Souffle

---

*Ginny Larkin*

2 pounds carrots, use baby carrots  
1/2 cup margarine, melted  
2/3 cup sugar  
6 tablespoons flour  
1 tablespoon vanilla

## Topping

2/3 cup cornflakes, crushed  
9 tablespoons brown sugar  
8 tablespoons margarine, melted  
1 cup nuts, chopped (hazelnuts, walnuts, pecans)

Cook carrots in boiling, salted water until tender. Drain. Combine carrots and margarine in food processor until pureed.

Add remaining ingredients and blend.  
Turn into greased 9 x 13 inch pyrex dish.

## Topping

Mix all ingredients together and sprinkle on top of carrots. The topping is essential.  
Bake at 350 degrees for 45 minutes or until firm.

***Personal Story:*** *If you are looking for a sweet vegetable, this is a good one.*

# Colcannon

---

*Denise Wyer*

1 small cabbage  
2 to 3 cups reserved ham stock  
1/4 cup butter  
1/2 cup minced onion, leek or green onions  
1/2 cup milk  
2 cups cooked, mashed potatoes

Cut small cabbage into quarters and remove core. Place in saucepan along with reserved ham stock. Cook, covered tightly, 20 min. Drain well. Chop cabbage.

Melt butter in skillet. Add onion and saute until soft but not brown. Add milk and warm until heated through. Stir in mashed potatoes and cooked cabbage and beat until mixture is fluffy. Transfer mixture to large, wide serving bowl.

***Personal Story:*** *If desired, follow old tradition and hide a ring, button, coin and thimble in colcannon before serving. (Be sure to sterilize trinkets in boiling water first and warn guests about their presence.)*



# Easy Summer Squash Casserole

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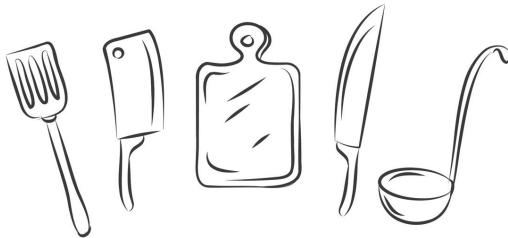
*Denise Wyer*

3 medium summer squash, cut in chunks  
1 stalk celery with leaves, chopped or sliced  
1 small onion, sliced  
1 can cream of celery soup  
1 cup shredded carrot  
1 cup grated Swiss cheese  
1 cup stuffing mix  
1/2 cup water  
1 tbl butter

Preheat oven to 350F. In medium saucepan, cook squash, onion and celery in small amount of water until fork tender but still firm.

Drain and add soup, carrot and Swiss cheese. Mix well and put into a greased casserole dish.

Melt butter in small saucepan, add water and stuffing mix. Do not cover casserole. Bake for 30 min. or until topping is brown and casserole is bubbly.



# Eggplant Au Gratin

---

*Sue Gladding*

4 small Eggplants  
2 large Onions - chopped  
1 lb Sharp cheddar cheese  
2 Eggs - beaten  
Salt & pepper  
Cracker crumbs with butter

Peel eggplant and boil in salted water until soft. Strain and mash.

Saute onion in butter.

Add together onion, eggplant, cheese and eggs. Put in greased 1 quart dish. Top with cracker crumbs moistened with butter.

Bake at 350 for 45 minutes.



# Gratin of Yukon Gold Potatoes, Bacon and Arugula

---

*Michelle Rice*

12 oz. bacon slices, chopped  
2 1/2 c. whipping cream  
8 oz arugula, trimmed, coarsely chopped  
3 1/2 lbs. Yukon Gold potatoes, peeled, thinly sliced into rounds  
1 1/2 tsp salt  
1 tsp freshly ground black pepper  
1 1/2 c. whole milk  
2 c. grated Gruyere cheese

Position rack in center of oven and preheat to 375.  
Butter 13 x 9 baking dish.

Cook bacon in heavy large skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels and drain.

Mix cream and milk in 4-cup measuring cup. Layer 1/3 of potatoes in prepared dish; overlap slightly.

Sprinkle with 1/2 tsp salt and 1/4 tsp pepper.

Top potatoes with half of arugula. Top with 1/3 of cheese and 1/3 of bacon. Pour 1 c. cream mixture over.

Repeat layering. Top with remaining potatoes. Sprinkle with 1/2 tsp salt, 1/2 tsp. pepper, remaining cheese and bacon. Pour remaining cream mixture over.

Bake gratin uncovered until potatoes are tender and cream mixture thickens, about 1 hour 15 minutes. Let stand 15 minutes before serving.

Can be made 1 day ahead. Cool slightly. Chill

uncovered until cold, then cover and keep refrigerated. Rewarm, covered with foil, in 375 oven for about 30 minutes.

Bake

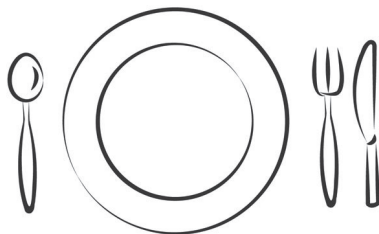
## Kay Donovan's Baked Beans

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*Denise Wyer*

- 1 Large can pea beans
- 1 large onion, chopped
- 2 tbl chili sauce or ketchup
- 1 tsp. dry hot mustard

Bake in "bean pot" for about 1 hour at 300F.



# Pickled Carrots

---

*Denise Wyer*

1 can tomato soup  
3/4 cup cider vinegar  
1/2 cup olive oil  
2/3 cup sugar  
1 tsp. mustard  
1 tsp worcestershire sauce  
1 small onion  
1 small green pepper

3 lb. carrots, peeled and sliced

Whip together all ingredients, except carrots, onions, and green pepper.

Add carrots to boiling water and simmer about 4 min. (carrots should be firm). Drain

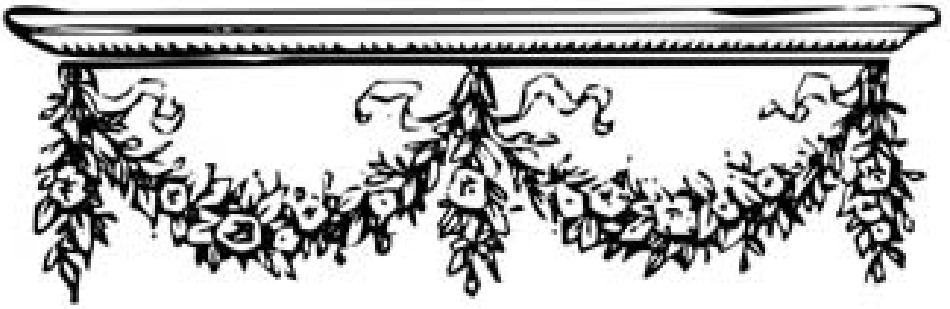
Add 1 small onion and 1 green pepper and cover with dressing.

Refrigerate. Serve hot or cold









Desserts, Pies, Cakes and  
Cookies



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## **OVEN TEMPERATURE CHART**

Low	250-325F
Moderate	325-375F
Moderate Hot	375-425F
Hot	425-450F
Very Hot	450-475F

### **TEMPERATURES FOR BAKING FLOUR MIXTURES**

<b>FOOD</b>	<b>Temp.</b>	<b>Time</b>
Butter Cake, loaf	360-400F	40-60 min.
Butter Cake, layer	380-400F	20-40 min.
Cake, fruit	275-325F	3-4 hrs.
Cookies, thin	380-390F	10-12 min.
Cookies, molasses	350-375F	18-20 min.
Cream Puffs	300-350F	45-60 min.
Meringues	250-300F	40-60 min.
Pie Crust	400-500F	20-40 min.

<b>CAKES</b>	<b>Temp.</b>	<b>Time</b>
Angel	325F	60 min.
Sponge	325F	60 min.
Cup	350F	25 min.
Layer	375F	25-30 min.
Loaf	350F	45-60 min.
Sheet	375F	20-30 min.
Pound	325F	60-90 min.

<b>PIES</b>	<b>Temp.</b>	<b>Time</b>
Pumpkin	400F	35-45 min.
Two-crust	400F	25-40 min.
Shells	450F	10-12 min.
Meringue	300F	10-15 min.

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## Apple Bars

*Micki Clark*

1 c. brown sugar	1 tsp baking soda
1/4 c. butter	1 tsp. cinnamon
1 egg	1/2 tsp. nutmeg
2 c. chopped unpeeled apple	1/4 tsp. salt
1 c. flour	1/2 c. chopped nuts

Combine sugar, butter and eggs. Stir in apples. Add dry ingredients and mix well. Add nuts. Spread stiff batter in greased 9" square pan. Bake at 350 for 40 - 45 minutes.

## Bird's Nests

*Lucy Dunne*

1/2 cup butter	1 cup flour
1/4 cup brown sugar	1 cup chopped nuts
1 egg, separated	Jam

Cream butter and brown sugar. Add egg yolk. Beat. Add flour. Form into balls, dip in egg white (slightly beaten). Roll in chopped nuts. Depress center. Bake at 350o for 8 min. Remove. Depress again. Bake 10 min. more. When cool, fill with jam.



## Bittersweet Molten Chocolate Cakes

*William Rice*

For best results, use a dark baking chocolate with high cocoa butter content (about 30 percent), such as Valrhona or Callebaut.

3 large egg yolks
1 tablespoon all purpose flour
12 teaspoons plus 5 tablespoons sugar

8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped  
3/4 cup unsalted butter  
3 large eggs

Generously butter eight 3/4-cup soufflé dishes or custard cups. Sprinkle inside of each dish with 1 1/2 teaspoons sugar.

Stir chocolate and butter in heavy medium saucepan over low heat until smooth. Remove from heat. Using electric mixer, beat eggs, egg yolks, and remaining 5 tablespoons sugar in large bowl until thick and pale yellow, about 8 minutes. Fold 1/3 of warm chocolate mixture into egg mixture, then fold in remaining chocolate. Fold in flour. Divide batter among soufflé dishes. (Can be made 1 day ahead. Cover with plastic; chill. Bring to room temperature before continuing.)

Preheat oven to 425°F. Place soufflé dishes on baking sheet. Bake cakes uncovered until edges are puffed and slightly cracked but center 1 inch of each moves slightly when dishes are shaken gently, about 13 minutes.

Top each cake with scoop of coffee ice cream and serve immediately.

**Personal Notes:** From the January 2003 Bon Appétit.

## Black Bottom cupcakes

*Marge Donovan*

8 oz pkg creamed cheese  
1 egg  
1/2 C sugar  
1/2 t salt  
1 C semi sweet morsels  
1 1/2 C water  
1t vanilla

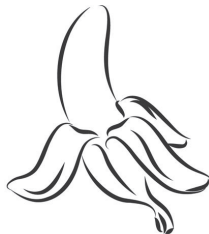
1/2 C oil  
1T vinegar  
2 1/4 C flour  
1 1/2 C sugar  
1/4 C cocoa  
1 1/2 t baking powder  
3/4 t salt

Beat first 4 ingredients and then stir in semi-sweet morsels. In separate bowl beat water, oil, vanilla. Add remaining ingredients and beat again.

Fill paper lined standard cupcake tins 1/2 full of chocolate batter. Top with 2 heaping teaspoons of cream mixture. Sprinkle with chopped walnuts and sugar.

Bake 350 for 30-35 min or until lightly browned and toothpick comes out clean.

**Personal Notes:** These cupcakes are a family favorite, Eyes light up whenever they are brought to a picnics or made for one of the kids homecoming. They freeze well if made ahead and hidden before anyone sees them.



## Blueberry Poppy Seed Brunch Cake

*Ginny Larkin*

### Cake

2/3-cup sugar  
½ cup margarine or butter,  
softened  
2 teaspoons grated lemon peel  
1 egg  
1-½ cups flour  
2 tablespoons poppy seed  
½ teaspoon baking soda  
¼ teaspoon salt  
½ cup sour cream

### Filling

1/3-cup sugar  
2 teaspoons flour  
¼ teaspoon nutmeg  
2 cups fresh or frozen blueberries,  
thawed, drained on paper towels

### Glaze

1/3 cup powdered sugar  
1 to 2 teaspoons milk

Heat oven to 350. Grease and flour bottom and sides of 9 or 10-inch springform pan.

In large bowl, beat 2/3-cup sugar and margarine until light and fluffy. Add lemon peel and egg; beat 2 minutes at medium speed.

Lightly spoon flour into measuring cup; level off. In medium bowl, combine 1 ½ cups flour, poppy seed, baking soda and salt; add to margarine mixture alternately with sour cream.

Spread batter over bottom and 1 inch up sides of greased and floured pan, making sure batter on sides is ¼ inch thick.

In medium bowl, combine all filling ingredients; spoon over batter. Bake at 350 for 45-55 minutes or until crust is golden brown. Cool slightly. Remove sides of pan.

In small bowl, combine powdered sugar and enough milk for desired drizzling consistency. Drizzle over cake. Serve warm or cool.

## Chocolate Chip Cookies

*Demo Account*

2 eggs  
1 cup flour

1 cup chocolate chips  
Love

Beat eggs. Sift flour. Mix and spread dough. Add chips. Drop on cookie sheet and bake 350F for 20 minutes.

**Personal Notes:** These are Gramma's specialty!

## Cranberry Squares

*Sue Gladding*

1 1/2 cups Flour  
1 1/2 cups Sugar  
2 Eggs - beaten

2 Sticks of butter - melted  
2 cups Cranberries - fresh or frozen  
1 cup Walnuts

Mix flour, sugar, eggs and butter. Add cranberries and nuts.

Grease and flour 13x9 pan and pour in mixture.

Bake at 350 for 50-60 minutes. Cool and cut into squares.



## Heidi's snowballs

*Michael Rice*

1/2 pound butter. 1/2 cup sugar.  
1 teaspoon vanilla.  
2 cups flour.

1 cup finely chopped pecans.  
1-5 ounce package Hershey's  
chocolate kisses.  
confectioners' sugar

Cream butter, sugar and vanilla until light and fluffy.

Add flour and nuts, blend well.

chill dough.

Shape dough around kisses. Roll between hands to make ball shapes.

Place on ungreased cookie sheet.

Bake at 375 for 12 minutes until set but not brown.

Remove to wire rack; sprinkle with confectioners' sugar.

**Personal Notes:** Also try carmel kisses or hugs (white choc. kisses)

## Kay's Chocolate Macaroons

*Peggy Chester*

2 Egg whites beaten stiff  
1/2 cup Sugar  
1/2 teaspoon Vanilla

1/4 teaspoon Salt  
1 package Melted chocolate chips  
1 1/2 cups Coconut

Fold ingredients into egg whites.

Spoon onto foil covered cookie sheet.

Bake at 350 for 10-12 minutes.

**Personal Notes:** A favorite recipe of Jim Peatie's and all the Donovan Boys!



# Lemon Squares

*Patty Isenor*

1 Large container of Cool Whip	3/4 chopped nuts,(real small)
1 cup of confectionary sugar	3 cups cold milk
1 1/4 cups flour	2 boxes instant lemon pudding mix
1 1/2 sticks of margarine or butter	8 oz. cream cheese (room temperature)

## CRUST:

Cut margarine into flour and add nuts. Press into a 9x13 inch pan. Bake at 375 for 15 minutes.

Let cool.

## FILLING:

8 oz. cream cheese

1 cup confectionary sugar

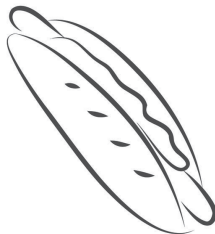
1 cup Cool Whip

Mix together and spread on crust.

Mix the 2 packages of instant lemon pudding with 3 cups cold milk. Beat well. Spread mixture over the cream cheese mixture.

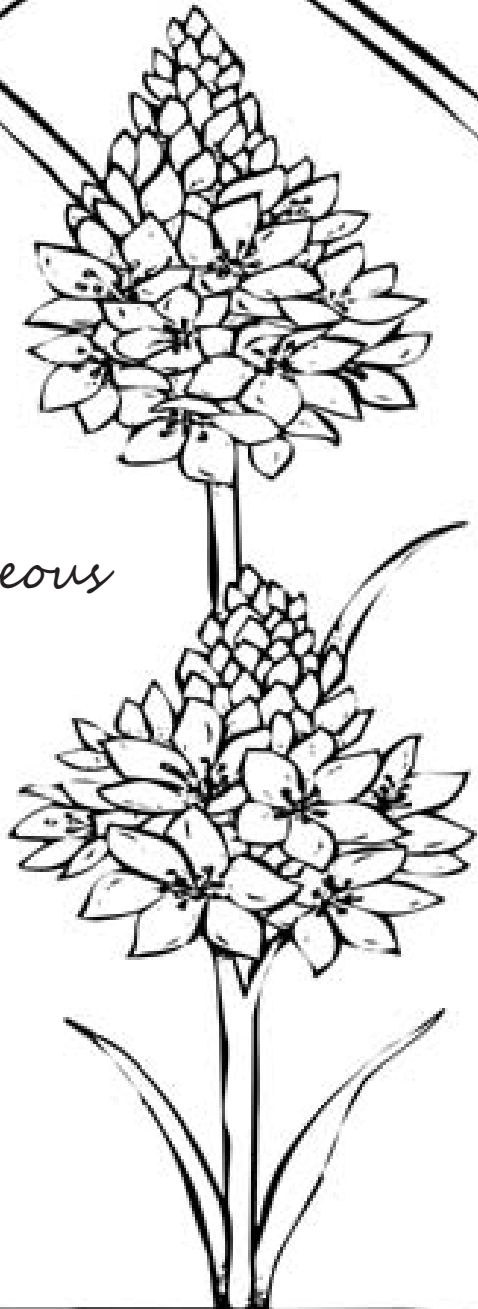
Cover with Cool Whip. Refrigerate.

Quick and Easy





*Miscellaneous*



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## **TEN COMMANDMENTS FOR GOOD LIVING**

1. **SPEAK TO PEOPLE** - THERE IS NOTHING SO NICE AS A CHEERFUL WORD OF GREETING.
  2. **SMILE AT PEOPLE** - IT TAKES 72 MUSCLES TO FROWN AND ONLY 14 TO SMILE.
  3. **CALL PEOPLE** - THE SWEETEST MUSIC TO ANYONE'S EARS IS THE SOUND OF HIS/HER OWN NAME.
  4. **BE FRIENDLY** AND HELPFUL, IF YOU WOULD HAVE FRIENDS, BE A FRIEND.
  5. **BE CORDIAL** - SPEAK AND ACT AS IF EVERYTHING YOU DO IS A GENUINE PLEASURE.
  6. **BE GENUINELY** INTERESTED IN PEOPLE - YOU CAN LIKE ALMOST EVERYBODY IF YOU TRY.
  7. **BE GENEROUS** WITH PRAISE AND CAUTIOUS WITH CRITICISM.
  8. **BE CONSIDERATE** WITH THE FEELINGS OF OTHERS. THERE ARE USUALLY THREE SIDES TO A CONTROVERSY; YOURS, THE OTHER PERSON'S AND THE RIGHT SIDE.
  9. **BE ALERT** TO GIVE SERVICE - WHAT COUNTS MOST IN LIFE IS WHAT WE DO FOR OTHERS.
  10. **ADD TO THIS** A GOOD SENSE OF HUMOR, A BIG DOSE OF PATIENCE PLUS A DASH OF HUMILITY AND YOU WILL BE REWARDED MANY FOLD.
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## 4 - Star Apple French Toast

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*Sean Donovan*

- 8 eggs
- 1 Stick Butter
- 3 C. Milk, Whole
- 1/2 Cup Sugar
- 1 tsp. Vanilla
- 2 Med/ Lg Fuji Apples or similar
- 1 Med. Loaf Italian Bread, Soft

Grease 15" x 9" Pyrex baking dish  
Melt Butter gently and mix thoroughly with Sugar  
Mix eggs, milk & vanilla separately  
Peel apples  
Slice apples as thinly as possible  
Cut bread into 1/2" slices

Spread Butter/Sugar mix evenly in 15" x 9" pan  
Arrange Sliced Apples in bottom of dish  
Pack bread slices into dish tightly, open face style  
Pour mixture over bread evenly  
Cover with wrap of choice  
Place in refrigerator overnight or for one hour

Preheat Oven to 350 degrees.  
Bake for 50 minutes

**Personal Story:** Make extra because everyone who likes apple french toast will want a second helping. To serve 6-8, double all ingredients. (I recommend it)

This dish can be made the night before to produce an extra-soft crust. Or, if made in the morning it can be served immediately.

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# Crustless Quiche

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*Joanna Chester*

4 eggs

1 1/2 c. milk or cream

dash pepper

dash nutmeg

5 c. grated cheese (3 swiss, 1 ceddar, 1 havarti or monteray jack)

1 1/2 - 2 c. cooked filling (eg sausage & peppers, spinach & onion, bacon, broccolli, ham & onion, or mushroom & onion)

Preheat oven to 325 degrees F

Whisk eggs and milk with nutmeg and pepper

Layer shredded cheese and filling into deep pie dish

Pour egg mixture over cheese

Bake in oven for 35 to 45 minutes, until a knife inserted in center comes out clean

"Many a man owes his success to his first wife and his second wife to his success."

--Jim Backus, American actor

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# Goat Cheese, Artichoke and Smoked Ham Strata

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Michelle Rice

2 c. whole milk  
1/4 c. olive oil  
8 c. 1-inch cubes sourdough bread, crusts trimmed  
12 oz. soft fresh goat cheese, crumbled (about 3 cups)  
5 large eggs  
1 T. chopped garlic  
1 1/2 tsp salt  
3/4 tsp black pepper  
1/2 tsp ground nutmeg  
1 1/2 c. whipping cream  
2 T chopped fresh sage  
1 T chopped fresh thyme  
1 1/2 tsp herbes de Provence  
12 ozs. smoked ham, chopped  
3 6 1/2 oz jars marinated artichoke hearts, drained,  
chopped (about 2 1/2 cups)  
1 c. (packed) grated Fontina cheese  
1 1/2 c. (packed) grated Parmesan

Preheat oven to 350. Butter 13 x 9 glass baking dish.

Whisk milk and oil in large bowl. Stir in bread. Let stand until liquid is absorbed, about 10 minutes.

In blender mix together next set of ingredients.

In a bowl mix together the Fontina and Parmesan cheeses.

Place half of bread mixture in prepared dish. Top with half of ham, artichoke hearts, and cheeses. Pour half of cream egg mixture over.

Repeat layering.

Can be made 1 day ahead. Cover, chill.

Bake uncovered until firm in center and brown around edges, about 1 hour.

*Personal Story:* I always serve this at our annual Champagne Christmas Brunch.

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## Ham and Cheese Souffle

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Michelle Rice

1 1/2 c. swiss cheese, cut into small pieces  
1 lb. cubed ham, or sliced ham cut into julienne strips  
1 lb. sharp cheddar cheese  
16 slices white bread  
6 eggs  
3 c. milk  
1/2 tsp. onion salt  
1/2 tsp. dry mustard  
3 c. crushed cornflakes  
1/2 butter melted

Grease 9 x 13 baking dish

Spread half of bread cubes evenly in dish. Add the ham and both cheeses, cover with remaining bread cubes

Mix eggs milk, onion salt and mustard. Pour evenly over bread cubes and refrigerate overnight.

Combine cornflakes and butter and sprinkle over top of souffle.

Bake at 375 for 40 minutes



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# Mary Margaret McBride's Golden Egg Pancake

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Joanna Chester

2 eggs  
1/2 tsp. salt  
1 T. sugar  
1/3 c. sifted enriched flour  
1/2 c. milk  
1 T. vegetable oil or shortening  
Optional:  
1 thinly sliced apple, pear or peach  
Cinnamon

Preheat oven to 450 degrees F.

Whisk eggs, salt and sugar together. Add flour and milk to egg mixture, blend until smooth. Heat oil or shortening in an oven-proof skillet (10 to 12-inch diameter) until a drop of water in skillet sizzles. Pour in all of the batter and cook for 2 minutes. Arrange fruit on top and sprinkle with cinnamon. Immediately place into preheated oven and bake 10 to 15 minutes, until surface is golden brown. Let stand in pan until ready to serve. Top with butter, syrup, honey, fresh berries, or preserves. Slice like a pizza and serve.

"If it was an overnight success, it was one long, hard,  
sleepless night."  
--Dicky Barrett

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# Mystery Egg Bake

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*Peggy Chester*

6 eggs  
3 cups milk  
1/2 tsp onion salt  
1 tsp dry mustard  
3 cups crushed corn flakes  
1/2 cup melted butter  
16 slices white sandwich bread cut into cubes  
1 lb sharp cheddar cheese - cut into cubes  
1 1/2 cup swiss cheese - cut into cubes

The day before serving - spread half of bread in 9x13 baking dish and add both cheeses. Cover with remaining bread. Mix eggs, milk onion salt and mustard. Pour mixture over bread. Cover and refrigerate.

Before putting in oven - Combine corn flakes and butter. Sprinkle on top. Bake 375 for 45-60 minutes.

*Personal Story:* Also known in our family as "Supercalafragalisticexpalidosious Egg Bake". You can not ruin this dish! For variety you can use 1 lb ham, cooked sausage or crabmeat. You can also use french or italian bread or mozzarella or other mild cheese instead of swiss if you like.

*"It is not the going out of port, but the coming in, that determines the success of a voyage."  
--Henry Ward Beecher, American clergyman*

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# Overnight Creme Brulee French Toast

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Michelle Rice

3 T butter  
5 T reduced calorie maple syrup  
1/2 c packed brown sugar  
2 T Grand Marnier  
3 large eggs  
1/2 c. egg substitute  
1/2 c fat free 1/2 and 1/2  
1 tsp vanilla  
2 tsp grand marnier  
1/4 tsp salt  
9 1 inch thick slices French or sourdough bread  
Garnish with fresh strawberries or other berries and a dollop of whipped cream

Grease a 9 x 13 baking dish.

Melt butter in saucepan and mix in syrup, brown sugar and Grand Marnier stirring until sugar dissolves. Pour mixture into baking dish

Arrange bread over this

Whisk together eggs, egg substitute, 1/2 and 1/2, vanilla and Grand Marnier and salt

Pour evenly over bread. Cover well and chill at least 8 hours or overnight

Preheat oven to 350. Bring to room temp.

Bake uncovered 35 to 40 minutes until puffed and lightly browned. Serve with fresh fruit and whipped cream.

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# Sausage Fondue

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Ginny Larkin

- 1 lb. breakfast sausage, cooked and cut into bite sized pieces
- 8 slices white bread with crust (cubed)
- 2 cups grated sharp cheese
- 4 whole eggs, beaten
- 2 1/2 cups milk
- 3/4 tsp. dry mustard
- 1 can cream of mushroom soup diluted with 1/2 cup milk

Grease 9x13 inch baking pan.

1. Spread bread in bottom.
2. Sprinkle cheese over bread.
3. Distribute sausage pieces over cheese.
4. To beaten eggs, add 2 1/2 cups milk and mustard. Beat well.
5. Pour over sausage mixture.
6. Cover and refrigerate overnight.

Next morning dilute soup with 1/2 cup milk.  
Pour over top of eggs.

Bake at 300 degrees for 1 1/2 hours uncovered.

"The most successful men in the end are those whose success is the result of steady accretion... It is the man who carefully advances step by step, with his mind becoming wider and wider - and progressively better able to grasp any theme or situation - persevering in what he knows to be practical, and concentrating his thought upon it, who is bound to succeed in the greatest degree."  
--Alexander Graham Bell

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# Sue's Mexican Egg Bake

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*Denise Wyer*

10 eggs, beaten  
1 lb Monterey Jack cheese (grated)  
2 cups cottage cheese  
1 stick butter, melted  
1/2 cup flour  
1 tsp baking powder  
salt  
2 - 4oz. cans chopped green chili's (drained)

Preheat oven to 350°. Combine all ingredients

Bake in lightly buttered 9x13' baking dish - 35 min.

Serve with salsa.

*"The man is a success who has lived well, laughed often, and loved much... who has gained the respect of intelligent men and the love of children... who has filled his niche and accomplished his task... who leaves the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul... who never lacked appreciation of earth's beauty or failed to express it.. who looked for the best in others and gave the best he had."*

*--Robert Louis Stevenson*









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