

RECIPES BY RACHEL

This collection of recipes started out as my mother's recipes; however, I quickly found that after she passed away in 2003, there was just no way to duplicate, exactly, how she cooked, without her being here.

So, I've put together a comprehensive collection that includes some of my own recipes, and of course, my version of her recipes. I update this collection often as I test the recipes and perfect them, so check back each time you look up a recipe to see if a recipe has changed.

Prelude

It was my mother's meals that kept our family together. It seemed that she was always in the kitchen – cooking was her forte. There was nothing like coming home to Ma's, because there was always a meal - something special on the stove cooking, sending a welcoming aroma to the door to greet us. From spaghetti sauce to cinnamon rolls, to cookies and cakes, my mother was the queen of the kitchen, and I wanted to pass her secrets along to you, with a little of the rest of our family recipes slipped in.

My mother's cookbook had a handwritten note in her handwriting that read, "*This book belongs to Carol Meta – 1956*" and taped to the inside cover she had this little poem:



"Count Your Blessings.

*I sighed because the day was dark –
and then I met a child who had no eyes.*

I complained because the walk was long – until I met a man who had no legs.

*I prayed for wealth beyond my need –
and then I met a poor soul with no bread at all.*

Oh, God, forgive me – for the world is mine!"

COOKIES

Chocolate Chip Cookies

2 ¼ cups All-Purpose Unbleached flour, sifted	2 sticks butter, soft, but not melted
1 teaspoon baking soda	1 teaspoon pure vanilla extract
1 teaspoon salt	2 large eggs
¾ cup fine granulated sugar	12 ounces chocolate chips
¾ cup light brown sugar, firmly packed	

Turn oven on to 350 degrees to preheat. There are a few tricks to making baked goods. Measure your flour exactly – that means put it in the measuring cup (don't pack it) and use the back of a butter knife to scrape off the top. Then, run all dry ingredients through a sifter.

Mix flour, soda, and salt together, sift, set aside. I like to sift my sugars, too – sifting breaks down the crystals and helps the sugar dissolve easier. Cream butter and both sugars together (make sure no butter chunks are left), then add eggs one at a time and mix together. Mix in vanilla. Now, add the half of the flour, mix, and add the rest of the flour – mix until ingredients are incorporated together. Mix in chocolate chips. Put mixture into fridge for 10 minutes before using and in between baking – cold ingredients make fluffier cookies. Using two teaspoons, drop onto ungreased cookie sheet. If you can, don't re-use a hot cookie sheet. Bake for 10-12 minutes, or until cookies are golden brown. If cookies are flat, you may need to add a ¼ cup more flour next time.

Cocoa Drop Cookies

3 cups All-Purpose Unbleached flour, sifted	1 ¼ cup sugar
2 teaspoons baking powder	2 large eggs, well-beaten
2 heaping Tablespoons cocoa	1 teaspoon vanilla
2 sticks butter, room temp (not melted)	2/3 cup milk

Turn oven on to 350 degrees. Sift your dry ingredients including sugar and cocoa. Cream shortening and sugar together with wooden spoon until no butter chunks are left. Mix eggs in one at a time. Mix in vanilla and milk. Mix flour and baking powder together and add to mixture slowly. Using two teaspoons, drop onto ungreased cookie sheets. Bake for 10-12 minutes until done. Put mixture into fridge in between baking.

Chocolate Krinkle Cookies

½ cup vegetable oil	2 teaspoons pure vanilla extract
4 squares unsweetened baking chocolate	2 teaspoons baking powder
2 cups sugar	½ teaspoon salt
4 large eggs	2 ½ cups All-Purpose Unbleached flour, sifted

In a saucepan over very low heat, melt chocolate with oil and remove from heat and cool a bit. Add sugar and eggs, mix. Add remaining ingredients (sift all dry ingredients), mix. Chill mixture at least 2 hours or overnight in a covered container in the fridge. Then roll mixture into small balls, dunk in powdered sugar, place on ungreased cookie sheet and bake for 10 minutes or so – but don't over bake.

Sugar Cookies

2 ½ cups All-Purpose Unbleached flour, sifted	2 large eggs, well-beaten
1 teaspoon baking powder	3 Tablespoons Buttermilk (or milk)
½ teaspoon salt	1 teaspoon vanilla extract
1 cup shortening	1 teaspoon orange extract
1 ½ cups sugar	

Heat oven to 350 degrees. Sift flour; measure; add baking powder and salt; sift again, set aside. Cream shortening; add sugar gradually and continue to beat until light. Add well-beaten eggs and milk, blend thoroughly; add vanilla and orange extract. Slowly add the flour mixture until dough forms. Chill for 15-30 minutes (will keep in fridge for several days).

Roll on lightly floured surface (too much flour can cause burning on bottom of cookies) to about ¼ to ½ inch thick – cut with cookie cutters (cutters can be lightly floured). Leftover dough can be re-rolled, but chill first, and don't overwork or over flour or the cookies will be tough. Place cutouts on ungreased cool cookie sheets (don't use hot cookie sheets). Sprinkle with plain sugar or colored sugars. Bake for 6-10 minutes. Don't overbake. Immediately take off cookie sheets onto tin foil or cooling rack (or they will continue to cook on the cookie sheets!). Enjoy!

Hershey Kiss Cookies

½ cup butter	1 tsp vanilla
½ cup peanut butter	1 ¾ cup All-Purpose Unbleached flour, sifted
½ cup sugar	1 tsp baking soda
½ cup brown sugar	1 tsp salt
1 large egg	1 Hershey Kiss for every cookie

Cream butter, peanut butter, brown sugar, and sugar together. Add egg and vanilla. Add flour, baking soda and salt. Dough should be fairly stiff, but not too dry. Form into walnut size balls. Roll in white sugar, then place on ungreased cookie sheet. Bake for 8-10 minutes at 375 degrees.

When they come out of the oven, press a Hershey Kiss in the middle of each one. Makes about 2 dozen.

Ladyfingers

2/3 cup All-Purpose Unbleached flour, sifted	½ cup sugar
1/8 teaspoon salt	½ teaspoons vanilla
3 separated large eggs	

Heat oven to 350 degrees. Beat egg whites until stiff, not dry, and then add ½ of the sugar. In separate bowl, beat yolks until thick and creamy, add the remaining sugar and vanilla and beat until thick. Gently fold the egg whites into the yolks, and then gently add the remaining dry ingredients. Use a zip-lock bag or a decorating bag to force the batter onto a cookie sheet, approximately 4 inches long, ¾ inch wide. Bake for 12-15 minutes.

Bow Ties (Angel Wings)

6 large eggs
2 ½ cups All-Purpose Unbleached flour, sifted
¼ teaspoon baking soda
Powdered sugar

Beat eggs lightly in large bowl. Add flour and baking soda and mix well. Turn dough onto a floured surface and knead lightly into a ball. Roll small pieces of dough very thin and cut into strips. Deep-fry in oil until golden brown; turn once. Drain on paper towel, and then carefully place into bag of powdered sugar to coat them. Makes about 6 dozen bow ties.

Brownies

4 squares unsweetened baking chocolate	1 cup All-Purpose Unbleached flour, sifted
1 stick Parkay or real butter	1 teaspoon baking powder
2 cups fine granulated sugar	1 teaspoon salt
4 large eggs	2 teaspoons pure vanilla extract

Heat oven to 350 degrees. Melt chocolate and butter over very low heat then remove from heat and cool a bit. Mix remaining ingredients in, but don't over mix. Pour into a lightly greased and floured cake pan and bake for 25-30 minutes.

Gingerbread Cookies

2 cups All-Purpose Unbleached flour, sifted	1/3 cup shortening
2 teaspoons baking soda	½ cup sugar
½ teaspoon salt	1 large egg
1 ½ teaspoon ginger	2/3 cup light molasses
1 teaspoon cinnamon	¾ cup sour- or butter- milk

Heat oven to 350 degrees. Cream shortening and sugar together, mix in the egg, add the molasses and milk, then mix all your dry ingredients together in a separate bowl and add them slowly into the sugar mixture. Roll out the dough, use cookie cutters, and bake for 12-15 minutes. Then decorate.

CANDY

Fudge

2 cups Sugar
2 heaping tablespoons Cocoa
¾ cup Milk

½ stick Butter
1 teaspoon Vanilla

In a tall, heavy saucepan, add first 3 ingredients. Stir until sugar is mostly dissolved. Turn on burner and bring to a boil without stirring. Turn down heat to medium high and cook (without stirring) until mixture forms a “hard ball” in a glass of cold water. Take off heat and add butter and vanilla. Stir until mixture starts to become thick. The more you stir, the creamier the fudge. Pour onto a buttered platter and put in the fridge until hard.

Peanut Brittle

2 cups fine granulated sugar
1 cup light corn syrup
½ cup water
¾ cup raw peanuts

Boil to 230 degrees without stirring, and then add 1 teaspoon butter. Boil to 280 degrees without stirring then add raw peanuts. Boil to 305 degrees without stirring, then take off heat and add 1 teaspoon baking soda and mix slightly. Pour out onto buttered cookie sheet, let cool and break into pieces.

Peanut Butter Fudge (no fail)

3 1/2 Cups confectioners sugar (1 box)
1/4 Cup milk
2/3 Cup peanut butter
1/2 Cup butter (1 stick)

Mix all ingredients in a large glass bowl. Microwave on high 4 to 4 1/2 minutes. Remove from microwave add 2 tsp vanilla. Beat until smooth. Pour into pie plate. Cool and cut. Note: use large glass bowl because this mixture boils up. This tastes like fudge cooked the old fashioned way.

Peanut Butter Balls

2 cups sugar
¾ cup evaporated milk
½ cup butter
2 cups tiny marshmallows

¾ cup creamy peanut butter
½ teaspoon vanilla
12 ounces semi-sweet chocolate chips
2 teaspoons shortening

Butter the side of a 3-quart heavy saucepan. Combine sugar, evaporated milk, and butter. Stir over medium-high heat until boiling. Reduce heat to medium and continue boiling for about 12 minutes, stirring frequently. Remove from heat, stir in marshmallows, peanut butter and vanilla. Transfer mixture to a bowl and chill in the fridge for about an hour until mixture is thick and moldable. Line a large baking sheet with wax or parchment paper. Shape mixture into 1-inch balls and place on baking sheet – put in freezer for about 15 minutes so balls are firm. In a double boiler or medium saucepan, combine the choc chips and shortening over very low heat until melted – the chips will melt fast so watch carefully. Then dip the balls in the chocolate and place back on your baking sheet. Let cool until chocolate is set.

Hard Candy

3 ¾ cups fine granulated sugar
1 ½ cup light corn syrup
1 cup water

Mix ingredients in a saucepan til sugar is dissolved. Heat to boiling without stirring until mixture makes a “hard ball” in a small glass of cold water. Remove from heat and add 2 drops (or drams) of flavoring (such as cinnamon oil) and food coloring if you like. Pour onto lightly greased cookie sheets and cool. Sprinkle with powdered sugar and break into pieces, store in a tight container.

Rock Candy

2 cups water
5 cups sugar

Lay string or bamboo skewers across pie pan. In a saucepan, dissolve sugar in water and then boil without stirring until it reaches the hardball stage (drop a bit into a cup of cold water to tell). Pour into the pie pan and cover with tin foil – wait for seven days, and voila!

Hot Fudge Sauce

2 cups Sugar
2 heaping tablespoons Cocoa
¾ cup Milk
½ stick Butter
1 teaspoon Vanilla

Add these ingredients in the order listed into a fairly tall, heavy saucepan (to prevent spatters and scorching) and mix until sugar is mostly dissolved. Turn the burner on high and wait for the mixture to boil without stirring. Boil for one minute and take it off the heat source. Spend a few minutes stirring the mixture and let it cool slightly. This is the best Hot Fudge Sauce ever!

Holiday Fudge

2 tablespoons Butter
2/3 cup undiluted Pet milk
1 2/3 cup Sugar
½ teaspoon Salt
2 cups mini marshmallows
1 ½ cup semi-sweet Chocolate Chips
1 teaspoon Vanilla
½ cup chopped nuts

Combine butter, milk, sugar and salt into a saucepan. Bring to a boil on medium heat. Begin timing when mixture begins to boil. Cook 4 to 5 minutes, stirring constantly. Remove from heat. Add remaining ingredients, stirring til chocolate and marshmallows melt and blend in. Pour into a 9 x 9 buttered pan and cool before cutting.

Pumpkin Fudge

3 cups sugar
¾ cup butter
¾ cup evaporated milk
½ cup canned pumpkin
1 10-ounce package cinnamon chips (like choc. chips)
1 7-ounce jar marshmallow fluff
¾ cup chopped walnuts, toasted (optional)

Line 13 x 9 x 2 baking pan with foil, butter the foil and set aside. In a 3-quart heavy saucepan, clip a candy thermometer. Combine **sugar, butter, evaporated milk and pumpkin**. Stir over medium-high heat until mixture boils. Reduce heat to medium-low so mixture boils softly – stir frequently. When thermometer reaches 234 degrees F (about 20-25 minutes), remove from heat, take off thermometer. Stir in **cinnamon chips and marshmallow**, and walnuts if you choose. Immediately spread fudge in pan and you can score the warm fudge so it is easier to cut later. Let cool to room temp and when it is firm, lift the foil out of the pan and cut. Cover tightly and put in fridge for up to a week – don't freeze.

Popcorn Balls

2 cups Karo, Blue Label
1-3/4 cups granulated sugar
1/2 cup water
1 teaspoon vanilla
4 quarts popped corn

Combine the Karo, sugar and water and boil until a little when tried in cold water forms a hard ball, 254 degrees F. Add the vanilla and pour into the popped corn from which all hard grains should be removed. Stir till coated, rub the hands with Mazola and form the corn into medium sized balls, pressing closely together.

Carmel Corn

6 quarts popped corn
2 cups brown sugar, packed
2 sticks butter, melted
½ cup light Karol syrup
1 teaspoon baking soda
1 teaspoon butter flavoring

In a large sauce pan, add brown sugar, butter, and Karo syrup. Over medium-high heat, bring to a boil, and boil for 5 minutes. Remove from heat and add baking soda and butter flavoring. The mixture will “foam up”. Pour over popcorn (on a flat baking sheet) and put in the oven for 1 hour at 200 degrees. Stir every 15 minutes.

CAKES & DESERTS

Take it Easy Chocolate Cake

2 cups All-Purpose Unbleached flour, sifted	5 Tbls Crisco shortening
1 ½ cups sugar	3 large eggs
1 teaspoon baking soda	1 ¼ cups milk
¾ teaspoon salt	1 teaspoon vanilla
4 heaping tablespoons cocoa (or 3 squares unsweetened chocolate, melted and cooled)	

Heat oven to 350 degrees. Sift and add all dry ingredients together, mix. Add remaining ingredients, mix for approximately 4 minutes. Pour into greased, floured cake pan and bake for 30 minutes. Let cool before frosting.

Butter Pound Cake

4 sticks butter
1 one-pound package of powdered sugar
6 eggs
3 cups All-Purpose Unbleached flour, sifted

Heat oven to 325 degrees. Cream butter and sugar together until fluffy, add eggs one at a time mixing thoroughly after each one. Add flour and mix just until smooth. Turn into a tube pan or cake pan. Bake for 1 hour and 15 minutes.

Summer Pineapple Pudding Cake

Prepare and bake a yellow cake mix. Let cool. Prepare a package of French Vanilla Pudding and spread over top of the cooled cake. Drain a can of diced Pineapple, and spread over top of the pudding. Spread a package of Whip Cream over top of the Pineapple, and chill for at least 1 hour.

Tiramisu

3 egg yolks	¼ teaspoon vanilla
¼ cup whole milk	20-24 lady finger cookies
1 cup sugar	½ cup espresso
3 cups mascarpone cheese	¼ cup coffee liqueur (such as Kahlua)
1 cup (8 oz) cream cheese	2 teaspoons cocoa powder

Whisk egg yolks, milk and sugar together in a double boiler (or a metal pan over another pan of boiling water) and simmer for 10 minutes, stirring often, until mixture turns to a light yellow. Remove and let cool. Combine mascarpone and cream cheeses and vanilla just until blended. Add cooled egg yolk mixture just until combined. Combine coffee mixture in a small bowl and pour onto a dinner plate. Touch the bottom of each lady finger onto the plate – barely getting the bottom wet as it soaks up fast. Top half of each cookie should be dry. Arrange cookies side by side into an 8 x 8 serving dish or cake pan. Spoon half the cheese mixture over first layer of cookies, then add second layer. Then add remaining cheese mixture and spread evenly. Sift the cocoa over top for an even dusting. Chill for several hours until firm. Slice twice across and twice down to create 9 portions.

Strawberry-Pretzel Dessert

1 bag pretzels, crushed (I use a 9 oz Snyder's Buttersnaps bag)
1 stick butter, melted
1/3 cup sugar

Mix the crust ingredients and press into cake pan. Bake at 300 degrees for 15 minutes and let cool completely.

2 packages 8 oz cream cheese
1/3 cup sugar
2 packages 6 oz strawberry Jell-O, prepared using half the water
1 package frozen strawberries (or fresh strawberries with 1 tray of ice cubes)

Mix cream cheese and sugar together and spread over crust – be sure to get it to the edges to ‘seal’ the crust before adding Jell-O. Then make the Jell-O and add the frozen strawberries or fresh strawberries and ice. Pour over cream cheese on crust. Put in fridge and let set-up. Then spread whip cream over top.

Angel Food Cake

1 ¼ cup powdered sugar	1 ½ teaspoon pure vanilla extract
1 cup All-Purpose Unbleached flour, sifted	¼ teaspoon salt
1 ½ cup egg whites (from 12-14 eggs)	¼ teaspoon almond extract
1 ½ teaspoon cream of tartar	1 cup sugar

Heat oven to 375 degrees. Mix sugar and flour together. In a separate bowl, add egg whites, cream of tartar, vanilla, salt and almond extract and mix at high speed until fluffy. Sprinkle in powdered sugar until stiff peaks form – don't scrape bowl. Fold in ¼ of the sugar/flour mixture at a time until flour disappears. Pour into ungreased Angel Food Cake pan. Bake for 35 minutes or until "springy". Let cool before taking out of pan.

Dirt Cake

2 (20 oz.) pkgs. Oreo cookies	3 1/2 c. milk
1/2 stick butter	2 sm. French vanilla instant pudding boxes
1 (8 oz.) cream cheese	1 (12 oz.) Cool Whip
1 c. powdered sugar	

Cream the butter, cream cheese and powdered sugar together. Mix pudding together with milk, add the Cool Whip to pudding mixture. Then blend in the cream cheese mixture.

Crumble the Oreo's in a blender. In a cake pan, alternate cookie crumbs and filling, ending with the cookie crumbs on top.

Banana Cake

2 ½ cups All-Purpose Unbleached flour, sifted	1 ¼ cup sugar
2 ½ teaspoons baking powder	2 large eggs
½ teaspoon baking soda	1 teaspoon vanilla
½ teaspoon salt	¼ cup milk
½ cup shortening	1 cup mashed bananas

Preheat oven to 375 degrees. Cream shortening and sugar together, and then mix in eggs, vanilla, milk, and bananas. Slowly mix in your dry ingredients until batter is smooth, but don't over mix. Pour into a greased, floured cake pan and bake for 25-30 minutes, or until done.

Carrot Cake

2 cups All-Purpose Unbleached flour, sifted	1 cup nuts
finely grated carrots	1 ½ cup oil
2 cups sugar	1 teaspoon salt
2 teaspoons cinnamon	1 teaspoon baking soda
4 eggs	

Heat oven to 350 degrees. Mix ingredients in a large bowl, pour batter into a greased, floured cake pan, and bake for 40-45 minutes or until done.

Chocolate Cherry Cake

1 package chocolate 'fudge' cake mix	1 can cherry pie filling
2 eggs	1 teaspoon almond extract

Heat oven to 350 degrees. Stir ingredients together until smooth and pour into a greased, floured cake pan. Bake for 30 minutes or until done. Frost when cool, using the Chocolate Cherry Cake Frosting recipe below.

Cheese Cake

Crust:

Vanilla wafers, crushed	1 stick butter, melted
Cinnamon graham crackers, crushed	¾ cup sugar

Mix ingredients together and press into rectangle cake pan or round, spring-form pan for crust.

Filling:

1 16 ounce package of cream cheese	1 tablespoon lemon juice
1 ½ cups fine granulated sugar	1 teaspoon pure vanilla extract
1/3 cup butter	4 eggs
2 cups sour cream	1 teaspoon corn starch

Preheat oven to 350 degrees. Mix all ingredients together and pour into crust. Bake for 1 hour and turn off oven. Leave cake in oven for additional 30 minutes. Chill well.

Crumb Cake

TOPPING

1 stick butter, melted and still warm	¾ tsp ground cinnamon
1/3 cup sugar	1/8 teaspoon salt
1/3 cup packed brown sugar	1 ¾ cups cake flour

Whisk the butter, sugars, cinnamon and salt together, stir in flour until mixture resembles dough, set aside to cool to room temperature.

CAKE

1 ¼ cups cake flour	6 TBS butter, room temperature soft
½ cup sugar	1/3 cup buttermilk
¼ tsp baking soda	1 large egg plus 1 large yolk
¼ tsp salt	1 tsp vanilla

Adjust oven rack to upper-middle and heat oven to 325 degrees. Line 8 inch square baking pan with foil allowing extra foil to hang over edges. Coat foil with nonstick spray. Whisk flour, sugar, baking soda and salt and then add butter, a little at a time, beating the mixture with hand-held mixer at low speed til it resembles moist crumbs, with no visible butter chunks (1-2 minutes). Add buttermilk, egg, yolk, vanilla and beat at medium-high until batter is light and fluffy (1 minute) scraping bowl. Scrape batter into prepared pan and smooth. Break the topping into large pea-size pieces and spread evenly on top. Bake until crumbs are golden and cake is done. (35-40 minutes). Cook and dust with confectioner's sugar before serving.

White Butter Cake

1 ¾ cups sifted cake flour	¼ cup sugar
2 tsp baking powder	2 large eggs, separated
1/3 tsp salt	1 tsp vanilla
½ cup butter, room temp	½ cup milk
¾ cup sugar	1/8 tsp cream of tartar

Cream Cheese Frosting:

½ cup butter, room temp	1 orange zest
1 8 oz cream cheese, room temp	1 tsp vanilla
2 ½ cups powdered sugar, sifted	

Preheat oven to 350 degrees, place rack in center. Grease and flour 2 8 inch round cake pans.

While eggs are still cold, separate. Cover both and let them come to room temp (about 30 minutes). Mix flour, baking powder and salt, set aside. Beat butter til soft, add ¾ cup sugar and beat til fluffy (2-3 minutes). Add egg yolks, one at a time, beating after each. Scrape. Add vanilla extract and beat til combined. Add flour and milk, mixing at low speed alternatively, in 3 additions, beginning and ending with the flour.

Beat egg whites until foamy, add cream of tartar and beat til soft peaks form. Add remaining sugar and beat till stiff peaks form. Gently fold with rubber spatula into the batter to lighten it. Don't over mix or the batter will deflate. Divide batter into pans and smooth tops, bake for 20-25 minutes. Cook and wrap in t plastic and place layers in freezer for at least an hour.

Frosting: Cream butter and cream cheese together until smooth. Add powdered sugar, one cup at a time beating well each time. Scrape. Add orange zest and vanilla and beat on high until light and fluffy. Assemble cake and frost.

Pineapple Upside-down Cake

TOPPING

4 TBS butter
¾ cup brown sugar

1 20 oz can of pineapple slices, drained and patted dry
Maraschino Cherries or candied cherries

Place butter and brown sugar in small saucepan and stir over medium heat until butter has melted and sugar has dissolved. Cook for a few more minutes until sugar caramelizes. Remove and pour into cake pan sprayed with non-stick spray. Arrange pineapple slices and cherries.

CAKE

1 ½ cups All-Purpose Unbleached flour, sifted
2 tsp baking powder
¼ tsp salt
½ cup butter, room temp
1 cup sugar

1 tsp vanilla
2 large eggs, separated
¼ tsp cream of tartar
½ cup milk

Whisk flour, baking powder, and salt together. Beat butter and sugar together til fluffy. Scrap and beat in vanilla. Add egg yolks beating well after each. Scrape, add flour mixture alternating with milk in 3 additions, ending with flour mixture.

Whisk egg whites with cream of tartar till firm peak, fold into cake batter lightly. Pour into pan with pineapple and cherries and bake 45-55 minutes at 350 degrees. Cool for 10 minutes, run sharp knife around edge and invert cake onto a platter.

FROSTINGS

Chocolate Cherry Cake Frosting

1 cup semi-sweet chocolate chips
1 cup sugar
1 egg
½ cup milk
5 tablespoons butter

In a large saucepan, bring these ingredients to a boil over medium-high heat. Boil for 1 minute and remove from heat. Stir and pour over cooled cake.

Penuche Frosting

1/3 cup butter
2/3 cup brown sugar, packed
3 tablespoons milk
About 2 1/2 cups powdered sugar

In a medium saucepan, melt the butter over medium heat. Stir in brown sugar. Cook and stir until just bubbly. Remove from heat. Add the milk, beating vigorously until smooth. By hand, beat in enough powdered sugar to make a frosting of spreading consistency. Frost cake immediately.

Peanut Butter Chocolate Frosting

2 ½ cups powdered sugar
¼ stick softened butter
½ cup peanut butter
1 heaping tablespoon cocoa
1 teaspoon vanilla
Some very hot water

Mix everything together except the water. Then mix in hot water until mixture makes a frosting – too little water will make the mixture hard to spread, too much water will make the mixture too thin. So add the hot water slowly. Spread over chocolate cake, or graham crackers!

White Fluffy Frosting

1 cup sugar	½ cup boiling water
¼ teaspoon cream of tartar	½ teaspoon vanilla
1 egg white, thoroughly chilled	

In a clean glass bowl, with a mixer on its highest speed, begin beating egg white, sugar, cream of tartar and water. Mix until fluffy and stiff, stop mixer. Add vanilla and beat again until stiff peaks form. Spread over cake.

Butter Frosting

½ cup butter	4-5 tablespoons water
1 pound powdered sugar	1 ½ teaspoon vanilla
pinch of salt	

Cream butter, add sugar slowly while mixing, mix in salt, and then add water slowly, until mixture makes a frosting consistency. Add vanilla and mix. You can use as is, or, for fluffier frosting that will last a few days longer, add two eggs, one at a time, beating thoroughly.

Whipped Cream

1 Cup heavy whipping cream
2 Tablespoons fine sugar
½ Teaspoon vanilla extract

Chill a deep metal mixing bowl, large whisk, and cream in the freezer for 15 minutes (it's important that it is very cold – it increases the volume). Pour in heavy cream, whisk until soft peaks form. Slowly add sugar & vanilla over cream and whisk in – do not overbeat. Makes about 2 cups. You can put into a sealed container and store in the refrigerator for up to 2 hours.

PIES

Pie Crust

6 TBS butter, chilled and cut into small pieces	½ tsp salt
2 TBS shortening, chilled and cut into small pieces	¼ cup ice water
1 cup all purpose flour, plus extra for rolling dough	

Mix dry ingredients – cut butter/shortening into dry mixture until it resembles small peas. Add cold water lightly, gently form into ball, divide into 2 balls, chill for 1 hour before rolling.

Tips: Use cold ingredients – even flour!! Pockets of fat make flaky crusts – the dough should have small pea-size pieces of butter. Water should be ice cold. The idea is to coat the fat with the flour adding just enough water to make it all stick. Don't overwork. After rolling and putting into the pie shell, chill crust again 15 minutes before filling. You can also seal crust with a beaten egg white, then chill for 15 minutes before filing.

Apple Pie

1 Tablespoons all-purpose flour, plus more for dusting.	1 ½ teaspoons cinnamon
12 Granny Smith apples, peeled, cored and sliced (do this fast because apples turn brown quickly).	½ teaspoon nutmeg
¾ cup sugar, plus more for sprinkling on top of crust.	1/8 teaspoon cloves
Zest and juice of 1 lemon.	2 Tablespoons unsalted butter
	1 large egg, beaten

Heat oven to 375 degrees. On a lightly floured surface, roll out crust into two 1/8 inch thick circles to a diameter slightly larger than that of an 11-inch plate. Press one pastry circle into the pie plate. Place the other circle on waxed paper and cover with plastic wrap. Chill all pastry until firm, about 30 minutes.

In large bowl, combine apples, sugar, lemon zest and juice, cinnamon, nutmeg, cloves, and flour. Toss well, spoon into pie pan. Dot with butter, cover with remaining pastry circle. Cut several steam vents across top, seal by crimping edges as desired. Brush with beaten egg, and sprinkle with additional sugar. Bake until crust is brown and juices are bubbling, about 1 hour. Let cool on wire rack before serving.

Apple Crisp

1 cup All-Purpose Unbleached flour, sifted
1 ½ cups sugar
¾ teaspoon salt
1 teaspoon baking powder

1 large egg
5-6 cups apples, diced
1/2 cup butter, chopped in pieces

Put apples in a 6 x 10 baking dish -important. Mix remaining ingredients in separate bowl with fork til crumbly. Sprinkle over apples. Dot butter over top, then sprinkle with cinnamon.

Bake 30-40 minutes at 350 degrees.

Lemon Pie

Prepare pie crust in pie tin and crimp the edges so it looks pretty. Using a fork, poke many holes in the bottom and sides of the crust. Bake in a 375-degree oven for 10 minutes until brown. Remove from oven and let cool completely.

Filling:

1/3 cup cornstarch
1/3 cup flour
¼ teaspoon salt
1 ¼ cups sugar
2 cups cold water

5 large egg yolks, slightly beaten
½ cup fresh squeezed lemon juice
2 tablespoons zest of lemon rind
4 tablespoons butter, cut into pieces

Heat oven to 375 degrees. On a lightly floured surface, roll out crust to a 1/8 inch thick circle to a diameter slightly larger than that of a 9-inch plate. Press pastry circle into the pie plate, trimming edges to 1 inch overhang. Fold edges under and crimp with a fork all around. Poke bottom of crust with fork so it doesn't bubble, and bake crust until lightly browned, about 15 minutes. Set aside.

Combine cornstarch, flour, salt, and sugar in medium saucepan. Over medium heat, gradually add water. Bring to boil, whisking constantly (takes about 4 minutes). Remove pan from heat. Temper egg yolks by beating a small amount of hot mixture into the yolks before adding yolks to hot pan. Put mixture back on very low heat and cook for 5 more minutes while slowly whisking. Mixture will be thick and creamy. Remove from heat and whisk in lemon juice and zest. Whisk in the butter pieces one at a time. Let stand while you make the meringue.

Meringue:

5 large egg whites
½ teaspoon vanilla
½ cup fine sugar mixed with ½ teaspoon cornstarch & ¼ teaspoon salt

Beat egg whites until soft peaks form. Add vanilla. While mixing, slowly add the sugar/cornstarch/salt mixture, making sure it dissolves as you go. Only mix until the peaks get slightly stiff – don't overbeat.

Pour lemon filling into baked crust. Spread meringue onto hot filling from the outside of the crust – make sure edges touch all the way around, and slowly spread over entire pie to make a good seal. Use your fork to make “peaks” on the pie. Put back into oven and bake about 12 minutes until meringue is golden. Serve chilled.

Pumpkin Pie

1 ½ cup pumpkin – Libby's brand
1 cup brown sugar
1 Tablespoon cornstarch
½ teaspoon salt
¼ teaspoon nutmeg
¼ teaspoon ginger

1 teaspoon cinnamon
1/8 teaspoon cloves
3 large eggs, plus 1 for glaze
1 Tablespoon Molasses
1 ½ cups PET evaporated milk
1 Tablespoon heavy cream

Preheat oven to 425 degrees. In large bowl, combine sugar, cornstarch, salt, ginger, cinnamon, cloves, pumpkin, and 3 eggs. Beat well. Add evaporated milk and mix. Set aside. Roll out crust into a 12-inch circle, fit into a 9-inch pie plate; trim dough leaving a ½ inch overhang. Fold overhand under and pinch to make decorative edge. Chill for 15 minutes while you make glaze: Beat remaining egg and then combine with heavy cream. Brush very lightly on edges of pie shell. Pour filling into shell and put onto a baking sheet.

Bake for 10 minutes at 425 degrees, reduce heat to 350 and bake for 30 minutes. Cool on wire rack.

Cherry Pie

Fill crust with 2 cans of Thank-You brand cherry pie filling. Add ¼ cup sugar across top of filling. You can put a decorative (criss cross) crust on top if you like. Bake 40-45 minutes at 425 degrees.

PASTRIES

Cream Puffs

1/2 cup whole milk	1 teaspoon salt
1/2 cup water	1 1/2 cups all-purpose flour
7 tablespoons butter, cut into pieces	5-6 Large eggs, room temperature
1 tablespoon sugar	

Place a bowl on your mixer and fit the paddle attachment to it. Put your eggs next to the mixer. mix the milk, water, butter, sugar and salt in a 2-quart saucepan. Bring to a full boil over medium heat, stirring occasionally with a wooden spoon. Stirring constantly, add the flour all at once, and stir quickly and without stopping until the flour is thoroughly incorporated. Then continue to cook and stir for another 45 seconds or until the dough comes into a ball and a light film of paste coats the bottom of the pan. Immediately scrape the dough into the bowl of your mixer, and turn the mixer on low speed. Let it mix for a minute or two – the first few turns of the paddle will put up a cloud of steam. Just let it mix until no more steam is coming off the dough. Then add the first egg, letting it mix in fully before adding the next one. Keep the mixer on low speed – you don't want to incorporate too much air into the paste. Scrape down the bowl every 2nd egg just to make sure everything is mixing together. Before adding the 6th egg, stop the mixer and check the consistency of the dough. You will know it is perfect if, when you lift the paddle, it pulls the dough with it, then the dough breaks away and forms a peak that slowly bends down. If the dough is too thick and doesn't form that peak, add the last egg.

BREADS & PASTA

White Bread

2 tablespoons vegetable oil	3 packets fast-rising yeast
4 cups hot water	10 cups King Arthur flour – sifted and measured precisely
2 tablespoons salt	
4 tablespoons shortening	
¼ cup sugar	

Mix first 5 ingredients together until the sugar dissolves – water must be really warm – if too cold or too hot, it will kill the yeast – about 78 degrees. Add 3 packages of **fast-rising yeast** over top of mixture. Let stand, covered in a non-drafty, warm area (like inside the stove) for 5 minutes or until the yeast begins to get fluffy and activates. If it doesn't activate, you won't have good bread.

VERY IMPORTANT: Use King-Arthur Unbleached Bread Flour. Measure flour accurately (scoop up one cup and do not pack, scrape off excess with back of butter knife).

While waiting for the yeast, Sift 10 cups of flour into a large bowl. Begin to add the flour to the yeast mixture a few cups at a time and mix in between. When you reach 9 cups of flour, start kneading the dough – the dough should be sticky on your hands, but still workable. Only add the remaining cup of flour if you need it, or to use while kneading.

Knead well using the palm of your hand in the middle of the dough ball until the flour is well incorporated and the dough ball is as soft and smooth as a baby's butt. Remember, you don't have to use all of the flour – just enough to make the dough workable. Too much flour and the yeast won't be able to rise.

Brush olive oil on the dough ball and place in a warmed oven until the dough ball doubles in size (about an hour or more). Shape into loaves – you can stretch and roll the dough so there is 'surface tension' on the top for a better shaped loaf. Place into bread pans that have been sprayed with non-stick spray. Brush olive oil over the top and cover place in warmed oven **until the loaves double in size**. A good temperature for the best rising is 78 degrees.

Turn oven on to 400 degrees and wait for it to preheat. Place loaves in oven and bake for 25 minutes. You can use this dough recipe for many things; shape and place into well oiled bread pans, or shape and put on pizza stones and add your favorite toppings, bake at 425 degrees for 20 minutes. Or, you can roll the dough out and add toppings to make into cinnamon rolls (see recipe below).

Cinnamon Rolls

Using the bread dough above, roll out into a rectangle shape, about ¼ inch thick all over. Then on top of the rolled out dough, add a **thick layer of room temperature softened butter** (not melted), about one stick of butter. Make a cinnamon-sugar mixture as follows: **½ cup white sugar, ½ cup brown sugar, and 2 tablespoons cinnamon**. Sprinkle this mixture on the rectangle, making sure to get the mixture completely out to the edges. Roll-up the rectangle of dough and sugar mixture rather tightly. Pat the ends in so the roll is the same size from one end to the other. Now slice into 1-inch slices –make sure they are all the same.

Place sliced side down into cake pans sprayed with non-stick spray, leaving room between each roll. Melt a half stick of butter and brush on sides and tops of the rolls, cover with plastic wrap. Let rise an hour and a half (or until doubled in size) in a warm, draft-free location (I put them in the oven – about 78 degrees is best for rising). Take out the rolls and pre-heat your oven to 400 degrees. Make the topping as follows and add before baking: **1 stick softened butter (not melted), 2 cups firmly packed brown sugar, 1 teaspoon vanilla, and ½ cup hot water**. Mix until butter is fairly incorporated. Now pour mixture over top of rolls.

Place the risen rolls into hot oven and bake for about 25-30 minutes until golden brown. I use a large, tin pan to turn the rolls out into (I get a package of them from Sam's Club). Or you can use a large sheet of tin foil, with the edges turned up to catch the juice. *Be careful – these are sticky and hot and can burn you, and the topping will go all over the place – have your tin foil turned up around the edges to catch the run-off!*

French Bread

½ cup water	2 Tablespoons honey
1 ½ cup milk or buttermilk	1 Tablespoons of Active Yeast
2 ¾ Tablespoons butter	4 ½ cups sifted King Arthur Bread Flour
1 Tablespoon Kosher salt	

Double Recipe

1 C water	4 Tbls honey
3 C milk	2 Tbls yeast
3 ½ Tbl butter	9 C Flour
2 Tbls salt	

Mix first 5 ingredients and place in microwave for 1.5 minutes until warm – but not hot (around 78 degrees). Add the yeast and whisk until dissolved. Let sit for 10 minutes while you get the flour ready:

Measure flour accurately and sift into a separate bowl. Slowly add flour to the warm yeast mixture until a dough forms. It will be really sticky. Knead well on a **LIGHTLY** floured surface. Brush with olive oil and put in metal bowl with plastic wrap. Let rise in warm (78 degrees) place until it has doubled in size – could take 45 minutes to an hour and a half, depending on the warmth and humidity in your home. Punch down, then shape into 2 small loaves or one large loaf (for sandwiches). When shaping, stretch and roll to put 'surface tension' on the loaf. Place into bread pans sprayed with non-stick spray. Let rise again until doubled in size – another 45 minutes to an hour and a half. Insert into a **HOT 400 degree oven for 20 – 25 minutes** until golden brown.

Biscuits

2 cups flour	¼ cup shortening
1 tablespoon baking powder	¾ cup milk
1 teaspoon salt	

Preheat oven to 450 degrees. In large bowl with fork, mix flour, baking powder and salt. With a pastry blender (or fork), cut in the shortening until mixture resembles coarse crumbs. Add milk and mix just until it forms soft dough and leaves the sides of bowl. Turn onto slightly floured surface; knead 6 to 8 strokes. Roll out the dough ½ inch thick and cut into biscuits (you can make them square or use a glass for round ones). Place on ungreased cookie sheet (they can be touching) and bake 12 to 15 minutes or until golden.

Dumplings (for stew or soup)

2 cups flour	4 tablespoons butter, room temperature
4 tsp baking powder	1 cup milk
1 tsp salt	

Sift flour, add baking powder and salt, mix. Cut in the butter, then add milk in and mix (don't over mix, it will make them tough). The batter should be sticky, but not too loose to spoon out on top of your stew using a teaspoon. Dumplings will fluff up so leave room. Stew or soup should be simmering when you add the dumplings – they will cook in about 10 minutes or so, covered.

Pancakes

1 ¼ cups flour	1 egg, slightly beaten
2 tablespoons sugar	1 cup milk
2 teaspoons baking powder	¼ cup vegetable oil
¾ teaspoon salt	

In large bowl, mix first 4 ingredients. In separate bowl, mix egg, milk and oil. Add to flour mixture just until moistened – don't over mix. Batter should be slightly lumpy. Pour batter by scant ¼ cupfuls onto hot skillet brushed lightly with oil. Cook on one side until bubbly and bubbles burst; edges will look dry. Turn and cook on other side until golden.

Muffins

2 cups flour	1 egg
2 tablespoons sugar	1 cup milk
1 tablespoon baking powder	¼ cup salad oil
½ teaspoon salt	

Heat oven to 400 degrees. Beat egg slightly then stir in milk and oil. Add dry ingredients (avoid over mixing). Batter should be slightly lumpy. For berry muffins, add ½ cup sugar and ¾ cup fresh or frozen berries. Pour batter into cupcake paper cups and bake for 20-25 minutes.

Zucchini Bread

3 eggs, beaten	1 teaspoon salt
2 ¼ cups sugar	1 teaspoon baking soda
3 teaspoons vanilla	1 teaspoon cinnamon
1 cup oil	¼ teaspoon baking powder
2 cups shredded raw zucchini	1 cup walnuts
3 cups flour	

Heat oven to 350 degrees. In a large bowl, add first 4 ingredients and mix well. Stir in zucchini. Mix dry ingredients together and slowly add to first mixture. Fold in the nuts and pour batter into 2 bread pans. Bake for 1 hour.

Stuffing

2 large bowls of diced bread (3 loaves)	3 cups cooled liquid (chicken broth or turkey juice)
1 tablespoon salt and pepper (or to taste)	1 stick melted butter
2 tablespoons rubbed or chopped fresh sage (or to taste)	2 eggs
1 large onion, diced small	
1 tablespoon celery salt	

Heat oven to 375 degrees. Mix butter, liquid, and slightly beaten eggs together and set aside. In another bowl, mix dry ingredients; sage, salt and pepper, celery salt and set aside. In a separate large bowl, add diced bread & onion, then add dry ingredients. Mix together so it is evenly distributed. Pour on liquid. Do not over mix or it will be gooey. Spray cake pans with cooking spray and fill cake pans to just below the top with mixture – do not pack it in. You will need one large sheet cake pan or two 9x13 cake pans. Bake for 40-45 minutes.

Corn Bread

1 cup flour	1 teaspoon salt
¾ cup cornmeal	1 egg
1 large tablespoon sugar	2/3 cup milk
1 tablespoon baking powder	1/3 cup butter, melted

Heat oven to 425 degrees. Mix dry ingredients together, then in a separate bowl, add remaining ingredients and mix. Then slowly add dry ingredients to moist ingredients just until moistened – should be lumpy. Pour into greased cake pan and bake for 25 minutes or until golden brown and “springy” in the middle.

Fry Bread

Fry Bread was a family favorite, and again, was only made on 2 occasions – my father’s birthday in March, and New Year’s Day. Use the bread dough recipe, break small pieces of risen dough off, pull them slightly so you have a small “pizza” that is thin in the middle. Drop these little pizzas into a deep pan of boiling oil, and cook until they are golden brown on both sides. You can dip these fry breads into any sauce, but of course, our favorite was spaghetti sauce! Whenever we had Gnocchi, we had fry bread!

Homemade Noodles

4 cups flour, sifted
1 tablespoon salt
7 eggs, slightly beaten
¼ cup water or drippings (such as turkey or chicken broth)

Mix the flour and salt in a large bowl and make a “well” in the middle. Pour the slightly beaten eggs in the “well”. With a fork, slowly incorporate the flour into the eggs until it starts to form a ball. Then turn out onto a lightly floured surface and knead for about 6 minutes. Should be sticky and soft. Let rest for 20 minutes. Flour the dough ball and roll into a thin sheet, then roll it up, and cut into slices. Cut each slice in half and separate one by one into noodles. You can use these noodles for Chicken and Noodles, Cream of Broccoli Soup, or for Spaghetti.

Gnocchi

Making Gnocchi at our house was a big production – we would all get together at Ma’s early in the morning help. Ma would start the night before preparing the sauce and meatballs and letting it simmer through the night. The savory smell of the sauce cooking when you came in and the warmth of the kitchen from all the cooking was heartwarming. This recipe will feed 10 people (we always had a large group when Ma was making Gnocchi – she made twice this much!).

5 C baked potatoes (mashed but fluffy, not packed, cooled)	15 oz or less of Ricotta Cheese
10 large Eggs	2 Tablespoon Parmesan Cheese
2 tsp Salt	10 C flour, sifted

Bake the potatoes until well done. Let them cool about 15 minutes so you can handle them. Then, roll the potatoes in your hands or on the counter, smashing them up inside before removing the peel. Then, squeeze the smashed potatoes out of their peel onto a large surface - countertop or cutting board. You can run the potatoes through a ricer if you have one, or just use a hand-held potato masher to make sure any large pieces are broken up – you don’t want goeey potatoes, you don’t want any lumps. You want them fluffy and dry.

Sprinkle the salt and Parmesan over the potatoes, mix. Make a well in the middle of the potato pile. Add the eggs, and slightly beat them before incorporating into the potato pile. Add the Ricotta to the middle of the pile and mix together.

Now you can begin to incorporate the flour – do this by adding one cup at a time and kneading the pile until it becomes dough-like. This noodle dough will be soft, but firm enough to roll a long snake that won’t fall apart. The dough should not stick to your fingers. Once all the flour is incorporated (you may need to add more or less depending on how the dough ‘feels’ – this will come with experience), set the dough under a bowl or under a towel to rest for one hour or more.

When dough is ready, do NOT knead or mix any further – just cut the dough into small pieces, roll them out into ½ inch thick ‘snakes’, and then cut them into pieces about ½ inch square or less. The key is getting them all about the same size so they cook in the same amount of time. Use a lot of flour to keep them from sticking to each other.

Start a very large pan of water boiling to cook the noodles – make sure it’s at a full boil before putting any noodles in.

Take the small pieces of dough and one by one, roll them with the ball of your thumb off a cheese grater – this will put a texture onto the noodle so it holds the sauce, and it puts an indent in the middle so it cooks better. You have to use a light touch on the grater so you don't smash the dough into the grater (use flour on the grater). Just roll them lightly off your thumb onto a potato-sack or lint-free tablecloth. Make sure you don't roll them on top of each other – the dough is very soft and sticks easily. They will cover your entire table or counter!

As each towel gets full, two people can take the towel over to the boiling water and dump the noodles in carefully. Try to avoid dumping in the extra flour if possible. Do not stir – wait for the noodles to pop up to the top of the water – that's how you know they are done. Then, let them cook for about 1 more minute after they surface. You can do a taste test on one noodle to see if it is done to your liking. Drain the noodles and immediately put them into your sauce, or drizzle with olive oil to keep them from sticking together.

You can freeze these noodles or freeze the dough to use later, too.

VEGGIES

Bread & Butter Pickles

In one large container, add:

2 cups Vinegar
2 cups Sugar
¼ cups Salt
1 tablespoon Dry Mustard

1 tablespoon Celery Seed
6 Onions
1 gallon Cucumbers

Broccoli Salad

2 cups broccoli
½ cup Sunflower seeds
¼ cup Raisins
1 cup Cheddar Cheese
1 cup Bacon
¼ cup finely chopped Red Onion

Dressing:

1 cup mayonnaise
½ cup sugar
2 Tablespoon cider vinegar
¼ cup milk

Easy to make, and yummy! You can add as little or as much of each of these items as you like. Prepare this at least an hour before you need it, as it gets better over time.

Salsa

30 Tomatoes
15 Jalapenos
3 large green peppers
2 red peppers
3 12 oz cans of tomato paste

5 large onions
3 TBS garlic powder
4 TBS salt
4 tsp pepper
½ cup distilled white vinegar

Bring to a slow boil, cook on low for 2 hours

Texas Caviar

1 can black beans
1 can sweet corn (or fresh sweet corn)
1 tomato – diced (or can of diced tomatoes)
1 onion, medium, diced
1 jalapeno pepper, diced

1 green, red, yellow or orange pepper
½ tsp cumin
½ tsp garlic salt
½ tsp pepper

Mix all ingredients and refrigerate for an hour before serving with chips.

DISHES

Scalloped Potatoes with Ham

2 tablespoons butter	2 medium onions, diced small
2 tablespoons flour	4 large Russet potatoes, peeled and sliced thin
1 ½ cup milk	4 ounces of ham, cut up small
Salt and pepper	2 cups grated cheddar cheese
1 tablespoon butter	

Heat oven to 350 degrees. In a saucepan, melt 2 tablespoons butter, add flour. Cook over medium heat for 1 minute, remove from heat, whisk in milk. Return to heat and simmer until mixture thickens. Remove from heat, salt and pepper, and set aside.

In a skillet, add 1 tablespoon butter. Heat pan over medium high heat until butter melts, then add in onions and cook until golden brown. Remove and set aside.

In a cake pan, use 1/3 of the milk mixture on bottom, then layer of potatoes, then layer of ham, then layer of onions, then layer of cheese. Now another layer of milk mixture, potatoes, ham, onions and cheese. Continue until ingredients are gone, with a layer of cheese on top. Bake for 45 minutes or longer, until potatoes are tender and cheese is bubbly.

Bill Knapp's Au Gratin Potatoes

6 cups diced, boiled and chilled potatoes	¼ tsp pepper
½ cup butter	1 tsp paprika
¼ cup flour	1 tsp chicken bouillon
2 cups milk	6 ounces Velveeta cheese, cubed
½ tsp salt	

Melt butter in large sauce pan, add flour and stir until blended. Gradually add milk and cook until thick. Add remaining ingredients and stir until cheese melts and sauce is smooth. Stir in potatoes. Pour into casserole dish and bake uncovered at 350 degrees for 25-30 minutes until golden brown on top.

Macaroni & Cheese

2 tablespoons butter	Salt and pepper
2 tablespoons flour	1 tablespoon butter
1 ½ cup milk	2 cups grated cheddar cheese
1 small package of Velveeta cheese	Macaroni noodles, boiled until tender.

Heat oven to 350 degrees. In a saucepan, melt 2 tablespoons butter, add flour. Cook over medium heat for 1 minute, remove from heat, whisk in milk, then add Velveeta. Return to heat and simmer until mixture thickens. Remove from heat, salt and pepper, and set aside.

In a cake pan, use 1/3 of the milk mixture on bottom, then layer of macaroni, then layer of cheese. Repeat until ingredients are gone, with a layer of cheese on top. Bake for 30-45 minutes, until cheese is brown and bubbly.

Easy Egg Drop Soup

1 package Mrs. Grass's noodle soup, prepared according to package.
When soup is boiling, drop in 2-4 eggs, stir and cook until done.

Cream of Broccoli Soup

In a large, heavy stockpot, add:	
1 large can chicken broth and 1 can of water using the chicken broth can	Mushrooms and onions sautéed in butter
4 chicken bouillon cubes	Ham, diced (as much as you like)
Broccoli	Salt and pepper

Bring to a boil, then add: Homemade noodles (see recipe) Stir often and bring to a boil, cook for about 10 minutes or until noodles are nearly done. Then turn down to a simmer and add 1 cup Milk & 1 large loaf of Velveeta Cheese

Stir often until cheese melts and take off heat. Let cool for 5 minutes and then eat!

Chicken and Noodles

Boil a really big, fat stewing hen with some onion and salt and pepper until the meat is falling off the bone. Take out the chicken and de-bone it, and save the broth. Pour half of the broth into separate pans. Add enough water to one of the “broth” pans to boil homemade noodles (see recipe). Add celery salt and salt and pepper to taste to the noodle pan. To the other “broth” pan, add 4 cups of milk. Then, take 1 cup of flour and mix with some milk until there are no lumps, and add it to the broth-milk mixture. Bring to a boil, Salt and Pepper to taste, and add the chicken. Now, you can either have your chicken gravy over top of your noodles, or you can make mashed potatoes and have the gravy over mashed potatoes and your noodles separately.

Chicken Soup

1 Whole Chicken, washed inside and out (use a large stewing hen – they are fatter with more flavor).
1 Whole large onion
1 teaspoon salt
1 teaspoon pepper

In large soup kettle, add chicken, onion and salt and pepper, add water until chicken is covered. Cover the pot and bring to a full boil, then turn heat down to a low simmer. Let cook for about an hour and a half or so, until the chicken is falling off the bone. Then, pick out all the chicken bones. Add any meat back to the pan. Then, to the simmering pot of soup add:

Sautee the following ingredients until tender but not burnt. Use 2-3 tablespoons of butter over medium heat:

1 whole onion, chopped	2 stalks celery, diced
5 carrots, diced	2 cloves garlic, minced
5 potatoes, diced	

While the above ingredients cook, add the following to your simmering pot of soup:

½ teaspoon Thyme	1 large Bay leaf
4 Chicken bouillon cubes	½ teaspoon Italian Seasonings

Once the sautéing is done, add everything to the simmering soup pot and keep simmering, covered, until the carrots and potatoes are totally tender. You can add dumplings to the top at this point, too (see dumpling recipe above).

Cheeseburger Soup

½ pound ground beef	4 cups diced peeled potatoes
¾ cup chopped onion	¼ cup flour
¾ cup shredded carrots	2 cups (8 ounces) Velveeta cheese
¾ cup diced celery	1 ½ cups milk
1 tsp dried basil	¾ tsp salt
1 tsp dried parsley flakes	¼ to ½ tsp pepper
4 Tbls butter	¼ cup sour cream
3 cups chicken broth	

In a 3 qt heavy saucepan, brown beef; drain and set aside. In that same saucepan, sauté onion, carrots, celery, basil and parsley in 1 Tbl butter until tender, not burnt, over medium heat, about 10 minutes.

Add broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until potatoes are fork-tender.

Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3-5 minutes, until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes.

Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from heat; blend in sour cream. EAT.

Chicken & Dumplings

Onion, carrots, potatoes, thyme, celery, bay leaves, garlic, boil with one whole chicken until the meat falls off the bone, then add the dumplings from the recipe above and cook for 10 minutes covered, 10 minutes uncovered.

Orzo Pasta in Tomato Juice

1 package Orzo noodles, cooked	2 tablespoons fresh onion
1 can tomato juice	1 tablespoon Italian Seasonings
1 clove fresh garlic or 1 teaspoon garlic salt	3 tablespoons Parmesan
1 package cooked bacon	

Starts cooking your noodles, then, in a separate pot, add the tomato juice and Italian Seasonings and start it heating to a boil. Start your bacon cooking – you want it fairly crispy. After the bacon is cooked and you have it out of the pan on a paper towel, smash your garlic clove and start it sautéing in the bacon grease – but don't let it get brown. Take out the garlic and add it to the tomato juice pan. In the bacon grease, cook your onion until it starts to turn brown, or until it is tender, a few minutes. Then, remove onion from the bacon grease, and add it to your tomato juice. Crumble up your bacon and add that to your tomato juice. By now, the tomato juice mixture should be boiling and cooking down nicely – you may have to turn it down to just a simmer. After it has cooked with everything in it for a few minutes, add the noodles. Mix it up well, bring it back to a boil, and then turn the heat off. Add the cheese and stir. This will make enough for 6-8 people, or you can freeze some for later.

Breakfast Burger?

Yes, I guess I have the only mother that made burgers for breakfast! The only trick to this meal is that she dredged the patty through flour before she cooked it, and of course, salt and peppered it. You can make it a cheeseburger if you like. My mom loved a good burger for breakfast!

Easy Stuffed Pork Chops

Take 3 loaves of bread and break into small pieces in a large bowl. Add Sage, Salt & Pepper, and Onion and mix well. Add 2 eggs and enough hot water until all bread is well-moistened (you could use beef broth to make it richer). Put mixture into a cake pan. Brown up some pork chops and place them on top of the mixture. Bake at 350 degrees for 1 ½ hours.

Baked Pork Chops with Gravy

Buy thick, bone-in pork chops. I like to rinse mine to get off any bone chips. Start a heavy skillet heating up with enough olive oil to cover the bottom of the pan. Salt and pepper the bottom of the pan, and then add your pork chops. Salt and pepper the top of the pork chops. Thoroughly brown both sides of the chops on medium or high heat (but don't burn them!), and then place them into a cake pan, or a baking dish of some sort. If you are going to use the same iron skillet you started them in, remove them from the pan and set aside. Now, cut up some onion, about 2 or 3 tablespoons, chopped fine, and sauté them in the drippings in the skillet. When the onions have become somewhat translucent, remove the pan from the heat and drain any excess oil, but leave the onions. Now, you can do a couple different things for the gravy. Either add cream of mushroom soup and milk, or you can just add milk and then in a glass, add about ¾ cup flour and enough milk to mix it up – use a fork to mix it until its fairly smooth. Add that to the milk in the pan and use a whisk to stir it up. Salt and pepper to your liking. Once the gravy has come to a boil, put the pork chops back in the gravy, and bake for 45 minutes or so. This is a great meal with rice and green beans and a huge salad!

Salmon Patties

2 cans Pink or Red Salmon	½ cup finely chopped onion
2 eggs	Salt & Pepper to taste
1 package saltine crackers	

Mix all ingredients together. Make patties out of them, coat with flour. Heat a heavy frying pan up with vegetable oil in it (about 1/8 inch of oil) and add patties. Cook on each side approximately 6 minutes, or until golden brown.

Chipped Beef Gravy

1 jar Armour Chipped Beef	1 cup Flour
Milk (see directions)	Salt & Pepper
1 stick butter	

Rinse the chipped beef and set aside. In a heavy frying skillet, add 1 stick of butter, let it melt slowly. Once butter has melted (careful not to burn it!), while whisking, add 1 cup flour and stir for about 2 minutes. Take off heat and add milk, slowly, while whisking, until you have the pan about ¾ full with milk. Then, turn up the heat, add the meat, and wait for it to come to a boil. Let boil about 1 minute, and your gravy is done. Now you can taste it, and add salt and pepper as necessary. Gravy tends to taste 'sweet' if you don't have enough salt, however, be careful not to add too much salt right away – the chipped beef has a lot of salt in it, so tasting is essential.

Hamburger Gravy

1 pound hamburger
Milk (see directions)
1 stick butter

1 cup Flour
Salt & Pepper

Cook the hamburger until it gets browned and ‘caramelizes’ – meaning, that not only is the hamburger brown, its getting slightly crispy on the bottom and making a brown goo on the bottom of the pan – this is an art form, so you will have to test it. Too much heat, and the will be dry, too little, and the meat will be soggy. In a separate heavy frying skillet, add 1 stick of butter, let it melt slowly. Once butter has melted (careful not to burn it!), while whisking, add 1 cup flour and **KEEP WHISKING**. Make sure your heat isn’t too high – the heat makes it lumpy. Immediately start adding your milk, slowly, while whisking, until you have the pan about ¾ full with milk. Continue stirring to make sure there are no lumps. Then, turn up the heat, add the meat, and wait for it to come to a boil. Let boil about 30 seconds to 1 minute, and your gravy is done. Now you can taste it, and add salt and pepper as necessary. Gravy tends to taste ‘sweet’ if you don’t have enough salt, so tasting is essential.

Tuna, Yes Tuna Gravy

2 cans drained Tuna
Milk (see directions)
1 stick butter

1 cup Flour
Salt & Pepper

In a heavy frying skillet, add 1 stick of butter, let it melt slowly. Once butter has melted (careful not to burn it!), while whisking, add 1 cup flour and **KEEP WHISKING**. Make sure your heat isn’t too high – the heat makes it lumpy. Immediately start adding your milk, slowly, while whisking, until you have the pan about ¾ full with milk. Continue stirring to make sure there are no lumps. Then, turn up the heat, add the meat, and wait for it to come to a boil. Let boil about 30 seconds to 1 minute, and your gravy is done. Now you can taste it, and add salt and pepper as necessary. Gravy tends to taste ‘sweet’ if you don’t have enough salt, so tasting is essential.

Scalloped Chicken

1 stewing chicken, boiled with onion, S&P and celery
(save the broth)
1 ½ loaves white bread, broken up into small pieces
½ stick butter
½ cup finely chopped onion

¾ cup finely chopped celery
2 tablespoons sage
Salt and pepper
2 eggs, slightly beaten

Preheat oven to 350 degrees. In a skillet, add butter, onion and sage, sauté over high heat until tender, but not brown and remove from heat. In a large bowl, add the bread. Add the onion/sage mixture ovetop of that. Then add chicken and salt and pepper. Add enough broth to moisten mixture, then add the beaten eggs. Spread mixture into greased cake pan and bake 45 minutes or until done.

Fried Chicken, Mama Meta Style!

This is really easy. Start by getting your iron skillets ready (yes, iron skillets are the best for this recipe!) – add 1/8-1/4 inch olive oil to your pan(s). Then, add half stick of butter to each pan (my mom always had to use 2 pans because she made so much!). Start heating up the pans while you get the chicken ready. Dredge your chicken pieces through salt & peppered flour, and add them to the **HOT** pan. Put your largest, thickest pieces in the center of the pan, as it is the hottest. After you salt and pepper the chicken again, place a lid over the chicken for the first part of the cooking – so it cooks through. The trick to really good fried chicken is to lightly salt and pepper it when it first goes in the pan, and salt **EACH** time you turn it. You’ll need to turn it often, and you’ll have to adjust the heat so that your chicken can cook for the better part of an hour – to be sure it is done. Remove the lid about half way through, or if the chicken is not browning up good. You want your chicken to come out very dark brown, but not burned. Fried chicken, mashed potatoes and gravy, green beans and a salad – **YUM!**

Stuffed Cabbage

1 large head of cabbage	1 can tomato juice
2 pounds hamburger	1 cup chicken broth
1 cup rice, soaked in water	1 can stewed tomatoes
1 small onion, finely chopped & lightly sautéed in butter	1 Tablespoon Italian Seasoning
2 eggs	Salt and pepper.

After cabbage has boiled a few minutes, start peeling the outside leaves – they will come loose as they are steamed. While the cabbage is coming to a boil, prepare stuffing using hamburger, rice, onion, eggs & salt & pepper. Take a fist-sized handful of the meat mixture and place inside a cabbage leaf, roll it up, and place it in the bottom of a heavy, large saucepan until meat mixture is gone. You can put any leftover cabbage in the pan on top of rolls. Add the tomato juice, chicken broth, stewed tomatoes, Italian Seasoning, salt and pepper to taste. Bring to a boil and then simmer over low heat, covered, for 45 minutes to an hour – check the cabbage for tenderness.

Macaroni Salad

1 large package flat Egg Noodles, cooked and rinsed.	1 Teaspoon Hickory Smoked Salt
1 large can Tuna in water, drained	2 Tablespoons Minced Dried Onion
½ package frozen Peas (as many as you like)	1 Tablespoon Diced Fresh Onion
2 Tablespoons Celery Seed (or you can use fresh Celery)	Salt and Pepper

Add your favorite brand of Mayonnaise, as much as you like (the noodles will soak up the mayo, so make sure to put in extra.)

Mix everything but the noodles together, and then add the noodles and chill for an hour or so. This will make enough for 8-10 people, or it can be refrigerated and used two days in a row.

Potato Salad

6 large, white potatoes, peeled and diced	¼ cup of your favorite mustard
12 eggs, boiled, peeled, and diced	1-2 tablespoons celery salt
1 medium onion, finely chopped	2 tablespoons minced onion
2 cups or more of your favorite mayonnaise	Salt and pepper to taste

Mix all ingredients together – this dish is very good while it is still warm, as well as after it has chilled for a few hours.

Watergate Salad

1 small package Pistachio Flavor Instant Pudding & Pie Filling
1 can (20 oz) crushed pineapple in juice
1+ cup mini marshmallows
½ cup chopped nuts
1 small container Whipped Cream

Stir pudding mix, pineapple with juice, marshmallows and nuts in large bowl until well blended. Gently fold in whipped topping chill well

Apple Salad

1 cup Bananas	<i>Dressing:</i>
1 cup Purple Grapes, cut in half	1 cup Hellmann's Mayonnaise
1 cup Apples	½ cup Sugar
1/2 cup Celery	2 Tablespoon Milk
½ cup Nuts of your choice	2 Tablespoon Lemon Juice
1 cup Mini Marshmallows	

Acini De Pe Pe Salad

1 package Acini De Pe Pe Noodles, cooked, drained, and cooled.
2 cans Mandarine Oranges, drained

1 can crushed pineapple, drained
1 can diced pineapple, drained
1 8 oz Whip Cream

Sauce

1 cup sugar
2 TBS flour
½ tsp salt

1 cup pineapple juice from drained fruit
1 egg, beaten slightly
1 tsp lemon juice

On stove top, medium heat, bring sauce ingredients to boil, Take off heat, let cool. Add fruit, noodles, sauce and whip cream, stir and put in fridge overnight to set up.

You can add ½ cup coconut for a twist.

Stuffed Mushrooms

1 box chicken flavored stuffing
2 cups shredded fancy cheddar/mozzarella cheese

Core mushrooms, rinse and dry. Make stove top stuffing as instructed and let cool. Add cheese and blend. Press filling into mushrooms. Place in crock pot.

4 sticks butter, melted combined with
3 TBS minced garlic

Pour butter garlic over mushrooms. Cook in crock for 3-4 hours on medium, moving mushrooms around occasionally.

You can also bake in baking pan for 45 minutes to an hour on 350 degrees, covered with foil.

DRINKS

Hot Cocoa

8 quart package powdered milk
2 pounds powdered sugar
1 jar Creamora or other coffee creamer
1 large box Nestle Quick

Mix ingredients together. Then use 2 tablespoons or more of mixture per 1 cup of hot water.

SNACKS

Liverwurst Spread

1 package Liverwurst
1 package cream cheese

¼ cup finely chopped onion
Salt and pepper

Cream ingredients together and you have a wonderful dip for crackers!

Bologna Spread

1 pound stick of bologna
1-2 cups mayonnaise

½ cup onion
1 cup sweet relish

Grind bologna, add remaining ingredients. Spread on your favorite bread!

Seasoned Oyster Crackers

2 (12 ounce) packages oyster crackers
1 cup vegetable oil
1 1/2 tablespoons dry Ranch-style dressing mix

1 teaspoon lemon pepper
1 teaspoon dried dill weed
1/2 teaspoon garlic salt

In a large bowl, toss together the crackers and oil until completely coated. Add dressing mix, lemon pepper, dill and salt and toss until evenly covered. Store in a zip lock bag or other air tight container.

DRINKS

Hot Cocoa Mix

1 package powdered milk
1 2-lb package powdered sugar
1 large container powdered Cremora
1 large container Nestle Quick

Mix well. Use about 2-3 Tablespoons per cup of hot water to make awesome hot cocoa! Store in air-tight container.

Egg Nog

4 large eggs, separate yolks and whites	1 cup heavy cream
1/3 cup sugar	1 tsp nutmeg
2 cups whole milk	3 ounces bourbon or brandy

Beat egg yolks until they lighten in color, add sugar and beat until dissolved. Add milk, cream, nutmeg and bourbon and stir to combine. Place egg whites in separate bowl and beat until it is foamy and starts to firm. Add 1 tablespoon of sugar to the egg whites and continue beating until soft peaks form. Whisk egg whites into yolk mixture and chill and serve.

SAUCES

Gravy

You can take this basic gravy recipe and adjust it to fit any dish you are making! There are a few simple tips for gravy – it is always equal parts flour and fat. So, start like this:

2 Tbls flour
2 Tbls butter (or fat/drippings from whatever meat you are cooking)
1 cup liquid (milk, chicken broth, water, etc)

In a saucepan or skillet, melt the butter, then add the flour. Stir this thick mixture over medium heat until it starts to bubble or boil (this is called a roux). It will be very thick. Let it cook for about two minutes, stirring occasionally – this takes out the raw flour flavor. Then, take it OFF the heat. Using a whisk, gradually add the milk until it is all incorporated. Then place back on the burner over medium high heat and bring the mixture to a boil, whisking frequently. Let it boil for about a minute and you should have PERFECT gravy. Adjust the quantities to match how much gravy you need to serve, but always remember one part flour to one part fat. When using drippings, pour the drippings into a measuring cup so you know how much fat you have so you can add equal amounts of flour.

Syrup

2 cups packed Brown Sugar	1 teaspoon vanilla
1 stick Butter or Margarine	1 teaspoon imitation Maple Flavoring
2/3 cup hot water	

Put all ingredients into a saucepan, turn heat on medium high, and bring to a full boil. Take mixture off heat and stir. Ready for your pancakes or French Toast or whatever!

Mom's Barbecue Sauce

I don't think my mother ever purchased store-bought barbecue sauce. She always made her own. And it was always sooooo good!

2 tablespoons Oil	4 teaspoons Chili Powder
1 8 ounce can Tomato Sauce	2 teaspoons Salt
½ cup Brown Sugar, packed	¼ teaspoon Dry Mustard
¼ cup White Vinegar	1 medium Onion, diced small
1 tablespoon Worcestershire Sauce	

Cook onion in hot oil until tender (about 5 minutes). Add all other ingredients and heat to boiling.

George's BBQ Sauce

1 8 oz Open it BBQ Sauce	½ tsp black pepper
4 oz Vinegar	¼ tsp red pepper
1/8 C A-1 Sauce	¼ tablespoon salt
8 Squirts Worcestershire Sauce	¼ teaspoon garlic salt
¼ cup lemon juice	¼ tablespoon dried onion
¼ C Ketchup	½ medium onion, chopped
½ oz Red Hot Sauce	

Simmer ½ to ¾ hours, let cool and refrigerate. Reheat before applying to meat.

Apple Butter

20 cups apple pulp (Dutchess or Cortland). The apples need to be tart.	1-1/2 tablespoons cloves
20 cups white sugar	3 tablespoons cinnamon

Combine all ingredients in large roaster. Bake at 325 for 2 to 3 hours. Stir occasionally. Test for "gel". Put in jars & Seal with paraffin

Orange-Cranberry Sauce

1 Bag cranberries	½ Teaspoon cinnamon
2 Oranges, zested and juiced	½ Teaspoon Cardamom
¼ Cup Port Ruby Wine	1 Cup toasted pecans or walnuts
¾ Cup sugar, or more if desired	

In small saucepan, combine cranberries, orange zest and juice, wine, sugar, cinnamon and cardamom. Bring to boil, reduce heat and simmer until cranberries are tender, stirring occasionally until sauce thickens. Taste and add more sugar if desired. Fold in toasted nuts when sauce is thick. Cool, serve at room temperature.

Mama Meta's Spaghetti Sauce

"The key to good spaghetti sauce," mom would tell us every so often, "is to cook it for a long time, and to brown your meat and tomato paste before it goes in the sauce".

- 2 cans tomato juice (make sure it's NOT from concentrate, if you can find it)
- 1 level tablespoon Italian Seasonings
- ½ teaspoon Basil
- ½ teaspoon Oregano
- ½ teaspoon Rosemary
- 1 scant teaspoon garlic powder (or 1 clove fresh, garlic sautéed in butter)
- 4 chicken bouillon cubes
- 1 medium onion, finely chopped and sautéed in butter
- 2 Tablespoons sugar
- 2 teaspoons salt
- 1 teaspoon pepper
- Pork Neck Bones (*yes, they are hard to find, but necessary – ask your local meat market and if you find them buy a bunch and freeze them – they are cheap*) **or** you can use Pork Ribs, Pork Chops, Pork Roast.
- Meatballs
- 1 cup tomato paste
- 1 cup water

This basic sauce can be expounded on by adding a number of items, such as celery, mushrooms, fresh tomatoes, etc. In a very large, heavy saucepan, start the tomato juice cooking over low heat. Add the Italian Seasonings, Basil, Oregano, Rosemary, garlic, bouillon cubes, onion, sugar, salt and pepper. Add the pork neck bones – 2 or 3 large ones. You can also add a link or two of sweet Italian sausage if you like, however, this will change the taste of the entire sauce - you might want to cook the sausage separately and serve it at dinner with the meal.

MEATBALLS: While the sauce is simmering, start your meatballs. In a large bowl, add 2 pounds ground beef. (*Optional: Add 2 heaping tablespoons of Ricotta cheese and/or Parmesan cheese.*) Add 2 teaspoons salt, 1-teaspoon pepper, 1 slightly beaten egg, 6 slices crumbed bread and gently mix together (*over-mixing causes the meatballs to be tough*). In a heavy iron skillet, add 2 tablespoons oil. Heat the pan to high; now gently roll your meat mixture into small palm-size balls (make sure they are the same size) and add them to the hot skillet. Once the meatballs are browned on all sides, add to the sauce. Then, spoon out any excess oil (but not the drippings!) and add the tomato paste and water to the skillet and whisk it until smooth and let it cook in there for a minute, getting all the drippings up from the bottom of the pan. Add this cooked tomato paste to the tomato juice pan and stir until everything is incorporated. Add the Parmesan cheese to the sauce. Now, let this spaghetti sauce simmer on very low heat for 4 hours, and stir occasionally to keep the sauce from scorching.

Now you can do the 4-hour taste test. Grab a slice of bread and pour some sauce and one meatball on top. You can let it cook up to 8 hours, but I have found that about 4 hours works well. Once the sauce is done, you can remove all the meat to a separate dish and use the sauce over any cooked pasta. Our family likes to use a little bit of the sauce in the morning and cook an egg in it for breakfast.