



LET'S EAT

May 2007

The recipe selection in this book is a collection of
'tried and tested' recipes by the
Members of The Marathon Quilters

Compiled to celebrate The Guild's
10th Anniversary & Quilt Show
11th-13th May 2007

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Cream of Watercress & Asian Pear Soup (Serves 8)

Nancy Garcelon

Ingredients:

¼ cup butter
1 Tbsp canola oil
2 Tbsp very finely chopped garlic
2 cups Asian pears, peeled and chopped
1 medium onion, chopped
¾ cup celery, white inner stalks only, chopped
4 cups watercress, finely chopped
1 bunch fresh flat-leaf parsley, very finely chopped
1 ½ cup packed spinach leaves
4 cups vegetarian or chicken stock
1 cup cream or milk
⅓ cup rice flour
Salt and pepper, sugar or honey to taste
Crème fraîche
Sliced green onions.

Method:

1. Melt the butter in a large pot and add the oil. Mix and add garlic, onion and celery. Sweat for 15-20 minutes stirring often to prevent the vegetables from coloring
2. Adjust heat if necessary and add pears and cook for 10 minutes
3. Add the watercress, parsley and spinach – cook until wilted
4. Add stock and bring to boil then reduce heat to simmer
5. In a bowl, gradually whisk the rice flour into the cream until the mixture is smooth.
6. Pour gradually into the soup while stirring
7. Remove from heat. Puree the soup in small batches in a blender or food processor
8. Pass the pureed soup through a conical sieve into a clean pan
9. Reheat if necessary and adjust seasoning with salt, white pepper and/or sugar
10. Garnish as desired and serve

Irish Potato Soup (Serves 8)

Valorie Markarian

Ingredients:

- 8 slices bacon, diced
- 4 leeks, white and pale green parts only, sliced
- ½ cup chopped onion
- 4 Tbsp flour
- 8 cups chicken broth
- 6 large baking potatoes, peeled and sliced
- 4 beaten egg yolks
- 2 cups sour cream (reduced-fat sour cream can be substituted but not, non-fat)
- 1 tspn chopped parsley

Method:

1. In a large soup pan cook bacon over medium heat until brown
2. Drain all but 1 Tbsp fat
3. Add leeks and onion and sauté for 305 minutes
4. Add flour and cook briefly
5. Add broth and stir until smooth
6. Add potatoes and simmer for 1 hour
7. Before serving, combine yolks and sour cream. Stir slowly into soup.
8. Simmer over very low heat for 10 minutes – do not let boil
9. Garnish with parsley

Texas Watermelon

Nancy Garcelon

Ingredients:

½ tspn chili
½ tspn red pepper
1 red onion
1 watermelon (in cubes or balls)
Cilantro and parsley
Lime juice

Method:

1. Mix all ingredients and chill
 2. Serve as Cocktails, Sauces & Appetizers or side dish
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Baked Vidalia Onion Dip

Elspeth

Ingredients:

3 Tb butter
3 large Vidalia onions, coarsely chopped
8 oz shredded Swiss cheese
2 cups mayonnaise
8 oz can sliced water chestnuts, drained and chopped
¼ cup dry white wine
1 clove garlic, minced
½ tspn hot sauce

Method:

1. Sauté onion in melted butter- 10 minutes or until tender
2. Stir together shredded cheese and next five ingredients
3. Blend in onion
4. Spoon mixture into a lightly greased 2-quart casserole
5. Bake at 375 for 25 minutes
6. Serve with tortilla chips or crackers

Sweet & Sour Dressing for Melon

Sarah Gravestock
From the table of Helen Cunningham

Ingredients:

- 2 tspn. white sugar
- 1 clove garlic
- 1 tspn salt
- ½ tspn black pepper
- 6 Tb olive oil
- 1 Tb wine vinegar
- 1 Tb lemon juice
- 1 Cantaloupe melon
- 2 sprigs of mint

Method:

1. Use sweet cantaloupe melons
2. Cut in half and remove seeds from centre bowl
3. Mix 2 oz. Prawns into the dressing
4. Spoon mixture into bowl of melon until brimming over the top
5. Serve with spring of mint placed on top.

Bacon Rolls

Sarah Gravestock

Ingredients:

- Pack of smoked or unsmoked bacon
- Box of Dates
- White loaf – medium sliced

Method:

1. Remove crusts from bread and cut in three
2. Remove stone from date and roll in bread
3. Roll bread/date in bacon
4. Secure with toothpick
5. Grill under hot grill until bacon is crisp all over.

SERVE HOT.

Stuffed Mushrooms

Sarah Gravestock

Ingredients:

- 1 oz. Butter
- 8 oz Mushrooms (button)
- 4 oz. Heavy cream
- 2 oz Soft blue cheese
- 2 spring onions, very finely chopped
- 3 Tb fine breadcrumbs (brown)
- Salt and Pepper
- Optional : rashers of bacon cut into small pieces

Method:

1. Remove stalks from mushrooms and finely chop
 2. Melt butter in pan and when hot, add finely chopped mushrooms and spring onions. Lightly cook
 3. Stir in all other ingredients (excl. bacon)
 4. Remove from heat and add bacon – mixture should hold together.
 5. Take teaspoonfuls of mixture and place on mushrooms
 6. Spray lightly with olive oil and cook in oven for approximately 20 minutes @ 180 until soft but still formed.
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Devilled Mushrooms

Sarah Gravestock

Ingredients:

- 1 oz butter
- 8 oz mushrooms
- 4 oz heavy cream
- 1 Tb. Tomato ketchup
- 1 tspn Worcester sauce
- ½ tspn Dry mustard
- 1 tspn vinegar
- Freshly grated nutmeg (do not use ground nutmeg)
- Salt and pepper

Method:

1. Slice mushrooms and add to heated butter.
2. Toss and immediately add all other ingredients
3. Season the mixture to your own taste and divide into small ramekins
4. Place in hot oven (180) for 15 minutes and serve with melba toast or hot baguette

Crabmeat Hors d'oeuvres

Fran Pond

Ingredients:

1 stick butter, room temperature
1 1/2 tspn mayonnaise
1/2 tspn seasoned salt
1 jar Old English cheese spread
1/2 tspn garlic salt
7 oz can crabmeat
6 English muffins

Method:

Blend ingredients and spread on lightly toasted muffin halves
Freeze on cookie sheet and bag for future use

To serve:

Cut each muffin half (while still frozen) into eight wedges
Broil approximately five minutes until lightly browned and lightly crisped

English Yorkshire Puddings

Sarah Gravestock

To serve with Roast Beef

Make batter 24 hours ahead of time.

Ingredients:

1 cup of AP flour
3 eggs
1 egg white
1/2 pt. of milk
Salt.
2 Tb of water

Method:

Make batter in blender and place in hot oiled muffin dish 1/2 hour before serving beef. @ 400 degrees

Blender Sour cream and Dill Sauce

Sarah Gravestock

Ingredients:

1 egg
1 1/2 cups sour cream
1/2 cup coarsely chopped dill leaves
1 1/2 tspn lemon juice
1 tspn salt
1 tspn grated onion
Pinch of sugar and pepper

Method

Break egg into blender and immediately add all other ingredients and blend on high for 10 secs.

Serve sauce chilled with shrimp or other shellfish

Artichoke Dip

Jean Bertschmann

Ingredients:

1 cup mayonnaise
1 cup parmesan cheese
1 can artichoke hearts, rinsed and quartered

Method:

1. Mix all together.
2. Put in bowl.
3. Bake @375 degrees @45 minutes.

Best served with Triscuits.

Guacamole

Nancy Garcelon

Ingredients

4 ripe avocados

1 medium red onion (chopped)

1/2 cup chopped cilantro

1 Combine those and mix well

1 teaspoon tabasco

1 teaspoon kosher salt

2 beefsteak tomatoes cored and chopped

1/2 cup of lemon juice

2 Add with top mixture and enjoy!!!!

Cranberry Orange Sauce

Margaret Mackay

(Serves 16)

Ingredients:

1 cup sugar

1 cup orange juice

1 x 12 oz bag of cranberries (fresh or frozen)

1 x 6 oz package sweetened dried cranberries

1/2 cup orange marmalade

Method:

1. Bring sugar and orange juice to a boil in a large saucepan over medium high heat, stirring often
2. Add fresh or frozen cranberries and return to boil
3. Reduce heat and simmer, stirring often for 10 minutes or until cranberry skins begin to burst and mixture begins to thicken
4. Remove from heat; stir in dried cranberries and orange marmalade.
5. Let sauce cool – cover and chill until ready to serve

Note:

Sauce can be stored in an airtight container in the refrigerator up to two weeks

Pineapple Cheese Ball

Jeannette Frey

Ingredients:

2 x 8 oz cream cheese, softened
20 oz can crushed pineapple, drained
2 cups crushed pecans (reserve 1 cup for outside)

2 Tbsp chopped red onion
1 Tbsp garlic salt
¼ cup green pepper, finely chopped

Method:

1. Mix all ingredients well
 2. Put into a plastic wrap lined bowl
 3. Chill, Unmold and roll in nuts
-

Autumn Harvest Punch

Margaret Mackay

Ingredients:

2 cups water
2 cups sugar
4 cinnamon sticks
36 whole cloves
2 quarts cranberry juice cocktail
1 quart orange juice
2 cups lemon juice
1 lemon – sliced
1 orange – sliced
1 cup rum

Method:

1. Combine first 4 ingredients in a large Dutch oven.
2. Bring to a boil over high heat and reduce heat to simmer for 7 minutes
3. Remove and discard spices
4. Add cranberry juice cocktail and remaining ingredients and cook over medium heat until thoroughly heated.

White Zinfandel Sangria

Elsbeth

Ingredients:

- 1 x 750 ml bottle of chilled white zinfandel
- ½ cup peach schnapps
- 2 T b Cointreau or other orange liqueur
- 2 T b sugar
- 2 cinnamon sticks, broken in half
- 1 lemon – sliced
- 1 orange – sliced
- 1 peach – cut into wedges
- 1 x 10 oz bottle of chilled club soda

Method:

1. Mix first 8 ingredients in a tall pitcher
 2. Refrigerate at least 30 minutes to allow flavors to blend
 3. Mix in club soda and serve over ice
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Chocolate Martini

Elsbeth

Ingredients:

- ¼ cup vodka
- 2 T b chocolate liqueur
- 1 ½ tspn raspberry liqueur
- 6 ice cubes and, if desired
- Dash of half-and-half

Method:

1. Place all ingredients in martini shaker, cover with lid and shake until thoroughly chilled.
2. Remove lid and strain into a well chilled martini glass

Raspberry Champagne Punch (3 quarts)

Valorie Markarian

Ingredients:

- 2 pkgs 10 oz frozen red raspberries in syrup, thawed
- ½ cup lemon juice from concentrate
- 1/2 cup sugar
- 1 bottle of red rose wine, chilled (750 ml.)
- 1 bottle of champagne, chilled (750 ml.)
- 1 quart raspberry sherbert

Method:

1. In a blender container, puree raspberries
 2. In large punch bowl, combine pureed raspberries, lemon juice, sugar and wine, stir until sugar dissolves
 3. Just before serving, scoop sherbert into punch bowl, add champagne
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Tropical Fruit Punch

Valorie Markarian

Ingredients:

- 2 cups water
- ½ cup sugar
- 2 quarts grapefruit juice
- 2 quarts orange juice
- 1 1/2 cups lime juice
- 2 quarts ginger ale

Garnish:

Orange or lime slices, pineapple chunks or melon spears

Method:

1. In a large pot, combine water and sugar. Heat, stirring until mixture boils and sugar is completely dissolved
2. Remove from heat and add fruit juices – chill
3. Just before serving, empty 2 trays of ice cubes into a punch bowl.
4. Pour in chilled fruit juice mixture; add ginger ale
5. Garnish as desired

Cranberry Walnut Salad

Chris Meyers

Ingredients:

One bag of baby or Mescaline greens
Gorgonzola cheese
Chopped walnuts (glazed walnuts optional)
Dried Craisins
Two apples or pears
Bottle of Raspberry Vinaigrette

Method:

1. This salad looks beautiful on a platter.
 2. Spread greens on the bottom of the platter, add crumbled Gorgonzola cheese
 3. Add chopped walnuts and dried Craisins
 4. Slice apples or pears lengthwise and place them around the perimeter of the dish in addition to a few slices swirled in the center.
 5. Finally top salad with raspberry vinaigrette dressing
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Hot German Potato Salad

Colleen Barnes

Ingredients:

6 medium potatoes boiled to tender
6 strips bacon
¾ cup chopped onion
½ cup vinegar
2 tablespoons flour
1 teaspoon sugar
1 ½ teaspoons salt
¾ cup water

Method:

1. Peel and thinly slice boiled potatoes.
2. Fry bacon. Remove to drain.
3. Cook onion in 1/3 of bacon drippings until tender.
4. Mix in flour, salt, and sugar. Cook 1 minute while stirring.
5. Stir in water and vinegar.
6. Bring to a boil while stirring until thickens.
7. Toss with potatoes and crumble bacon over top.

Patchwork Quilt Pasta Salad (Serves 12)

Unknown

A wonderful selection of vegetables with a zippy brown mustard and cider vinegar dressing mixed in.

Ingredients:

- 1 x 12 oz. package rotini/corkscrew pasta
- 1 x 16 oz package frozen mixed vegetables, thawed
- 1 x 15 oz can kidney beans, drained
- 1.5 cups finely chopped celery
- 1 cucumber – peeled, sliced and chopped
- ½ cup finely chopped green bell pepper
- ½ cup finely chopped onion
- 1/3 cup cider vinegar
- 2 T b margarine
- 1/3 cup sugar
- 1 T b all-purpose flour
- ½ tspn salt
- 1 T b prepared brown mustard

Method:

1. In a large bowl combine cooked pasta, mixed vegetables, kidney beans, celery, cucumber, green pepper and onion
2. To make the dressing combine in a saucepan over medium heat: vinegar, margarine, sugar, flour, salt and brown mustard. Bring to boil. Continue to cook for five minutes stirring frequently. Cool Completely.
3. Pour cooled dressing over bowl of vegetables. Toss to distribute dressing evenly. Cover tightly and store in refrigerator.

Lasagna Spinach Rolls with Gorgonzola Dressing

Nancy Garcelon

Ingredients –

6 oz Gorgonzola cheese, finely crumbled
4-6 TB fresh lemon juice
2 Tb. Dijon mustard
2 cups whipping cream
2 lbs fresh spinach, stems removed
¼ cup prosciutto, finely chopped
4 hard-cooked eggs, chopped
¼ cup finely chopped red onions
1 garlic clove, minced
8 Cooked Lasagna Noodles
Shredded escarole and pine nuts

Method:

For dressing:

1. Combine cheese with lemon juice and mustard in medium bowl and mix well. Do not mash to paste. Gradually stir in cream.
2. Season with salt to taste and refrigerate.

For filling:

1. Wash spinach but do not dry. Place in large saucepan.
2. Cover and cook over medium heat, stirring occasionally until wilted – about five minutes.
3. Cool and squeeze dry.
4. Chop finely with knife (not food processor).
5. Transfer to large bowl.
6. Add prosciutto, egg, onion and garlic.
7. Season with salt and toss lightly.
8. Stir in ½ cup, plus 2 Tb. Gorgonzola dressing

Noodles & Assembly:

1. Cook lasagna noodles for 10-12 minutes in plenty of salted water.
2. Drain and rinse under cold water.
3. Drain again and pat dry with paper towels.
4. Spread filling over noodles leaving about 1" border on one short end.
5. At other short end roll up tightly jelly roll style. Refrigerate for 2 hours and serve

To serve: Cut each roll into three slices. Arrange on bed of escarole; put dressing on top and sprinkle with pine nuts.

Yummy Broccoli Salad

Elsbeth

Ingredients:

- 2 large bunches broccoli
- 1 1/4 cups raisins
- 1 cup peanuts
- 3 green onions (sliced)
- 1 lb. bacon, fried crisp and crumbled
- 2 cups mayonnaise
- 4 Tbsp sugar
- 4 Tbsp vinegar

Method:

1. Break broccoli into flowerets
 2. Mix together raisins, peanuts, green onions and bacon and toss with broccoli
 3. Mix together mayonnaise, sugar and vinegar and add to broccoli mix and serve
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Crunchy Cabbage Slaw

Elsbeth

Ingredients:

- 1 lb bag shredded cabbage mix
- 1 cup slivered almonds
- 1 cup sunflower kernels
- 4 green onions (and tops), chopped
- 3 oz packaged Ramen chicken flavored noodle soup mix

Dressing

- Flavor packed from soup mix
- 1/2 cup safflower oil
- 1/4 cup sugar
- 3 Tbsp white vinegar
- 1/8 tspn salt

Method:

1. Whisk together dressing ingredients
2. Toss cabbage mix and remaining ingredients together and mix well
3. Chill and serve

Apple/Cashew Salad

Linda Grant

Ingredients:

1.5 - 2 heads of romaine, cut
4 hard apples cut into large chunks - I used 2 granny smith and 2 gala
¼ c. dried cranberries
1/4c (or more) crumbled gorgonzola cheese
Add the following before serving
Ken's Vidalia Onion dressing
¼-1/2c sugared cashews (see recipe below)

Sugared Cashews

1 10oz can of cashews
3T brown sugar
1-2tsp vanilla

Method:

1. Mix the vanilla with the brown sugar. It will be the consistency of heavy cream.
2. Toss the nuts with this mix and put on a jelly roll pan.
3. Bake at 300 until sugar bubbles (approximately 10 minutes). Don't overcook or the nuts will taste burnt.
4. Take out of oven and spread on counter, foil, cutting board or similar to cool, breaking them apart.
5. When cool put back into the can the nuts came in. (they won't all fit so you will have to eat the extra

Spinach Salad

Jeanette Frey

Ingredients:

2 bags spinach, washed, stems removed, dried and torn apart
1 large can bean sprouts, drained
½ lb bacon, crisply fried and broken up
2 cans (small) water chestnuts, sliced and drained
4 hard boiled eggs chopped

Dressing:

1 cup (canola) oil
¼ cup white vinegar
1 Tbsp Worcestershire sauce
1 onion chopped
¾ cup sugar (Splenda works)
1/3 cup ketchup
1 tspn salt

Method:

1. Make dressing in a quart jar or blender and shake well
2. Place spinach in a large bowl, layer the rest of the ingredients on top
3. Pour dressing on just before serving (or pass on the side) - Serves approximately 16

Sauerkraut & Kielbasa Baked Casserole

Colleen Barnes
Vegetables

Ingredients:

- 1 lb. kielbasa cut in ½ inch slices
- 1 lb. sauerkraut drained
- 4 medium potatoes peeled and cut in 1 inch pieces
- 1 cup water

Method:

Mix ingredients in casserole dish.

Bake at 350 degrees for about 1 hour (potatoes need to be cooked through).

Roasted Red Onions (great with roast lamb!) (Serves 6)

Sarah Gravestock
From the table of Jonathan Gravestock

Cooking Time: 1 hour - Oven Temp: 220 oC - 425 oF

Ingredients:

- | | |
|--------------------------------------|---|
| 6 Large Red onions (1 per person) | 1 teaspoon of coriander seeds crushed (I used whole ones as well) |
| 3 tablespoons extra virgin olive oil | 4 tablespoons balsamic vinegar |
| 1 tablespoon chopped thyme | 4 tablespoons of red wine |
| 1 tablespoon chopped rosemary | 1 tablespoon clear honey |
| 2 garlic cloves, crushed | Salt and Pepper |

Method:

1. Cut the onions into eighths from the stalk to the root without cutting all the way through and press open. Place them in a roasting tin.
2. Combine the oil, herbs, coriander seeds and seasoning.
3. Drizzle over the onions and place in a preheated oven, 220 oC for 30 minutes.
4. Mix the vinegar, wine and honey together, pour a little over each onion, and cook for a further 25 - 30 mins until the onions are tender. Serve with the glazed juices.

Potato Casserole

Jean Bertschmann
Vegetable

Ingredients

1 package (2 lb) frozen Ore Ida Southern
Style Hash browns
1/3 cup diced celery
1 can cream of celery soup
1 pt. sour cream
8 oz shredded cheddar cheese
1 stick melted butter
Salt and pepper
Cheezits

Method:

Combine all ingredients except Cheezits in 9 x 13 casserole dish
Sprinkle 1 1/4 cups crushed Cheezits on top
Bake @ 350 for half-hour covered with foil
Bake a further half hour uncovered

Yup – Make these creamy mashed potatoes a day ahead – great for busy holiday times

Ingredients:

8-10 medium potatoes, peeled
1 cup sour cream
8 oz cream cheese, softened
¼ tspn onion salt and garlic salt, as desired
Salt and pepper, to taste
Paprika
Butter

Method:

Cook potatoes in boiling water until tender
Drain, dry and mash using electric mixer, mixing well
Add sour cream, cream cheese, onion, garlic salt, s&p – beating until all well combined
Spoon into a buttered (9x12 approx) casserole
Dot with butter and sprinkle paprika on for color
Bake at 350 degrees for 45 minutes

Note :

Very flexible – bake at whatever temperature your meat is roasting at and adjust time. You can whip just before serving but don't need to.

Church Baked Beans from Pennsylvania

Fran Pond

Ingredients:

5 lb canned pork and beans
14 oz. tomato ketchup
1 Tbsp liquid smoke
1 Tbsp Worcestershire sauce
½ to 1 lb. diced ham
¼ lb (¾ cup) brown sugar
¾ cup molasses (or Karo syrup)
2 to 3 lb crisp fried bacon

Method:

Put everything, except bacon in a heavy pan
Cook several hours or until thick (use a splatter screen – no lid!)
Add a little water to make it thinner
Stir in crumbled bacon at the end

Note:

Fran gets smoked pork shoulder or deli ham to use and adds water to reheat.
Put smaller amounts in containers and freeze

Spiced Chicken

Fran Pond

Ingredients:

1 Whole chicken
Garlic salt
Rosemary
Sweet basil
Parsley
Oregano
Salt & Pepper
Bay leaf
8 Tb. Of butter

Method:

1. Mix all the above ingredients together
 2. Put butter in cavity of whole chicken and spread all over outside
 3. Wrap in foil and bake at 325* for 3 hours
-

Chicken al la Iris (Serves 4)

Sarah Gravestock

Ingredients:

4 chicken breasts
8 oz bottle of Thousand Island dressing
8-12 oz. jar of apricot jam
2 Tb Soya sauce
1 large onion (finely chopped)
1 packet of Onion soup mix

Method:

1. Marinade chicken breasts in Thousand Island dressing mixed with jam and Soya sauce overnight or for a minimum of two hours
2. After marinating add softened chopped onion to the chicken mixture
3. Bake for 40-45 minutes
4. Quarter hour before end of cooking time, sprinkle soup mix over top of ingredients

Easy Shrimp Creole

Emma's Quilt – Kitchen Cupboard

Ingredients:

2 T b butter or margarine
½ cup chopped onions
2 T b buttermilk biscuit mix
1 1/2 cups water
1 x 6 oz can tomato paste
½ cup chopped celery
½ cup chopped green bell pepper
1 T b flat leaf parsley, chopped
1 tspn salt
1 bay leaf
Dash black pepper
2 lbs frozen shrimp, thawed, peeled and cleaned
Hot cooked rice

Method

1. In a skillet, melt butter; add onion and cook slightly
2. Add biscuit mix and stir until well blended
3. Combine remaining ingredients except shrimp and rice
4. Add with onion mixture to crockpot and stir well
5. Cover and cook on low 7-9 hours
6. One hour before serving, turn to high and add shrimp
7. Remove bay leaf and serve over rice

Note:

Double recipe for a 5-quart crock pot

Ingredients for Spice Rub:

- 2 tablespoons ground cumin
- 2 tablespoons curry powder
- 2 tablespoons chili powder
- 1 tablespoon ground allspice
- 1 tablespoon ground black pepper
- 1 teaspoon ground cinnamon

Method:

1. Dissolve the salt in 2 quarts cold water in a large container.
2. Immerse the chicken in the water and leave for about 1 hour.
3. Remove from the brine and rinse inside and out under cold running water; pat dry with paper towels. Massage the spice rub all over the chicken, inside and out. Lift up the skin over the breast and rub the spice mixture directly onto the meat.
4. Open the beer and pour out about ¼ cup.
5. Punch two more large holes in the top of the can.
6. Slide the chicken over the can so that the drumsticks reach down to the bottom of the can and the chicken stands upright.
7. Place the chicken on the cool part of the grill, cover with the lid and cook until done (about 70 to 90 minutes). An instant-read thermometer inserted into the thickest part of the thigh will register 170 to 175 degrees.
8. Lift the chicken with two thick wads of paper towel and remove the can. Leave to rest for 15 minutes before serving.
9. Preheat the grill for indirect cooking to a temperature of between 350 and 375 degrees.

Pasta with Parma Ham

Sarah Gravestock

Ingredients:

8 oz Italian Pasta (bows or rigatoni)
1 oz butter
2 shallots, finely chopped
4 oz button mushrooms, halved
2 1/2 oz pack Italian Parma ham, cut into strips
(or prosciutto)
1 x 200 tub crème fraiche
3 oz freshly grated parmesan cheese
Freshly ground black pepper
Fresh basil leaves to garnish

Method:

1. Cook the pasta in boiling water for ten minutes until just tender
2. Meanwhile, melt the butter in a large frying pan and fry the shallots, mushrooms and zucchini, stirring occasionally (for 6-8 minutes)
3. Stir in the Parma ham, crème fraiche, parmesan and freshly ground black pepper to taste
4. Drain the pasta and mix with the other ingredients in the pan
5. Heat through, transfer to a warmed serving dish and garnish with fresh basil
6. Serve immediately with ciabatta bread and a green salad

Alternatives/Additions:

1-2 cloves garlic
Pancetta or prosciutto
Dried parmesan or pecorino
Diced red or green pepper or small broccoli florets instead of zucchini/mushrooms
Dried Porcini mushrooms
Stir in basil if wished

Quick and Easy Lemon Chicken (Serves 4)

Eve Voegeli

Ingredients:

4 boneless skinless chicken breast halves
4 teaspoons flour (or more)
salt and pepper
2 teaspoons oil
1/2 cup Chicken Broth
1 teaspoon minced garlic
2 teaspoons lemon juice
1 teaspoon butter

Method:

1. Flatten chicken slightly, dust with flour, salt and pepper chicken.
2. Fry in hot oil for five minutes on each side. Remove chicken from pan.
3. To pan add broth, garlic, lemon juice and butter.
4. Cook 2 minutes, pour over chicken!! Enjoy

Broccoli Chicken Bake (Serves 4)

Eve Voegeli

Ingredients

4 cups cubed cooked chicken
2 cans cream of chicken or mushroom soup
2 packages cooked broccoli
1/2 cup mayonnaise
1.2 cup grated parmesan cheese
1 cup corn muffin mix
1/2 cup crushed potato chips
Butter/grease a 9 x 13 pan

Method:

1. Place cubed chicken in pan with soup and broccoli
2. Mix together mayonnaise, cheese and muffin mixture
3. Mix mayo mixture with chicken mixture and spread in baking dish
4. Sprinkle crushed potato chips over the top of the mixture and
5. Bake 375 degrees for 50 minutes or until golden and heated

Chicken Chili (Serves 4)

Joyce Morganelli

Easy, delicious and low in fat (if you go easy on the toppings).

Ingredients

2 cups chopped yellow onions	1/8 tsp cayenne pepper
1 clove garlic minced	1 tsp salt
1 red bell pepper, cored, seeded and large-diced	1 (28 ounce) can diced tomatoes, undrained
1 yellow bell pepper, cored, seeded, and large-diced	1/8 cup minced fresh basil leaves (if using dried, 1/2 tsp)
1/2 tsp chili powder	2 boneless, skinless chicken breasts (about a pound) cut into bite size pieces
1/2 tsp ground cumin	Ground pepper
1/8 tsp dried red pepper flakes	

Method:

- 1 Coat chicken with a bit of olive oil, season with some salt and pepper. You can either bake or sauté the chicken until done. Put aside.
- 2 Cook the onions in some oil over medium-low heat for 10 to 15 minutes, until translucent.
- 3 Add the garlic and cook for 1 more minute.
- 4 Add the bell peppers, chili powder, cumin, red pepper flakes, cayenne, and salt. Cook for 1 minute. Add can of diced tomatoes to pot with the basil. Bring to a boil, and then reduce the heat and simmer, uncovered, for 30 minutes, stirring occasionally.
- 5 Add cooked chicken to the chili and simmer, uncovered, for another 20 minutes.

Topping suggestions:

Grated cheddar cheddar, sour cream, tortilla chips. Corn bread also goes well with this dish.

Ingredients:

2 Lemons
4 Chicken breasts (bone removed)
Fresh tarragon
Wholegrain mustard
200 ml. Tub crème fraîche

Method:

1. Preheat oven to 190 C/375 F/Gas 5
2. Cut four thin slices from one lemon
3. Squeeze the juice from the remaining one and a half lemons and set aside
4. Loosen each chicken breast skin to make a pocket between the skin and the flesh
5. Tuck a lemon slice and a tarragon sprig (reserve the stalks) into each pocket
6. Transfer the chicken to a roasting tin (metal, not non-stick)
7. Season well with salt and pepper and smear each with mustard
8. Roast for 20 minutes
9. Strip the leaves from the tarragon stalks and chop roughly.
10. Pour the lemon juice over the chicken and sprinkle with the chopped tarragon
11. Return to the oven for 10 minutes then transfer the chicken to plates and keep warm
12. Heat the tin and its juices on the hob
13. Stir in the crème fraîche
14. Allow to bubble briefly, stirring to make a really creamy sauce
15. Serve with hot buttered pasta and a lightly dressed salad

Turkey or Chicken Wreath (Serves 8)

Sarah Gravestock

Ingredients

- 2 cups chopped cooked turkey or chicken
- 1 ¼ cups (5 ounces) shredded Swiss cheese
- ½ cup chopped celery
- ½ cup sweetened dried cranberries
- 3 Tbsp snipped fresh parsley
- ½ cup mayonnaise
- 2 Tbsp honey Dijon mustard
- ½ tspn coarsely ground black pepper
- 1 egg white, lightly beaten

Method:

1. Preheat oven to 325 degrees C
2. In bowl combine meat, cheese, celery, cranberries, parsley, mayonnaise, mustard and black pepper and mix well
3. Scoop filling evenly over desired shape. Finish shape as directed and brush with egg white.
4. If you like you can sprinkle ¼ cup of Swiss cheese over the top (I FORGOT!!!!)
5. Bake for 25-30 minutes or until golden brown

Wreath – Assembly Method:

1. Unroll 2 x 8 oz packages refrigerated crescent rolls.
2. Separate into 16 triangles
3. Arrange eight triangles in a circle on a baking tray with the wide ends 3" from the edge of the baking tray and points towards the outside. Points will hang off edge of tray if small one!!!
4. Arrange remaining 8 triangles in center of baking tray matching wide ends with wide ends already in place.
5. Press seams of adjoining wide ends to secure
6. Using large scoop place filling evenly over dough in a continuous circle
7. Beginning with last triangle placed in the centre bring point of triangle straight across filling. Next, bring point of triangle opposite diagonally across filling cover point of previous triangle.
8. Filling will show slightly – repeat this overlapping until all triangles are secured
9. Bake and enjoy!!!!

Pork Chop and Rice Casserole

Colleen Barnes

Ingredients:

6 to 8 thin sliced pork chops
Salt and pepper to taste
½ cup raw rice
1 can tomato rice soup
1 soup can water

Method:

1. Season chops with salt and pepper and brown in a hot skillet.
 2. Put in a casserole dish.
 3. Put soup and water in same skillet and bring to a boil.
 4. Pour over chops.
 5. Add rice and make sure all is covered by the liquid.
 6. Cover and bake at 350 degrees for 1 ½ hours, until liquid is absorbed and rice is cooked.
-

Caramelized Onion Pizza

Paula Conrad

Ingredients:

medium red onions
2 Tb. Margarine
Salt and pepper
1 Boboli Italian bread shell
½ cup walnuts, chopped
½ cup blue cheese, crumbled

Method:

1. Caramelize onions:
2. Peel and thinly slice onions.
3. Cook slowly in a pan with the margarine until onions are soft and golden (about 30 minutes).
4. Salt & Pepper and cool
5. Spread onions on Boboli
6. Sprinkle with walnuts and blue cheese
7. Bake for 10 minutes at 450 degrees
8. Cool for ten minutes, slice and serve

Macaroni & Cheese (Serves 4-6)

Denise Antaki

Ingredients:

- 2½ cup milk (low-fat is fine)
- 2 bay leaves
- 1 lb. elbow, shell, ziti, or other cut pasta
- 4 Tb. (1/2 stick) butter
- 3 Tb flour
- 1½ cup grated cheese, such as sharp Cheddar or Emmenthal
- ½ cup freshly grated Parmesan cheese
- Salt and freshly ground black pepper to taste
- ½ cup or more plain bread crumbs

Method:

1. Preheat oven to 400°F. Bring a large pot of water to a boil.
2. Cook the milk with the bay leaves in a small saucepan over medium-low heat. When small bubbles appear along the sides, about 5 minutes later, turn off the heat and let stand.
3. Salt the boiling water and cook the pasta to the point where it still needs another minute or two to become tender.
4. Drain it, rinse it quickly to stop cooking, and place it in a large bowl.
5. In a small saucepan over medium-low heat, melt 3 tablespoons of the butter; when it is foamy, add the flour and cook, stirring, until the mixture browns, about 5 minutes.
6. Remove the bay leaves from the milk and add about ¼ cup of the milk to the hot flour mixture, stirring with a wire whisk all the while.
7. As soon as the mixture becomes smooth, add a little more milk, and continue to do so until all the milk is used up and the mixture is thick and smooth.
8. Add the Cheddar or Emmenthal and stir.
9. Pour the sauce over the noodles, toss in the Parmesan, and season with salt and pepper.
10. Use the remaining butter to grease a 9x13-inch or like-sized baking pan and turn the noodle mixture into it.
11. Top liberally with bread crumbs and bake until the crumbs turn brown, about 15 minutes and serve hot.

Breakfast Strata

Jean Bertschmann

Ingredients

4 cups cubed day old French bread
2 cups shredded cheddar
10 eggs, lightly beaten
4 cups milk
1 teaspoon dry mustard
1 teaspoon salt
8-10 bacon sliced, cooked and crumbled
1/2 cup mushrooms, sliced
1/2 cup tomatoes, peeled and chopped

Method:

1. Generously butter 9x13 inch baking dish.
2. Arrange bread cubes in dish and sprinkle with cheese.
3. Beat together eggs, milk, mustard, Pour over cheese and bread.
4. Sprinkle with bacon, mushrooms and tomatoes.
5. Cover and chill up to 24 hours.
6. Preheat oven to 325 and bake uncovered about 1 hour.

Baked Blueberry-Pecan French Toast with
Blueberry Syrup (Serves 6-8)

Sarah Gravestock
From the table of Sally Myers

Ingredients:

24" baguette

6 large eggs

3 cups whole milk

1/2 tspn grated nutmeg

1 tspn vanilla essence

1 cup soft brown sugar

1 cup pecans

1/2 stick plus 1 tspn unsalted butter,

1/2 tspn salt

2 cups blueberries

Syrup -

1 cup blueberries

1/2 cup pure maple syrup

1 TB fresh lemon juice

Method:

1. Butter 13 x 9 baking dish.
2. Cut 1" slices from baguette and arrange in one layer dish.
3. In a large bowl whisk together eggs, milk, nutmeg, vanilla and 3/4 cup brown sugar
4. Pour everything over bread and chill mixture covered overnight
5. Preheat oven to 350F
6. In a shallow pan spread pecans evenly and toast 8 mins.
7. Toss pecans with 1 tspn butter and salt
8. Increase temperature to 400F
9. Sprinkle pecans and berries over bread
10. Cut 1/2 stick butter and add to 1/4 cup soft brown sugar
11. Mix until melted.
12. Drizzle over bread and bake for 20 mins until liquid from berries is bubbling

Syrup

1. Cook berries and syrup over moderate heat until berries burst - 3-5 mins.
2. Sieve and stir in lemon juice

Serve with Crispy Bacon and Maple Syrup

Pork Tenderloin with Prunes

Sarah Gravestock

Serves 4

Ingredients:

1 lb Pork tenderloin
½ tspn salad oil
1 Tb Dijon mustard
2 ½ cup dry white wine
½ cup fat-skimmed chicken broth
½ cup pitted prunes
¼ cup evaporated low-fat milk
1 tspn. Cornstarch
Salt and Pepper

Method:

1. Trim and discard fat from tenderloin. Rinse meat and pat dry.
2. Pour oil into a 10- to 12-inch nonstick frying pan (with ovenproof handle) over high heat, tilting pan to coat bottom. When oil is hot, add tenderloin and turn as needed to brown on all sides, about 4 minutes total. Remove from heat and spread mustard evenly all over meat.
3. Put pan with pork in a 400° regular or convection oven; bake until a thermometer inserted in center of thickest part of meat reaches 155°, 18 to 25 minutes. Transfer tenderloin to a rimmed platter and let stand 5 minutes.
4. While pork stands, add wine, broth, and prunes to unwashed frying pan. Stirring to release browned bits, boil over high heat for 1 minute. With a slotted spoon, lift prunes from pan and arrange around pork. Mix evaporated milk and cornstarch until smooth; add to pan and stir until sauce boils. Add salt and pepper to taste. Pour into a small bowl.
5. Cut pork diagonally into 1/2-inch-thick slices. Serve with sauce and salt and pepper to add to taste.

Sausage & Tomato Kniffles (Serves 4)

Margaret Mackay

Ingredients:

3 cans diced tomatoes with garlic & onions	1 tspn salt and pepper
1 pound smoked sausage, cooked & drained	3 cups flour
	3 eggs
	1 cup water

Method:

Place tomatoes in large Dutch oven

Add cooked sausage to the pot; place on low heat

Fill a separate pot with water and boil

For kniffles: Mix flour and eggs with salt and pepper in a bowl then slowly add to the water

Put a tablespoon in the boiling water for a minute then use the hot spoon to scoop the kniffle mix into the boiling water

After the kniffles float to the top, drain and place in the pot with tomatoes and sausage

Cook ten minutes and serve

Tuna Casserole

Jeanette Frey

Ingredients:

2 cans chunk white tuna, drained	1 tspn. Salt
1 lb. package egg noodles	¼ tspn pepper
½ cup sour cream	1 can peas or 1 + cups frozen peas
2 cans cream of mushroom soup	2-3 Tb. Chopped pimento
1 soup can of milk, more may be needed	1 cup shredded cheese of choice (Monterey Jack is very good)
	1 small can Dunkee French fried onion rings

Method:

1. Cook noodles al dente
2. In a saucepan combine the rest of the ingredients, except cheese and onion rings
3. Heat until well mixed and hot
4. Combine with the noodles in a buttered casserole
5. Mix in half of the onion rings
6. Top with the rest of the onion rings and the cheese
7. Bake at 350 degrees about 30 minutes, until bubbly

Barbequed Beef Chili (Serves 12)

Margaret Mackay

Ingredients:

6 tspns chili powder
1 Tb garlic powder
2 tspn celery seed
1 tspn ground pepper
½ tspn cayenne pepper
3 ½ pounds fresh beef brisket
1 small onion, chopped
1 x 12 oz. bottle chili sauce
1 cup ketchup
½ cup barbecue sauce
1/3 cup packed brown sugar
¼ cup cider vinegar
¼ cup Worcestershire sauce
1 tspn ground mustard
1 x 15 ½ oz can hot chili beans
1 x 14 ½ oz can great northern beans

Method:

1. Combine the first five ingredients; rub over brisket
2. Cut into eight pieces; place in slow cooker
3. Combine the onion, chili sauce, ketchup, bbq sauce, brown sugar, vinegar, Worcestershire sauce and mustard and pour over the meat
4. Cover and cook on high for 5-6 hours until meat is tender
5. Remove met; cool slightly. Meanwhile, skim the fat from the cooking juices
6. Shred meat with two forks; return to slow cooker
7. Reduce heat to low. Stir in the beans
8. Cover and cook for 1 hour or until heated through

Chocolate Heath Trifle

Chris Meyers

Ingredients:

- Boxed devils food cake mix (water, eggs, oil)
- 1 package of Swiss Miss Pudding (6 in a package) or your favorite pudding mix
- 1 Large tub of Cool Whip
- 4 Heath Bars frozen and crushed

Method:

1. Prepare a boxed chocolate devils food cake.
 2. Once cooled, break apart and place chunks of cake at the bottom of the trifle bowl,
 3. Layer in your favorite brand of chocolate pudding
 4. Next layer is Cool Whip (whipped cream in a can does not work for this recipe)
 5. Top off with crushed Heath Bar.
 6. Repeat steps to make a second layer.
 7. Again, top layer should be crushed Heath Bar. Keep refrigerated until served.
-

Ice Cream Cone Cakes

Colleen Barnes

Ingredients:

- 1 boxed cake mix prepared to package directions
- 30 flat bottom ice cream cones
- Frosting of your choice
- Sprinkles or other decorations

Method:

1. Prepare cake mix.
2. Pour scant 1/4 cup into each cone.
3. Set in rectangular baking pan.
4. Bake according to package directions.
5. Cool completely. Frost and decorate.
6. A scoop of ice cream can be put on top with the frosting when served.

Pumpkin Fluff

Unknown

Ingredients:

1 box sugar free instant vanilla pudding
2 cups skim milk
Can of pumpkin, 15 oz.
Pumpkin spices
2 cups fat free cool whip

Method:

Mix the pudding and the milk according to package directions.
Mix in pumpkin and spices.
Fold in cool whip and refrigerate.

Peaches & Cream Cheesecake

Nancy Garcelon

Ingredients:

¾ cup flour	½ cup milk
1 tspn baking powder	1 x 20 oz can sliced peaches (drained – save juice)
½ tspn salt	1 x 8 oz package cream cheese, soft
¾ oz package dry vanilla pudding mix (NOT INSTANT)	½ cup sugar
3 Tb soft butter	3 Tb reserved peach juice
1 egg	1 Tb sugar
	½ tspn cinnamon

Method:

1. Set oven to 350
2. Grease bottom and sides of 9" deep dish or 10" pie pan
3. In a large bowl combine above ingredients, EXCEPT peaches.
4. Place peaches over batter
5. Beat cheese, sugar and juice together for two minutes then spoon to within 2" of edge of filling already in pan.
6. Mix sugar and cinnamon together and sprinkle over cheese filling
7. Bake at 350 for 30-35 minutes or until crust is golden brown.
8. Filling with appear soft
9. Store in refrigerator until ready to serve

Choco-mocha-licious cake

Kristen McCarthy

Ingredients:

- 1 8 oz pkg cream cheese – room temperature
- 3 Tb instant Swiss style coffee mocha powder
- 3 large eggs
- 1 pkg devil's food or chocolate fudge cake mix
- 1 1/3 cup water
- 1/2 cup vegetable oil
- 1 can chocolate frosting
- Cocoa powder (optional)
- Chocolate shavings (optional)

Method:

1. Preheat oven to 350 degrees
2. Grease and flour 2 x 3" round cake pans
3. In a mixing bowl, combine cream cheese, 2 Tb coffee powder, 1 egg and 1/4 cup cake mix
4. Blend until smooth and creamy
5. Blend together remaining cake mix, water, oil and 2 eggs in a large bowl at low speed until moistened
6. Beat at medium speed for 2 minutes
7. Divide batter into the pans
8. Dollop cream cheese mixture on top of batter by heaping tablespoons
9. Swirl into batter using a knife or spatula
10. Bake and cool according to cake directions
11. Mix remaining Tb of coffee powder into frosting
12. Blend completely before frosting top and sides of cake
13. Garnish by sifting cocoa powder over top and decorating with chocolate shavings

Maple Nut Mocha Torte (Serves 16)

Elsbeth

Ingredients:

1 pkg Pillsbury Plus butter recipe cake mix
1 cup water
¼ cup butter, softened
1 tspn Maple extract
3 eggs
8 oz Cool whip – thawed
½ cup powdered sugar
¾ cup finely chopped nuts (walnuts or pecans)
1 Tbsp. Instant chocolate drink mix
1 tspn instant coffee
2 Tbsp hot water
1 ¾ cups powdered sugar
¼ cup almond brittle baking chips
1/3 cup butter, softened

Method:

1. Heat oven to 325
2. Grease and flour 2 x 8" or 9" round cake pans
3. In a large bowl blend all cake ingredients, except nuts until moistened
4. Beat 2 mins at highest speed; fold in nuts
5. Pour into prepared pans and bake at 325 for 30-40 minutes or until toothpick inserted in center comes out clean
6. Cool 15 minutes in pans; loosen sides and remove from pans and cool completely
7. In a small bowl, dissolve drink mix and instant coffee in hot water.
8. Add powdered sugar, chips and butter
9. Beat until fluffy
10. Slice cooled cake into 4 layers; gently spread 1/3 filling between each layer
11. In a small bowl, combine frozen whipped topping and powdered sugar
12. Frost sides and top of cake
13. Refrigerate at least 2 hours or until serving time

Sour Cream & Berry Pie (Serves 8)

Laima Whitty

Ingredients:

- 1 cup Graham Cracker crumbs
- ¼ cup finely chopped pecans
- 2 Tbsp all purpose flour
- 2 Tbsp sugar
- ⅓ cup butter or margarine, melted
- 3 Tbsp cornstarch
- 1 tsp unflavored gelatin
- 1 ⅓ cups milk
- 1 ½ cups sour cream
- 1 Tbsp vanilla essence
- 3 cups fresh blueberries, raspberries and strawberries

Method:

1. In a small bowl combine cracker crumbs, pecans, flour and 1 Tbsp sugar
2. Stir in melted butter and toss well to mix
3. Press mixture onto bottom and sides of 9" pie plate
4. Bake in oven at 375 for 8 minutes and cool
5. In a medium saucepan combine the ½ cup sugar, cornstarch and gelatin and stir in milk
6. Cook and stir until thickened and bubbly – cook and stir 2 minutes more
7. Place sour cream in medium bowl, gradually stir in milk mixture and vanilla essence
8. Cover and chill for 1 hour stirring once or twice
9. Stir berries into sour cream mixture.
10. Turn into cooled crust
11. Cover and chill at least 6 hours or up to 24 before serving
12. Garnish with additional berries before serving

Bread & Butter Pudding (Serves 4-6)

Sarah Gravestock
From the table of Ann Chandler

Ingredients:

8 slices of buttered bread or panettone
2 oz. Sultanas (or more)
Grated rind of lemon
2 Eggs
1 Tb. sugar or light brown sugar
2 Bananas (mashed)
1 pint of Milk (with little vanilla essence optional) + cream
Rum or Cointreau

Method:

1. Make sandwiches with butter, mashed bananas and sultanas together with lemon rind
2. Break eggs with 2 tablespoons of sugar, all of the milk/cream and dunk bread into this liquid mixture
3. Layer into dish and pour over the remaining liquid and sprinkle with the remaining sugar.
4. Chill for one hour - until it becomes really moist.
5. Bake in a preheated oven (180°C, 350°F or Gas Mark 4) for about 45 minutes until golden brown.

Cranberry Pie

Sarah Gravestock

Ingredients:

- 3 Cups fresh or frozen cranberries
- 3/4 cup chopped walnuts
- 3/4 cup granulated sugar
- 1 large egg
- 1/2 cup all-purpose flour
- 1/3 cup unsalted margarine
- 1/4 cup orange juice

Method:

1. Heat oven to 325.
2. Grease a 9" pie plate or quiche dish.
3. Add cranberries and sprinkle with nuts and 1/2 cup of the sugar.
4. In a medium size bowl, beat egg with the remaining sugar, add the flour and margarine till no lumps remain.
5. Pour over berry mixture and bake 45 minutes till golden brown crust appears. Makes 8-10 servings.

Note: If using frozen cranberries, do not thaw out.

Baked Bananas (Serves 4)

Sarah Gravestock

Ingredients:

- 4 Bananas, peeled and sliced
- 4 Tablespoons rum
- 4 Tablespoons orange juice
- 2oz ginger biscuits (crushed)
- 1 1/2 oz. Soft brown sugar
- 1/4 pt. Double cream

Method:

1. Place the sliced bananas in a dish
2. Mix the rum and orange juice together and pour over the bananas
3. Mix the biscuits and sugar together and sprinkle over the bananas
4. Cover the dish and cook for two minutes. Turn the dish around (if no rotating dish) and cook for a further two minutes
5. Uncover and pour the cream over the baked bananas – Serve at once

Baked Peaches (Serves 6)

Sarah Gravestock

Ingredients:

6 Large fresh peaches
18 whole cloves
3 cups of port or sherry
1 cup of white sugar
4 whole cinnamon sticks

Method:

1. Wash peaches and inset 3 cloves in lower half of each peach
2. Place each peach in a shallow baking dish
3. Pour over wine, sprinkle over sugar
4. Break cinnamon sticks into wine
5. Bake, uncovered for about 2 hours in a slow oven or until peaches are very tender
6. Baste frequently
7. Serve hot or cold spooning wine sauce over peaches and topping with whipped double cream.

Decadent Chocolate Pudding

Sarah Gravestock

Ingredients:

2/3 cup of whole milk
3 Tb sugar
Pinch salt
1 cup semi-sweet chocolate chips
1 Tb dark rum
1 cup heavy cream

Method:

1. Heat milk until it comes to the boil
2. In a blender, add chocolate, sugar, salt and rum
3. Pour in boiling milk and blend
4. Pour into cups and allow to set in refrigerator
5. Whip heavy cream and serve chocolate pots with fruit

Ingredients:

- 3 egg whites
- 7 oz white sugar
- 1 level teaspoon cornflour
- 1 level teaspoon vinegar
- 1 level teaspoon vanilla essence
- ¼ pt. Heavy cream
- 8 oz raspberries

Method:

1. Prepare cool oven – 300
2. Whisk egg whites until stiff but not dry – use hand whisk
3. Whisk in mix of cornstarch, vinegar and essence
4. Whisk in sugar, one Tb at a time – change to electric whisk
5. Spread onto baking parchment into a circle about 1” thick
6. Hollow middle if desired
7. Place in oven and immediately turn temperature down to 275 and cook for one hour.
8. Leave pavlova in the oven for at least one hour and preferably overnight
9. Serve with fresh berries and whipped cream.
10. May be assembled but not too long before serving as cream soaks into meringue – delicious!!!
11. Serve with raspberries or other fresh fruit of choice

Old World Almond Dessert
(Serves 8-10)

Linda Grant

Ingredients:

1 x 7 oz package of almond paste
½ cup butter or margarine
¾ cup granulated sugar
1 eggs
¼ cup flour
½ tspn baking powder
1 Tbsp rum (if desired)
¼ cup slivered almonds

Method:

Heat oven to 350
Butter 9-inch round cake pan and sprinkle with sugar (pan with removable bottom aids in removing dessert from the pan.
Cream almond paste and butter until smooth
Beat in sugar and add eggs, one at a time, beating well after each addition.
Combine flour and baking powder: add to almond mixture
Stir in rum (if desired)
Pour into pan
Sprinkle top of batter with almonds
Bake 35-40 minutes or until deep golden brown – cool in pan
Carefully remove from pan and sprinkle with powdered sugar.
If desired serve with fresh fruit, whipped or ice cream

Note:

Almond paste can be found in the baking section of the grocery store near the pie fillings

Note: (If using the 8 oz can - Solo brand just up the other ingredients a bit)

Frozen Pumpkin Pie

Unknown

Ingredients:

Mix together

- 1 cups pumpkin
- 1-cup sugar
- 1 tspn salt
- 1 tspn ginger
- 1 tspn cinnamon
- ½ tspn nutmeg

Add

- 1 gallon softened vanilla ice cream

Method:

1. Line 9x13 inch pan with gingersnaps
2. Put ½ mix on gingersnaps
3. Add one more layer of gingersnaps
4. Add rest of mixture
5. Garnish with ice cream

Ice Cream Dessert

Unknown

Ingredients:

- 1-1/3 cups flaked coconut
- 1 cup brown sugar
- ¼ lb melted butter
- 2-1/2 cups crushed Rice Chex
- ½ cup slivered almonds
- 1 gallon vanilla ice cream

Method:

1. Use 9 x 13 inch pan
2. Put half mixture on bottom of pan
3. Spread softened ice cream on top
4. Top with remaining mixture and freeze

Apple Pie Cake

Paula Conrad

(for when you just don't have time to bake a pie!)

Ingredients & Method:

Grease a deep 8" pie plate and butter and fill with sliced apples

Add ¼ cup of sugar

½ tspn of cinnamon

Bake for 20 minutes at 350 degrees

Whilst above is baking

Mix 1 tspn butter, ½ cup sugar and 1 egg. Beat well

Add ½ cup flour, ½ tspn baking powder, a pinch of salt, 1 tspn of vanilla and 2 Tb of water

Spread mixture over the top of apples and bake another 20-30 minutes at 350 degrees

Serve warm with a scoop of ice cream on top!

Baked Apple Pancake

Valorie Markarian

(Serves 4)

Ingredients & Method:

3-4 medium sized apples

3 Tb butter

1 cup milk

1 cup flour

6 eggs

2 tspn. Sugar

Pinch of salt

Method:

1. Peel core and slice apples and sauté in butter until soft
2. Mix together next five ingredients and pour batter over apples in a 9 x 13 pan and bake at 400 for about 15 minutes
3. When pancake is nearly done and raised, sprinkle with cinnamon and sugar and dot with butter
4. Return to over to brown
5. Serve with powdered sugar or maple syrup

Panna Cotta (cooked cream – delicious)

Sarah Gravestock

Ingredients:

- 2 1/4 cups heavy cream
- 1 package unflavored gelatin
- 4 Tbsp whole milk
- 1/2 cup powdered sugar
- 2 tspn vanilla extract

Method

This recipe is for six standard sized custard cups or one standard soufflé dish.

You may use any shaped dish.

For individual servings you need to use the custard cups and butter them

1. First soften the gelatin in the milk for 8-10 minutes
2. In a saucepan mix the heavy cream, vanilla and the powdered sugar
3. Bring the cream to a boil and make sure all sugar has dissolved
4. Add the gelatin
5. Whisk to combine evenly
6. Strain into the cups or other dishes
7. Place in fridge when cooled – mixture takes 2-3 hours to set

Serve with fresh strawberries, raspberries or any fruit of choice and drizzle over aged balsamic vinegar!

Ingredients:

- 1 cup of water
- 1 tspn baking soda
- 1 cup of sugar
- 1 tspn. Salt
- 1 cup brown sugar
- 2 tspn lemon juice
- 4 large eggs
- 1 cup nuts
- 2 cups of dried fruit
- 1 Bottle of Crown Royal

Method:

1. First sample the Crown Royal to check quality
2. Take a large bowl, check the Crown Royal again, pour one level cup and drink
3. Turn on the electric mixer ... beat one cup of butter in a large fluffy bowl
4. Add one teaspoon of sugar ... beat again
5. At this point it's best to make sure the Crown Royal is still OK, try another cup
6. Turn off the mixer thingy.
7. Break 2 leggs and add to the bowl and chuck in the cup of dried fruit
8. Pick the frigging fruit off the floor
9. Mix on the turner. If the fried druit gets stuck in the beaterers just pry it loose with a dewscriver
10. Sample the Crown Royal to check for tonisictiticty
11. Next sift two cups of salt or something – Who giveshz a sheet
12. Check the Crown Royal
13. Now shift the lemon juice and strain the nuts
14. Add on table. Add a spoon of ar, or somefink. Whatever you can find
15. Greash the oven
16. Turn the cake tin 360 degrees and try not to fall over
17. Don't forget to beat off the turner.
18. Finally throw the bowl throught he window, finish the bottle of Crown Royal
19. Make sure to put the stove in the dishwasher

Divinity Fudge

Fran Pond

Ingredients:

2 cups white sugar
½ cup corn syrup
½ cup hot water
2 egg whites
Nuts and vanilla

Method:

1. Cook sugar, syrup and water until the ingredients form a hard ball – hard enough to crack in cold water.
 2. Pour slowly into 2 well beaten egg whites
 3. Add nuts and vanilla
 4. Beat until thick
 5. Pour into buttered pan or drop by spoonful onto waxed paper
-

Snickerdoodles

Fran Pond

Ingredients:

1 cup soft shortening
1 1/2 cups sugar
2 eggs
2 3/4 cups sifted flour
2 tspn cream of tartar
1 tspn baking soda
½ tspn salt

Method

Mix shortening, sugar and eggs

Sift and stir in dry ingredients and mix to dough

Chill dough and then roll into balls the size of small walnut

Roll in mixture of 3 Tbsp sugar and 3 Tbsp cinnamon

Place about 2" apart on ungreased cookie sheet

Bake until light brown but still soft at 400 degrees – approximately 8-10 minutes

Ingredients:

- 1 1/3 cups sugar
- 1 stick unsalted butter
- 1 tsp baking soda, sieved
- 2 cups dry roasted unsalted pistachios (Trader Joe's has them)
- I think you really need a silicon spatula for this, for stirring and spreading.

Method:

1. Unwrap butter into heavy pan and place on M-L heat
2. Use butter wrapper to butter large, rimmed cookie sheet (approx 12 x 17)
3. Add sugar to pan (add up to 2 oz water if you are not used to caramelizing sugar)
4. Stir until butter melts and sugar dissolves, brushing down sides with wet pastry brush
5. Increase heat to medium high and boil, stirring frequently until syrup is medium amber – approximately 12-15 minutes
6. Remove from heat
7. Add baking soda and nuts – stir to blend well (mixture will foam up)
8. Spread as quickly and thinly as possible onto prepared sheet (it will get very hot!)
9. Score with pizza wheel while hot to get neat chunks to break when cooled.

Ingredients

- 2 cups flour
- 1/4 cup sugar
- 1 Tbsp baking powder
- 1/2 tspn salt
- 1 1/4 cups whipping cream

Mix in options: (choose one):

- 3/4 Cup choc chips
- 3/4 Cup cinna-raisins
- 3/4 Cup Cran-raisins + 1 Tablespoon orange zest

Method:

1. Mix the dry ingredients together by hand
2. Make a well in the middle of flour mixture and pour in the 1 1/4 cups whipping cream
3. Mix quickly but lightly by hand
4. Tip onto floured surface and make an 8" round
5. Brush with unsalted butter (melted) sprinkle with sugar.
6. Cut into 12 pie shaped pieces and place on cookie sheet.
7. Bake at 425 degrees for 10-12 mins.

Ingredients:

1 package yeast
3 eggs
1 cup milk
4 cups flour
¾ cup sugar
1 teaspoon salt
Raisins
Water

Method:

- 1 Have all ingredients at room temperature.
- 2 Dissolve yeast in ¼ cup warm water.
- 3 Scald milk and beat eggs
- 4 Add milk, sugar, salt and yeast to eggs.
- 5 Add flour and mix well.
- 6 Soak raisins in water to plump if desired and add.
- 7 Let rise in warm place until about doubled.
- 8 Deep fry in 350-375 degree oil for 4 to 5 minutes until deep brown.

Caitlin's Molasses Balls

Colleen Barnes

Ingredients:

- | | |
|-----------------------------|-------------------------|
| 1 cup white sugar | ¼ teaspoon cloves |
| ¾ cup Crisco shortening | 1 teaspoon cinnamon |
| 1 egg | ½ teaspoon ginger |
| 4 tablespoons dark molasses | 2 cups flour sifted |
| | 2 teaspoons baking soda |
| | Pinch salt |

Method:

1. Cream sugar and Crisco.
 2. Add egg and molasses.
 3. Sift salt, spices and flour together.
 4. Add to creamed mixture.
 5. Shape into 1 inch balls and roll in granulated sugar.
 6. Bake at 350 degrees 10 to 12 minutes until set.
-

Joseph's Gingerbread Men

Colleen Barnes

Ingredients:

- ½ cup plus 1 tablespoon Crisco shortening
- ½ cup brown sugar
- 2 eggs
- 1 package butterscotch instant pudding
- 1 ½ cups flour
- 1 ½ teaspoons ginger
- ½ teaspoon cinnamon
- ½ teaspoon baking soda

Method:

1. Mix Crisco, brown sugar and eggs.
2. Add pudding, flour, ginger, cinnamon and baking soda.
3. Roll flat and cut into shapes.
4. Bake on greased sheet for 10 to 12 minutes at 350 degrees
5. Decorate with frosting and candy.

Crustless Pumpkin Pie

Unknown

Ingredients:

- 1 can pumpkin (not pie filling)
- 1 can evaporated skim milk
- ¼ cup Splenda for baking
- ¾ cup eggbeaters
- ½ tsp pumpkin pie spice
- 1 tsp. vanilla

Method:

1. Mix ingredients.
 2. Pour into 9" pie plate.
 3. Bake at 400 for 15 minutes.
 4. Reduce heat to 325 and bake for another 45 minutes.
 5. Cool in refrigerator for 4 hours.
-

Easy Pumpkin Muffins (Serves 18)

Eve Voegeli

Ingredients:

- 1 box of spice cake mix
- 1 can pumpkin puree

Method:

1. Preheat oven according to the instructions.
2. Mix cake mix and pumpkin in a large bowl.
3. Spray muffin tins with cooking spray.
4. Divide batter evenly and follow baking instructions!

It's that easy!

Pumpkin Muffins (As easy as above!)

Margaret Mackay

Ingredients:

1 1/2 cups sugar
1 cup canned pumpkin
1/2 cup vegetable oil
1/2 cup water
2 eggs
1 2/3 cups all-purpose flour

1 tspn baking soda
1 tspn ground cinnamon
3/4 tspn salt
1/2 tspn baking powder
1/2 tspn ground nutmeg
1/4 tspn ground cloves

Method:

1. In a mixing bowl, combine sugar, pumpkin, oil, water and eggs and beat well
2. Combine dry ingredients; gradually add to the pumpkin mixture. Mix well
3. Pour into muffin tins
4. Bake at 350 until done ~ approximately 20 minutes

No Cook Penuche Cookies

Fran Pond

Ingredients:

1 stick butter
2 cups granulated sugar
3 cups uncooked oatmeal
2 Tb. Brown sugar
1/2 cup milk
1/2 cup peanut butter

Method

1. Melt butter and sugar. Add milk and boil for one minute
2. Remove and add 3 cups oatmeal and peanut butter
3. Stir until mix is thick
4. Place by spoonfuls on wax paper and cool

Ingredients:

½ cup butter
1 ¾ cups sugar
½ cup milk
½ tspn salt
2 cups flour
2 eggs
2 tspn. Baking powder
2 ½ cups blueberries
2 tspn sugar for top

Method

1. Cream butter and sugar until fluffy
2. Add eggs one at a time
3. Blend in mixer
4. Add dry ingredients alternately with milk
5. Mash ½ cup berries and stir in by hand
6. Add remaining berries (whole)
7. Bake in a well buttered and floured muffin tin at 375 degrees for 25-30 minutes
8. Cool 30 minutes before removing from tins

Note:

if using frozen blueberries – increase baking powder to 3 tspns.

Ingredients:

- 1 1/2 cups sifted flour
- 1 tspn baking powder
- 2 eggs separated
- 1/3 cup milk
- 1 1/2 cups floured blueberries
- 1/2 cup shortening
- 1/2 tspn salt
- 1 cup sugar
- 1 tspn lemon juice

Method

1. Preheat oven to 350
2. Sift together flour baking powder and salt
3. Beat egg whites stiff and set aside
4. Cream shortening with sugar and add egg yolks, beating well
5. Add dry ingredients alternately with the milk
6. Fold in egg whites, lemon juice and finally the blueberries
7. Bake at 350 for 30 minutes in a greased 9 x 9 pan or tube pan
8. Sprinkle batter lightly with sugar before baking for a topping

Chocolate Bars

Valorie Markarian

Ingredients:

1 layer of saltine crackers (not crushed)
½ lb butter (2 sticks)
1 cup sugar
8 oz semi-sweet chocolate drops
Heath bar

Method:

1. Line pan with foil and set oven temperature to 350
 2. Melt butter with sugar and when bubbling pour over crackers – quickly
 3. Bake for 8 minutes
 4. Immediately removing from oven, sprinkle over semi-sweet chocolate on top of crackers and spread as melting.
 5. Sprinkle with Heath bar toffee bits and freeze for two hours.
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Tea Loaf

Sarah Gravestock

Ingredients:

2 cups fruit
1 cup soft brown sugar
1 beaten egg
1 cup cold tea
2 cups SR flour
1 tspn mixed spice

Method:

1. Soak fruit and sugar in cold tea for 2-3 hours or overnight
2. Add flour, spice and egg, mix well and pour into loaf tin
3. Bake for 60 minutes at 375
4. Sprinkle brown sugar on top whilst hot and leave until cool before serving

Sweet Cheese Puffs

Laima Whitty

Ingredients for Basic Sweet Cheese Pastry

- 2 cups unsifted all purpose flour
- ¼ tspn salt
- 1 cup (2 sticks) unsalted butter – chilled and cut into pieces
- ½ cup sour cream
- 1 egg yolk

Method:

1. By hand: combine flour and salt in bowl. Add chilled butter, cutting it into flour until particles resemble dried peas
2. In a separate bowl combine sour cream and egg yolk and stir into flour mixture with fork
3. Using hands, manipulate pastry into ball and divide dough in half. Shape each into flat disc approximately 8" diameter, cover with plastic wrap and refrigerate at least four hours or overnight

Meanwhile make Filling

- | | |
|--|----------------------------|
| Ingredients for Sweet Cheese filling | 2 tspn vanilla essence |
| 12 oz cream cheese at room temperature | 2 tspn grated lemon zest |
| 2 eggs | |
| 1 cup sugar | Powdered sugar for dusting |

Method:

1. Remove one of the pastry discs from refrigerator and place on lightly floured board and roll pastry a bit thinner – approx 1/8" using ruler, trim off ragged edges, then cut pastry into 3" squares.
2. Lay squares across top of ungreased mini muffin containers measuring 1 1/2" across and 3/4" deep. Put 1 heaping teaspoon filling onto each square. Simultaneously ease pastry into cups and bring opposite corners to the center, pressing together lightly. Chill in refrigerator 30 minutes
3. Position rack in lower third of oven and preheat to 375.
4. Bake pastries until lightly browned – 25-30 minutes
5. Cool slightly then remove from pans and continue cooling on racks. Sprinkle with powdered sugar just before serving

Puffs can be frozen.

Pepper Pound Cake

Nancy Garcelon

Makes 1 x 10" Bundt cake

Ingredients:

- 1 cups All-purpose flour
- 1 tspn baking powder
- 2 sticks butter (room temperature)
- 2 1/2 cups sugar
- 6 large eggs – separated
- 2 Tbsp honey
- 1 1/2 tspn. Freshly ground pepper
- 1/2 tspn ginger
- 1/2 tspn salt
- Finely grated lemon zest
- 1 cup buttermilk

Method:

1. Preheat oven to 325
2. Butter and flour a 10" Bundt pan
3. Sift flour and baking powder into a medium sized mixing bowl
4. In a large bowl, using electric mixer, beat butter and sugar until light and fluffy
5. Beat egg yolks, honey, pepper, ginger, salt and lemon zest into the butter mixture
6. Beat in the sifted dry ingredients alternately with the buttermilk
7. Beat egg whites (in separate bowl) until they hold firm peaks
8. Using a spatula, stir one-third of the egg whites into the cake batter until well mixed
9. Fold in the remaining whites until just blended
10. Scrape the batter into the prepared pan and bake for about 1 hour & 10 minutes or until a cake tester inserted in the center comes out clean
11. Let the cake cool in the pan (20 minutes) then unmold onto a rack and let cool completely before slicing

Lemon & Walnut Loaf

Sarah Gravestock

Ingredients:

4 oz margarine
8 oz white sugar
2 eggs
12 oz plain flour
2 tspn baking powder
½ tspn salt
½ cup chopped walnuts
2 tspn grated lemon rind
½ cup milk

Method:

1. Preheat oven to 350
2. Cream margarine and sugar, add eggs and beat until light and fluffy.
3. Blend or sift together flour, baking powder and salt
4. Add walnuts and lemon rind and add these ingredients to creamed mixture alternate with ½ cup milk
5. Pour batter into greased 1 lb loaf pan
6. Bake for 60-70 minutes

Glaze:

When loaf cooked remove from pan and slowly pour over the top a mixture of

¼ cup sugar
2 Tb lemon juice

Cool, cover and let stand for 24 hours before serving

Annie's Chocolate Fridge Cake

Sarah Gravestock

Ingredients:

- 4 oz margarine or butter
- 1 tablespoon brown sugar
- 1 " syrup
- 1 " drinking chocolate or cocoa
- 8 oz crushed biscuits (Digestive or Rich Tea)
- 4 oz Ghirardelli chocolate

Method:

1. Melt margarine or butter, sugar and syrup together
 2. Stir in the drinking chocolate and the crushed biscuits. Mix well.
 3. Press into a tin and cover with melted chocolate.
 4. Put in fridge to set, and then cut into squares.
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Swedish Rye Bread

Linda Grant

Ingredients:

- 3c rye flour
- 2/3c molasses
- 1/2c margarine
- 1/2c honey
- 1 T salt
- 3c boiling water
- 3/4c warm water
- 2 pkgs yeast
- 8-10c white flour

Method:

1. Combine the rye flour, boiling water, margarine, molasses, honey and salt.
2. Let cool to lukewarm.
3. Soften yeast in warm water. Add to cooled mixture.
4. Add flour 1c at a time, mixing after each addition. Knead and place in bowl to rise.
5. Punch down and let rise again. Form into 5 round loaves.
6. Put in pie pans or on cookie sheets to bake. Let rise.
7. Bake at 350 degrees for 40-45 min. until the tops are brown and bottoms lightly browned.

Ingredients

½ cup butter, softened
1 1/2 cups sugar
2 large eggs
2 tspn vanilla
¾ cup sour cream
2-3 medium bananas, mashed
2 cups flour
¼ tspn salt
1 tspn baking soda

Frosting:

2 oz cream cheese, softened
6 Tbsp butter, softened
1 Tbsp milk
1 tspn vanilla
2 cups powdered sugar
Mini chocolate chips

Method:

1. Cream butter and sugar together.
2. Add the eggs and beat thoroughly. Add vanilla and sour cream; mix well.
3. Add flour, salt, and baking soda alternately with mashed banana. Mix until well blended.
4. Pour into greased 10 x 15 pan. Bake @350 for 25 - 30 min. Cool.
5. Mix cream cheese, butter, milk, vanilla, and powdered sugar. Spread over bars and sprinkle with mini chocolate chips if desired.

Very moist - freezes well.

Ingredients

½ cup dried fruit and candied peel	¾ cup butter
Tb rum	1 egg, beaten
4 1/2 cups strong white flour	¾ cup milk 2 x 7 oz package of almond paste
½ tspn salt	
½ cup granulated sugar	To Finish
½ tspn ground nutmeg	1 Tb butter, melted
¼ tspn ground cardamom	¼ cup powdered sugar
1 small lemon, grated rind only	
1 1/2 tspns fast action dried yeast	

Method for breadmaker

1. Put the dried fruits and candied peel into a bowl, pour over the rum, cover and leave overnight to soak
2. Melt ¼ cup of the butter. Lift the tin out of the bread machine, fit the kneader blade then add the melted butter, beaten egg and milk
3. Spoon in the flour, salt, sugar, spices and lemon rind.
4. Make a slight dip in the centre of the flour and sprinkle in the yeast
5. Insert the tin into the bread machine.
6. Shut the lid and set to rise
7. After rising, remove dough and knead well.
8. Cut the remaining butter into pieces and knead a few pieces at a time into the dough
9. Alternate with spoonfuls of dried fruit.
10. Wrap the dough in waxed paper and chill for 20 minutes
11. Roll out on a lightly floured surface to an oval of about 6 x 16"
12. Lay the marzipan in the centre and wrap the dough around
13. Transfer to a greased cookie sheet.
14. Cover with oiled clingfilm and leave to rise for 30 minutes
15. Remove clingfilm and bake in preheated oven (350 degrees), for 25-30 minutes until the bread is golden and sounds hollow when tapped
16. Transfer to a wire rack. Brush with the remaining melted butter and sprinkle with sifted powdered sugar.

Granola

Kelsey Ullman

Ingredients

Mix together:

- 4 cups rolled oats
- 1 cup shredded coconut
- 1 cup wheat germ
- 1 cup chooped nuts (walnuts or pecans)
- 1 cup sunflower seeds (unsalted)

Add

- ½ cup peanut butter (or oil)
- ½ cup honey (or molasses)
- ½ tspn vanilla

Method:

1. Spread on an oiled sheet
2. Bake at 325 degrees for 15 minutes or longer – until lightly brown.

Thousand Leggers

Karen Swiech

Ingredients

Mix together:

- 1 cup crumbs (graham, anilla or chocolate wafers, oreos, gingersnaps)
- 1 stick butter
- 1 cup chocolate chips (or butterscotch or peanut butter or white chocolate chips)

- 1 cup nuts (walnuts, pecans, macadamias)
- 1 can sweetened condensed milk (NOT evaporated)
- 1 cup coconut

Method:

1. Oven to 350 degrees
2. In a 9 x 13 pan (Karen uses glass), melt stick of butter
3. Mix in crumbs, then pat evenly over bottom
4. Sprinkle on chips and nuts
5. Pour sweetened condensed milk evenly over all, then sprinkle coconut over that
6. Bake 35 minutes, or until coconut is toasted and sweetened condensed milk is golden and caramelized
7. Remove from oven and loosen sides immediately (Karen uses silicon spatula). Cut into small bars with pizza cutter

American recipes use dry and fluid measures. Volume determines fluid measures; weight determines dry measures. However, most U.S. recipes refer to ingredients in terms of volume. So don't worry too much whether the ingredient you're measuring is dry or fluid; just use the measure specified in your recipe.

Measurements and Conversion Table

TEASPOON (TSPN.)S	TABLESPOON (TB)S	CUPS	FLUID OUNCES	MILLILITERS	OTHER
1/4 teaspoon (tspn.)				1 ml	
1/2 teaspoon (tspn.)				2 ml	
3/4 teaspoon (tspn.)	1/4 Tablespoon (Tb)			4 ml	
1 teaspoon (tspn.)	1/3 Tablespoon (Tb)			5 ml	
3 teaspoon (tspn.)s	1 Tablespoon (Tb)	1/16 cup	1/2 oz	15 ml	
6 teaspoon (tspn.)s	2 Tablespoon (Tb)s	1/8 cup	1 oz	30 ml	
			1 1/2 oz	44 ml	1 jigger
12 teaspoon (tspn.)s	4 Tablespoon (Tb)s	1/4 cup	2 oz	60 ml	
16 teaspoon (tspn.)s	5 1/3 Tablespoon (Tb)s	1/3 cup	2 1/2 oz	75 ml	
18 teaspoon (tspn.)s	6 Tablespoon (Tb)s	3/8 cup	3 oz	90 ml	
24 teaspoon (tspn.)s	8 Tablespoon (Tb)s	1/2 cup	4 oz	125 ml	1/4 pint
32 teaspoon (tspn.)s	10 2/3 Tablespoon (Tb)s	2/3 cup	5 oz	150 ml	
36 teaspoon (tspn.)s	12 Tablespoon (Tb)s	3/4 cup	6 oz	175 ml	
48 teaspoon (tspn.)s	16 Tablespoon (Tb)s	1 cup	8 oz	237 ml	1/2 pint
		1 1/2 cups	12 oz	355 ml	
		2 cups	16 oz	473 ml	1 pint

		3 cups	24 oz	710 ml	1 1/2 pints
			25.6 oz	757 ml	1 fifth
		4 cups	32 oz	946 ml	1 quart or 1 liter
		8 cups	64 oz		2 quarts
		16 cups	128 oz		1 gallon

Some recipes use additional instructions that require a specific amount of the ingredient. For example, a recipe might request "1 cup brown sugar, firmly packed", or "2 heaping cups flour".

Dash or Pinch

Generally considered to be less than 1/8 teaspoon (tspn.).

Firmly Packed

With a spatula, a spoon or your hand, tightly press the ingredient into the measuring cup. You should measure as much of the ingredient as you can fit into the measure.

Lightly Packed

Press the ingredient into the measuring cup lightly. Make sure there are no air pockets, but do not compress it too much either.

Even/Level

Measure the amount precisely, discarding the entire ingredient that rises above the rim of the measuring cup. The back of a straight knife works well for this.

Rounded

Do not flatten out the ingredient to the top of the measuring cup. Instead allow it to pile up above the rim naturally, into a soft, rounded shape.

Heaping/Heaped

Pile as much of the ingredient on top of the measure as it can hold.

Sifted

Sift with a strainer or sifter before measuring to ensure ingredient is not compacted and there is no other foreign substance in it.