

TRINITY CHURCH COOKBOOK

meals for everyday cooking and hospitality

from the WOMEN OF TRINITY CHURCH | kirkland, washington



Hello and welcome to Trinity Church's second cookbook. It was created mainly because people asked for one. Beyond that, it was designed to be a help when having someone over that has dietary constraints. Or if you need inspiration when bringing a meal to someone who's sick or just had a baby. Or if you just need something, anything, different to cook rather than spaghetti and meatballs. Again. And finally, so that the words of Titus 2:3-5 would be alive in our community: "Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled." I love to learn from the more experienced ladies of the church, so I am grateful for the contributed recipes and wisdom contained herein. Any silliness you might find scattered throughout the cookbook is directly proportional to the time of night and amount of caffeine consumed while editing. Happy cooking!

Anne Bouckenoghe – Your Humble Editor
Dec, 2012



A content two-year-old showing off his gluten-free cooking skills with trusty Thomas by his side.

Cover illustration by Kathy Day

Scones

Joyce Schlimmer

MIX:

3 cups flour
1/3 cup sugar
2 ½ tsp baking powder
¾ tsp salt
½ tsp baking soda

CUT IN:

1 ½ cubes butter

STIR IN: (optional) craisins, raisins, chocolate chips, nuts, etc. as your heart desires

MIX only until incorporated:

1 cup buttermilk
(optional) Grated lemon or orange rind, or vanilla or almond extract

SHAPE: using floured hands, shape until baseball-sized balls and place on greased cookie sheet or parchment paper. Flatten slightly, brush with melted butter, sprinkle generously with sugar, score a cross shape and bake in 425° for about 12-15 minutes until lightly browned.

SERVE with yogurt, jam, butter

Orange Rolls

Anon

2 pkgs flaky biscuits
¾ cup butter
¾ cup sugar
1 orange, juice and grated rind

1. Butter a ring mold and stand biscuits on edge. Heat butter, sugar and orange until sugar is dissolved. Pour syrup over biscuits.
2. Bake at 325° for 30 minutes. Invert ring mold onto platter and leave mold on until syrup is drained. Serve hot.

Sugar-Topped Coffee Cake

Joyce Schlimmer

1 ½ cup sifted flour
2 tsp baking powder
¾ tsp salt
¼ tsp baking soda
¾ cup sugar
1 tsp vanilla
1 egg
1 tbsp butter, softened
1 cup sour cream
½ cup packed brown sugar
½ tsp ground cinnamon (or a bit more if you like)
2 tbsp flour
2 tbsp butter, melted

1. Sift together flour, baking powder, salt and baking soda: set aside
2. In large bowl using mixer at medium speed, beat granulated sugar, vanilla, egg and 1 tbsp butter until light and fluffy, about 2 minutes. Beat in sour cream until well blended. Reduce speed to low; mix in dry ingredients until well blended. Pour batter into greased 8 x 8 x 2 inch baking pan.
3. In small bowl, stir together brown sugar, cinnamon and 2 tbsp flour. Add 2 tbsp melted butter; mix until crumbly. Sprinkle crumb over batter.
4. Bake in 375° oven 25-30 minutes, or until cake is browned and toothpick inserted in center comes out clean. Cool in pan on rack. Makes 6 servings.

French Waffles

Alice Kniss

1 ½ cup flour
1 Tbsp. Baking powder
½ tsp. salt
3 eggs, separated
1 ½ cup milk
1/3 cup butter, melted
Vegetable cooking spray

1. Combine flour, baking powder and salt in a medium bowl. Combine egg yolks, milk and melted butter: add to dry ingredients, stirring until mixture is smooth.
2. Beat egg whites (at room temp) with 2 tablespoons of sugar until stiff peaks form. Gently fold into flour mixture.
3. Spray waffle iron, preheat, bake 5 min or until steaming stops.

Makes 16 4" waffles

Parmesan Bread

Kim Hatcher

1 cup water
¼ cup butter
3 cup flour
2¼ tsp yeast (1 package)
2 tbsp sugar
2 tsp dried onion flakes
½ tsp salt
1 tsp Italian seasoning
½ tsp garlic salt
1 egg
2/3 cup grated Parmesan cheese, divided
1 tbsp melted butter

1. Heat 1 cup of water and ¼ cup butter in a small saucepan until the butter melts. Cool until lukewarm.
2. Combine 2 cups flour with the yeast, sugar, dried onion, salt, Italian seasoning, and garlic salt in a large mixing bowl. Gradually add cooled liquid to flour mixture, beating at high speed. Add egg, and beat at medium speed til mixed thoroughly. Gradually stir in 1/3 cup cheese and remaining 1 cup flour. Cover and let rest 10 minutes.
3. Place dough in greased 2-qt. round baking dish. Brush with melted butter, and sprinkle with remaining cheese. Cover and let rise in a warm place, 45 min. (bread will NOT double in bulk)
4. Bake at 350 for 30 minutes or until golden. Cool in dish 10 min. Remove to wire rack.

Squash Biscuits

Copiously used by Anne Bouckenooghe after receiving it from Kim Honsinger

2 cups cooked mashed/pureed squash (pumpkin, acorn, etc.)
¼ cup melted butter
2 Tbsp. sugar

2 cups flour
4 tsp. baking powder (yes, really)
½ tsp. salt

1. Preheat the oven to 375. In a bowl, mix the mashed squash and butter together. Next, add the dry ingredients and mix together thoroughly. Drop onto a greased cookie sheet and bake for 20 minutes.
2. You may put cheese on top or add large quantities of fresh herbs as your mood fits. You could also forgo butter and splash some oil in. If it's thick enough, you can roll it to a half inch thickness and cut out biscuits. It depends on how much cleaning you feel like doing and how much longer you can listen to the pots and pans being played at your feet.

Oatmeal Bread

Joyce Schlimmer

Combine in large bowl:

1 cup quick oats
½ cup whole wheat flour
½ cup brown sugar
1 Tbsp salt
2 Tbsp margarine

Pour 2 cups boiling water over all.

Stir to combine.

Dissolve: 1 Tbsp dry yeast in ½ cup warm water

When batter is cooled to lukewarm, add yeast. Stir in 5 cups white flour. When dough is stiff enough to handle, turn onto floured board and knead 5-10 minutes. Place in greased bowl, cover, and let rise until doubled. Punch down, and let rise again. Shape into 2 loaves and place in greased 9x5x3 pans. Bake at 350° for 30-40 minutes. Cool on rack, brushing loaves with margarine for a softer crust.

Our Daily Bread

*Lauri Hyink adapted from a recipe by Nick Malgieri in his book How to Bake.
We enjoy this bread on an almost daily basis since it is so easy to make.*

4 tsp active dry yeast
2 cups water (hot to the touch)
1/3 cup sugar
1 tbsp salt
2 eggs

4 tbsp to 1/2 cup fat (I use anything from olive oil to butter to coconut oil)

5 cups (plus or minus) flour (our favorite is Trader Joe's white whole wheat because it does double duty--relatively fluffy bread with whole grain goodness)

1. Pour the hot water on top of the yeast in your mixer bowl. Let sit a few minutes to proof.
2. Add sugar, salt, eggs, fat, and flour. Or just dump everything in the bowl with the yeast to begin with. Just be careful with the salt--it kills yeast, so you don't want those two to be alone in the bowl together.
3. With your dough hook, knead with the mixer, first on the lowest speed to mix, then on #2 speed for 5-7 minutes. Your dough should just barely clean the sides of your bowl. If you need to vent some steam, or if you don't have a mixer, knead by hand for 10 minutes. It's good for the soul and the muscles!
4. I let mine rise for an hour right in the bowl, covered with a towel, but you can grease and flour an extra dish if you don't mind the extra work. If I'm in a hurry, I shorten the first rise to 30 minutes.
5. Shape into two 3-strand braids.
6. Let rise another 40 minutes to an hour. I like to put mine in a warm oven to speed things up, but time really does give the best flavor.
7. I let my oven preheat with the bread inside it in order to finish the rise. Preheat to 350 and set the timer for 30 minutes. When the timer goes off, you should be able to smell the bread, and it should have a golden crust. That means it's done!
8. In our house, we can hardly wait for it to cool. Slather some butter on a hot slice or two (cook's treat!) and relish!

This recipe makes great cinnamon rolls and burger buns as well.

Bean Stock Soup

Heather La Croix

Left over liquid from making Crockpot Refried Beans (in side dish section) plus enough chicken stock to make 2 quarts total liquid

2 lbs ground beef

2-3 Tbsp. butter or lard

1 onion, diced

1 cup sliced carrots

3 garlic cloves, minced

some sea salt

1 cup frozen corn

1 can (15 oz) diced tomatoes

1/2 cup chopped cilantro

Heat bean liquid and stock in large pot and bring to a boil, then reduce heat to a simmer. Meanwhile, brown ground beef in 12" skillet then transfer to pot with a slotted spoon. Melt butter or lard in skillet and sauté onions, carrots, garlic and sea salt until the onions are soft. Spoon some stock from the pot into the skillet and simmer, covered, until carrots are soft. When done, pour the contents of the skillet into the pot. Add tomatoes with the juice and the corn to the pot as well while waiting for the carrots to soften. Stir in cilantro and serve.

Asparagus Cream Soup and Grilled Almonds

Contributed by Holly Zahller and found in Chef Eric

1 ½ lbs fresh asparagus

1 ½ cups chopped onion

4 Tbsp butter

1 pinch salt

1 cup diced potatoes

4 cups chicken or vegetable stock

1 cup whipping cream (I've also used evaporated milk)

1 tsp salt

½ tsp ground white pepper

½ lb fresh spinach

2 cups cold water

2 Tbsp slivered almonds

Sour cream

Preparing the soup: Cut off and discard tough asparagus bottoms. Cut off tips, approx. 1 inch, and set aside. Coarsely chop stalks. In pot over medium heat melt butter and sweat onion for 5 to 8 minutes. Salt lightly when onions are clear, add

asparagus stamps. Keep stirring over low heat for 5 to 8 minutes. Add potatoes. Slowly add chicken stock, stirring constantly. Cook for 40 minutes, stirring frequently.

Making the spinach mousse: In blender puree raw, washed spinach and cold water until smooth. Keep in fridge.

Preparing garnishes: Blanch asparagus tips in boiling, salted water for 30 seconds. Refresh tips in ice bath to keep them green. Roast almonds at 400`F for a few minutes until lightly golden brown. Let almonds cool and reserve.

Finish the soup: When soup is cooked, process in a blender until thoroughly smooth. Strain through a sieve using a whisk to push the soup through. Return the soup to low heat. Add the cup of cream. Add salt and pepper, according to taste.

At the last minute: Whisk in a few tablespoons of spinach mousse to get it brightly green. Heat gently, but do not boil. Garnish with asparagus tips, sour cream, and toasted almonds.

Hot and Sour Soup

Holly Zahller

6 cups stock – veggie or chicken
¼ cup carrots, cut into thin strips
¼ cup mushrooms, sliced
½ cup bamboo shoots
¼ cup peas
8 oz. tofu, cubed

Flavor Sauce

1 Tbsp. rice vinegar
1 tsp. salt
2 Tbsp. soy sauce
½ tsp. pepper
1 tsp. honey
¼ tsp. red pepper or cayenne (I only use a small pinch)

2 Tbsp. cornstarch
4 Tbsp. water
1 beaten egg (I generally skip the egg, unless I skip the tofu – makes the soup rather cloudy)
1 tsp. sesame oil
2 green onions, sliced
1 Tbsp. coriander leaves, minced

Heat stock to boiling. Add veggies and tofu, bring to a boil, lower heat and simmer 10 minutes. Mix sauce ingredients well, add to soup. Dissolve cornstarch in water and stir into soup until it thickens slightly. Gradually stir in beaten egg to make "egg flowers." Add sesame oil, garnish with onions and coriander. Serve immediately.

Butternut Squash Soup

Eliska Hejzlar

1 butternut squash peel core and cut into 1" cubes
1 quart chicken or vegetable stock
1 small onion finely cut
2-3 Tbsp. butter or olive oil
1 cup half and half
salt
pepper

In a large pot sauté onion in butter or oil. Add squash and stock and cook until squash becomes tender. Blend the soup in batches until smooth. Add the half and half, then flavor with salt and pepper. Voila.

Cauliflower Soup

Eliska Hejzlar

Large cauliflower head
3-4 Tbsp. butter
3-4 Tbsp. flour

1. Remove all green leaves from cauliflower head, wash, and break into smaller pieces.
2. Place cauliflower pieces into a 4 quart pot and cover with water. Add salt to taste and simmer for 30 minutes.
3. Remove from heat and mash with potato masher to break into small pieces.
4. On a frying pan heat butter and sauté with flour for a few minutes. Mix into the soup.
5. Boil for a few more minutes till soup thickens. Add more salt if needed.

Chicken Soup

Kelly Morris

For those crazy days when you get home at 5pm and only have frozen chicken ☺ (and your family can wait till 6:30 ☺)

Boil five frozen chicken breasts with celery stalks (cut off leaves and save) and half an onion wedged for about 20 minutes.

While chicken is boiling cut carrots in discs (in desperate times I use Costco baby carrots so I don't even have to peel☺). Chop celery leaves real fine, cube 1 or 2 potatoes (I use golden type – again no peeling☺). Sauté these veggies with butter and 6 chicken bouillon cubes, pepper (we like spicy so habanera pepper) a bit o' salt, celery seed powder.

After 20 mins. take out celery and onion (my kids don't like the texture – but now the flavor is in the soup), save a lot of the broth (enough for good pot of soup), cube cooked chicken, pour sautéed veggies in broth and swirl as much of chicken in sauté pan to get as much flavor as possible. Add rice, noodles (dry or cooked), frozen peas or beans and simmer/boil until potatoes/rice are cooked.

Use any type of buns that you have around – broil with butter as a yummy filler for growing active kiddos!

Quick Spicy Bean Soup

Barbara Beasley

½ cup yellow onion, diced

oil for sauté

2 cans refried beans

2 cups water

1 can tomato with green chilies

¼ tsp black pepper

Garnish: ¼ cup cilantro, grated Mexican cheese, lime squeeze, tortilla chips

1. Sauté onion in oil in a Dutch oven pot.
2. Blend refried beans with water in a food processor and add to the pot.
3. Blend in tomato and green chilies and black pepper. Heat until thoroughly warmed.
4. Serve with garnish of cilantro, cheese, and lime squeeze.
5. Eat with a spoon or scoop with tortilla chips.

Minestrone

Contributed by Vicki Mau and found in the Kids' Fun & Healthy Cookbook

½ cup pasta bows

1 large onion

2 potatoes

2 sticks celery

1 large carrot (scrubbed)

1 Tbsp. olive oil

1 bay leaf

1 tsp. dried oregano

4 ¼ cup vegetable stock
15 ½ oz can chopped tomatoes
shredded chicken cooked in Dutch oven
Parmesan cheese

1. Bring a medium-sized pan of water to a boil and add pasta. Simmer until the pasta is tender but not completely cooked. Drain and set aside.
2. Chop the onion into small pieces. Peel the potatoes and cut them into bite-sized chunks. Slice celery and carrot into bite-sized pieces.
3. Heat the olive oil in a large saucepan. Add the onion and fry over a medium heat for 8 minutes or until it is softened and golden.
4. Next, add the celery, carrot, potatoes, oregano, and bay leaf. Stir well and pour in the stock and chopped tomatoes. Add cooked shredded chicken. Stir again and then bring to a boil.
5. When the soup is bubbling, reduce the heat to low. Half cover the pan with a lid and simmer the soup for 15 minutes or until the potatoes are tender.
6. Remove the lid, add the pasta, and stir well. Heat the pasta for 5 minutes. Ladle the soup into large bowls and sprinkle with Parmesan cheese.

Cheese Tortellini Soup with Cannellini, Kielbasa, and Kale

Contributed by Leslie Poole and found in Bon Appetit, Feb. 2002

2 tablespoons olive oil
12 ounces fully cooked smoked kielbasa sausage, thinly sliced
1 onion, chopped
1 cup chopped fresh fennel bulb
4 garlic cloves, minced
1 1/2 tablespoons chopped fresh thyme
1/2 teaspoon dried crushed red pepper
10 cups canned low-salt chicken broth
4 cups chopped kale (1/2 bunch)
1 15-ounce can cannellini (white kidney beans), rinsed, drained
1 9-ounce package cheese tortellini (or try pumpkin tortellini instead of cheese)
1 cup grated Asiago cheese or Parmesan cheese

Heat oil in heavy large pot over medium-high heat. Add next 6 ingredients and sauté until vegetables are soft and kielbasa is brown, about 12 minutes. Add broth and bring to boil. Stir in kale and cannellini. Reduce heat to low and simmer until kale is wilted, about 4 minutes. (Can be made 1 day ahead. Cool slightly; cover and refrigerate. Bring to simmer before continuing.) Add tortellini to soup. Simmer until pasta is just tender but still firm to bite, about 5 minutes.

Ladle soup into bowls. Serve, passing cheese separately.

Beef Bourguignon Soup

Lauri Baker

4-6 bone-in short ribs
Coarse salt & fresh ground pepper
2 tsp. corn starch
3 Tbsp. olive oil
8 oz. button mushrooms, quartered (I skip these!)
1-2 carrots, cut into $\frac{3}{4}$ inch cubes
3 shallots, minced
2 celery stalks, coarsely chopped
2 strips bacon, sliced into narrow strips
1 Tbsp. tomato paste
2 thyme sprigs
1 dried bay leaf
1 cup dry red wine
8 cup beef stock
2 cup water
Flat noodles, cooked

1. Cook bacon in pot and remove. Season ribs with salt and pepper and coat with corn starch. Cook ribs in bacon fat in large heavy pot over med-hi heat. Add oil if needed. Lightly brown ribs on all sides, about 6 min. Transfer to a plate
2. Add mushrooms to pot and cook until browned, about 4 min. Transfer to a bowl.
3. Add shallots and celery to pot. Cook until the shallots are caramelized, about 6 min. Stir in tomato paste.
4. Return ribs to pot, along with any juices. Add thyme and bay leaf. Raise heat to high. Add wine and cook, stirring up any bits, until slightly reduced, about 1 min. Add stock and water. Bring to a boil. Reduce heat to simmer and cook partially covered until beef is tender, 2 to 2 $\frac{1}{2}$ hours (I use a pressure cooker and cook according to its instructions).
5. Remove ribs, separate meat from bones, and cut meat into bite-sized pieces. Return to pot. Add reserved mushrooms and cubed carrots. Cook until carrots are tender. Season with salt and pepper to taste.
6. Serve in bowls over cooked noodles.

Turkey & Bean Chili

Contributed by Jennie Owen from <http://www.marthastewart.com/315777/turkey-and-bean-chili>

4 slices bacon cut into 1/2-inch pieces
3 pounds ground dark-meat (7 percent fat), turkey**
4 cups chopped onions
1/4 cup minced garlic cloves

2 medium fresh jalapeno chilies, ribs and seeds removed for less heat, if desired, minced
3 tablespoons chili powder
3 tablespoons unsweetened cocoa powder
4 teaspoons ground cumin
2 cans (28 ounces each) whole tomatoes in puree
2 tablespoons unsulfured molasses
Coarse salt
3 cans (15 1/2 ounces each) pinto beans, drained and rinsed
1 tablespoon sugar
Fresh cilantro leaves, sliced pickled jalapeno chiles, reduced-fat sour cream, crumbled cornbread, grated cheddar cheese

**You can substitute an equal amount of lean ground beef for the turkey. Other types of beans, such as black or kidney beans, can be used instead of pinto beans. And diced tomatoes work well, too, instead of the whole tomatoes.

1. Heat a Dutch oven (or other heavy 5-quart pot) over medium heat. Add bacon; cook until crisp and brown, 6 to 8 minutes. Raise heat to high; add turkey. Cook, stirring and breaking up meat with a spoon, until no longer pink, 8 to 10 minutes.
2. Add onion, garlic, and jalapenos; cook until soft, stirring often, about 5 minutes. Stir in chili powder, cocoa powder, and cumin; cook, stirring, until fragrant, 1 minute.
3. Break up tomatoes with a spoon or your hands, and stir them in along with the puree. Add molasses, sugar, 1 cup water, and 4 teaspoons salt; bring to a boil. Reduce heat to a simmer; cook, partially covered, 30 minutes.
4. Add beans; continue cooking, uncovered, until meat and beans are very tender, and chili is thick, about 30 minutes more. Serve with desired toppings.

Taco Soup Take One

Shannon Lee

2 lbs lean ground beef
1 small onion chopped
3 cans (4 oz each) chopped green chilies
1 tsp pepper
1 tsp salt
1 can (15-16oz) pinto beans, rinsed and drained
1 can (15-16oz) lima beans, rinsed and drained
1 pkg (1 1/4 oz) taco seasoning
1 1/2 cup water
1 pkg (1 oz) ranch dressing mix
1 can (14 1/2 oz) hominy, drained
3 cans (14oz) stewed tomatoes
1 can (15 – 16 oz) red kidney beans, rinsed and drained
shredded cheddar cheese, tortilla chips

In large pot, brown beef and onion. Drain. Add all remaining ingredients except cheese and chips. Bring to a boil. Reduce heat and simmer 30 min. Top with cheese and serve with chips as desired.

Taco Soup Take Two

Alice Kniss

Ingredients

1 lb ground beef
1 onion chopped
1 pkg taco seasoning
1 15oz can diced tomatoes
1 15oz can corn
1 15oz pinto beans
1 15oz can of water
Tortilla chips

Directions

Brown ground beef and onion in skillet. Drain. Place ground beef, taco seasoning, tomatoes, corn, beans and water in pan on stove. Simmer 30-40min. Garnish with chips, cheese, and sour cream. Tastes great with corn bread.

Quick Gumbo

Anne Bouckenooghe slightly altered from Weight Watchers

2 Tbsp olive oil
2 bell peppers, seeded and chopped
2 celery stalks, chopped
12 scallions (one bunch), sliced
2 garlic cloves, minced
2 (14.5 oz) cans diced tomatoes
4 cups chicken stock or broth
2 cups trimmed sliced okra (okay, I've never actually put this in)
1 teaspoon dried thyme
2 bay leaves
¼ tsp cayenne
1 cup white rice
1 pound shrimp, peeled and deveined (... I've never added this either)
1 – 2 boneless, skinless chicken breasts, but into ½ inch pieces
1 package kielbasa, sliced

1. In a large pot, heat the oil. Sauté the bell pepper, celery, green onions, and garlic until soft, about 5 minutes. Stir in the tomatoes, stock, okra, thyme, bay leaves, and cayenne. Bring to a boil, then simmer for 15 minutes.

2. Stir in the rice and simmer, covered, for 15 minutes. Next, dump in the meat and simmer for about 5 more minutes, or until the chicken is done. Whoever finds the bay leaves in their bowl is the winner! Or, you could take it out before serving. Cook's prerogative.

Dunkley's Famous Macaroni Salad

Leslie Poole's kitchen via Renee Jesse

<http://www.letsdishrecipes.com/2011/05/dunkleys-famous-macaroni-salad.html>

- 1 (16 oz.) package salad macaroni
- 1 cup celery, diced
- ½ cup red onion, diced
- 1 cup cheddar cheese, cubed
- 1 cup Mozzarella cheese, cubed
- ½ cup Parmesan cheese, grated
- 1 cup dill pickles, diced
- 1 cup salami, diced
- 1 (6 oz) can large pitted black olives, halved
- 1 tablespoon garlic salt
- 1 to 2 tablespoons fresh minced garlic
- 1 teaspoon freshly ground black pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon dry mustard
- 1 (3 oz) jar diced pimentos, drained
- 1 to 1 ½ cups mayonnaise

Add 2 quarts of water to a medium stockpot and bring to a boil. Add macaroni and cook until it is al dente, 7-9 minutes. Do not overcook the pasta or it will fall apart when the salad is tossed together. Rinse macaroni until cool. Drain well and let pasta dry out slightly. Add pasta to a large bowl. Carefully fold in celery, onion, cheddar, Mozzarella, Parmesan, dill pickles, salami, and black olives. Mix the garlic salt, black pepper, cayenne pepper, and dry mustard together. Add spices to salad along with pimentos and minced garlic and stir to combine. Refrigerate the mixture, loosely covered, for an hour or two. Fold in 1 cup of mayonnaise to start. Add up to a 1/2 cup more of mayonnaise if needed. Refrigerate again until serving.

Fingerling Potato Salad

Contributed by Sarah Chaney and found at

<http://www.bonappetit.com/recipes/2011/07/fingerling-potato-salad>

- 3 1/2 pounds fingerling potatoes, unpeeled, cut into 3/4"-1" pieces
- 1 tablespoon kosher salt plus more for seasoning
- 9 tablespoons (or more) extra-virgin olive oil, divided
- 2 tablespoons brown mustard seeds

3 medium leeks (white and pale green parts only), halved lengthwise, cut crosswise into 1/4" slices (about 5 cups)
1 tablespoon (or more) white wine vinegar
1 tablespoon Dijon mustard
Freshly ground black pepper

1. Place potatoes in a large pot. Add enough cold water to cover by 3". Stir in 1 tablespoon salt and bring to a boil. Reduce heat to medium and simmer until potatoes are tender, about 10 minutes. Drain. Transfer to a large rimmed baking sheet and let cool slightly.
2. Heat 3 tablespoons oil in a small skillet over medium-high heat. Add mustard seeds to skillet and cook, stirring occasionally, until seeds start to pop, about 2 minutes. Pour oil with seeds into a large bowl.
3. Heat 2 tablespoons oil in a large skillet over medium heat. Add leeks, season with salt, and cook, stirring occasionally, until just tender, 10-12 minutes.
4. Whisk 4 tablespoons oil, vinegar, Dijon mustard, and 1 tablespoon water into mustard-seed oil. Add potatoes and leeks; toss to coat. Season with salt and pepper. DO AHEAD Can be made 1 day ahead. Cover; chill. Return to room temperature before serving, adding more oil and vinegar if dry.

Cabbage Peanut Salad Recipe

Holly Zahller

Peanut Dressing

1/3 cup peanut oil
1/4 cup rice wine vinegar
3 Tbsp. soy sauce
1/3 cup peanut butter
2 Tbsp. brown sugar
2 Tbsp. grated peeled ginger
3 garlic cloves
1 finely minced jalapeno

Mix all of the liquids in a bowl and set aside. In another bowl, mix together the peanut butter, brown sugar, ginger, garlic cloves and jalapeno. Slowly drizzle in the liquids, whisking constantly to emulsify into a smooth sauce. If your sauce doesn't look so good, a few hits of an immersion blender should sort it out.

Salad

1/2 head small green cabbage, thinly sliced
1/2 head small red cabbage, thinly sliced
2 red bell peppers, thinly sliced
2 large carrots, shredded on cheese grater
6 green onions, sliced
1/2 cup packed cilantro, roughly chopped

salt to taste
1/2 cups roasted peanuts

Toss all of the salad ingredients together with the dressing. Taste for salt adjustment and dig in.

Mixed Green Salad

Olivia Grauke

Salad

1 large bag baby greens
2 cans mandarin oranges, drained
2 large avocados, thinly sliced and halved
6-8 sliced white mushrooms (or more)
1/8 red onion, thinly sliced
1/2 cup slivered almonds, toasted
1 large carrot, grated

Mix all the ingredients together in a bowl and add the dressing.

Dressing

(best if made the day before)

In a food processor combine the following ingredients and blend until smooth.

1 cup mayo
1/2 cup sour cream
1 Tbsp. white vinegar
2 Tbsp. sugar
3/8 cup frozen orange juice concentrate (undiluted)
2 Tbsp. freshly chopped tarragon (I put this in right before I serve the salad)
Salt to taste

Make Ahead Mashed Potatoes

Joyce Schlimmer

This recipe is easily doubled or tripled

5 lbs potatoes, peeled
1 egg
1/2 tsp. garlic powder
1 tsp. salt
8 oz cream cheese
3 Tbsp. melted butter

Cook potatoes until tender. Drain. **Combine** in bowl with cream cheese, egg, garlic and salt. Mash well, using a mixer, until creamy. **Spoon** into greased 3 qt casserole dish or a 9 x 13 pan. **Drizzle** melted butter over the top and sprinkle with paprika if desired. May be kept in the fridge 2 days or freeze for later. Thaw and bake at 375° for 30-40 minutes.

OPTIONS:

Stir in bacon bits, top with cheddar cheese – or whatever other yumminess you have about!

Spanish Rice

Bobbi Kumley

2 Tbsp oil
1 cup rice
2 cups chicken broth
1 tsp onion powder
½ tsp. garlic
1 - 2 tsp chili powder
½ tsp oregano (optional)
½ tsp salt

In a large skillet, brown the rice in oil for a few minutes. Add all of the other ingredients. Bring to a boil, then simmer, covered, for 20 minutes.

Creamy Polenta

Contributed by Jennie Owen and found in Martha Stewart Living – February 2006

6 cups whole milk
1 ½ tsp coarse salt
2 Tbsp extra-virgin olive oil, plus more for drizzling
1 ¾ cups instant polenta
2 Tbsp unsalted butter, softened
¼ cup freshly grated Parmesan cheese (about ¾ oz)
Freshly ground pepper

Bring milk, salt, and oil to a slow boil in a large saucepan over medium heat. Gradually add polenta, whisking constantly. Reduce heat to low. Cook, stirring often, until

thickened, about 3 minutes. Remove from heat. Stir in butter and Parmesan. Drizzle with oil, and season with pepper. Serve immediately.

Brown Buttered Corn

Holly Zahller

3 ears corn, shucked
4 Tbsp. unsalted butter
4 sprigs thyme, preferably lemon thyme
Kosher salt
Finely chopped Italian parsley, for serving

Stand one ear of corn vertically on a cutting board or inside a large, shallow wooden bowl. (Using a bowl helps to keep kernels from darting all over the countertop and using a wooden bowl – such as a salad bowl – is much better for your knife than a metal one.) Using a sawing motion, run a large knife down the ear, between the cob and kernels, to remove the kernels. Using the back of the knife, scrape the bare cob to release the corn's juices. Repeat with remaining ears of corn. Set kernels and their juices aside.

In a medium saucepan, melt the butter over medium heat. Add the thyme sprigs, and cook, stirring frequently, until the butter turns a deep shade of amber and smells nutty. Add the corn kernels, their juices, and a large pinch of salt, and stir well. Cover the pot, reduce the heat to medium-low, and cook until the corn is tender, about 5 minutes.

Remove and discard the thyme sprigs, and season to taste with salt. Serve hot, with a smattering of chopped parsley.

Roasted Vegetable Medley

Eliska Hejzlar

3 medium red beets peeled and cut into 2/3 in cubes
1 large sweet potato or yam peeled and cut into 2/3 in cubes
1 large yellow potato peeled and cut into 2/3 in cubes
1 medium bag of baby carrots
about 15- 20 Brussels sprouts
oil, salt

Place all vegetables on a large baking pan, drizzle with olive oil and salt lightly (may sprinkle with Italian spice or thyme to add flavor).

Bake at 350 degrees uncovered for about 1 hour till tender. Stir vegetables a few times while baking. Cover after baking so that the vegetables don't dry out.

This a tasty and colorful side dish that goes well with pork meat.

Editor's Note: You can also take those roasted veggies and place them in a pie crust along with goat cheese and bacon or ham for a more substantial dinner or side. Make some small, rustic tarts and bake for about 20 more minutes until the crust is cooked.

Quick Refried Bean Bake

Barbara Beasley

2 cans Refried Beans
4 ounces chopped green chilies
Shredded Mexican cheese
Tortilla Chips

1. Grease a 10 by 10 inch baking dish
2. Stir the refried beans and chilies in a bowl and pour into the prepared dish, spread until smooth
3. Sprinkle cheese on top
4. Bake at 400 F until cheese is bubbly
5. Serve with tortilla chips and a salad

Cowboy Beans

Bobbi Kumley

2 lbs. hamburger
1 large sweet onion (diced)
½ cup brown sugar
½ cup ketchup
½ cup vinegar
2 small (OR 1 large) cans pork and beans (drained)
2 or 3 tbsp mustard
1 can kidney beans (drained)
1 can white beans (drained)

In a large skillet, cook the hamburger meat and onion until the meat is browned and the onion has turned translucent. Transfer to a crock pot and add all the other ingredients and mix until combined.

Cook 2 to 3 hours in a crockpot on low.

Crockpot Refried Beans

Heather LaCroix

3 cups dry pinto beans
1 onion, peeled and halved
1 jalapeño pepper, seeded and chopped
2 Tbsp. minced garlic
1 Tbsp. chili powder
1 Tbsp. salt
1 tsp. black pepper
1/8 tsp. ground cumin
10 cups water or chicken broth

Easy-

Combine all ingredients in crockpot and cook for 6-8 hours on high or until beans are smashable. Use slotted spoon to transfer cooked beans, onion and jalapeño to a blender and process in batches adding cooking liquid as desired or not for preferred thickness. This thickens quite a bit as it cools. Save the remaining cooking liquid and maybe some of the beans for Bean Stock Soup (In Soup section)

Better-

The night before soak the beans in water and 3 Tbsp. of baking soda to make them more digestible. Drain and rinse before adding to the crockpot with the other ingredients. Soaked beans will probably be done closer to 3 or 4 hours on high.

Better yet-

Use homemade chicken broth as the cooking liquid. This is particularly good if you will be saving the cooking liquid to make Bean Stock Soup.

Slow Cooked Thai-Spiced Braised Chicken

Barbara Beasley

2 cup water
1 cup chopped onion
1/3 julienne fresh ginger, peeled first
1/4 cup rice vinegar
2 Tbsp Thai fish sauce
1/2 tsp. black pepper
1 tsp. Thai chili paste
8 chicken thighs, skinned (about 3 #)
1 pound baby carrots
14 oz chicken broth
3 garlic cloves, halved
1-8 in. stalk lemongrass, cut in half lengthwise
1/2 cup coarsely chopped cilantro
2 cup hot cooked jasmine rice
1/2 cup sliced green onions
4 lime wedges

Optional: for a heartier soup, add sliced cabbage, 1/2 zucchini, and/or 1 pkg. Asian frozen vegetables in last 20 minutes of cooking.

1. Place first 12 ingredients in a crockpot. Cover and cook on high for 7 hours or until chicken is done.
2. Discard lemongrass, stir in cilantro
3. Debone chicken into soup
4. To serve, place 1/2 cup rice and 2 chicken thighs into a bowl and ladle soup over.
5. Garnish with 2 Tbsp green onion, serve with lime wedges

Slow Cooked South West Beef and Pinto

Barbara Beasley

1 pound dried pinto beans
4 cups beef broth
1 pound lean beef chuck in cubes
1/2 tsp. dried red pepper
1 medium onion, chopped
2 cloves garlic
6 ounces tomato paste
1 tsp chili powder
1/2 tsp cumin powder
1/2 tsp marjoram

1. Brown beef cubes in oil. Add to crockpot
2. Add remaining ingredients. Cover and cook on low for 11-12 hours until tender. Serve with cornbread.

Slow Cooked Hungarian Goulash

Barbara Beasley

1 ½ pound beef stew meat, cut into 1 inch cubes
1 large onion, minced
2 cloves garlic, minced
½ tsp. salt
½ tsp pepper
½ cup water
2 Tbsp tomato paste
1-2 Tbsp sweet Hungarian paprika
¼ cup flour
½ cup water
¼ cup sour cream
Cooked noodles

1. Brown meat in oil in pan on stove. Place meat in crock pot. Cover with onion and garlic
2. In small bowl, combine salt through paprika and pour over meat and stir
3. Cover and cook on low for 8-9 hours
4. In small bowl, combine flour, water, and sour cream. Stir into crock pot and turn to High.
5. Cook uncovered on High for 10-15 minutes until slightly thickened.

Slow Cooked Scandinavian Dilled Pot Roast

Barbara Beasley

1-3 pound beef rump or chuck roast
½ tsp salt
¼ tsp pepper
2 tsp dried dill weed
¼ c water
1 T vinegar
4 tsp cornstarch
2 Tbsp water
1 cup sour cream

1. Brown meat in pan on stove. Place meat in crock pot.
2. Add salt through vinegar. Stir. Cover and cook on Low for 7-9 hours or until meat is tender
3. Place meat on a platter and keep warm while making the sauce
4. Dissolve cornstarch in water. Pour into crock pot and mix with meat drippings.
5. Turn crock pot to High and cook for 10-15 minutes or until slightly thickened.
6. Stir in sour cream. Slice meat and serve warm with sauce.

Barbecued Baked Beans with Leftover Shredded Beef in Crock Pot

Barbara Beasley

- 1 Tbsp olive oil
- 1 medium onion, finely chopped
- 1 medium green pepper, finely chopped
- 2 pounds of canned barbecued baked beans or pork and beans
- 1 cup tomato sauce
- 2 cups leftover beef, shredded
- 3 Tbsp cider vinegar or red or white wine
- 2 tsp Dijon mustard
- ½ tsp Tabasco sauce
- S & P

1. Sauté onion and green pepper in olive oil until done
 2. Add all other ingredients in and cook on low in crock pot for 4-5 hours to blend flavors. May also be cooked in 325 F oven for 45 minutes.
- Optional-use cooked hamburger
Serve with potato salad

Slow Cooked Greek Style Chicken

Lauri Baker

- 1 Fryer chicken, cut-up
- 3 Tbsp. flour
- 1 tsp. salt
- ½ tsp. pepper (I use lemon-pepper)
- ½ tsp. oregano
- 3 Tbsp. vegetable oil
- 2 small onions, sliced thin
- ½ cup chicken broth
- ½ cup lemon juice, fresh

Mix flour and seasonings together and dredge chicken with mixture (may need to make additional flour mixture!). Heat oil in skillet and brown chicken. Place chicken in a crockpot along with oil, sliced onions, chicken broth, and lemon juice, and cook on high for 3-4 hours.

Mrs. Wilson's Yummy Roast

Joyce Schlimmer

Rub roast with salt, pepper and garlic

Brown all sides in hot oil

Remove meat and place in a crockpot

Brown 1 onion and garlic (amount as desired) in same pan

Deglaze pan with

¼ c red wine

2 Tbs Worcestershire sauce

¾ c hot water

1 Tbs beef bouillon (I use the paste bouillon)

Add 1 can cream of mushroom soup and mix well

Pour liquids over roast.

Cook in crockpot on low 8 hours.

Makes a tender roast and lots of gravy, too.

Gorgonzola Macaroni with Chives

Contributed by Holly Zahller and found in Bon Appétit from March 2003

1 pound spiral tube-shaped pasta

2 tablespoons (1/4 stick) butter

1/4 cup all purpose flour

2 cups whole milk

1 cup whipping cream

1 teaspoon hot sauce

3 cups grated cheddar cheese

1 1/2 cups crumbled gorgonzola

1 1/3 cups bread crumbs

4 Tablespoons butter, melted

1 tablespoon minced fresh chives

Preheat oven to 350°F. Butter 13x9x2-inch glass baking dish. Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally, about 8 minutes. Drain.

Meanwhile, melt butter in heavy large saucepan over medium-low heat. Add flour. Cook 1 minute, stirring constantly (do not allow to brown). Gradually whisk in milk and cream.

Simmer until mixture thickens slightly, whisking occasionally, about 3 minutes. Reduce heat to low. Add hot sauce, grated cheddar cheese and 1 cup crumbled blue cheese. Whisk until cheese melts, about 2 minutes. Season sauce to taste with salt and pepper. Add cooked pasta to sauce; stir to coat.

Transfer mixture to prepared baking dish. Sprinkle with buttered bread crumbs and remaining 1/2 cup blue cheese. Bake until sauce begins to bubble, about 25 minutes. Sprinkle with chives and serve

Spaghetti Carbonara

Holly Zahller

Combine 6 chopped bacon slices, 2 Tbsp olive oil, 3 crushed garlic cloves, ½ tsp minced rosemary, 2 minced jalapenos (or a pinch of pepper flakes), and ¼ cup water in a skillet over medium-high heat; cook until the water evaporates and the bacon crisps, 12 minutes. Meanwhile, cook and drain 12 ounces spaghetti, reserving ¼ cup cooking water. Discard the garlic. Add cooked spaghetti to the skillet and toss. Whisk 3 eggs, ¾ cup grated parmesan, ½ cup grated pecorino, 2 Tbsp chopped parsley and some pepper in a bowl; whisk in pasta-cooking water, then toss with the pasta until creamy.

Chicken Pasta with Red Pepper Cream Sauce

Joyce Schlimmer

All of this is done in the same pan.

Sauté 1ound of bacon – drain and set aside

Sauté and set aside

2 onions chopped finely

4 cloves garlic

Brown 9 pieces of chicken and set aside

Sauté in 1 TBS butter and set aside

½ c chopped mushrooms

1 or 2 whole pre-roasted red bell peppers chopped

Deglaze pan with ½ c Martinelli's or white wine

Add

1 ½ c sour cream

1 ½ c half and half

Puree mushrooms, peppers, liquids, dairy until smooth.

Place all ingredients back into pan, pour sauce over chicken and heat through on the stove, gentle heat.

Serve over pasta of your choice with garlic bread.

Moist Roast Chicken

Joyce Schlimmer

1. **Remove** giblets and save, **wash** and **place** a whole chicken in a freezer bag or a container just its size!

2. **Mix** this brine:

1qt cold water,

½ c sugar,

¼ c table salt

Pour over chicken, making sure all parts are being soaked. Let set in fridge for 2 -6 hours.

3. **Remove** chicken, discarding brine. **Rinse** thoroughly and **place** on rack of a roaster.

Rough cut

1 onion,

2 carrots,

2 celery stalks, and (garlic if you like)

4. **Fill** the cavities of the chicken with some of the vegetables and truss the chicken. **Place** the rest of the vegetables and the gilet in the bottom of the roaster with a cup or so of water. If you have time, place the uncovered chicken in the fridge for an hour or two in order to dry out the skin and make it crispier when you roast it.

5. Remove from fridge if you fridged it or just do this next step. **Rub** with olive oil or butter and your favorite seasoning – anything you have on hand, but go easy if it is salt based as the brine makes this chicken salty. We use mesquite rub or an herb mixture.

6. **Roast** uncovered in 350⁺ oven for about 1 ½ - 2 hours or until done (internal temp 160°), or you could make the temp higher and adjust the time accordingly. Make sure there is always some water in the bottom of the pan while it roasts. The steam from the water adds additional flavor to the chicken.

7. **Remove** from oven and **let set** for a few minutes before carving to serve.

Baked Chicken Breasts Bilecky

Jennie Owen

¼ cup unsalted butter

1 ½ tsp Worcestershire

1 Tbsp soy sauce

¾ cup chopped onion

3 Tbsp minced parsley or equivalent in dried

¼ tsp each: dried basil, dried rosemary, dried thyme, paprika, pepper

2 chicken breasts, halved (I use 4-6 boneless or thighs, whatever I have on hand)

In a saucepan, heat butter and sauces over moderately low heat until melted. Add onion, herbs, and seasonings; simmer for 5 minutes, stirring gently. Put breast halves in baking dish; spread mixture over them.

Bake at 350° for 1 hour. Serve with rice.

Quick Chicken Cacciatore

Contributed by Jennie Owen and found in Martha Stewart Living – February 2006

8 chicken thighs, skin on (abt. 2 ¼ pounds)

Coarse salt and freshly ground pepper

1 cup all-purpose flour
¼ cup extra-virgin olive oil
2 medium onions, halved and cut into ⅛-inch-thick slices
1 1/2 pounds cremini mushrooms or white mushrooms, quartered
2 large bell peppers (preferably 1 red and 1 green), sliced 1/4 inch thick
3 large garlic cloves, finely chopped
2 tsp finely chopped fresh rosemary, plus more for sprinkling
¾ cup dry white wine
3 cans (14 ½ ounces each) diced tomatoes, juice from 1 can reserved
1 cup homemade or low-sodium store-bought chicken stock

Season chicken with 2 tsp salt and ¼ tsp pepper; dredge in flour. Heat oil in a large Dutch oven over medium-high heat. Add half the chicken, skin side down; cook until dark-golden brown, about 4 minutes per side. Transfer to a plate repeat. Wipe out skillet, and respray. Add mushrooms and cook about 5 minutes; set aside.

Add onions, garlic, and rosemary; cook, stirring, until onions are translucent, about 3 minutes. Reduce heat to medium-low. Add wine, and simmer 4 minutes. Stir in tomatoes, reserved juice, stock, and 1 tsp salt. Return chicken to pot. Raise heat to medium-high, and bring sauce to a boil. Reduce heat to medium-low. Partially cover, and simmer, stirring occasionally, until chicken is cooked through, 30 to 35 minutes. Transfer chicken to a plate; cover.

Raise heat to medium. Cook until sauce thickens, about 10 minutes. Return chicken to pot. Serve sprinkled with more rosemary. Great with Creamy Polenta.

Chicken Sandwiches (Chick-fil-A)

Holly Zahller

2 skinless, boneless chicken breasts
1 tsp paprika
1 large egg
½ cup nonfat milk
1 Tbsp mustard
¾ cup flour
¼ cup whole wheat flour
1 Tbsp malted milk powder
1 Tbsp plus 1 tsp powdered sugar
¼ tsp baking soda
Pickle slices
4 hamburger buns

1 Tbsp butter

Cut the chicken breasts in half horizontally to make 4 thin cutlets. Place the cutlets between 2 pieces of plastic wrap and pound to 1/8- inch thick. Season with salt, pepper and 1/2 tsp paprika.

Heat 2 inches oil to 325°. Meanwhile, whisk egg, milk, mustard, and 2 Tbsp water in a baking dish. Whisk both flours, malt powder, sugar, baking soda, 1/2 tsp paprika, and 1 tsp each salt and pepper in another dish.

Working in batches, dip the chicken in the egg mixture, turning to coat, then dredge in flour mixture and shake off excess. Fry in hot oil until golden, about 4 minutes, then drain on paper towels.

Toast and butter the buns. Put 2 pickle slices on each bun bottom, then top with chicken and cover with bun top.

Passover Chicken

Olivia Grauke

Serves about 8-10 people

10 pieces of chicken (I use bone-in skin-on chicken legs and chicken thighs, but you can also use boneless skinless chicken breasts)

Marinade:

3/4 cup olive oil

3/4 cup balsamic vinegar (Costco Kirkland brand is best)

1 head of garlic, minced

1/4 cup dried oregano

1 cup dried prunes

1 cup dried apricots

1 cup Spanish olives

3 bay leaves

Salt and pepper

For basting:

1/2 cup white wine

1/4 cup brown sugar

Wash and cut off any excess skin around the chicken. Mince the garlic using a food processor. Put the chicken on two cookie sheets. Salt the chicken and spread garlic all over the chicken and under the skin.

In a big bowl assemble the rest of the marinade. Put in chicken and coat evenly. Transfer all ingredients into gallon size zip lock bags and refrigerate overnight, turning it over a few times so the marinade coats evenly.

Remove meat from the refrigerator and let sit at room temperature for 45 minutes to an hour. Preheat oven to 400 degrees. Transfer to a 10x15 glass pan or roasting pan, pouring left over marinade on top. Pour white wine around the sides of chicken and sprinkle the brown sugar on top. Bake at 400 degrees for 1 hour, basting frequently (cooking time will be shorter for boneless skinless breasts).

Let rest 10 minutes before serving with basmati or wild rice and salad or steamed asparagus.

Curry Yogurt Chicken with Couscous

Olivia Grauke

Marinade:

½ cup plain fat free yogurt

4 tsp lemon zest

3 tsp fresh lemon juice

1 tsp kosher salt

½ tsp ground ginger

½ tsp ground cumin

½ tsp curry powder

¼ tsp ground red pepper

¼ tsp ground cloves

¼ tsp black pepper

8 skinless, boneless chicken thighs, washed, patted dry, and excess fat trimmed

Stir ingredients together and marinate chicken several hours or overnight. Remove meat from fridge and let sit at room temperature for 45 minutes to an hour.

Preheat the broiler to 500 degrees. Shaking off excess marinade, place chicken on a roasting pan (or I sometimes use a cookie rack set in a cookie sheet) and broil about 4 inches from heat 10-15 minutes. Watch closely; edges will blacken and juices run clear when done. Let rest 10 minutes and serve with couscous or rice.

*This is a VERY flexible recipe. I've used vanilla yogurt, increased the lemon juice, added or subtracted similar spices, tossed in a dash of maple syrup, thrown in some minced garlic or fresh ginger...you get the idea!

Couscous:

2 cups fat free, less sodium chicken broth

1 ½ cups uncooked couscous

¼ cup slivered almonds

2 Tbsp. currants

2 Tbsp. golden raisins

1 Tbsp. sliced scallions

¼ tsp. black pepper

Heat a large skillet (one with a tight fitting lid) over medium high heat. Toast the almonds until light brown and set aside. Turn heat up to high and add the broth and raisins, bringing to a boil. Gradually stir in couscous, remove from heat, cover, and let stand five minutes.

Fluff with fork and gently stir in almonds, currants, and scallions, then season with salt and pepper.

Dutch Oven Chicken

Contributed by Vicki Mau and found in The Primal Blueprint Cookbook

1 whole roasting chicken (remove giblets from interior cavity)
1 tsp coarse sea salt
¼ tsp freshly ground black pepper
1 Tbsp fat (lard, poultry fat, ghee or olive oil)
½ cup finely chopped onion
¼ cup finely chopped celery
4—6 cloves of garlic, peeled
1 bay leaf

Place rack in lowest position in oven (remove top rack if there isn't enough clearance for the Dutch oven pot). Preheat oven to 250 degrees.

Dry chicken with paper towels to remove excess moisture from packaging. Season all over with salt and pepper.

Heat fat in Dutch oven on the stove over medium heat. When fat is hot and nearly smoking, place chicken breast side down in the hot pot. While chicken is browning, prepare vegetables, adding to the pan as you chop. Cook about 6—8 minutes total, until breast skin browns.

Turn chicken breast side up (a sturdy wooden spoon inserted into cavity is useful) and cook about 8 more minutes. Continue adding vegetables if you aren't yet finished prepping them.

Turn off heat. Cover pot with tight fitting lid (use a sheet of aluminum foil under the lid, too, if the lid doesn't create a good seal).

Place pot into oven and bake about 1 ½ hours for a small chicken (under 4 lbs) or about 2 hours for larger chickens (over 4 ½ lbs). Chicken is finished cooking when instant read thermometer shows a temperature of 175 degrees in the thigh meat not near a bone (thigh will wiggle freely in socket, too, and juices will run clear).

Transfer chicken to warm platter or grooved cutting board (some juices may escape) and cover loosely with the sheet of aluminum foil used to seal lid to pan. Let sit for 20 minutes.

Strain juices from pot through a fine wire mesh strainer (save cooked vegetables for making broth with leftover chicken bones) and let the fat rise to the top. Skim fat off and adjust seasoning to taste, salt and pepper if necessary. Keep juices warm until time to serve.

Carve chicken into quarters and serve with warm juices.

Also, can use chicken to make burritos or minestrone (in the **soups** section ☺)

Parmesan Chicken

Bobbi Kumley

Flour Mixture

$\frac{3}{4}$ cup flour
 $\frac{3}{4}$ cup parmesan cheese
1 tsp. salt
1 tsp. garlic powder
1 tsp.
1 tsp. dried basil
 $\frac{1}{4}$ tsp. pepper
1 tbsp onion powder

Liquid Mixture

1 $\frac{1}{2}$ water and 1 $\frac{1}{2}$ cup wine
--OR--
3 cups water

1. Combine all of the flour ingredients in a shallow bowl. Cut three chicken breasts into strips and then dredge the chicken pieces in the flour mixture.
2. In a large skillet, brown chicken in butter and oil over medium heat for 5 minutes on each side.
3. Pour liquid mixture over all, and then whisk in the remaining flour mixture. Simmer until desired consistency is reached.
4. Serve over rice or noodles.

Pot Pie for a Crowd

(20---24 servings)

Bobbi Kumley

40 oz. frozen peas and carrots
2 cups onion (chopped)
1 $\frac{1}{3}$ cups flour
3 cups milk

2 tsp. salt
1 tsp. sage
½ tsp. pepper
8 cups water
8 tbsp chicken bouillon
(OR 4 gravy packets)
(OR 8 cups of chicken stock (omit 8 cups of water))
12 cups cubed cooked chicken
1 cup parsley (chopped)
2 cups cubed potatoes (boiled)

1. Cook and drain the vegetables.
2. Sprinkle the flour over the milk, then stir until combined.
3. Add water, bouillon, and spices to the milk mixture.
4. Cook and stir till thickened and bubbly.
5. Cook and stir one or two minutes more.
6. Stir in vegetables, potatoes, chicken and parsley.
7. Heat till bubbly, pour into pastry lined pie pans, cover with pastry crust and seal edges with a fork.
8. Bake at 425° for 35 minutes.

Honeyed Chicken Teriyaki

Bobbi Kumley

½ cup flour
½ tsp. salt
⅛ tsp. pepper
2 eggs
2 lbs. chicken pieces

Glaze:

⅓ cup soy sauce
⅓ cup honey
1 clove garlic
1 tsp. ginger (fresh)
⅛ tsp. ginger (dried)
sesame seeds

Mix flour, salt, and pepper in a shallow dish. In another small bowl, beat the two eggs. Dip the chicken in eggs then in flour. Fry in a pan with oil over medium heat. Then, transfer to a 9x13 pan and cover with glaze. Bake at 250° for 20 minutes.
(Takes approximately one hour to prepare a double batch)

Roasted Chicken and Potatoes Monterey

Bobbi Kumley

1½ lbs. Red Potatoes (cut into 1½" pieces)
2 tbsp butter (melted and divided)
4 boneless, skinless chicken breasts
1 tbsp lime juice
1½ cups shredded cheese
¼ cup chopped cilantro
3 tbsp salsa

1. Toss potatoes with 1 tbsp melted butter.
2. Arrange in layer around edges of foil-lined large shallow pan.
3. Bake at 425° for 10 minutes.
4. Remove pan from oven and place chicken in center of pan.
5. Brush chicken with combined remaining butter and lime juice.
6. Bake at 425° for 20 minutes or until the chicken is no longer pink in the center and potatoes are browned and tender.

Chicken Nancy

Megan Haney from Kay Wiersma

4 to 6 chicken breasts
one thick slice of cheese (Swiss) per chicken
one big can of cream of mushroom soup concentrated
2/3 cup cooking sherry or milk
small bag of cornbread stuffing
stick of margarine

Place the chicken in a greased 9x13 pan. Place one slice of cheese over each chicken breast. In a separate bowl, mix the mushroom soup and sherry or milk. Pour over the chicken. In another separate bowl, melt the stick of margarine and mix it with the cornbread stuffing. Sprinkle this mixture over the top of the chicken. Bake at 350 degrees for one hour.

Editor's Note: If you are bringing this dish over to someone's house, use frozen chicken. It will defrost at church or on the way to the person's house. Make sure you include a note on how to cook it. More than once I've shamefacedly had to call the chef to ask what the meal was, and how to go about preparing it correctly.

Lemon Chicken Breasts

Alice Kniss

Ingredients

¼ cup good olive oil
3 Tbsp minced garlic (approx. 9 Cloves)
1/3 cup dry white wine
1 Tbsp grated lemon zest (2 lemons)
2 Tbsp freshly squeezed lemon juice
1 ½ tsp dried oregano
1 tsp minced fresh thyme leaves
4 boneless chicken breasts, skin on
1 lemon
Kosher salt
Black pepper

Directions

1. Preheat oven to 400°.
2. Warm the olive oil in a small saucepan over medium-low heat, add garlic, cook 1 minute – do not allow to turn brown. Take off the heat and add white wine, lemon zest, lemon juice, oregano, thyme & 1 tsp salt. Pour into 9x12 baking dish.
3. Pat chicken breasts dry, place in dish skin side up. Brush with olive oil and sprinkle liberally with salt & pepper. Cut 1 lemon into 8 wedges, tuck among chicken breasts.
4. Bake 30-40 min until chicken is done and skin is lightly browned (can put under broiler to brown). Cover with foil and let stand 10 min. Salt & serve hot with pan juices.

Chicken Pot Pie

Leslie Poole

4 tablespoons (1/2 stick) unsalted butter
3 carrots, peeled and sliced ¼ inch thick
2 ribs celery, sliced ¼ inch thick
1 onion, minced
Salt
2 garlic cloves, minced
2 teaspoons minced fresh thyme or ½ teaspoon dried
½ cup all-purpose flour

¼ cup dry sherry
3 cups low-sodium chicken broth
¼ cup heavy cream
2 bay leaves
Pepper
3 pounds boneless, skinless chicken breasts, trimmed and cut into 1 inch pieces
1 cup frozen peas
2 tablespoons minced fresh parsley
1 recipe double-crust pie dough

1. Adjust an oven rack to the lower-middle position and heat the oven to 425 degrees. Melt the butter in a large Dutch oven over medium heat. Add the carrots, celery, onion, and ¼ teaspoon salt and cook until softened, about 7 minutes.
2. Stir in the garlic and thyme and cook until fragrant, about 15 seconds. Stir in the flour. Slowly whisk in the sherry, scraping up any browned bits. Stir in the broth, cream, and bay leaves. Simmer until the mixture is thickened, about 10 minutes.
3. Season the sauce with salt and pepper to taste. Stir the chicken into the sauce and continue to simmer until the chicken is cooked through, about 10 minutes.
4. Discard the bay leaves and stir in the peas and parsley. Pour the mixture into a 9 by 13-inch baking dish.
5. Roll the pie dough into an 11 by 15-inch rectangle and then drape it over the dish and trim.
6. Bake until the topping is golden brown and the filling is bubbly, about 20 minutes. Let cool for 5 to 10 minutes before serving.

Pork Tacos with Mango Salsa

Contributed by Jennie Owen and found in Cooking Light

Ingredients

1 tablespoon fresh lime juice
1 teaspoon ground cumin
1 (1-pound) pork tenderloin, trimmed, cut into 1/2-inch strips
Cooking spray
2 cups julienne-cut red bell pepper, (about 1 medium)
2 cups julienne-cut green bell pepper, (about 1 medium)
1 cup thinly sliced onion
2 garlic cloves, minced
1 tablespoon low-sodium soy sauce
1 teaspoon sugar
8 (8-inch) low-fat flour tortillas
1 1/2 cups diced mango (about 1)
1/4 cup fat-free sour cream

Preparation

Combine juice, cumin, and pork in a bowl, tossing well to coat. Let stand 5 minutes.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork to pan; sauté 4 minutes or until done. Remove from pan.

Recoat pan with cooking spray. Add peppers and onion; cook 6 minutes or until tender. Add garlic and pork; cook for 1 minute. Add 1 tablespoon soy sauce and sugar; cook 1 minute. Remove from heat.

Warm the tortillas according to package instructions. Serve pork mixture with tortillas, mango, and sour cream.

Chili Cheese Biscuit Bake

Bobbi Kumley

1 pound ground beef
½ cup diced onion
¼ cup diced green pepper
8 oz. can tomato sauce
2 tsp. chili powder
1 minced garlic clove
Dash of salt
1½ - 2 cups grated Cheddar Cheese

1. In a large pan, cook beef, onion, green pepper, tomato sauce, chili powder, garlic and salt until the beef is browned and the onion turns translucent.
2. Cover 9" square pan with half of the biscuit dough.
3. Spoon meat mixture over dough.
4. Sprinkle with ½ cup of cheese.
5. Spread remaining dough on top.
6. Sprinkle remaining cheese over dough.
7. Bake at 350° for 30 minutes.

Biscuit Dough:

3½ cup flour
1 tsp. salt
2 tbsp. baking powder
½ cup chilled butter or shortening
1½ cup milk

Mix flour, salt, and baking powder in bowl. Cut in butter or shortening with pastry blender or two knives. Mix in milk.

Crab Quiche

Contributed by Leslie Poole and found at <http://allrecipes.com/recipe/crab-quiche-2/detail.aspx>

1 (9 inch) unbaked pastry shell
1 cup shredded Swiss cheese, divided
1/2 cup chopped sweet red pepper
1/4 cup chopped green onions
1 tablespoon butter or margarine
3 eggs
1 1/2 cups half-and-half cream
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 cup canned crabmeat, chopped

1. Line unpricked pastry shell with a double thickness of heavy-duty foil (use pie weights if desired). Bake at 450 degrees F for 5 minutes; remove foil. Bake 5 minutes longer. Immediately sprinkle 1/2 cup cheese over crust.

3. Reduce heat to 375 degrees F. In a skillet, sauté red pepper and onions in butter until tender. In a large bowl, whisk the eggs, cream, salt and pepper. Stir in the crab, red pepper mixture and remaining cheese. Pour into crust. Bake for 30-35 minutes or until a knife inserted near the center comes out clean. Let stand for 15 minutes before cutting.

Hyink's Bean Burgers

Lauri Hyink

*The first time I tried this, I thought I could fool my husband into thinking they were beef. I came pretty close (not quite!), but he loved them. These have since become a family favorite and a great budget stretcher. In our house, they equal love on a plate! Beans always bring to mind Proverbs 15:17, "Better is a dinner of **herbs** where love is, than a stalled ox and hatred therewith."*

White beans (if you want these to look like chicken patties!) or black beans--soak overnight or start soaking them in the morning when you get up.

Drain.

Cook beans for 1-2 hours (white beans tend to cook faster than black). They should not be crunchy at all.

Mix 15 oz. cooked beans (that equals 1 can) with 1 cup bread crumbs and 1 egg.

Season with salt and your favorite seasoning mix. Have fun playing with different flavors! Our favorite is chipotle rub.

Shape into patties and fry in oil in your skillet.

Place on buns with favorite condiments, and that's all there is to it.

Ham and Pesto Rolls

Rachel Doolittle (and Jennie Owen)

First, you make a basic pizza dough. (Just any old yeast recipe will do.) Let it rise, then roll it out into a rectangle like you are making cinnamon rolls. Spread pesto sauce over it all but leave the top inch pesto-free. (I usually make my own pesto sauce from a random recipe I found online, but I've purchased it too.) Add thin slices of ham (again leaving the top inch free), then cover with mozzarella cheese. I use shredded, but probably thin slices would work too. Roll it up starting at the bottom, then seal the seam. Slice into rolls, place on greased cookie sheet, let rise slightly before baking. Bake at 350 for about 15-20 minutes, or until the dough is golden brown and the cheese is melted.

It's a really versatile recipe. I think Julie Letsche has even done it with pizza sauce (Anne Bouckennooghe has), pepperoni, and mozzarella cheese.

Delicious Classic Meatloaf

Joyce Schlimmer

Makes 6 servings – with some leftovers for sandwiches

2 ½ pounds ground beef
3 eggs
1 ½ Tbsp Worcestershire
¼ cup Heinz 57 sauce
¼ cup ketchup
½ cup of ¼ inch-chopped green bell pepper
1 cup of ¼ inch-chopped onions
½ cup of ¼ inch-chopped celery
1 Tbsp minced garlic
¼ c uncooked oatmeal (rolled oats)
1/3 cup fine, dry bread crumbs
¾ tsp black pepper
2 tsp salt
Vegetable cooking spray
Bacon (optional)

Ketchup or BBQ sauce for brushing

1. Preheat oven to 350°
2. Mix together ground beef, eggs, Worcestershire and Heinz 57 sauce, ketchup, bell pepper, onion, celery, garlic, oatmeal, bread crumbs, pepper and salt until well combined. Spray a 9 x 5 (8 cup) loaf pan with vegetable cooking spray. Place meat mixture in pan and pack well, rounding and smoothing the top. Then rap the pan smartly on the counter to remove any air bubbles.
3. Brush meat with ketchup or BBQ sauce. Place bacon strips over meat if desired. If not using bacon, cover meatloaf with foil. Place on baking pan and bake in preheated oven for 1 hour. Remove foil if used. If you wish, baste top of meatloaf with additional ketchup. Bake 45-60 minutes longer until the center of the meatloaf reaches an internal temperature of 160°. Cool meatloaf for 10 minutes then loosen from sides of pan with a knife. Drain off grease and remove loaf from pan.
4. Serve thick slices.

Editor's Side Story: The first time we had Natalie and Elliot Weber over I made this meatloaf. I skimmed the directions, and stopped reading after it said to cook for one hour. When I realized my mistake I was past the point of no return. I wasn't near tears, but was a little verklempt when I discussed the predicament with Joshua, who quite practically told me to just order pizza. Huzzah! Problem solved and local economy stimulated. I'd like to say lesson learned, but I can't. I did the exact same thing twice. There's yet to be a third try. Soon. Maybe.

Moral: Always read the recipe carefully beforehand.

Oven BBQ Ribs

Lauri Baker

4 racks pork ribs, patted dry
½ cup packed brown sugar
¼ cup paprika
4 ½ tsp. salt
1 Tbsp. unsweetened cocoa powder
2 tsp. cayenne pepper
1 tsp. ground cumin
Bottled BBQ sauce (I use Sweet Baby Ray's)

1. Line 2 rimmed baking sheets with foil, and place a wire rack on top of each. Place 2 racks of ribs on each wire rack, meat side up.

2. Using a sieve, sift sugar, paprika, salt, coca, cayenne & cumin together into a small bowl.
3. Sprinkle spice mixture evenly over both sides of ribs. Lightly rub mixture into the ribs to completely coat. Cover with plastic wrap. Refrigerate at least 20 min, or up to 2 hours.
4. Preheat oven to 350 degrees. Cook ribs on racks on sheets, switching positions of baking sheets about half way through, until meat pulls away easily from the bones, 1 ½ to 2 hours. Take ribs out of oven and increase heat to 425 degrees. Brush both sides of ribs with BBQ sauce. Cook ribs about 15 min longer. Let stand 5 minutes before slicing.

Pizza Meatloaf

Barbara Beasley

2 pounds hamburger
1 cup cracker crumbs
1 cup milk
½ cup minced onions
½ cup minced green pepper
½ cup grated Parmesan cheese
2 eggs
1 tsp oregano
S & P
8 ounces pizza sauce
1 cup shredded Mozzarella cheese
Optional: mushrooms

1. Mix all ingredients from hamburger to S & P together.
2. Place mixture in an 8 inch square pan or loaf pan.
3. Bake 350 F for 45 minutes
4. Pour off drippings
5. Spread pizza sauce over meat, sprinkle with cheese
6. Bake a couple more minutes until cheese is melted

Pizza Toppings

Megan Haney and Shannon Lee

Idea #1: mushroom, prosciutto and red pepper, making sure the prosciutto gets crisp.

Idea #2: Fresh mozzarella, basil, and tomato sauce

Idea #3: White sauce, chicken, artichoke hearts, red onion, and spinach (the latter put on towards the end).

White pizza sauce (Shannon's own! can make for 1 or 2 pizzas):

3 T. butter - melt in pan

1/4 flour - add when butter has melted

milk - add to desired consistency - don't have to wait for roux to cook; I just add milk right after the flour...

Sweet and Sour Meatballs

Holly Zahller

Meatballs

2 slices sandwich bread

1/3 cup buttermilk

3/4 pound (80%) ground beef

1/4 pound ground pork (or use all beef)

1 large egg

1 garlic clove, minced

Sauce

2 cups ketchup

1 cup packed brown sugar or honey

1/2 cup red wine vinegar or apple cider vinegar

1/2 cup water

1 Tbsp Dijon mustard

1 Tbsp Worcestershire

2 garlic cloves, minced

Adjust oven rack to middle position and heat to 450°. Tear bread into small pieces and mash together in a bowl with the buttermilk. Add beef and pork (if using), egg, garlic, 1/4 tsp salt, 1/8 tsp pepper. Stir gently until combined and uniform. Gently form into 3/4-inch balls (about 70). Spread meatballs onto a rimmed baking sheet and bake until cooked through, 20 minutes. Drain on paper towels.

Meanwhile, combine sauce ingredients in a saucepan and simmer over medium heat for 15 minutes. Add meatballs and cook for 10 minutes.

Serve with rice.

Make ahead: Store cooked meatballs and combined sauce ingredients separately in the fridge for up to 2 days.

Quick Meatball Sandwich

Hearty dinner for adults, use less for kids

Barbara Beasley

Costco large hot dog buns

Frozen meatballs, Costco

Canned spaghetti sauce

Provolone cheese slices

1. Use 5 meatballs per person. Place meatballs in a microwave safe baking dish.
2. Cover meatballs with spaghetti sauce and roll meatballs in sauce to coat all sides
3. Cover with plastic wrap and microwave on high for 2 minutes or until you think they are heated through
4. Place 5 cooked meatballs in each large hot dog bun, spoon some sauce over meatballs
5. Place each filled meatball sandwich in a baking pan, place a cheese slice over the top of meatballs. Broil until cheese melts

Fourth of July Dessert

Olivia Grauke

Crust:

½ cup chopped pecans
¼ cup brown sugar
1 cup flour
½ cup melted butter

Preheat oven to 350 degrees and grease a 9x13 pan. Combine the first three ingredients in a food processor and pulse together. Add the melted butter and pulse a few more times until the mixture comes together. Press into the bottom of pan and bake for 10 minutes. Let cool completely.

Filling:

8 oz cream cheese, softened to room temperature
8 oz sour cream
1 tsp vanilla
¼ to ½ cup powdered sugar

In a food processor, blend cream cheese, sour cream, and vanilla until fluffy; then add powdered sugar in small increments, sweetening to taste. Pulse until smooth. Spread evenly over crust and refrigerate several hours or overnight.

An hour or so before serving, layer the pan with any or all of the following fruits:
Strawberries (hulled, cored, and cut into bite size pieces)
Peaches (skin removed and cut into bite size pieces)
Raspberries, blueberries, blackberries, huckleberries, etc.
Finally, warm up some (preferably homemade) raspberry jam and drizzle on top of the fruit.

Serve with a dollop of whip cream if desired.

Sweet Paul's Easy Chocolate Cake

Vicki Mau

1 stick melted butter
1 cup sugar
2 eggs
1 tsp vanilla extract
4 Tbsp baking cocoa
¾ cup plain flour

Preheat oven to 320 degrees.
Stir butter and sugar until the sugar is dissolved.
Add the eggs and mix well.
Stir in vanilla, cocoa and flour.
Pour the batter in a buttered cake tin and bake for about 30 minutes.
The cake is best if it is a little underbaked in the middle, like a soft brownie.
Take out and let cool a little.
Serve while still a little hot a la mode or with some whipped cream.

Bertha Smith's Apple Cake

Jennie Owen

The recipe calls for apples, but I use firm pears. If your pears are too soft the cake tends to stay rather mushy. The pears from Costco in the big bag are great as they are usually really firm.

2 eggs
1 cup oil
1 ½ cups sugar (maybe a touch more if your fruit isn't quite ripe)
3 cups chopped pears or apples (sometime I peel them, sometimes not)
2 tsp vanilla
3 cups flour
1 tsp baking soda
1 ½ tsp salt
1 tsp cinnamon

Mix eggs, oil, and sugar. Add pears or apples and vanilla. Mix in dry ingredients. Pour into greased bundt pan. Bake 50-60 minutes at 325. I mix this by hand if my pears are at all soft.

Apple Cake

Julie Letsche

1 ¾ cup sugar (all white, or half white and half brown)
3 eggs
1 cup canola oil
1 tsp vanilla
2 cups flour
1 tsp baking soda
1 tsp salt
1 tsp cinnamon
2 cups thinly slice, peeled apples
1 cup chopped nuts (optional)
½ cup raisins (optional)

Mix all together and bake 45-60 minutes in a 350 degree oven in a 9 x 13 pan. Cool and cut into squares. Dust with powdered sugar.

Apple Cup Pies

Holly Zahller

For the crust:

2 1/2 cups all purpose flour
1 tablespoon sugar
1 teaspoon salt
2 sticks (1 cup) chilled unsalted butter, cut into 1/2-inch cubes (I put the sticks in the freezer for 30 minutes before starting)
6 tablespoons (or more) ice water
1 egg mixed with 1 tbsp water, for egg wash
additional granulated sugar to sprinkle on the tops

For the filling:

2 large apples, peeled and cut into 1/2-inch cubes
2 tsp sugar
1 tsp cinnamon
pinch nutmeg
2 tsp flour

Equipment:

3 1/2-inch biscuit cutter
muffin pan

1. In a food processor, blend the flour, sugar, and salt. Add the cubes of cold butter and process using short pulses until you get coarse meal. Add the water and blend using on/off pulses just until clumps are starting to form, or until you can pinch the dough and it holds together. If it looks a little dry, add a little more water (I found I had to use 1-2 more tbsp.) Turn dough out onto a lightly floured surface; divide in half then gather each half into a ball. Flatten the balls into disks, wrap them in plastic wrap, and refrigerate them for at least 1 hour.
2. Combine your diced apples, cinnamon, sugar, nutmeg and flour in a bowl and let sit for at least 15 minutes.
3. Preheat the oven to 425. Lightly butter the insides and around the top rim of your muffin cups – I found it easiest to use the cups that weren't immediately adjacent to one another.
4. Take the first disk of dough and roll it out to about 1/8-inch thickness on a lightly floured surface. Use the biscuit cutter to cut out 6 circles (I found I usually get about 4 circles out of the first roll, then I have to gather the dough and re-roll to get the remaining 2 circles.) Repeat with the second disk of dough, so that you have 12 circles total.

5. Make the cup pie bottoms by pressing 6 of the circles of dough down into the muffin cups, firmly pressing with your fingers to line the cup evenly (the dough will fold a bit on the sides, but just mold it with your fingers to follow the surface of the muffin cup.) Press the if needed so that it comes to the top of the cup (it's okay if it goes a bit over in places.)
6. Divide the apple filling among each of the cup pie bottoms, mounding it in each cup.
7. One by one, place the remaining 6 circles over each cup pie. Firmly press down all around the circle where it rests on the muffin pan, up to where the filling begins — you want to ensure the top crust has adhered to the bottom crust. Flute the edges with your fingers using your preferred method.
8. Using a small paring knife, cut slits in the tops of each of the pies. Using a pastry brush, brush the tops with egg wash and sprinkle with granulated sugar.
9. Bake for 15 minutes at 425 degrees, then reduce the oven temperature to 350 and bake an additional 15 minutes, until the filling is bubbly and the crust is golden brown.
10. Take the muffin pan out and let it the pies cool, in the pan, on the cooling rack for about 30 minutes, then remove them from the pan to cool the rest of the way on the rack.
11. Makes 6 cup pies, with a little crust left over (you could bake it and eat it as cookies!)

Sour Cream Apple Pie

Anne Bouckenooghe

Dry Ingredients:

3 Tablespoons flour
3/4 cup sugar
dash of salt

Wet Ingredients:

1/2 pint whipping cream
1 egg, beaten
1 teaspoon vanilla
1 teaspoon - 1 tablespoon fresh lemon juice (the more you add, the more sour the pie)
2 cups (4 large or 5 small) GREEN apples

Topping:

1/2 cup cold BUTTER
1/2 cup brown sugar
1 cup flour

Step 1: Preheat the oven to 425° F. Prepare a 10 in. deep dish glass pie pan by putting crust inside of it.

Step 2: Peel and cut up the apples. Set aside.

Step 3: In a large bowl, mix all of the wet ingredients together.

Step 4: In a medium bowl, mix the dry ingredients together. Add the dry ingredients to the wet ones and mix. Add the apples to the mixture.

Step 5: In a separate bowl, mix the topping ingredients with two knives or a pastry blender (I use the whisk on my Kitchen Aid while I mix the other ingredients). Once the topping is pea-like or the consistency of cornmeal, it's ready. Place the filling in your pie crust, then sprinkle the topping over all.

Step 6: Bake at 425 for 15 minutes, THEN at 350 degrees for 30 minutes. Let cool a little bit before eating... if you can.

Apple Crunch

Alice Kniss

4 to 5 cooking apples (i.e. Granny Smith or another hard, green apple)

1 ½ cup sugar

1 cup flour

½ tsp. salt

Lemon juice

1 rounded tsp. baking powder

1 egg

1 tsp. cinnamon

1 stick butter, melted

1. Butter flat baking dish or large pie plate. Pare and slice apples into dish. Sprinkle with lemon juice and add 2 tablespoons of water.
2. In another dish, sift flour, sugar, salt and baking powder together. Break egg into flour mixture and blend with fork. (It won't totally blend.) Sprinkle mixture over apples. Sprinkle with cinnamon. (Or add this to sugar and flour mixture before adding egg.)
3. Pour melted butter over all the mixture. Bake at 350° for 1 hour or until apples are done and crisp. Serve warm with ice cream or whipped cream.

Chocolate Chip Cookie Tart

Lauri Baker

2 ¼ cup all-purpose flour

½ tsp. baking soda

1 cup butter, room temp

½ cup sugar

1 cup brown sugar

1 tsp. salt

2 tsp. vanilla extract

2 large eggs

2 cup semisweet choc chips (1 bag)

Preheat oven to 325. In a small bowl whisk together flour and baking soda. Set aside. In a large bowl beat butter with both sugars on medium speed until light and fluffy. Reduce speed to low, add the salt, vanilla, and eggs. Beat until well mixed, about 1 min. Add flour mixture until just combined. Add chocolate chips.

Press 3 cups of this dough into a sprayed and sugared 9 inch round tart pan with removable bottom. Bake until edges are golden and center is almost set, 40 – 45 min. Let cool at least 20 min before removing from pan. Roll the rest of the dough into balls and freeze to bake as cookies another time at 350 degrees for 8-10 min.

Chewy Cocoa Cookies with Chocolate Chips

Holly Zahller

1 cup unbleached all-purpose flour
¼ tsp. baking soda
1/8 tsp. salt
4 Tbsp. (½ stick) unsalted butter
2/3 cup granulated sugar
1/3 cup light brown sugar
7 Tbsp. unsweetened cocoa powder
1/3 cup plain yogurt, preferably not low- or nonfat
1 tsp. vanilla extract
½ cup chocolate chips, preferably Ghirardelli brand, either semisweet or bittersweet

Preheat the oven to 350°F. Line a baking sheet with parchment paper or a silicone liner.

In a small bowl, whisk together the flour, baking soda, and salt.

Place the butter in a medium microwave-safe bowl, and microwave briefly, until just melted. Add the sugars, and sift in the cocoa. (You can skip the sifting if you want, but my cocoa almost always has lumps, and I don't like cocoa lumps in my cookies.) Stir to blend well. The mixture will be somewhat thick and pasty, like wet sand. Add the yogurt and vanilla and stir to mix thoroughly. Add the dry flour mixture, and stir to just combine. Add the chocolate chips and stir to incorporate.

Drop the dough by generous tablespoons onto the prepared baking sheet. (I use my tablespoon-size measuring spoon to scoop and shape the dough into little domes. Rinsing the spoon regularly helps to keep the dough from sticking, and leaving the spoon slightly wet after each rinsing helps too.) You should be able to fit about 8 or 9 cookies, nicely spaced, on a standard sheet pan. Bake for 9 to 11 minutes, or until the tops of the cookies have crackled slightly and look set. Transfer the sheet pan to a wire rack, and cool the cookies on the pan for 10 minutes. Transfer them to the rack to cool completely. Repeat with remaining dough.

Monster Cookies

Jane Howard

3 sticks butter
½ jar peanut butter (20 oz.) (2 ½ cups) I use the crunchy type.
1-1 ½ cups granulated sugar (regular white sugar)
3 cups brown sugar (I don't pack the cups, just scoop)
4 eggs
2-3 tsp. vanilla (I don't measure, I just put a couple glugs in)

Mix well, then add:

4 cups flour (I use heaping cups)
2 tsps. baking soda
2 tsps. Salt

Don't stir this part too much. Just until the dry ingredients are mixed in.

Add:

12 oz. package chocolate chips
14 oz. package M&Ms

Drop by soup spoon full onto cookie sheets covered with parchment paper. I put about 6 cookies to a sheet. Bake at 375 degrees for 12-14 minutes depending on how big you made your cookies. Take out of the oven when they still look a little "wet" and let them sit on the cookie sheet for another 5 minutes. (I use the "AIR BAKE" type of cookie sheets.) This recipe makes about 3 dozen cookies. Enjoy!

Quick Peanut Butter Cookies

Anne Bouckenooghe

1 cup peanut butter
1 cup granulated sugar
1 egg
1 teaspoon baking soda

Mix all ingredients in a bowl. Shape dough into 1 in. balls. Roll balls around in a small bowl of sugar, and then place on cookie sheet. Flatten with a fork. Bake at 325 degrees for 8 to 11 minutes. Makes about 2 dozen.

NOTE: It's an odd recipe that is super good. Add chocolate chips or what-have-you. And if you're making it for someone with soy allergies, use ADAM'S peanut butter. Other peanut butters have soy in them so that the oil doesn't separate.

White Chocolate Blueberry Pudding Cookies

James Shipley

Ingredients

2 ¼ cups all-purpose flour
1 teaspoon baking soda
1 cup butter, softened
¾ cup packed light brown sugar
¼ cup white sugar
1 (3.4 ounce) package instant vanilla pudding mix
1 teaspoon vanilla extract
2 eggs
12 ounces white chocolate chips
1 cup dried blueberries

Directions

1. Preheat oven to 375 degrees F.
2. Combine the flour and baking soda. Set aside.
3. Mix the butter, brown sugar, white sugar, pudding mix, and vanilla. Beat until creamy. Add the eggs and mix well. Gradually stir in the flour mixture. Stir in the chocolate chips and the dried fruit. Drop from teaspoon onto ungreased cookie sheets about one inch apart.
4. Bake at 375 degrees F for 8 to 10 minutes.

NOTE: James has also made this (with great success) adding orange zest and dried cherries instead of blueberries.

Molasses Butter Cookies

Rebekah Freitas

Ingredients:

¾ cup butter
1 cup packed brown sugar
1 egg
¼ cup molasses
2 ¼ cups all purpose flour
2 tsp baking soda
¼ tsp salt
½ tsp cloves
1 tsp cinnamon
1 tsp ginger

Method:

1. Cream butter and sugar. Add egg and molasses; cream well.
2. Blend dry ingredients in a separate bowl and slowly mix into butter mixture.
3. Chill dough for an hour.
4. Preheat oven to 350 F.
5. Roll dough into balls, dip tops in granulated sugar, and drop one drop of water on top of each.
6. Bake for 8 minutes for soft cookies and up to 10 if you prefer them slightly crunchy.

Chewy Oat Chocolate Chip Cookies

Cecilia and Jennie Owen

2 cups butter
2 cups light brown sugar, packed
2 cups sugar
4 eggs
1 tsp vanilla
4 cups oat flour (grind rolled oats in food processor until fine)
5 cups flour
1 tsp salt
2 tsp baking soda
2 tsp baking powder
4 cups semi-sweet chocolate chips

Melt butter in a heavy pan then let it simmer until it turns golden brown (not black). Cool and cream with sugars. Beat in eggs separately and add in vanilla. In a separate bowl, mix dry ingredients; add to wet mixing just until combined. With a wooden spoon, mix in chocolate chips. Shape into golf ball sized balls. Refrigerate 10 mins. Bake 375 for 11-13 mins. This recipe makes a lot of cookie dough; dough balls freeze well, just pop them into the oven frozen and bake a few extra mins.

Glazed Lemon Cookies

Anne Bouckenooghe

$\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) butter at room temp
 $\frac{3}{4}$ cup sugar
2 large egg yolks
 $\frac{1}{2}$ tsp vanilla
2 cups flour
1 cup powdered sugar
2 Tbsp lemon juice, (maybe more)
1 tsp grated lemon zest

1. With your Kitchen-Aid (or thereabouts) beat the butter and sugar until fluffy (hint: the butter can be straight from the fridge for this step. That Kitchen-Aid is crazy powerful). Add the egg yolks and vanilla and beat to combine. Add in the flour until just incorporated.

2. Divide the dough in half and shape into long logs 1 ½ inches in diameter. Wrap in wax paper and refrigerate until firm, about 30 minutes (or freeze for up to two months).

3. Heat oven to 350 degrees. Slice the logs into cookies and place them on a parchment lined cookie sheet. Bake until slightly golden, 16 – 20 minutes. Cool for 5 minutes on sheet, then transfer to a rack.

4. In a small bowl, whisk powdered sugar, lemon juice, and zest until it forms a thick, but pourable glaze. Dip the tops of the cookies in the glaze, and let set for about 15 minutes depending on the humidity of your home.

Easy Chocolate Oatmeal Bars

Kim Hatcher

1cup flour
1tsp cinnamon
1cup butter
½ cup sugar
½ cup brown sugar
2 tsp vanilla
1 egg
1 ¼ cup oats
2 cups chocolate chips (1 bag)

Beat butter, sugars, and vanilla until creamy. Beat in egg. Gradually add flour cinnamon and oats. Add 1 cup chocolate chips. Spread into lightly greased 9x13 pan. Bake at 350 for 22-25 minutes, or until center is set. Immediately sprinkle with remaining chocolate chips; let stand for 5 minutes or until morsels are shiny, and then spread them evenly over pan of bars. Cool and cut.

Caramel Ribbon Brownies

Bobbi Kumley

25 – 30 Caramel Squares
⅔ cup evaporated milk
1 pkg. chocolate cake mix
6 tbsps melted margarine
½ cup chocolate chips

1. In a small saucepan, melt caramels in two tbsp. of the evaporated milk. Set aside.
2. In a large bowl, mix remaining milk, cake mix, and margarine.
3. Spread half of the cake mixture in greased 9"×13" pan.
4. Bake at 350° for 10 minutes.
5. Sprinkle chocolate chips over hot baked crust.
6. Drizzle caramel over chips.
7. Using a tablespoon, drop remaining cake mixture over all.
8. Bake at 350° for 20 minutes.

Lemon Bars

Bobbi Kumley

Crust:

½ lb. Butter (unsalted and room temp)
½ cup sugar
2 cups flour
⅛ tsp Kosher salt

Filling:

6 extra-large eggs (room temp)
3 cups sugar
Lemon zest from 4-6
1 cup freshly squeezed lemon juice
1 cup flour
confectioners' sugar for dusting

1. Preheat the oven to 350°.
2. For the crust, cream the butter and sugar until light in color in the bowl of an electric mixer fitted with the paddle attachment. Combine the flour and salt and, with the mixer on low, add to the butter until just mixed.
3. Dump the dough onto a well-floured board and gather into a ball.
4. Flatten the dough with floured hands and press it into a 9×13×2-inch baking sheet, building up a ½-inch edge on all sides.
5. Chill for an hour.
6. Bake the crust for 15-20 minutes, until very lightly browned.
7. Let cool on a wire rack, but leave the oven on.
8. For the filling, whisk together the eggs, sugar, lemon zest, lemon juice, and flour.
9. Pour over the crust and bake for 30-35 minutes, until the filling is set.
10. Let cool to room temperature.
11. Cut into triangles and dust with confectioners' sugar.

Lime Squares with Pistachio Graham-Cracker Crust

Tryn Haney from Martha Stewart

For The Crust

4 tablespoons (1/2 stick) unsalted butter, melted and cooled, plus more for pan
2/3 cup shelled pistachios
1 cup (4 ounces) graham-cracker crumbs
1/4 cup sugar
1 tablespoons grated lime zest

For The Filling

2 large egg yolks
1 can (14 ounces) sweetened condensed milk
1/2 cup fresh lime juice

Directions

1. Preheat oven to 350 degrees. Brush an 8-inch square baking dish with melted butter. Line bottom with parchment paper, leaving a 2-inch overhang on two sides.
2. In a food processor, finely grind pistachios with graham-cracker crumbs, sugar, and zest. Blend in butter. Press mixture into bottom and 1 inch up sides of prepared pan. Bake until lightly browned, 8 to 12 minutes. Cool crust, 30 minutes.
3. To make the filling: In a large bowl, whisk together egg yolks and condensed milk. Add lime juice; whisk until smooth. Pour filling into cooled crust; carefully spread to edges.
4. Bake until set, about 15 minutes. Cool in pan on rack; then chill at least 1 hour before serving. Using parchment paper overhang, lift out of pan, and transfer to a cutting board. With a serrated knife, cut into 16 squares, wiping knife with a damp kitchen towel between each cut.

Popovers

*Anne Bouckenooghe slightly altered from King Arthur Flour
I cook these a lot because they're easy, use few ingredients, and are tasty. Often GF
food can taste gritty. Not so these excellent sides.*

1 cup gluten free flour blend
1/4 teaspoon xanthum gum (not optional - ever)
1/2 teaspoon salt
1 1/4 cups milk, slightly warm
4 large eggs
3 tablespoons butter, melted

1) Preheat the oven to 400°F. Grease a 12-cup popover pan or muffin pan.

2) Popover batter is best when made in a blender or food processor. Blend eggs, butter, and milk on medium speed in the blender until the mixture is uniform. Whisk the flour or flour blend in a bowl with the xanthan gum and salt. Spoon or pour the dry ingredients into the blender, then blend at medium-high speed until batter is smooth. A few tiny lumps are OK, but if you have more lumps than that, keep blending till they disappear.

3) If you don't have a blender, turn back now. It's more work and the batter will be lumpy. Continue reading now at your own risk. If you're making this without a blender, whisk together the eggs, butter, and milk in a large bowl. In a separate bowl, whisk the flour or flour blend with the xanthan gum and salt, then gradually sift and whisk into the liquid ingredients until you have a smooth batter. If, despite your best efforts, there are more than a few tiny lumps, strain them out of your batter with a sieve.

4) Pour the batter into the prepared pan, filling each cup about 2/3 full.

5) Bake for 25 minutes, then reduce the oven heat to 350°F and bake for an additional 15 minutes, until the popovers are deep brown.

6) Remove from the oven, prick the side of each popover with a sharp knife to let the steam out (this may or may not matter), and let popovers rest for 5 minutes to finish setting. Remove from the pan, and serve immediately. Or, to keep them crisp longer, allow them to sit in the turned-off oven for 10 to 15 minutes before serving.

Substitutions:

Lard or margarine for butter

Rice, soy, or almond milk for cow milk

NOTE: When you use substitutions, the popovers will no longer pop, but become more muffin like. Their deliciousness does not diminish, especially when they're fully cooked... which might take a very long while. Hang with it. They're still better than GF biscuits in my book.

Cornbread

Anne Bouckenooghe slightly altered from King Arthur Flour

- 1 1/2 cups yellow cornmeal
- 1 1/2 cups gluten free all purpose flour
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1 teaspoon xanthum gum
- 1/2 teaspoon baking soda
- 5 tablespoons melted butter or canola oil
- 1/2 cup brown sugar
- 1 cup buttermilk
- 1/2 cup water
- 1 tablespoon vinegar, cider or white
- 3 large eggs

- 1) Preheat the oven to 375°F. Lightly grease a 9" x 9" square pan.
- 2) Whisk together the cornmeal, Gluten-Free Multi-Purpose Flour, baking powder, salt, xanthan gum, and baking soda.
- 3) Whisk together the melted butter or oil, sugar, buttermilk, vinegar, and eggs.
- 4) Stir in 1 cup of the dry ingredients. Add the remaining dry ingredients about 1 cup at a time; after each addition, scrape the bottom and sides of the bowl, and beat for 30 seconds on medium-high speed.
- 5) Once all the dry ingredients have been added, beat on medium speed for an additional 2 to 3 minutes.
- 6) Spoon the batter into the prepared pan. Use your wet fingers to gently smooth the surface. Let the cornbread sit for 10 minutes.
- 7) Bake the cornbread for 25 to 30 minutes, until it's golden brown, about 3 to 4 minutes beyond the point where a toothpick inserted into the center comes out clean. The internal temperature of the finished bread should be 190°F.
- 8) Remove the bread from the oven, cool 5 minutes, and serve warm.

Other substitutions:

Soy or rice milk with a tablespoon of vinegar instead of buttermilk

Gluten Free Flour Tortillas

*Anne Bouckenooghe from Gluten Free Cooking School
Worth it. And the boys like helping with this one.*

- 2 cup Gluten Free All-Purpose Flour Mix
- 1 1/2 tsp. xanthan gum
- 2 tsp. sugar
- 1 tsp. salt
- 1 cup warm water

1. Add the dry ingredients to a large mixing bowl and mix the ingredients thoroughly.
2. Add the cup of warm water to the bowl and mix the dry goods into the water.
3. Separate the dough into 8 pieces and roll each piece into a ball. Place all but one of the dough balls back into the bowl and cover with plastic wrap until you're ready to work with them.
4. Sprinkle a clean, flat surface with lots rice flour and then roll you dough ball into a roughly circular shape. Get is as thin as possible.
5. Throw the tortilla onto a hot griddle and let it cook approximately 1 minute - or until it has started puffing up and the bottom side is developing those lovely brown spots. Flip the tortilla and cook the other side until it's toasty as well.
6. Slide the cooked tortilla onto a waiting plate and repeat from step 4 until you've cooked all 8 tortillas. I generally roll one tortilla out while another is cooking, so that there's always a tortilla on the griddle.

The Whole Enchilada

Lisa Edwards

- 2 1/2 cup tomato sauce (low salt if possible)
- 1 1/4 cup salsa
- 2 tsp + 2 tsp chili powder
- 2 tsp + 1 tsp ground cumin
- 1 tsp dried oregano

- 2 cups chopped, cooked chicken breast
- 2 cups cooked brown rice
- 1 (15 oz or more) can black beans, drained, rinsed
- 3/4 cup each diced carrots and red bell pepper
- 1/2 cup chopped green onions
- 2 Tbsp each lime juice and chopped fresh cilantro (optional)

- 12 6" corn tortillas (check ingredients for gluten free)
- 1 1/2 cup shredded, sharp cheddar cheese
- 1/2 cup low fat sour cream (optional)

1. Combine tomato sauce, salsa, 2 tsp chili powder, 2 tsp cumin, and oregano in a medium saucepan. Bring to a boil. Reduce heat to low, simmer, covered, for 5 minutes.
2. Meanwhile, combine chicken, rice, beans, carrots, red pepper, onions, lime juice, cilantro, remaining 2 tsp chili powder, and remaining 1 tsp cumin in a large bowl. Mix well.
3. Spray a 9 X 13 or other large dish with non-stick spray or grease well. Spread 1 cup sauce over bottom of baking dish. Arrange 6 tortillas over sauce, overlapping as necessary. Spoon another 1 cup sauce over tortillas and spread evenly. Top with half the chicken mixture and half of the cheese. Arrange remaining tortillas over cheese. Top with another 1 cup sauce, followed by

remaining chicken-bean mixture and remaining cheese. Spoon any remaining sauce over top.

4. Cover with foil and bake at 350 for 35-40 min. until bubbly and heated through. Let stand for 5 min. before serving. Top individual servings with sour cream if desired.

Bean and Hamburger Hash

Cindy Litalian

Ingredients

1lb (or so) of hamburger

1 med onion chopped

1 cup dried quinoa

1 cup dried bean trio mix (can be purchased at Costco or other stores)

seasonings to your taste – Leslie has used Johnny's seasoning salt, red pepper flakes, garlic salt, etc, etc. Cyndi has used Tony Chachere's Creole

Directions

- Brown onion and hamburger

- Cook quinoa (It's like a cross between rice and couscous – Rinse the quinoa. Add 2 cups water or stock to one cup quinoa in a pot. Boil, then cover and let simmer for 15 minutes. Then, remove from heat and let stand, covered, for 5 minutes. Fluff and it's done.)

- Cook bean trio as directed on package (or I've used canned black beans (drained) & lentils)...really use whatever!

- then mix all together and continue to season as desired

- I've dolloped some sour cream on top, too

Oven Fried Fish

Lisa Edwards

1/3 cup cornmeal

1/4 cup GF breadcrumbs or just use more cornmeal

1/2 tsp paprika

1/4 tsp salt

1/8 tsp pepper

1 or more lb fish fillets, thawed (cod is good for this)

1/3 cup milk

2-3 Tbsp oil or melted butter

lemon wedges, tarter sauce (opt)

1. Combine first 5 ingredients in shallow dish. Dip fillets in milk and dredge in cornmeal mixture. Place coated fish in a lightly greased 9 x 13 pan; drizzle with butter or oil.

2. Bake at 450 for 10 minutes or until fish flakes easily when tested with a fork. Serve with gluten free tator tots and you're set.

Meatballs

Betty Vigil

Serve with GF pasta or another tasty carb

1/2 pound lean ground pork (or sausage)
1/2 pound lean ground beef
1 small onion, finely chopped
2 large eggs
1/2 cup gluten free, dairy free, soy free bread crumbs
1/4 cup finely chopped fresh parsley
1 tsp dried oregano leaves
1 6 oz can wheat free tomato paste

- In a large bowl, combine all ingredients. Mix well and shape into two inch balls.

-In a nonstick pan, fry each meat ball over medium heat turning as needed until well browned (about 7-8 minutes)

Roasted Corn Chowder Recipe with Chicken, Lime and Cilantro

*Rachel Doolittle slightly altered from glutenfreegoddess.blogspot.com
The following recipe was also a big hit when we were gluten free. It looks really strange, but it was pretty good with a little GF corn bread.*

Ingredients:

1 tablespoon olive oil
1 teaspoon cumin
1/2 to 1 teaspoon curry or chili powder or paste, mild or hot, to taste
4-5 cloves fresh garlic, chopped
1 medium sweet onion, diced
3 ears of corn, roasted, kernels removed (I used 1 can of corn and toasted it up in a skillet)
1 large sweet potato, peeled, diced
1 14-oz can Muir Glen Organic Fire Roasted Diced Tomatoes with Green Chiles (Couldn't find this anywhere. I just used diced tomatoes with green chiles.)
1 cup seeded, chopped fresh heirloom tomatoes- I used yellow and pink (I used regular)
4 oz. chopped roasted green chiles
1 quart light vegetable broth
1 14-oz can coconut milk (We aren't avoiding dairy right now, so I used regular milk.)
2 rounded cups torn cooked chicken pieces
Sea salt and ground pepper, to taste

To serve:

3 tablespoons fresh chopped cilantro
Fresh lime juice from 2 juicy limes
(I also added a dollop of sour cream)

Instructions:

Heat the olive oil in a large soup pot over medium heat and stir in the cumin and curry or chili powder; cook for one minute to infuse the oil with spice.

Add the chopped garlic and onion. Stir and cook for five minutes. Add the roasted corn, sweet potato, canned fire roasted tomatoes, fresh tomatoes, green chiles; stir for a minute. Add in the broth.

Cover and bring to a high simmer. Lower the heat and simmer gently, until the sweet potatoes are tender, about twenty minutes or so.

Add the coconut milk and cooked chicken pieces. Stir and season with sea salt and ground pepper. Heat through gently- please don't boil it.

Just before serving, add the chopped cilantro and fresh lime juice. Stir. Taste test. Adjust seasoning. The lime juice brightens the taste and accents the spice.

Serve with Gluten Free Cornbread (Bob's Red Mill Mix being a good choice)

Zesty Rice Lasagna

Lisa Edwards

A HUGE hit in the Bouckennooghe home

3-4 cups cooked and cooled rice
2 eggs, slightly beaten
½ cups plus 2 Tbsp grated Parmesan cheese, divided
2 cups shredded Mozzarella cheese
½ cup cottage cheese
1 - 1.25 lbs (1 pkg) ground beef (or half beef and half Italian sausage)
½ tsp garlic powder
30 oz marinara sauce (Costco sells them!)

1. Preheat oven to 375. Combine rice, eggs, and ¼ cup Parmesan cheese. Mix and set aside.
2. Combine remaining cheese, reserving the 2 Tbsp of Parmesan. Mix and set aside.
3. Brown meat and drain off excess fat. Add garlic powder and spaghetti sauce, cooking until heated.
4. Spoon half of the rice mix into a 3-4 qt casserole dish. Cover with ½ of the cheese mix. Top with half of the meat sauce. Repeat layers. Top with remaining two tablespoons of Parmesan. Bake 20 - 30 minutes or until thoroughly heated.

Sweet and Sour Chicken

Lisa Edwards

1 whole chicken cut up; or use your choice of pieces
1 cup catsup
3/4 cup rice and/or cider vinegar total
1 1/2 tsp prepared mustard
1 1/2 cup firmly packed brown sugar

Combine the last 4 ingredients in small saucepan. Bring to a boil; reduce heat and simmer 30 min.

Place chicken skin side down in oiled baking dish. Brush generously with sauce. Bake at 350 for 30 min., turn, bake 30 min. more, basting frequently with sauce.

(Leftover sauce can be frozen and saved for another day, if you wish.)

Chicken Pad Thai

Rachel Doolittle slightly altered from Better Homes and Gardens

Ingredients:

12oz rice noodles
1/4 cup salted peanuts (you can chop them if you so desire, I don't)
3 TBSP fish sauce
2 TBSP lime juice
2 TBSP packed brown sugar
4 1/2 tsp rice vinegar
1 TBSP Asian chile sauce with garlic
3 TBSP cooking oil
1 lb skinless, boneless chicken breasts cut into bite sized pieces
1 TBSP chopped garlic
3 eggs, slightly beaten
1 cup fresh bean sprouts (I typically use the whole package that you find at, say, *Fred Meyer*, but I can't remember the number of oz)
1/3 cup sliced green onion
2 TBSP fresh snipped cilantro

Directions:

1. Place rice noodles in large bowl and cover with hot water for 10-15min or until noodles are pliable but not soft. Drain and set aside.
2. Combine fish sauce, lime juice, brown sugar, rice vinegar, and chile sauce in a small bowl. Stir until smooth and set aside.
3. Heat oil (I actually usually use butter, but oil works too) in a skillet, add chicken and garlic, cook until chicken is no longer pink and is slightly browned. (I find that non-stick

skillets do not do the trick here. Stainless steel (or something of the sort) works much better to get the chicken a little browned instead of white and slimy. Ehem.)

4. Transfer chicken to a separate bowl, add eggs to skillet and scramble. Chop finely and remove from skillet.

5. (At this point I usually use a non-stick large pan/pot. The noodles do tend to stick.) Add noodles and sprouts to skillet (adding more butter/oil as needed) and stir fry for about three minutes. Add fish sauce mixture and chicken, cook until noodles are soft and heated through.

6. Dish out, top with chopped eggs, cilantro, peanuts, and green onions. Enjoy!

Garden Quinoa Salad

Rochelle McPhetridge

1 lb asparagus, trimmed
½ lb green beans, trimmed
½ lb sugar snap peas
1 ½ C quinoa, rinsed and drained
1/3 C extra-virgin olive oil
2 Tbl fresh lemon juice
Salt and freshly ground pepper
1-2 tsp grated lemon zest
2 Tbl chopped Italian parsley
1 C grape tomatoes, halved
½ cup seeds or nuts, for garnish

Cut veggies on diagonal into 1 inch pieces. (use whatever veggies your family likes). Simmer the veggies until bright green, crisp-tender (3-4 minutes). Drain, then put in bowl of cold water for 1-2 minutes. Drain again and spread out to cool.

Cook quinoa according to directions and cool.

In small bowl, whisk together oil, lemon juice, salt and pepper. Add zest and parsley. Combine tomatoes, veggies with quinoa. Add dressing and toss. Serve at room temp or lightly chilled. Makes 8-10 servings.

Meringues

Lisa Edwards

This uses no flour, and most people have the ingredients in their home. They can be made ahead of time and stored in a closed container for several days.

3 egg whites
1/4 tsp cream of tartar
3/4 cup sugar

1. Preheat oven to 275. Line a baking sheet with brown wrapping paper or paper bag.
2. In a metal or glass bowl, beat the egg whites and cream of tartar until frothy. Gradually beat the sugar into this, a little at a time, until the mixture is very stiff and glossy.
3. Drop by spoonfuls in 3 1/2" circles, 1 1/2" thick, on the prepared baking sheet. With the back of a spoon, make a cuplike indentation for the fruit or other filling on each meringue. Bake for about 1 hour. Turn oven off and leave meringues in the oven until the oven has cooled.
4. To serve, fill with fresh or frozen and thawed berries and top with whipped cream.

Pumpkin Pie

Glutenfreegoddess.blogspot.com

In a food processor bowl add:

- 1 14 or 15-oz can organic pumpkin
- 1 1/2 cups full fat coconut milk (or vanilla soy/almond milk)
- 2 teaspoons bourbon vanilla
- 2 tablespoons light olive oil
- 1 tablespoon Ener-G Egg Replacer or two eggs lightly beaten
- 3/4 cup organic light brown sugar
- 1/2 cup GF buckwheat or sorghum flour or all purpose GF flour
- 2 tablespoons tapioca starch/flour
- 2 teaspoons baking powder
- 1/4 teaspoon xanthan gum
- 1/2 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg

Cover and process until smooth and creamy. Stop and scrape the sides of the bowl, if necessary to incorporate all of the dry ingredients.

Pour into the prepared pie plate and smooth evenly. Bake in the center of a preheated oven for about an hour until done. The pie should be firm- but still give a *little* when lightly touched. The center should not be wet. It will fall a bit as it cools.

Cool the pie on a wire rack completely. Cover and chill in the refrigerator until serving.

Mocha Coffee Punch

Holly Zahller

2 quarts brewed coffee
½ cup chocolate syrup
¼ cup sugar
1 tbsp vanilla extract
2 cups fat free milk
2 cups fat free half and half
1 quart frozen vanilla yogurt (or fat-free vanilla ice cream)
1 cup frozen low fat whipped topping
1 pinch unsweetened cocoa powder, for serving (optional)

1. In a large container combine the coffee, chocolate syrup, sugar, and vanilla. Refrigerate until well chilled.
2. When ready to serve, combine the coffee mixture, milk, and half and half. Transfer to a punch bowl and add small spoonfuls of ice cream or frozen yogurt.
3. Add a dollop of whipped topping to each serving and sprinkle with cocoa if desired. (Adding cinnamon or nutmeg instead of cocoa will add more flavor.)

Very Berry Punch

Bobbi Kumley

1 qt. strawberry ice cream
½ cup lemon juice
2 cups orange juice
¾ cup sugar
49 oz. cranberry and raspberry juice
2 bottles ginger ale

In a large punch bowl, mix the sugar and all of the liquids together. Drop the ice cream in by the spoonful.

Caesar Salad Dressing

Bobbi Kumley

2 - 3 cloves garlic (pressed)
½ tsp. balsamic vinegar
½ tsp. salt
3 tsp. lemon juice
3 tsp. Worcestershire sauce

1½ tsp. ground mustard
¾ cup canola oil
¾ cup parmesan cheese
¾ cup milk
1½ cups sour cream

1. Blend well in food processor or blender until smooth.
2. Toss through clean crisp romaine lettuce.
3. Garnish with fresh grated parmesan cheese and croutons.

Sweetened Condensed Milk – Dairy Free

Anne Bouckenooghe

2 cans coconut milk
½ cup sweetener (agave, honey, sugar, maple syrup, ect.)
1 tsp vanilla

In a sauce pan, combine ingredients. Warm over medium low heat and stir constantly as it begins to bubble. Cook over low heat until it is reduced by half, is slightly golden in color and is the consistency of light syrup. Cool, and store in the refrigerator until ready to use.

Now go make Magic Bars. Now. ... MMMmmmmmm... Magic bars.

Evaporated Coconut Milk

Anne Bouckenooghe

Pour 3 cups of coconut milk in a sauce pan and cook over medium heat stirring near constantly. Cook until it's reduced 1 and ½ cups. Then, let it cool and refrigerate until ready to use.

Obviously, you can use whatever amount you'd like, so long as it reduces by half. And then what do you do with it? I don't really know, but something delicious, I'm sure. I think the pioneer woman makes some pumpkin muffins with evaporated milk.

Hospitality from the Inside, Out

By Kim Hatcher

If you are a Christian, the Lord desires that, like Him, you are hospitable, or loving to the stranger/outsider. It has often been said that “you cannot export what you do not have,” and this certainly applies to hospitality. One of the common hurdles about hospitality can be the feeling that it is a rather large, extra-ordinary event... something unfamiliar - “out of my comfort zone.” A demeanor of hospitality toward your children and husband is the best ways to overcome that hurdle and to prepare yourself to extend hospitality generally. Hospitality is “loving your neighbor” with home and hearth. I have found over the years that the more I put thought and energy into extending hospitality to my family, the easier and more natural it is for me to do so “abroad.”

What a blessing it is to arrive at someone’s home and know immediately that they are pleased to have you...they are looking forward to your company. This is something that is hard to “manufacture,” and when it is less than genuine, it is nothing short of hypocrisy. We have so very many opportunities at home to practice the grace of making people feel welcome...our own people. Does your husband feel that he is welcome to the home when he comes in...that you are looking forward to seeing him (for more than just an extra set of hands ☺)? Are your children invited to join you at table, assured that you want their company, regardless of their foibles and various shortcomings, and assured that you are HAPPY to serve them again? Welcoming the stranger in assumes that you have worked hard on their behalf, and that joy and grace will be extended. Graciousness is not something that you can pull out of your hat on Saturday evening when the guests are coming. Gracious hospitality is the abundant overflow of the daily grace-cycle: we are blessed abundantly by our Lord, and that grace spills over to those closest to us and beyond. We cannot give grace FROM our home, if there is no grace AT home.

When it comes to meal planning with our families, efficiency, rather than consideration, is often the ruling factor. We are all striving to meet that grocery budget, and certainly we are all spinning multiple plates throughout the day that make dinner preparations challenging, to say the least. But those things don’t

change when we decide to have someone over; in fact we have just further complicated the issue. So, well... we just don't have anyone over, and "at least the family has been fed"...sigh. The Lord never commands what He does not give. Take Him up on that...He would desire you to consider the needs AND desires of your family in meal planning: kindness extended in the trifles of preference, presentation, breaking the monotony, etc. When we think about having someone else over, we often feel stymied to come up with a meal that would be a blessing. But if we are well practiced at preparing meals that please our family, it is easier to extend the principle to others. And our families are secure in the knowledge that we love and care for them. They see that kind consideration is not something that mom saves just for the guests. They swim in a pool of kindness all week long, and the guests are soaked with the by-product.

The same of course would apply to table décor, etc. Certainly, everyday is not a formal affair... but aren't you blessed when you sit at a table that is comfy, cheery, clean, etc? Surely those that we sit with at table regularly are as well. Preparing a table for guests is less daunting if you have had more "daily" practice adding color, lighting some candles, etc. Even take home pizza or boxed mac-n-cheese looks better next to a vase of flowers or some candle light...or, just a de-cluttered table. The wonderfully freeing news with all of these things is that this will look VERY different from family to family. ☺

The point is not to stress us out in terms of heaping burdens on our already burden-prone shoulders. The point is to ease into genuine, Christ-like hospitality "out there" by way of a natural spill-over of what we are already receiving and giving of home and hearth "right here."

Faithfully extending hospitality to those less familiar will not feel so daunting and extra-ordinary if we are more ordinarily extending hospitality to those familiar, regular guests that we have. In fact, we probably would create an atmosphere that more often than not, would be a blessing to just about ANYONE at any old ordinary meal.

The point is to ease into genuine, Christ-like hospitality "out there" by way of a natural spill-over of what we are already receiving and giving of home and hearth "right here."

Making Hospitality a Pleasure for Everyone

By Alice Kniss

We all know that when people come to our home, the most important thing we can do is make them feel welcome and special. A fancy meal and a perfect house with a totally stressed-out family are not conducive to a warm and welcoming atmosphere. We moms need to take care to not make our husband and children crazy by our unrealistic expectations. We need to remember to bless them as well as our guests. It is okay if the toys are not all put away, there is dust on the furniture, and all the dishes are not washed before your guests arrive. Your guests are not going to notice those things half as much as tense, stiff family members.

Some ways you can prevent stressing out before guests arrive include setting the table the day or night before (if you have the luxury of both a dining room and a kitchen table), preparing some of the food the day before, cleaning only what must be cleaned so as to not totally embarrass your husband, and assigning necessary tasks early in the day. Try to give yourself 20 minutes before your guests arrive just to breathe and enjoy the most important people – your family.

Keep your meal simple and within your budget. Our family has been totally blessed by others who have shared a bowl of soup with us, a pot of spaghetti, or sandwiches. We were more than satisfied with the food, and our souls were nourished by the warm welcome and the sweet fellowship.

You are more important to your guests than either your home or your food, and the invitation into your life itself has set the stage for a wonderful time.



G luten, Soy, Dairy Free Cooking

So, it's come to this. You're about to have someone over that just can't eat bread. Or soy sauce. Or butter. Or milk. Whatever will you cook? What will become of you? What will become of your meal? Have no fear. It's not really as hard as you might think. This little cookbook has some recipe ideas, the internet has countless others, and more than likely the person you're inviting over also has some thoughts on the matter. The most important thing you can do when having someone over with a special diet is to read the nutrition label on your product. And even then it can be tricky (secret fillers in hot dogs, for example), so if you want to be extra safe, go with a product that has a GF label, and go home happy. Luckily, it's popular to be Gluten-Free, so you can find products everywhere. Fred Meyers has a whole aisle.

Fat Substitutes

You could try margarine, Spectrum being your best bet, but all too often margarines have whey in them.

Coconut oil

Olive or canola oil

Lard (found by Crisco, or go to a butcher)

Fruit or beet puree

Breadcrumb Substitutes

GF crackers puréed in a food processor

Rice or Corn Chex puréed in a food processor

Bavarian Mills GF and Soy Free bread Crumbs

Gluten-Free Thickeners

arrowroot starch

potato starch

corn starch

tapioca starch

Where to go

Guilt Free Goodness

14957 North Kelsey Street, Monroe, (360) 794-5266

Flying Apron

3510 Fremont Ave N, Seattle, WA 98103, (206) 442-1115

16541 Redmond Way, Ste E, Redmond, WA 98052

Janell's Gluten-Free Market

7024 Evergreen Way Suite A, Everett, WA 98203, (425) 347-3500

Whipped Cream

Put some coconut milk in the fridge and wait for it to separate. Scoop out the top, waxy layer and add it your mixer. Whip until it becomes fluffy and light, with soft peaks. Mix in sugar or vanilla, if using.



Picnic in the Park

Favorite Water Parks

1. Forest Park in Everett
2. Willis Tucker Park in Mill Creek
3. Crossroads Whale Park in Bellevue
4. Pilchuck Park
5. Cal Anderson Park in Seattle

Favorite Walking Parks

1. Bothell's Landing
2. Forest Park in Everett
3. Tye Lake in Monroe

Favorite Play Structure Parks

1. Grass Lawn Park in Redmond
2. Green Lake Park in Seattle
3. Log Boom Park in Kenmore
4. Rhododendron Park in Kenmore
5. Legion Memorial Park in Everett

Favorite Beach Parks

1. Matthew's Beach Park in Seattle
2. McCormick Park in Duvall



Or if it rains...

Reptile Zoo near Monroe
Western Heritage Center in Monroe
Seattle Soundbridge in Benaroya Hall
Wiggle Works in Crossroads Mall
Children's Museum in Factoria, Everett, Seattle
Jump Sky High in Redmond
Tot Spot in Woodinville
Village Bean in Country Village
A Bounce House in Bothell or Monroe
Elevated Sportz in Bothell
The Sandbox in Seattle

Eats

Hotdogs: Heat them up at home, then wrap them up in foil so they'll be hot at the park.

Egg Salad: Wrap them up warm while they're still warm in foil.

Fancypants: Baguette with brie, apple, ham, and Dijon.

Lazy: Graham crackers, knife, and peanut butter. Pre-sliced cheese and crackers. Baby carrots and bag of chips.

Martha: Layer mozzarella, tomato, and roasted turkey slice on bottom half of ciabatta roll; add basil. Sandwich with top half of roll.

Bring it

Label individual lunch bags or baggies with kids' names. Pack along one big bag for trash.

Banana Boat

Take an unpeeled, ripe banana and cut a triangle wedge out of the top. Add chocolate chips and mini marshmallows to the wedge, then wrap the whole thing up in aluminum foil to make a mini-oven. Stick it in the coals. You can add caramel, whipped cream, sprinkles, or eat it as is.

Silver Turtle

Take a huge piece of heavy duty aluminum foil and add to it browned turkey or beef. Next layer on top veggies like potatoes, squash, carrots, or peppers. Then, sprinkle on some seasonings like Larry's salt, or salt and pepper. Wrap it up in the foil and add it to the coals until done to your liking.

Biscuit on a Stick

Roll out a Pillsbury or generic buttermilk biscuit with your hands so that it becomes elongated and about one inch thick at the center. (You might need to use two to make it large enough). Wrap it tightly around a slightly greased end of a stick, pinching it as you go to insure that it stays on the stick while cooking. When done wrapping, the biscuit should take up about six inches of the stick. Heat over the campfire until golden brown. When it is done on the inside, it will just slide right off the stick.

Pull it off the stick, put butter and other yummy things down the hole left by the stick, and enjoy. Eat it plain, with jam, honey, or little smokies warmed in another pan.

Orange Cinnamon Rolls

Cut the tops off of six oranges and scrape out the pulp. Layer inside refrigerated biscuit dough with cinnamon and sugar. When about 2/3 full, put top back on, wrap all in foil, then cook in the coals for about 10 minutes. If you want to be extra lazy, just buy a package of Pillsbury cinnamon rolls and add one to each half of an orange.

Camp- fire Cooking



Park advice from Bobbi Kumley, Anne Bouckenooghe, Leslie Poole, and Kathy Day. Camping advice from Rochelle McPhetridge, Melinda Bell, and Anne Bouckenooghe

MEAD

Contributed by Jeremy Smith



Mead is the name for wine made from honey. It's easier to make at home than beer or wine, and so makes a great introduction to fermenting. If you stick to small batches, you shouldn't need any special equipment other than what you have in the kitchen. You can use a lot of different kinds of yeast for mead, but there are strains made specifically for sweet/dry mead you can get at local homebrew stores or online. Wyeast makes liquid yeast that is easy to get started, either 4184 Sweet Mead or 4632 Dry Mead work really well.

Here's a traditional recipe for making about a gallon:

INGREDIENTS

1 gallon of water

2 ½ pounds of honey (raw is best, but any will work)

1 package of yeast (If you use a Wyeast "smack pack" you'll need to follow the directions on the package the night before.)

DIRECTIONS

Boil the honey in the water, skimming the foam that rises to the surface. When the surface remains somewhat foam-free, take the honey water off of the heat and let it cool. You can put the pan in cold water to help it cool faster, or just wait. When the liquid get down below 90 degrees, pour it into a non-metallic container (large casserole, small bucket, just about anything will work, just make sure it's deep enough so that the liquid is three or more inches below the sides), then add the yeast. Cover the container with a clean cloth and put it in a dark, cool place (I use a closet). Within 24-48 hours you should see active fermentation, with a thick foam on top. After two to three weeks, this foam will start to break up and sink back into the liquid. That's when you know it's time to bottle.

To bottle, pour the liquid off from your container into 1 quart mason jars, leaving ½ inch of head space. Tighten the lids, and leave the jars in the same cool dark place for another two weeks, then refrigerate. It should be ready to drink after a week in the fridge, but the longer you let it sit the better it gets.

There are many, many variations of mead that include herbs, spices, fruits and just about anything else you can imagine. Here are some links with some good information:

<http://www.stormthecastle.com/mead/fast-cheap-mead-making.htm>

<http://gotmead.com>

Stone Soup Recipe

Eliska Hejzlar

To make and eat while you read the following story

Find a nice round 2 – 3 in Quartzite pebble, scrub thoroughly with soap and water and store in a nice piece of cloth.

Place a large 6 – 8 qt stockpot on the stove.

Heat in it **2 - 3 tbsp olive oil**, then add

1 large yellow onion diced – sauté for a few minutes

2 cloves of garlic crushed– sauté for few more minutes

4 large carrots cut into $\frac{3}{4}$ in pieces - sauté for few more minutes

1 –2 celery stalks cut into $\frac{3}{4}$ in pieces - sauté for few more minutes

1 red or green bell pepper cut into 1 in pieces - sauté for few more minutes

1 – 2 zucchini cut into $\frac{3}{4}$ in pieces - sauté for few more minutes

At this point remove the **stone** from the cloth (*dramatically*) and place it in the pot with the vegetables.

Continue adding

1 qt chicken or vegetable stock

1 medium potato cut into $\frac{3}{4}$ in pieces

1 can (15 oz) kidney beans

1 can (15 oz) refried beans

1 can (28 oz) crushed tomatoes

About 10 sliced **white mushrooms**

About 10 oz **Smokes sausage or polish kielbasa or any**

kind of kielbasa sliced into $\frac{1}{2}$ in pieces



(You may cut up and add small amount of any of the following - parsley, leeks, kale, turnip, root celery, chives, or basil)

Season according to your own taste with– **2 tsp ground chili powder, 1 tsp ground cumin, 1 tsp sweet red paprika, salt, ground pepper**

Stir and simmer for about 20 - 30min.

Remove the stone from the soup, wash and store back in the cloth! Enjoy!

Stone Soup

Retold by Anne Bouckenooghe

Illustrated by Abi Smith

A hungry traveler came one day
To a town both cold and gray.
He asked if there was food for one;
The townsfolk said there was none.

But he told them to not lose heart,
The stingy could still take part,
For there was something else he sought-
Some smooth stones for one large pot.

“I’m making soup from stones you see,
For my bag is so empty.”

“Wow! This would be useful to know.
We’ll just stay and watch the show.”

And so the largest pot was found
And placed right on the dry ground.
They took some rocks from the town’s mire
As the pot boiled on the fire.

With a large wooden spoon he stirred
And quite thoughtfully demurred,
“If we had some salt and pepper
The soup would be much better.”

“But it is useless to ask you,
For your pantries are bare, too.”
With smiles the children all ran off,
Then proudly offered enough.

And now the traveler sniffed the stew,
Saying beets and onions, too,
Would make this lavish soup able
To grace a rich man’s table.

Well, the crowd looked at each other,
And some raced to discover
Where fresh vegetables could be found
As yearning began to mound.

As all was added to the pot,
The man said aloud his thought,
“A bit of beef would be the thing
To make soup fit for a king.”

Once more the townsfolk went to look
And from their hidden shelves took
Meat and cream that the soup might need
And brought it back with great speed.

The soup was tasted with a spoon
And declared to be done soon.
He then yelled, “All shall have a taste!”
And tables were laid with haste.

Ah, but this soup should have fanfare,
So out was brought fine flatware.
There was bread, wine, fruit, ale, and cheese—
All was put forth with great ease.

Candles were lit and streamers hung.
A band played and songs were sung.
Skirts twirled. Nimble feet stomped. A crowd
To make Mrs. Letsche proud.

It had been dreary days and years
To hold tightly to dark fears.
But since this traveler had come
The people could overcome.

Now that they could make soup from stones
They need never be alone.
That night our fine man slept in bed,
Soon to take paths where they led.



Note: This story not only rhymes (in an AABB rhyme scheme), but it also has an 87.87 meter (go on, count the syllables!). This means that it can be sung to the tune of Amazing Grace or the Gilligan’s Island theme song as they have a similar meter. Also, it could be sung to the tune of St. Columba as found on page 35 in the Cantus Christi. Look at the metrical index of tunes in the back of the Cantus for more singing suggestions. What was that? Was that a tear Mr. Doolittle just wiped from his eye?

William Sonoma Chocolate Crinkle Cookies



INGREDIENTS

½ cup confectioners' sugar
1 2/3 cups all-purpose flour
½ cup unsweetened cocoa powder
1 ½ teaspoons baking powder
¼ teaspoon salt
8 tablespoons (1 stick) unsalted butter,
at room temperature
1 ¼ cups sugar
2 eggs
½ teaspoon vanilla extract

Preheat oven to 350°F. Grease 2 baking sheets with butter.
Put the confectioners' sugar into a bowl and set aside.



In another bowl, using a wooden spoon, stir together the flour, cocoa, baking powder and salt. Set aside.



In a large bowl, using an electric mixer, beat the butter and sugar on medium speed until creamy, about 3 minutes. Turn off mixer and scrape down the bowl with a rubber spatula. Add 1 egg and beat until blended. Add the other egg and vanilla and beat until blended. Turn off the mixer and add the flour mixture. Beat on low speed just until blended.

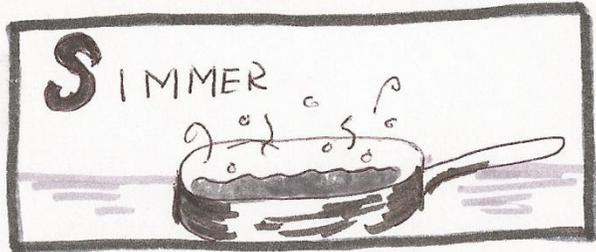
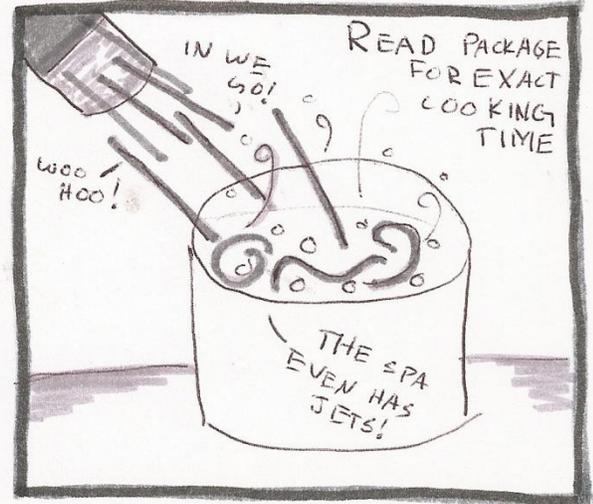
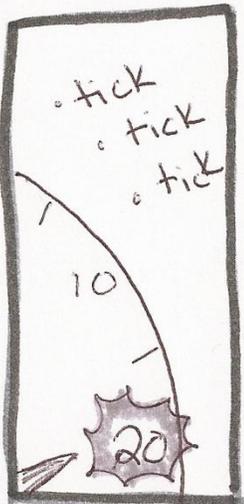
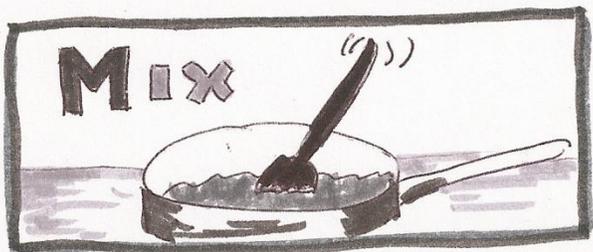
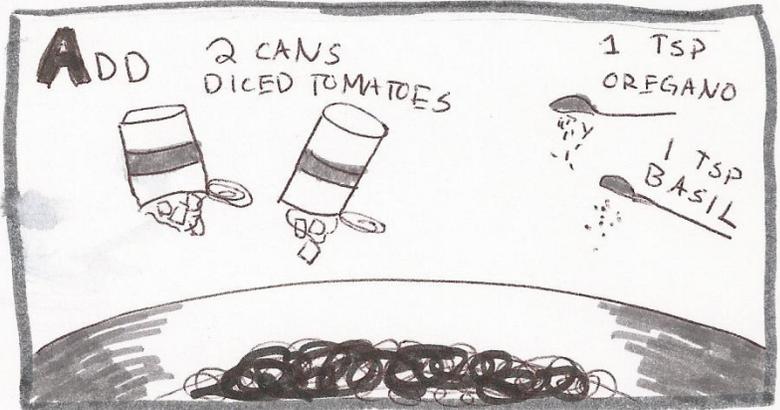
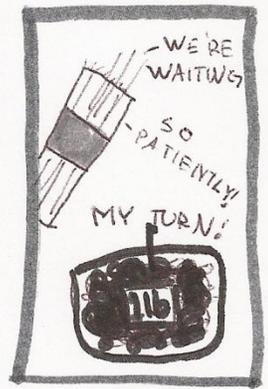
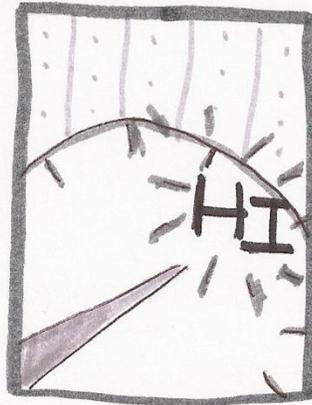
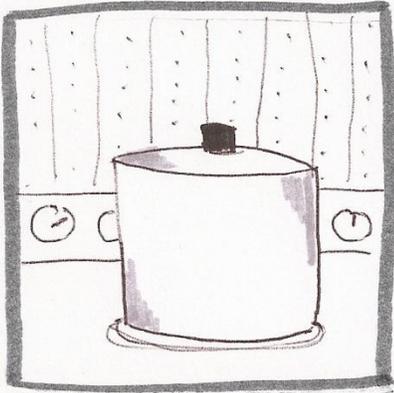
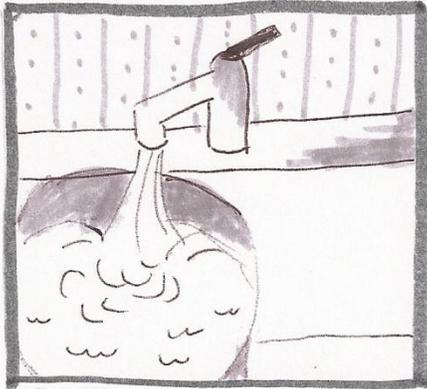


Using a tablespoon, scoop up a rounded spoonful of dough. Scrape the dough off the spoon and roll it into a ball. Roll the ball in confectioners' sugar until covered. Repeat, placing the balls about two inches apart on the prepared baking sheet.

When one baking sheet is full, put it in the oven and bake the cookies until they are crackled and puffed, about 10 to 20 minutes. Using oven mitts, remove the baking sheet from the oven and set it on a wire rack for 15 minutes, or until cool. Makes about 24 cookies.

By Kat Kowalick

SPAGHETTI



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