

Cookbook Supplement

Beverages

Strawberry Spritzer

- 2 (16 oz.) pkgs. frozen unsweetened strawberries, thawed
- 2 (24 oz.) bottles white grape juice, chilled
- 1 (28 oz.) bottle unsweetened carbonated water, chilled

Place strawberries in container of an electric blender; process until smooth. Combine strawberry puree, white grape juice, and carbonated water. Yield: 12-1/2 cups (122 calories per 1-1/4 cup serving).

Breakfasts

Sunday Brunch Casserole

1/2 lb. sliced bacon
1/2 cup chopped onion
1/2 cup chopped green pepper
12 eggs
1 cup milk
1 pkg. (16 oz.) frozen hash brown potatoes, thawed
1 cup (4 oz.) shredded cheddar cheese
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. dill weed

In a skillet, cook bacon until crisp. Remove with a slotted spoon; crumble and set aside. In the drippings, sauté onion and green pepper until tender; remove with a slotted spoon. Beat eggs and milk in a large bowl. Stir in hash browns, cheese, salt, pepper, dill, onion, green pepper and bacon. Transfer to a greased 13"x9"x2" baking dish. Bake, uncovered, at 350 degrees for 35-45 minutes or until a knife inserted near the center comes out clean. Yield: 6-8 servings. Served this for breakfast, Christmas, 2001.

Brunch

Belgian Waffles

2 cups cake flour
1 tbsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1/4 cup sugar
1/2 cup buttermilk
1 cup milk

2 eggs
1/4 cup melted unsalted butter
Non-stick vegetable spray for coating waffle iron
Confectioners' sugar
Fresh berries
Whipped cream, recipe follows
Ice cream, optional

Whipped Cream:

1 cup heavy cream
1 tbsp. confectioner' sugar
1 tbsp. maraschino liqueur or Kirsch (substitution, use 1 tsp. vanilla extract)

Preheat a waffle iron. In a large bowl, stir together the dry ingredients. Make a well in the center and add the buttermilk, milk, eggs, and melted butter. Mix together just until combined (DON'T OVERMIX THE BATTER!). The batter should look slightly lumpy.

Spray the waffle iron with the non-stick vegetable spray. Pour 1/2 cup of the batter or the amount recommended by the waffle-iron maker onto the waffle iron; bake as directed by the manufacturer.

Whipped Cream: In a chilled bowl, whip the cream until slightly thickened, about 2 minutes. Add the sugar and maraschino. Whip to soft, fluffy peaks, about 2 minutes.

Dust finished waffles with confectioners' sugar and top with fresh berries (I like strawberries), whipped cream, or ice cream, if desired. Serve hot off the griddle. Yield: 8 waffles

Appetizers

BLT Dip Recipe

1 cup mayonnaise
1 cup sour cream
1/2 bottle of Baccos (artificial bacon bits not the dried real bacon)
3 tomatoes

Mix mayonnaise and sour cream until well blended. Add baccos and chopped tomatoes. Mix, chill and serve with crackers, toast points or chips. ENJOY!

*Note * This recipe lightens up real well. If you can't handle true fat try using reduced fat or no fat sour cream and real mayonnaise, the two will balance each other.

From: Pam Bolt & April Bailey, Cake Club members

Breads

Sour Dough Bread

(This was given to me and I made it many times. Could use a starter recipe since I don't have starter anymore)

Put initial starter in refrigerator for 3-5 days

Take out and feed with the following:

3/4 cup sugar	1 cup warm water
3 tbsp. French Instant Potatoes	

Mix well and add to starter. Let stand out of the refrigerator all day (8-12 hours). It will be bubbly. Take out one cup to make bread and return the rest to the refrigerator. Keep in the refrigerator 3-5 days and feed again. Even if you don't make bread right away, keep feeding starter. Either give or throw away one cup every 3-5 days.

In a large bowl, make a stiff dough of the following:

1/3 cup sugar or less	1-1/2 cups warm water
1/2 cup corn oil	6 cups Pillsbury Bread Flour (for whole wheat bread use 2 cups whole wheat and 4 cups bread flour)
1 tbsp. salt	
1 cup starter	

After making stiff dough, spray Pam or another large bowl and put dough in it. Turn dough over so that all sides are oiled. Cover lightly with foil and let stand overnight. Do not refrigerate.

Next morning, punch dough down and knead a little. Divide into three parts and knead every part on a floured board a few times (8-10 times for each part). Pat out into a rectangle and roll up tucking ends underneath. Put into 3 "pamed" loaf pans. Let rise 4-5 hours, all day is okay. Dough rises very slowly. Cover with waxed paper. Bake in 350 degree oven for 25 to 30 minutes.

Cinnamon Swirl Bread:

After kneading 8-10 times, pat loaf into rectangle about 1/2 inch thick. Sprinkle with a mixture of 1/4 cup brown sugar and 1 tsp. cinnamon and roll up jelly roll fashion. Sprinkle sugar mixture on top also.

Cranberry Pecan Bread

3/4 cup water	1 tsp. salt
1 tbsp. butter, softened	2 tsp. dry active yeast
2-1/4 cup bread flour	1/2 cup dried cranraisens
2 tbsp. sugar	1/2 to 2/3 cup pecans
1 tbsp. dry milk	

This is the recipe I use in my bread maker. I have also substituted dried apricots.

Sweet Breads

Blueberry Coffee cake

1/2 cup butter
1 cup sugar
3 eggs, lightly beaten
1 teaspoon baking powder
1/4 teaspoon salt

1 teaspoon soda
2 cups unbleached white flour, unsifted
1 cup sour cream
2 cups fresh or frozen blueberries

Topping: 1 cup brown sugar
1/4 cup butter
1/4 cup flour

Preheat oven to 350 degrees. Cream butter and sugar. Add eggs, baking powder, salt and soda. Alternating, add flour and sour cream. Fold in blueberries. Pour into a well-buttered cake pan approximately 9 by 13 by 2 inches. For the topping: Cream brown sugar and butter. Add flour to get a semidry, lumpy mixture. Spread on top of the batter. Bake for 30 minutes or until a toothpick inserted in the center comes out clean. The topping should melt and partially sink into the batter. (from Pat Niesen, my sister)

Frozen Desserts

Chocolate Ice Cream

1/3 cup unsweetened cocoa powder
1-1/2 cups sugar
1 (13 oz.) can evaporated milk

1 tsp. vanilla extract
2 cups whipping cream

In a medium saucepan, combine cocoa and sugar. Stir in evaporated milk. Stir over medium heat until cocoa and sugar dissolve; cool to room temperature. Stir in vanilla and whipping cream. Pour into ice cream canister. Freeze in ice cream maker according to manufacturer's directions. Makes about 2 quarts.

Meats and Main Dishes

Chicken Parmesan

4 boneless, skinless chicken breast halves	1/2 cup flour, on a shallow plate
1 1/2 cups plain bread crumbs	2 eggs, lightly beaten, in a pie plate
1/2 cup grated parmesan	4 tbsp. butter (3 tbsp. olive oil)
1 tbsp. dried oregano	2 cups prepared tomato sauce
1 tbsp. dried basil	1 1/2 cups grated mozzarella

Pound each chicken piece to thickness of 1/2 inch between sheets of wax paper or plastic wrap. Pour 4 tbsp. lemon juice over chicken and turn to coat. Let stand 10 minutes. Beat eggs with remaining 1 tbsp. lemon juice in medium bowl. Combine bread crumbs, 1/4 cup parmesan, oregano, and basil in a pie plate. Coat each breast in the flour, shaking off any excess flour. Dip each breast in the egg and then into the bread crumb mixture. Set coated chicken aside on a plate. Heat oil in a large non-stick skillet. Carefully add chicken to pan, cooking two pieces at a time. Cook until golden on both sides. Spread one cup of the tomato sauce in the bottom of a baking dish and top with golden chicken breasts. Top each breast with the remaining sauce and sprinkle with mozzarella and parmesan cheeses. Bake in a 375 degree oven for 20 minutes or until cheese is bubbly. Serve hot with spaghetti and tomato sauce. Serves two

Luacious Lemon Chicken

4 boneless, skinless chicken breast halves	1 tbsp. olive oil
1/3 cup flour	2 lemons, juiced
1/2 tsp. salt	1/4 cup white wine or chicken stock
1/2 tsp, freshly ground pepper	

Remove excess fat from chicken breasts and slice each into several 1 inch thick strips. Mix together the flour, salt and pepper. Dredge chicken in flour mixture. Heat a large skillet over medium-high heat. Once the pan is hot, add the oil and swirl to coat. Add the chicken pieces and sear until golden brown 2 to 3 minutes per side. Remove the chicken and set aside. Add the lemon juice and wine or chicken stock and stir to scrape any brown bits from the pan. Bring to a boil, reduce heat to medium low, and allow mixture to simmer until reduced by half, about 4 minutes. Add chicken pieces, cover and finish cooking, turning half way through, for 8 more minutes. Serve immediately topped by extra lemon sauce.

Serve with seasoned rice.

Note : I added more wine and heavy cream and little more lemon juice because cooked down so much there wasn't much sauce.

Chicken And Dumplings

1 stewing chicken (about 5 lbs.), cut up	2 medium carrots, coarsely chopped
4 celery ribs, chopped	2 bay leaves
1 medium onion, chopped	1 - 2 tbsp. chicken bouillon granules
Dumplings: 2 cups all-purpose flour	1/4 cup shortening
1 tbsp. baking powder	2/3 to 3/4 cup milk
1 tsp. salt	

Place chicken, celery, onion, carrots and bay leaves in a Dutch oven. Cover with water; bring to a boil. Reduce heat; cover and simmer until chicken is tender, about 1 hour. Remove chicken. Pour broth through a wire-mesh strainer into a large saucepan, discarding solids. Skim off fat. Skin and bone chicken. Cut chicken into bite-size pieces, and add chicken, bouillon, and pepper to broth. Return to a simmer.

Combine flour, baking powder, and salt in a bowl. Cut in shortening with a pastry blender until mixture is crumbly. Add milk, stirring until dry ingredients are moistened.

Turn dough out onto a lightly floured surface. Roll out to 1/8-inch thickness; sprinkle lightly with flour, and cut into 3- x 2-inch strips.

Bring broth mixture to a boil. Drop strips, 1 at a time, into boiling broth, stirring gently, until all are added. Reduce heat, and simmer, stirring often, 20 minutes. Yield: 6 to 8 servings

Texan Ranch Chicken

- 2 tsp. olive oil
- 1-1/2 lbs. skinless, boneless chicken breasts
- 1-1/2 cup Ranch-style salad dressing
- 2 cup shredded mozzarella cheese (can use a mixture of chesses)
- Red and green peppers, sliced into strips
- Tomatoes, sliced on top
- Noodles or any kind of pasta, cooked

Preheat oven to 350 degrees. Spread the olive oil in a 9x13 inch baking dish. Spread noodles in bottom of dish. Sprinkle a little cheese over noodles. Cut chicken breasts in strips and lay on top of noodles. Cover with the dressing. Bake for 20 minutes in the preheated oven. Remove heat, top with mozzarell cheese and tomatoes. Return to the oven. Continue cooking for about 15 minutes, until the cheese is melted and lightly browned and the chicken is no longer pink and juices run clear. 6 servings

Note: Sometimes I cook the chicken breasts first and tear into big pieces and mix everything together in a large bowl and pour into casserole dish. Sprinkle cheese and tomatoes on top and bake.

Chicken Flour Tortillas

Flour Tortillas
Chopped tomatoes
Grated Cheese (I like Colby & Monterey Jack)

Chopped green pepper
Chopped onions
Cooked chicken breasts, chopped

Place frying pan large enough to hold flour tortillas on burner. Sauté onions and green pepper in small sauce pan.. Set aside. Add a little butter to large frying pan and lay tortilla in pan over medium heat. Cook for about 2 minutes and flip over. Sprinkle with cheese, sautéed onions and green pepper, tomatoes, and chicken. Cook for 2 to 3 minutes. Tortilla gets a little crisp. Fold over and serve with sour cream. These instructions are for one. Keep repeating for as many servings needed. If don't have tomatoes, use salsa.

From: Cathy Carson, (my daughter)

Sonja's Chicken Casserole

4-5 chicken breasts, boned and skinned
1 to 1-1/2 cup heavy cream
1 pkg. Lipton dry onion soup mix (2 come in a box)
2-3 tbsp., corn starch

Put all ingredients in oven proof dish. Bake at 350 degrees for 1 hour.

From: Sonja Chilton, my daughter-in-law

Cakes

Mildred Brand's Carrot Cake

(from her class)

1-1/2 cup salad oil	1 tsp. soda
2 cups sugar	1 tsp. salt
4 eggs	2 tsp. cinnamon
2 cup. all purpose flour	3 medium carrots, grated
2 tsp. baking powder	1 cup nuts, chopped

Blend oil and sugar. Add eggs one at a time, beating well after each addition. Sift together all the dry ingredients and add to the oil mixture, blending well. Stir in the carrots and nuts. Bake 50 minutes to 1 hour at 350 degrees in two 9 inch round pans, which have been brushed with pan grease or greased and floured.

Icing for Carrot Cake

1 stick butter	1 tsp. vanilla
1 pkg. (8 oz.) cream cheese	2-1/2 cups powdered sugar
1 tbsp. milk	

Blend butter and cheese together. Add milk and vanilla. Blend. Add powdered sugar and beat smooth.

Hummingbird Cake

3 cups all-purpose flour	1-1/2 tsp. vanilla extract
1 tsp. baking soda	1 (8 oz.) can crushed pineapple, undrained
1/2 tsp. salt	1 cup chopped pecans
2 cups sugar	1-3/4 cups mashed bananas
1 tsp. cinnamon	1/2 cup chopped pecans
3 eggs, beaten	Cream Cheese Frosting
3/4 cup vegetable oil	

Combine first 5 ingredients in a large bowl; add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple, 1 cup pecans, and bananas.

Pour batter into 3 greased and floured 9-inch round cake pans. Bake at 350 degrees for 23 to 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans, and let cool completely on wire racks.

Stir 1/2 cup pecans into cream Cheese Frosting, if desired, or reserve them to sprinkle over top of frosted cake. Spread frosting between layers and on top and sides of cake. Yield: one 3-layer cake.

Cream Cheese Frosting:

1/2 cup butter, softened	1 (16 oz.) pkg. powdered sugar, sifted
1 (8 oz.) pkg. cream cheese, softened	1 tsp. vanilla, extract

Cream butter and cream cheese. Gradually add powdered sugar, beat until mixture is light and fluffy. Stir in vanilla. Yield: enough for one 3-layer cake.

Sauces

Lemon Butter Sauce

2-1/2 cups butter
1/4 cup dry white wine
1/2 tbsp. garlic, chopped
1/2 tsp. ground white pepper
Juice from 1/2 lemon
1 cup heavy cream

Melt butter in saute pan. Add garlic and pepper. Saute for 2 minutes. Add white wine and cook for 1 minute. Add lemon juice and cream. Cook until well mixed.

Note! I only used about 1 cup butter

This is very good served over cooked chicken breasts. I pounded the chicken breasts flat and just cooked in frying pan with a little olive oil to brown then added a couple tablespoonfuls of water, covered and cooked till done.