

Ken's Recipes

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Chapter 1: Breakfast Foods

Biscuits

1983

Heat oven to 350° F. Heat biscuits from "can" 8 min. or til slightly brown.

Serve with butter & jelly or honey.

Cinnamon Toast

1983

Spread soft butter on bread. Sprinkle sugar and cinnamon all over bread.

Heat at 350° for 5 minutes or less.

Take out of oven with hot pads. Use thin, flat pan.

French Toast

1985

4 eggs, well beaten (in deep, narrow bowl)

1/2 teaspoon salt

1/8 teaspoon pepper

1 tablespoon milk

1/4 teaspoon vanilla extract, optional

Mix ingredients in flat (Corningware) bowl. Using flat spatula, flip bread on one side then the other, and put into medium hot grease.

Brown on one side, then the other; drain; serve with butter and syrup; bacon/ham/sausage for breakfast.

Fried Eggs

1984

Heat 1/2 cup grease over medium heat.

Break 3 eggs into skillet. Put hot grease over eggs constantly with spatula.

When egg yolks look "white," take eggs out with spatula & drain grease off eggs with Scott towels.

Eat with toast, butter, jam; bacon or ham.

Ham

1985

Fry thin slices in medium hot skillet with 1/2 cup grease; drain; serve.

Or, bake in oven in slices at 350° for 5 - 10 minutes. (Not greasy.)

Or, bake a whole ham in the oven about 30 min. at 350° to heat through.

Serve with potato salad or baked potato for dinner with a vegetable and salad.

Pancakes

1983

Mix batter according to directions on pancake mix box, but add an egg, beaten, even if mix doesn't call for it.

Pour about 1/2 cup batter in center of well-greased skillet on medium heat.

When bubbles appear in center, flip with spatula and cook half as long as side #1.

Poached Eggs

1983

Cover bottom of pan with 1/4" water.

Grease 4 egg containers & put an egg in each. Heat over low heat til done.

May stir egg whites for even cooking.

Serve with biscuits/toast and butter.

Sausage Links

1985

Cook on wire grill in oven at 350° for 5 - 10 minutes. Or in medium skillet for about 5 minutes til done.

Drain on Scott Towel. Good with eggs for breakfast, or cornbread & beans for dinner. Serve with catsup.

Sausage Patties

1985

Form 1 lb. sausage meat into thin patties. Fry in medium hot skillet til brown on one side, then the other.

Drain with Scott towel. Serve with eggs and toast for breakfast, or with beans, cornbread, and salad for dinner.

Or: Put patties on wire rack in oven, & grill at 400° for about 5 minutes (grease drops into pan.)

Test for "doneness by looking inside a pattie; if pink, cook longer.

Scrambled Eggs

1983

Heat 1 Tablespoon butter on low heat in iron skillet.

Cover bottom of pan with melted butter.

Crack in eggs. Stir constantly to prevent scorching on bottom of pan.

Serve with toast, butter, & jelly.

Salt and pepper to taste.

Velveeta Cheese Toast

1983

Put thin slice of cheese on bread.

Heat at 350° for 5 min or less, til melted.

Take out of oven with hot pads. Use thin, flat pan.

Chapter 2: Drinks

Frosted Drink

1984

1/4 cup Tang or other mix
2 tablespoons sugar
1 cup water
1/2 cup milk
1/2 teaspoon vanilla extract
2 cups crushed ice

Mix ingredients and blend.

To crush ice, wrap in towel and hammer.

Can mix with fresh fruit.

Hot Chocolate

1984

Mix 2 full teaspoons chocolate mix, 2 large marshmallows, and 1 cup hot milk for 1 cup hot chocolate.

1st heat milk on medium heat, stirring often, til bubbles start to form.

Better: 1 teaspoon Hershey's cocoa & 2 teaspoons sugar. Make paste with a little hot milk and stir til smooth.

Iced Tea

1984

Fill carafe or tea pot almost full of tap water. Heat on medium-low heat til water boils.

Add tea bag & boil about 5-10 seconds.

Cool; add water.

Add lemon, sugar, & ice for iced tea.

Chapter 3: Salads

Cucumber Salad

1983

Slice 1 peeled cucumber.

Add chopped tomato (1 or 2), 1/4 cup onion, and a little bell pepper.

Season with 1/3 cup vinegar, 1/3 cup canned milk, and 1 tablespoon bacon chips.

Mix and chill til served.

Lettuce & Tomato Salad

1983

Tear off outer lettuce leaves. Wash, drain, tear inner leaves and put in salad bowl.

Add chopped tomato (1 or 2), 1/4 cup onion, and a little bell pepper, celery, and/or "cukes" as desired.

Season with 1/3 cup vinegar and 1/3 cup mayonnaise.

Mix and chill til served.

Potato Salad

1984

3 large potatoes

5 eggs

1/2 teaspoon salt

1 tablespoon vinegar (to taste)

2 diced pickles

1/3 cup mayonnaise

1 small jar pimienta

1 clove garlic (diced or rubbed on glass bowl)

1/4 cup onions

1/4 cup bell pepper (optional)

Boil potatoes and eggs about 45 minutes; dice.

Mix remaining ingredients.

Refrigerate.

Taco Salad

1984

1 cup ground beef
1 cup pinto beans (or "Ranch-Style" beans), canned, drained
1 cup lettuce
1 cup diced tomatoes
Shredded cheddar cheese
Chopped onion, to taste
1 cup Doritos or Fritos

Brown ground beef in skillet, drain, and cool.

Mix all ingredients lightly, and serve cold.

May also use French dressing.

Chapter 4: Sandwiches

Bacon & Tomato Sandwiches

1985

Fry bacon on medium hot skillet til crisp; drain.

Put on bread or toast; use mayonnaise, lettuce, and tomato.

Good with chips.

Tuna Sandwiches

2 small cans tuna
3 eggs, boiled and chopped
2 medium pickles, chopped
1 tablespoon onions, chopped (may omit)
1/2 teaspoon salt
1/2 teaspoon vinegar
5 tablespoons mayonnaise

Mix above ingredients and spread on bread with mayonnaise. Serves 4.

May add lettuce and tomato to sandwich.

Chapter 5: Meats

Baked Lasagna

1986

1/2 pound sausage
1/2 pound ground beef
1 clove minced garlic
1/2 teaspoon salt
1/2 cup wine
1 32-ounce jar spaghetti sauce
1 8-ounce can tomato sauce
1 pound package lasagna noodles
2 eggs, beaten
2 cups cottage cheese or ricotta cheese
1/2 cup grated american cheese
1 pound cheddar or mozzarella cheese, grated
1 teaspoon parsley
Dash pepper

Brown meat. Drain off fat. Add garlic, salt, wine; simmer 3 minutes.

Add spaghetti sauce and tomato sauce. Cook 10 minutes.

Meanwhile, boil lasagna noodles.

Combine eggs, all cheeses, parsley, and pepper.

In flat, greased pan, arrange meat cause, lasagna, & cheese layers; repeat til you finish with meat sauce.

Bake 350° for 30 minutes.

Beef Enchiladas

1986

2 teaspoons worcestershire sauce
1/2 teaspoon salt
1 medium onion, chopped
2 cups Velveeta cheese (or cheddar cheese)
1 can Wolf Brand Chili
1 package tortillas

Brown seasoned hamburger meat in medium hot skillet; cook onions til clear; get meat out of skillet, leaving grease.

Soften tortillas with grease in skillet, flipping about 1 second on each side.

Put some meat and grated cheese in each tortilla; secure with toothpick.

Arrange enchiladas in greased platter.

Heat in oven 30 - 45 minutes in 350° oven.

Good with refried beans, mexican rice, and salad.

Tortillas: heat in 300° oven in tinfoil.

Chalupas

1985

1 cup refried beans
1 package tortillas
1 cup grated cheddar cheese
1 - 2 tomatoes, chopped
1/2 head lettuce, chopped
1 tablespoon onions, chopped

Spread refried beans in thin layer onto tortillas; heat in 350° oven; sprinkle grated cheese over each one. Serve with chopped lettuce, tomatoes, and onion.

Cheese Hamburgers (Charcoaled)

1985

1st, sprinkle lighter fluid on briquettes in pyramid. Burn down. NEVER SQUIRT ON FIRE.

Mix 2 pounds hamburger meat with Worcestershire sauce and salt to taste.

Make thin hamburger patties; separate with layers of waxed paper. Use very cold meat for easier molding of patties.

Put on grill over charcoal that has burned down. Turn when done on one side. (Keep water to control fire flareups.)

At end of cooking, put thin-sliced velveeta or American Cheese on each patty.

Serve with bread, mustard, mayonnaise, lettuce, tomato, pickles, onions; potato chips; beans.

Chicken & Dumplings

1986

Boil 1 cut-up chicken with salt and chicken bouillon cubes for 1 hour.

Add 2 cans biscuits, pulled apart, & cook 20 minutes.

Chicken & Rice Casserole

1986

Flour mix: 1/2 cup flour, 1/2 teaspoon salt, dash of pepper.

Brown 1 cut-up fryer (which has been rolled in flour mix) in butter slightly.

Put in casserole with: 1 1/2 cup uncooked rice, 1 pkg onion soup mix, & 1 can cream of chicken soup; pour over this 3 cups of water.

Bake 2 hours at 325°. Check to add water if needed. Stir rice and flip chicken during baking.

Enchilada Casserole

1986

1 pound ground beef
1 onion, chopped
2 cloves fresh garlic, chopped
1/2 pound grated cheddar cheese
1 can cream of chicken soup
1 can cream of mushroom soup
1 can green chilies enchilada sauce
1 package corn tortillas

Brown hamburger meat; add onion & garlic; cook til onion is almost clear.

Add other ingredients except cheese and tortillas. Simmer 30 minutes.

In casserole, tear or cut tortillas in fourths and arrange. Add part of cooked mixture. Repeat.

Top with grated cheese.

Put in 350° oven til bubbly & cheese is melted. (About 30 minutes.)

This freezes well. Can use a 9 x 13 pan (or other sizes) - Goes well with lettuce and tomato salad, beans, and/or tamales.

Fried Bacon

1983

Put 6 strips of bacon in iron skillet. Heat on medium until crisp, turning once for even cooking.

Drain on paper towel. Cook 4 strips per person.

Take skillet off burner when finished cooking. (Put on another burner.)

Fried Chicken

1985

Salt & flour chicken pieces; drop into hot grease in skillet & fry on one side til brown; fry on other side til brown.

If grease smokes, it's too hot - turn down to medium. Cooks in 15 minutes. Drain & serve.

Fried Hamburgers

1984

Mix 1 - 2 pounds ground meat, 1/3 - 1/2 cup Worcestershire sauce, and 1/2 teaspoon salt.

Make "snowball" & flatten into patty.

Heat on medium skillet; turn down if burning. Usually 4 patties per skillet.

Flip and cook other side.

Put cheese slices on patties just before removing from skillet.

Cut tomatoes, lettuce, & pickles before cooking.

Good with beans & chips.

Can add 1 cup Hunts BBQ sauce to meat.

Fried Steak

1985

Cut up steak into about 2" or 3" pieces; salt; pepper; flour.

Cook in 1/3 cup medium hot grease in skillet til brown on one side; turn & brown on other side.

May have to turn down heat.

Drain on paper towel & serve.

Frito Pie

1983

Grease large shallow pan & Layer:

Fritos or Doritos; chili with or without beans (large can); Velveeta or cheddar cheese (thin strips or shredded); chopped onions.

Heat & Serve.

350° for 15 minutes. Good with lettuce & tomato salad.

Goulash

1985

2 tablespoons worcestershire sauce
1 teaspoon salt
1 pound ground beef
1 - 2 medium squash, diced
2 cups okra, diced
2 medium onions, diced
1 28-ounce can tomatoes
1 8-ounce can tomato sauce
1 beef bouillon cube
1/3 cup rice
1/3 cup macaroni

In hot skillet, brown meat with worcestershire sauce and salt. Add onion, then okra, then squash, stirring constantly.

When the okra and onions are "soft," add tomatoes, sauce, and bouillon cube and simmer on low for 15 minutes.

May need to add water, 1 cup at a time.

Homemade Soup

1985

1 teaspoon salt
1 beef bouillon cube
1 package beef stew meat, cut in small pieces
1 28-ounce can tomatoes
1 can tomato sauce
1 - 2 carrots, chopped
1 - 2 onions, chopped
5 medium potatoes, chopped
1 stick celery, chopped
1/3 cup rice
1/3 cup macaroni
1/3 cup green peas

Heat meat to boiling in large thick pot; cook on low 30 minutes.

Add other ingredients and cook til done (2 hours).

Add water occasionally as needed.

Hot Dogs

1984

Boil wieners about 5 minutes.

Serve with cheese or heated chili, with or without onions.

On bread or buns. Chips and mustard available.

May cut up and heat with pork & beans & 1/2 cup barbeque sauce. (Hunts is best.)

Meatloaf

1984

1 pound ground beef

1 8-ounce can mushrooms

1 8-ounce can tomato sauce (or tomato paste; or 1/2 can tomatoes, chopped; or 1/2 cup catsup)

1 egg

1 medium onion

1/2 teaspoon salt

1/3 cup worcestershire sauce

2 slices "dry" bread crumbs (or 6 crackers, crumbled)

Mix all ingredients. Put in greased pan.

Heat at 350° - 400° for 45 minutes.

Shrimp Gumbo

1986

1 pound raw peeled shrimp (and/or crab or other seafood)
 6 - 8 slices bacon
 1/2 cup flour
 1 cup shallots / onions
 1 cup chopped celery (may omit)
 2 cups or one 10 ounce package okra
 1/2 cup worcestershire sauce
 1/4 teaspoon sweet basil
 1/4 teaspoon thyme
 1/2 teaspoon pepper
 1/2 cup chopped bell pepper
 1/4 cup chopped parsley
 2 cloves chopped garlic
 1 16-ounce can tomatoes
 1 can chicken broth
 1 teaspoon salt
 1/2 bay leaf
 1/4 teaspoon gumbo file (powder)
 Hot, cooked rice

In large pot, cook bacon til crisp. Crumble and set aside. To make roux, add flour gradually & stir til medium brown.

Add remaining ingredients except shrimp, file, and rice. Cook 20 minutes.

Add shrimp; cover; simmer 15 minutes.

Just before serving, stir in file. Serve over hot rice.

Shrimp Victoria

Mom - 1990

1 pound peeled shrimp
 1/2 cup finely chopped onions
 1/4 cup butter
 1 6-ounce can sliced mushrooms (or 1 cup fresh mushrooms)
 1 tablespoon flour
 1/4 teaspoon salt
 Dash cayenne pepper
 1 cup sour cream (or plain yogurt)

Saute shrimp & onion in butter for 5 minutes or until shrimp are tender. Add mushrooms and cook 2 - 3 minutes more.

Sprinkle in flour, salt, and pepper.

Stir in sour cream and cook gently 10 minutes, being careful not to boil.

Spaghetti & Meat Sauce

1985

1 pound ground beef
1 onion, chopped
1 bottle Prago / Ragu sauce
1 can drained mushrooms

Spaghetti Noodles:

Follow directions on package to cook spaghetti. A little salt for flavor and 1 tablespoon oil in boiling water will improve flavor.

Drain in collander; run hot water over spaghetti to "wash" it & prevent sticking. Add 1/2 stick butter back in pan, covered, & leave on stove.

Meat Sauce:

Brown ground beef with onion, sauce, and mushrooms. Heat and serve over spaghetti.

Good with green vegetable.

Supper Nachos

Mom - 1990

1 pound ground beef
1 large onion, chopped
1 teaspoon Lawry's Seasoning Salt
1/2 teaspoon ground cumin (may omit)
2 16-ounce cans refried beans
1 package Lawry's Taco Seasoning Mix
1 4-ounce can diced green chilies
2 cups grated monterey jack cheese
1 cup grated cheddar cheese
3/4 cup salsa
1 bag tortilla chips

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Garnishes:

1 cup Lawry's Guacamole Seasoning
1/2 cup sour cream
1/4 cup chopped green onions
1 cup sliced, ripe olives

Brown meat & onions; drain well & season with seasoning salt and cumin. Combine beans and taco seasoning mix; blend well.

Add monterey jack cheese with cheddar cheese; mix together.

Spread beans in shallow, oval 10 x 15" baking dish. Cover with browned meat and onions.

Sprinkle chilies over meat; top with cheese mix. Pour salsa over cheese if desired (I don't).

May be made ahead and refrigerated at this point - do not freeze.

Bake uncovered in 400° oven 20 - 25 minutes or til thoroughly heated.

Tuck tortilla chips around edge of platter & garnish as desired.

Makes 4 - 6 main dish servings, or 10 - 12 appetizer servings.

Tacos

1985

Salt

Pepper

Worcestershire sauce

1 pound ground beef

1 - 2 tomatoes, chopped

1/2 head lettuce, chopped

1 tablespoon onions, chopped

1 package tortillas

Grated cheddar cheese

Sour cream, optional

Fry meat in medium hot skillet with salt, pepper, and Worcestershire sauce, breaking it up as you brown it. Drain into bowl.

Meanwhile, heat tortillas in double broiler with 1/2 inch water in bottom pan, or in 400° oven 5 - 10 minutes.

Then put meat over tortillas; lettuce salad over meat.

Chapter 6: Grilling and Smoking

2018 Thanksgiving Turkey

Make a brine:
3 gallons water
3 cups salt
1 cup sugar

Remove "accessories" from turkey.

Soak turkey in brine overnight in refrigerator.

Soak wood chunks overnight.

The next morning, heat smoker to 250° F.

Keep smoker supplied with wood & water.

Turkey is done @ 170° F. inside. (Reached 180° in 2018)

3-2-1 RIBS: Perfect Fall Off The Bone Ribs

Ken has used this recipe multiple times. Excellent!

1 rack pork baby back ribs
2 tablespoons Best Dry Rub for Ribs (See separate recipe)
1 cup apple cider or apple juice
1/4 cup dark brown sugar
2 - 3 tablespoons salted butter
1/2 cup BBQ Sauce

- 1) Begin by removing the membrane on the back of the ribs.
- 2) Liberally season both sides of the ribs using the dry rub, starting with the bone side.
- 3) Prepare your smoker for indirect smoking. Target temperature is between 180-200 with thin blue smoke.
Place the seasoned ribs on the smoker and close the lid. Leave them to smoke for 3 hours.
- 4) Tear off a large piece of aluminum foil and place it on a large working surface.
Transfer the ribs to the foil bone side up so the bones don't tear through the foil.
Sprinkle with the brown sugar, top with the butter cut into small pads, and then pour over the apple cider.
- 5) Tightly crimp the foil together to create an airtight seal.
Return to the grill and increase your cooking temperature to as close to 225 degrees as you can get it.
Let the ribs braise for 2 hours in the foil.
- 6) Carefully remove the ribs from the grill and place on a large working surface.
Open the foil package (be careful of hot steam) and use tongs to remove the ribs and place them back on the grill, bone side down.
Discard the foil and excess cooking liquid.
- 7) Brush the ribs with your favorite BBQ sauce, close the lid of your grill and cook at 225 degrees for an additional hour
until the ribs are done to your desired tenderness and the sauce is sticky and set.

Best Dry Rub for Ribs

Use with 3-2-1 Ribs.

- 1/4 cup brown sugar**
- 2 teaspoons kosher salt**
- 2 teaspoons black pepper**
- 2 teaspoons smoked paprika**
- 1 teaspoon garlic powder**
- 1 teaspoon onion powder**
- 1 teaspoon ground mustard**
- 1/2 teaspoon cinnamon**
- 12 teaspoons celery salt**
- 1/4 teaspoon cayenne pepper**

Mix all ingredients in a bowl. Use a fork to crush any clumps of sugar or seasonings. Store in an airtight container for up to a month.

Best Sweet Rub for Grilled Pork and Chicken

- 1/4 cup brown sugar**
- 1 tablespoon coarse sea salt**
- 2 teaspoons cracked black pepper**
- 2 teaspoons smoked paprika**
- 2 teaspoons garlic powder**
- 2 teaspoons onion powder**
- 1 teaspoon ground mustard**
- 1/2 teaspoon cayenne pepper**

Combine all of the ingredients for the rub in a small bowl. Stir well to combine, using a fork to break up any clumps.

Store BBQ sweet rub in an airtight container. This rub will last in your cupboard for up to a month.

Smoked Pork Loin

4 - 5 pounds pork loin roast

1 tablespoon olive oil

2 - 3 tablespoons Hey Grill Hey Signature Sweet Rub (Dylan's favorite is Cajun Injector Cajun Shake Seasoning)

Preheat your smoker to 225° F.

Pat the pork loin roast dry with a paper towel. Trim any excess fat on the top that is over 1/4 inch thick. Use a really sharp knife to score through the fat cap - cut down about 1/4 of an inch in a diagonal pattern.

Drizzle the pork loin on all sides with olive oil, and rub with your hands to ensure it's evenly coated. Sprinkle on all sides with Hey Grill Hey Sweet Rub. You can be a bit aggressive with the sweet rub, so ensure it is nice and coated.

Place the pork loin directly on the grill grates of your smoker. Close the lid and smoke for 2 to 2 1/2 hours. It can take up to 3 hours to fully cook this pork depending on the thickness of the meat. Cook the pork until the internal temperature reaches 145° F.

Remove the roast from the smoker. Tent with foil. Allow to rest for 10-15 minutes, then slice against the grain and serve.

Texas Style Smoked Beef Brisket

12 - 14 pounds whole packer beef brisket
2 tablespoons coarse kosher salt
2 tablespoons coarse ground black pepper
2 tablespoons garlic powder

- 1) Store your brisket in the refrigerator until you are ready to start trimming. Cold briskets are much easier to work with.
Flip your brisket over so the point end is underneath. Remove any silver skin or excess fat from the flat muscle.
Trim down the large crescent moon shaped fat section until it is a smooth transition between the point and the flat.
Trim and excessive or loose meat and fat from the point. Square the edges and ends of the flat.
Flip the brisket over and trim the top fat cap to about 1/4 of an inch thickness across the surface of the brisket.
- 2) In a mixing bowl or empty spice container, mix the salt, pepper, and garlic. Share over the brisket to evenly distribute the spices on all sides.
- 3) Preheat your smoker to 225° F using indirect heat and hardwood smoke.
Place the brisket on the smoker with the point end facing your main heat source.
This is a thicker part of the brisket and it can handle the additional heat.
Close the lid and smoke until an internal thermometer reads 165° F (usually takes around 8 hours).
- 4) On a large work surface, roll out a big piece of butcher paper (or foil) and center your brisket in the middle.
Wrap the brisket by folding edge over edge, creating a leak proof seal all the way around.
Return the wrapped brisket to the smoker, seam side down so the weight from the brisket crimps the edges of the paper wrap down tight.
- 5) Close the lid on the smoker and, maintaining 225° F, continue cooking until the internal temperature of the brisket reaches 202° F in the thickest part of the meat (takes anywhere from 5-8 hours).
- 6) Remove the brisket to a large cutting board and allow to rest for 1 hour before slicing.
- 7) Slice both the point and the flat against the grain with a sharp knife and serve immediately.

Chapter 7: Vegetables

Baked Potato

1985

4 large potatoes
Worcestershire sauce
Butter

Scrub potatoes; put butter and worcestershire sauce on potatoes. Wrap in foil.

Bake at 400° - 450° about 1 hour til potatoes feel soft when stuck with a fork.

Serve with butter, sour cream, cheese, bacon crisps.

Good with ham or barbequed chips.

Macaroni and Cheese

1983

Directions are on pkg. or box.

Put macaroni in big pot of salted hot water. Boil 10 minutes on low.

Drain in collander. Add 1 Tablespoon butter, 1/2 cup milk, & 1/2 cup cheese; melt & serve.

Can add bacon, ham, peas, etc.

Mashed Potatoes

Peel 4 large potatoes & cut in large chunks. Cover with water in pan. Salt (1 teaspoon). Boil on medium low heat, covered, about 20 minutes.

May need to add water. Fork will go thru easily when done.

Drain; mash; add 1/2 stick butter; add a 1/4 cup potato juice, 1/3 cup milk, and beat til light and fluffy.

Old El Paso Mild Mexican Rice

1985

4 cups water
2 tablespoons butter
1 package Old El Paso Mexican Rice seasoning mix
1 package Old El Paso Rice
1/2 cup regular rice (not instant)

Mix all ingredients til stirred up. Boil water. Cover and simmer 20 minutes.

Remove from heat; stir & let stand uncovered 10 minutes til liquid is absorbed.

Pinto Beans

1983

Wash beans in collander; put in large pot. Add 2 chopped onions, 2 teaspoons salt, 1 pod garlic (chopped), and 1 cup salt pork or 4 - 6 strips of bacon.

Cook on low heat about 3 hours, keeping pot almost full of water.

Serve with cornbread, shallots, bacon, & salad.

* Add ingredients beyond beans & salt the next morning.

* 8 Cups of dried beans & 2 Tablespoons of salt. - Cook overnight on very low boil. (2) on our stove.

*2017

Refried Beans

1985

Heat 1 - 2 cans beans in 350° oven for 20 - 30 minutes. Add grated/sliced velveeta or cheddar cheese to top and serve.

Use large, flat, well greased pan.

Good with enchiladas, tacos, Frito pie.

Rice

1984

1 cup rice, regular

2 cups water

1/2 teaspoon salt

Bring to boil (on double boiler, preferably, with 1/4" water in bottom pan); turn down to simmer.

Cook 15 - 20 minutes, stirring and adding a little water 1 or 2 times; add salt, butter, and serve.

With instant rice, bring water to boil; add rice; let set and steam with lid on and no heat for 5 minutes. Salt, butter, and serve.

Chapter 8: Desserts

Apple Pie

1984

6 apples, peeled and sliced
3/4 cup sugar
2 tablespoons flour
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1 dash nutmeg
1 dash salt
2 tablespoons butter

Mix all ingredients & pour into unbaked pastry shell.

Bake at 350° for 45 minutes or til done.

Easy Fruit Cobbler

1984

Cream together 1 cup sugar & 1 1/2 Tablespoons butter; add 3/4 cup milk with the following dry ingredients:

2 teaspoons baking powder
1 cup flour
1/8 teaspoon salt

Put batter in greased (large, shallow) baking dish; on top put 2 cups seeded berries / 1 can cherries / or 3 cups peaches.

Sprinkle on 1/2 cup sugar. Add 1/2 cup hot water over all.

Bake 30 minutes or more at 350°

Cool. May serve with cream and sugar. May top with vanilla ice cream.

Homemade Vanilla Ice Cream

1984

6 cups canned milk
5 cups regular or lowfat milk
1 3/4 cups sugar
3 tablespoons vanilla extract
1/2 teaspoon salt
6 eggs, well beaten
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1 carton ice cream salt
10 pounds bag ice

Add all ingredients, except ice cream salt and ice, to beaten eggs.

Pour into freezer container. Add half of the ice and all of the ice cream salt and start freezer turning.

Add 1 - 3 cups of water to prevent jamming of ice.

Add rest of ice. Cover with cup-towel. Listen for freezer to stop.

Peach: puree about 3 cups of fresh peaches & use less milk (fill within 1-2 inches of top of freezer container).

Pineapple: 1 large can of crushed pineapple & syrup.

Strawberry: 3 cups strawberries, well mashed.

Banana: 6 bananas

Chocolate: 1 large can chocolate syrup. Use MixMaster to mash or blend.

Jello

1983

Mix 1 large package jello with 4 cups hot water. Cool. Refrigerate several hours til jelled.

May serve with whipped cream, or may mix in fruit when almost jelled.

Hint: May use 2 cups ice for last two cups of hot water if you're in a hurry if jello is already dissolved.

Whipped Cream

1983

Follow package directions. Hint: Beat stiffer with cold beaters, bowl, and canned milk (freezer).

Hint: 1 cup milk = 1/2 cup canned milk & 1/2 cup water.

Can put on strawberries, or peaches, or jello.

Chapter 9: Miscellaneous

Cornbread

1983

Grease skillet; sprinkle salt on it; heat skillet in oven while mixing cornbread according to package directions.

(Make it "thinner" by adding a little milk.)

Heat cornbread in skillet 20 min at 350°/400° Spread butter on it.

Cut in slices and remove from skillet with spatula to avoid crumbling.

Serve with beans, bacon, sausage, or ham.

Good with chili on it.

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Rice	33		
Sausage Links	3		
Sausage Patties	4		
Scrambled Eggs	4		
Shrimp Gumbo	20		
Shrimp Victoria	20		
Smoked Pork Loin	28		
Spaghetti & Meat Sauce	21		