

# SALMON PATTIES

*With balsamic-mayo sauce*

## INGREDIENTS

2-15 oz cans salmon

2 eggs

1 1/2 C. panko

1 TBSP mustard

1 tsp salt

1/2 TBSP pepper

1 tsp garlic powder

1 TBSP Worcestershire

1/2 tsp cayenne pepper

### FOR SAUCE

2 TBSP kewpie mayo

1 tsp mustard

1 tsp balsamic vinegar

## DIRECTIONS

1. Drain salmon.
2. Mix all ingredients for patties, smashing together with hands if necessary.
3. Cover and set aside for at least 20 minutes.
4. Mix all ingredients for sauce. Cover and refrigerate until time to eat.
5. Heat iron skillet over medium. When warm, add canola oil up to 1/4 inch. Heat until small bubbles form around a wooden spoon handle stuck in the oil.
6. Form patties and fry in the oil until they are nicely browned on both sides. Drain on paper towels.
7. Serve warm with sauce.

## NOTES

Use wild-caught salmon. Panko can be subbed for breadcrumbs, leftover rice, leftover oatmeal, or quick oats. Good with goat cheese grits and wilted garden greens.

# BISCUITS

## *Quick and flaky*

### INGREDIENTS

2 C. flour  
1 tsp salt  
1 TBSP baking powder  
1/2 C COLD butter, cut  
into 1/2 inch cubes  
Enough cold buttermilk

### DIRECTIONS

1. Preheat oven to 450.
2. Mix all dry ingredients.
3. Cut cold butter into 1/2 inch pieces.
4. Add butter to dry ingredients.
5. Using your fingers, rub butter and flour mixture together until butter is flattened and there are no more large clumps.
6. Pour in a splash of milk and fold flour mixture over it. Add enough milk that ingredients are MOIST, not wet.
7. Lightly flour countertop, then dump out.
8. Fold dough over itself. Turn and pat into neat rectangle.
9. Repeat this 2-3 times until dough is well mixed and nicely layered.
10. Cut rectangle into 12-16 squares.
11. Place 2 inches apart on an ungreased cookie sheet.
12. Bake 8-10 minutes, until just browned.
13. Serve hot.

### NOTES

Make sure your butter and milk are COLD. If your flour or butter get too warm, refrigerate for 10-15 minutes until they cool down.

# SANDWICH BREAD

*Makes 2 1lb loaves*

## INGREDIENTS

1 1/3 C. warm water  
2 TBSP honey  
2 1/2 tsp yeast  
2 tsp salt  
1/4 C. butter or olive oil  
4 1/4 C. flour

## DIRECTIONS

1. Mix warm water, honey, and yeast to proof in the bowl of a stand mixer.
2. Proof (wait until yeast is bubbly) 5-10 minutes.
3. Add salt, softened butter or olive oil, and flour.
4. Using dough hook, mix and let knead 5-10 minutes until dough is smooth, soft, and not sticky.
5. Turn out into buttered bowl and cover.
6. Let rise in a warm place 45 minutes to an hour, or until double in size.
7. Deflate, cut in half, and shape into loaves.
8. Transfer to two loaf pans lined with parchment paper.
9. Preheat oven to 350.
10. Let rise on preheating oven.
11. Bake 25-35 minutes, until nicely browned.
12. Let cool before cutting.

## NOTES

If the dough is too shaggy and wet, add flour. If it is too dry, add water. Cover bowl with saran wrap and a dish towel. Make sure it rises somewhere warm and free of drafts.

# SPAGHETTI SAUCE

*Makes plenty for sharing*

## INGREDIENTS

2 lbs beef stew meat  
1 lbs chicken thighs  
1 lbs hot Italian sausage  
olive oil  
4 32 oz cans tomato  
puree  
1 C dry, fruity red wine  
1 bulb garlic, roasted  
1 onion, minced  
2 TBSP oregano  
3 TBSP basil  
2 TBSP marjoram  
1/2 TBSP red pepper  
flakes, or to taste  
2 tsp salt  
3 tsp pepper

## DIRECTIONS

1. Roast garlic. Cut 1/4 inch off the top of a firm bulb, exposing cloves. Wrap in foil, drizzle with olive oil, and roast in a 350 oven 20 minutes or until cloves squeeze out like a paste.
2. Brown meat over medium-high in a large pot with a little olive oil. Do not crowd.
3. Remove meat and set aside to drain.
4. Add a little olive oil and turn down the heat to medium. Saute onion until soft and starting to caramelize, then toss in herbs and salt.
5. Deglaze the pan with the wine, then squeeze in garlic and pour in the tomato puree.
6. Let simmer 1-2 minutes and make sure the seasonings are to your taste.
7. Add meat.
8. Simmer 2-4 hours, until meat falls apart and sauce is thick and has come together like you want it.

## NOTES

I like to serve this on angel hair. If it's too thick you can add enough pasta water to loosen it up. It can also be used as a lovely meaty lasagna sauce when you have leftovers. Freezes well and is great for bringing supper to people who need a meal.

# MARINARA SAUCE

*Good basic red sauce*

## INGREDIENTS

olive oil  
2 32 oz cans tomato  
puree  
1/2 C dry, fruity red  
wine  
1 bulb garlic, roasted  
1 onion, minced  
1TBSP oregano  
1 1/2 TBSP basil  
1TBSP marjoram  
1 tsp red pepper flakes,  
or to taste  
1 tsp salt  
1 tsp pepper  
  
1-2 anchovies or  
1/2 TBSP red miso paste

## DIRECTIONS

1. Roast garlic. Cut 1/4 inch off the top of a firm bulb, exposing cloves. Wrap in foil, drizzle with olive oil, and roast in a 350 oven 20 minutes or until cloves squeeze out like a paste.
2. Add a little olive oil and turn down the heat to medium. Saute onion until soft, then add anchovies or miso and let cook for a minute together until anchovies fall apart or miso mixes in.
3. Toss in herbs and salt.
4. Deglaze the pan with the wine, then squeeze in garlic and pour in the tomato puree.
5. Simmer until done.

## NOTES

This is a good base for any kind of red pasta sauce. Anchovies and miso can be left out if you're making it vegan, but they add another umami dimension.

# MEATBALLS

## *For pasta and subs*

### INGREDIENTS

olive oil  
1 lbs ground chuck  
1 lbs ground pork  
6 cloves garlic, grated  
1 onion, grated  
1/2 C milk  
1 C breadcrumbs or  
oats  
2 eggs  
1TBSP oregano  
1 1/2 TBSP basil  
1TBSP marjoram  
1 tsp red pepper flakes,  
or to taste  
1 tsp salt  
1 tsp pepper

### DIRECTIONS

1. Soak breadcrumbs or oats in milk for 30 minutes.
2. Grate garlic and onion with a cheese grater or a food processor.
3. Add all ingredients to a large bowl. Mix with your hands until they come together.
4. Shape meatballs into balls about 2 inches in diameter. Place 1 inch apart on a rimmed baking sheet lined with foil.
5. Bake at 375 until meatballs are cooked to a 165-degree internal temperature.
6. Serve on pasta with marinara sauce or as meatball subs.

### NOTES

If using fresh herbs, put them in the food processor with the garlic and onion to make a paste. It will mix in more easily. Otherwise crush them with a mortar and pestle. If you don't have breadcrumbs or oats, you can use leftover rice or panko.

# CHICKEN DIJON

*Best with roasted new potatoes*

## INGREDIENTS

4-6 chicken thighs,  
boneless or bone-in  
1 TBSP rosemary  
salt  
pepper  
3 TBSP butter  
1 C dry white wine -  
txakolina is nice  
2 TBSP dijon mustard  
1 TBSP capers  
lemon  
  
Optional:  
1 C. buttermilk  
salt

## DIRECTIONS

1. If using boneless chicken, brine with 1 C buttermilk and 1 TBSP salt for at least 20 minutes, then pat dry. If using bone-in chicken, season with salt, pepper, and rosemary.
2. Brown chicken in heavy pan with 1 TBSP melted butter. When chicken is cooked, set aside to rest while you make the sauce.
3. Whisk together wine, dijon, and any leftover rosemary. There should be no lumps. Deglaze the pan you cooked the chicken in, then cook down into a nice sauce.
4. Add butter and capers. Cook until butter is melted.
5. Add chicken and a squeeze of lemon back into the pan. When the chicken is nicely coated, plate it and drizzle sauce over the top.
6. Best served with roasted potatoes and whatever green is in season - asparagus, broccoli, or anything else that compliments the meal and will soak up the sauce.

## NOTES

If you don't have buttermilk, you can make soured milk with 1 C of regular milk and 1 TBSP of lemon juice or vinegar. I prefer boneless, skinless chicken thighs for this dish; you can pound them flat to 1/4 inch if you have extra time.

# MACARONI & CHEESE

*Quick childhood favorite*

## INGREDIENTS

1 lbs package shells  
1TBSP salt  
  
1 lbs cheddar cheese,  
shredded  
1 tsp mustard  
1/2 C butter  
black pepper  
reserve 1 C pasta water

## DIRECTIONS

1. Shred cheese and set aside.
2. Boil a medium size pot of water,
3. When water is boiling, salt and add pasta.
4. Cook pasta according to directions until just past al-dente (just done, not overdone).
5. Drain pasta, reserving 1 C pasta water.
6. Melt butter in pasta water, then add cheese, mustard, pepper, and whatever other ingredients.
7. When your cheese sauce is smooth and the cheese is completely melted, add pasta and stir to coat completely.
8. Serve hot.

## NOTES

You can add peas, ham, cooked bacon, or whatever else sounds good. If you add peas, make sure to add them BEFORE you add your cheese, so they don't cause your cheese sauce to seize up.



# TOMATO-BASIL PASTA

*Quick pantry meal*

## INGREDIENTS

1 onion  
3 cloves garlic  
2 cans diced tomatoes,  
drained and juice  
reserved  
basil\  
red pepper  
can coconut milk  
angel hair pasta

## DIRECTIONS

1. Cook pasta in salted water until al dente.
2. Saute onion until nicely caramelized.
3. Add garlic, drained tomatoes, basil and a couple of shakes of red pepper depending on spice tolerance.
4. Cook until spices are fragrant and tomatoes are cooked, 5-10 minutes.
5. Add reserved tomato juice and coconut milk.
6. Simmer until sauce is thick.
7. Add pasta and coat.

## NOTES

You can leave out coconut milk if you prefer. If you use fresh basil, mince it and add it at the end. If it needs something, add a splash of red wine vinegar.

# TOFU-MUSHROOM LUMPIA

*Can be made vegan*

## INGREDIENTS

1lbs assorted  
mushrooms (enochi,  
beech, oyster, etc.)  
1 block tofu  
2 TBSP soy sauce  
1 TBSP fish sauce  
3 cloves garlic  
bunch green onion  
splash rice vinegar  
splash sesame oil  
knob of ginger  
pepper  
cabbage  
lumpia wrappers

## DIRECTIONS

1. Mince all mushrooms, veggies, and crumble tofu as finely as you can.
2. Marinate tofu in soy sauce, fish sauce, garlic, ginger, and sesame oil for at least 30 minutes.
3. Season mushrooms with fish sauce, soy, garlic, ginger, and saute in sesame oil until dry.
4. Saute cabbage until just wilted and drain.
5. Mix all filling ingredients together and let sit for 30 minutes or so to meld flavors.
6. Fill lumpia wrappers and fry at 350 in vegetable or peanut oil until browned. Can also be baked in 400 degree oven until done.

## NOTES

For vegan lumpia, leave out the fish sauce. Make sure your veggies are dry before you put them into the wrappers, no one likes soggy lumpia.

# SALMON CASSEROLE

*Quick pantry meal*

## INGREDIENTS

4 cans salmon  
spinach - fresh or  
frozen  
1/4 C flour  
1/4 C butter or oil  
1 C milk or stock  
1/2 C parmesan cheese  
1 onion

For topping:

1/2 C parmesan cheese  
4 C. dried bread, diced  
and soaked  
1 1/2 C milk or stock

## DIRECTIONS

1. Preheat oven to 375.
2. Dice bread and soak in 1 1/2 C milk or stock.
3. Saute onion in 1 TBSP oil or butter until translucent.
4. Add the rest of the butter or oil and heat up, then add flour.
5. Cook and stir 1 minute, then add milk or stock.
6. Cook roux until bubbly and thick.
7. Add salmon.
8. Put in casserole dish and top with diced bread and parmesan cheese.
9. Bake for 30 minutes until bread layer is crusty.

## NOTES

Jalapeno-cheddar bread is good if you have it. Make sure your bread is stale. Don't use sandwich bread.

# CHARD AND MUSHROOM PASTA

*Autumn or early spring dish*

## INGREDIENTS

bunch Swiss or rainbow  
chard, washed and  
stems separated and  
minced  
1 onion, minced  
3 cloves garlic, roasted  
or minced.  
2 TBSP balsamic  
vinegar  
salt to taste  
walnuts or pecans,  
minced  
wild/mixed mushrooms  
pasta - any chunky  
pasta works for this

## DIRECTIONS

1. Cook pasta in salted water according to directions. Reserve 1/2 C. pasta water.
2. Saute mushrooms until browned in a dry pan. Set aside.
3. Saute onion and chard stems until caramelized.
4. Add garlic, walnuts, chard leaves, and balsamic. Steam until leaves are wilted.
5. Add sauteed mushrooms and mix.
6. Add pasta and coat. Add pasta water if sauce is too thick.

## NOTES

This works well if you've harvested any hickory nuts, otherwise walnuts or black walnuts are good in it. Pecans work. Don't use almonds.

# CHICKEN ADOBO

*Febes's Recipe*

## INGREDIENTS

1 whole chicken, cut up  
5 cloves garlic, smashed  
1 TBSP black  
peppercorns, cracked  
7-8 bay leaves  
1 1/2 c soy sauce  
2 c rice vinegar

## DIRECTIONS

1. Put chicken, garlic, pepper, bay leaves, and soy sauce in a shallow pan.
2. Cover and cook until chicken is browned. Add vinegar.
3. Cook until chicken is done to a nice, caramel brown and is completely cooked though. Remove chicken and reduce sauce.

## NOTES

You can also use chicken thighs or any other bone-in, skin-on chicken. Serve with rice and cucumber salad.

# BLACK BEAN SOUP

## *Pam's Black Bean Soup Recipe*

### INGREDIENTS

3-4 cans black beans, or  
1 lb. dry black beans  
1 can garbanzo or navy  
beans  
2 tablespoons bacon  
bits  
1 lb. smoked sausage,  
diced  
1 - 12-16 oz. container of  
salsa, mild or medium  
1 tablespoon beef base  
or 2 cubes beef bullion  
about 1/2 cup red wine  
1 large onion, diced  
3 cloves garlic, peeled  
1 tablespoon olive oil  
12-16 oz. water

### DIRECTIONS

1. Rinse beans (or soak if using dried beans) well and allow to drain.
2. Saute onion in olive oil until beginning to brown; stir in sausage and bacon and brown. Stir in beans, salsa and garlic cloves; add water, wine and bullion.
3. Bring to simmer, and continue to simmer for about 30-45 minutes, until garlic is soft and liquid is reduced and thickened.
4. Mash garlic and return to pot.
5. Serve with cheese, sour cream, or additional chopped bacon and good bread.

### NOTES

If using dried beans, cook time will be longer.

# BEEF BRISKET

*Ellen's family gathering meal*

## INGREDIENTS

1 can Campbell's beef  
consommé (not broth)□  
1/2 cup soy sauce□  
2 Tbls. liquid smoke□  
3 Tbls. Worcestershire  
sauce□  
2 Tbls. white vinegar□  
1 beef brisket, non-  
corned

## DIRECTIONS

1. Mix liquids together and pour over untrimmed brisket; marinate at least 4 hours (overnight is best).
2. Remove beef from marinade, reserving marinade; place beef in large, flat pan.
3. Bake covered, at 275 degrees until tender (about an hour per pound), adding marinade as needed to keep moistened.
4. Remove cover during final 30-45 minutes of baking to allow browning.
5. Remove beef from pan and allow to rest, covered, for about 20 minutes; slice thin.
6. Deglaze pan juices for a sauce and serve with meat.

## NOTES

Leftovers can be refrigerated for up to 5 days and are better on the second day-this is a great cook-ahead entree. Leftovers can also be frozen with degreased pan juices.

# PIZZA DOUGH

*Quick dough for family pizza night*

## INGREDIENTS

- 1 C warm water
- 1 TBSP honey
- 2 1/4 tsp yeast
- 1 tsp salt
- 3 TBSP olive oil
- 2 1/2-3 C flour

## DIRECTIONS

1. Mix together water, honey, and yeast. Proof yeast (wait 5-10 minutes until the yeast is bubbly).
2. Mix in salt, oil, and flour.
3. Knead until you have a smooth, non-sticky dough.
4. Cover and let rise in a warm place until at least 1/3 larger in size.
5. Cut off a reasonably sized piece.
6. Roll out and cover with sauce, toppings, and cheese,
7. Bake on a preheated pizza stone at 425 for 15 minutes.

## NOTES

Any sweetener can be used in place of honey. I usually let it rise on the stovetop as the oven is preheating. Use cornmeal to keep the dough from sticking to the pan or the stone. This recipe usually makes 3 14 inch pizzas.



# PIZZA SAUCE

*Quick sauce for family pizza night*

## INGREDIENTS

1 small can tomato  
paste  
1 can hot water  
1/2 TBSP garlic powder  
1/2 TBSP onion powder  
1/2 TBSP oregano  
1/2 TBSP basil  
1 tsp marjoram  
1/2 tsp salt  
1/2 tsp red pepper  
flakes  
1 tsp honey  
1 tsp balsamic vinegar

## DIRECTIONS

1. Mix all ingredients together and let sit at least 20 minutes to let flavors meld.
2. Spread on rolled out pizza dough and add desired toppings.
3. Bake pizza at 425 for 15 minutes.

## NOTES

Use with the homemade pizza dough.

# GRANOLA

*Good on yogurt or as cereal.*

## INGREDIENTS

6 C old fashioned oats  
3 C slivered almonds  
2 C unsweetened  
coconut flakes  
1/2 C brown sugar  
2 tsp salt  
1/2 C grapeseed oil  
1/4 C maple syrup  
1 TBSP cinnamon  
(optional)

## DIRECTIONS

1. Mix all ingredients in a large rectangular pan.
2. Bake at 300 for about 1-1 1/2 hours, stirring every 15 minutes until nicely browned.

## NOTES

You can use any neutral oil. Honey is a nice substitute for maple syrup. Adjust brown sugar for desired sweetness.

# JAMMY CAKES

*Quick muffin for kid's snacks.*

## INGREDIENTS

1/2 C butter, softened  
3/4 C sugar  
2 eggs  
2 tsp cardamom  
1 tsp white pepper  
2 C flour  
1 TBSP baking powder  
1 tsp salt and a pinch  
1 C milk  
1 C favorite jam

## DIRECTIONS

1. Cream butter and sugar.
2. Add spices and eggs one at a time, beating between each addition.
3. Mix flour, baking powder, and salt in a separate bowl.
4. Add dry ingredients to butter and sugar mixture alternately with milk.
5. Spoon into muffin tins, filling halfway.
6. Spoon 1 TBSP of jam into middle of each muffin.
7. Fill the rest of the tin with remaining batter.
8. Bake at 350 for 15-20 minutes.

## NOTES

Blackberry or cherry jam is nice in this, but any jam that you like is fine. The spices can be swapped out for whatever you prefer or left out altogether.

# PORK CHOPS

*With maple gravy*

## INGREDIENTS

1 TBSP salt  
4-1 1/2 in thick pork  
chops  
2 tsp pepper  
3 cloves garlic, minced  
1 TBSP vegetable oil  
1 C chicken stock  
1/2 C cider vinegar  
1/2 C white wine  
2-4 TBSP maple syrup  
3 TBSP cold butter

## DIRECTIONS

1. Salt pork chops on both sides and let rest for 45 minutes.
2. Preheat oven to 275.
3. Bake pork chops at 275 until they reach an internal temperature of 125, but 30 - 45 minutes.
4. Sear on stove top in oil until internal temperature reaches 145 and the outside is well browned.
5. Remove to plate and tent with foil to rest.
6. Saute garlic until it is soft and fragrant but not burned.
7. Deglaze pan with stock, vinegar, wine, and syrup. Simmer until thickened and reduced.
8. Remove from heat and stir in cold butter.
9. Serve pork chops with gravy on the side.

## NOTES

This is nice with roasted winter vegetables or wild rice.

# APPLE STACK CAKE

*A Lay Family recipe from the Southern Appalachians*

## INGREDIENTS

3 C self-rising flour  
1 1/2 C sugar  
1 C Crisco  
3 eggs  
1 tsp vanilla flavoring  
1 tsp lemon flavoring  
2 pkg dried apples,  
cooked and mashed  
2 TBSP allspice  
1 1/2 C sugar

## DIRECTIONS

1. Sift flour and sugar together, make a well.
2. Add Crisco, eggs, and flavoring.
3. Mx into a stiff dough; let set in refrigerator a couple of hours or overnight in a covered bowl.
4. Divide into 5 to 7 portions.
5. Grease and flour 9-inch pans and roll or pat dough out to fit pans.
6. Bake at 350 until golden brown, usually about 12 minutes.
7. Do not overbake; invert layers to cool.
8. They will be hard layers when cool.
9. Cook dried apples until tender, mash.
10. Apples are best cooked in a slow cooker in water before adding the sugar and spices.
11. Add 1 1/2 C sugar and spices; spread between cooled layers.
12. Put in airtight container, let set overnight or longer before serving.
13. Cake should be moist before serving. Slice thin.
14. Makes about 20 servings.

## NOTES

This is what my Grandma passed on to me as a family "receipt", mostly verbatim. The furthest back we can trace it is my great-great-great grandmother. Package means a gallon Ziploc bag of dried apples from your trees. They should be sour or sourish cooking apples. If you don't have dried apples you can use home canned apple butter. Cake layers should be cookie consistency.

# CORNBREAD

*Sweet corn bread*

## INGREDIENTS

1/2 C butter  
1 C cornmeal  
1/2 C flour  
1 1/2 tsp baking powder  
1/2 tsp salt  
1 1/2 C milk  
3 eggs  
1/4 C sugar

## DIRECTIONS

1. Preheat oven to 375.
2. Melt butter in a cast iron skillet as the oven preheats.
3. Mix cornmeal, flour, baking powder, sugar, and salt together in a bowl.
4. Add milk, eggs, and butter.
5. Mix well and pour into preheated skillet.
6. Bake for 30 minutes or until done.

## NOTES

You can substitute buttermilk for milk. It's good with a handful of corn kernels thrown in. I also leave out the sugar sometimes and put in cheddar cheese and diced jalapenos.

# PINTO BEANS

*Appalachian staple with corn bread and skillet greens*

## INGREDIENTS

1lb dried pinto beans,  
rinsed and picked over  
cold water to cover  
beans by at least 2  
inches  
1 TBSP salt

## DIRECTIONS

1. Rinse beans and pick them over.
2. Cover with at least 2 inches of water.
3. Put on stove on high heat until boiling.
4. Boil 5 minutes, then turn off heat and set the pot at the back of the stove for an hour.
5. Simmer covered over medium-low heat until done.
6. Serve with lot of topping and as much or little pot likker as you like.

## NOTES

Good toppings include hot sauce, chow-chow, molasses, saurkraut, or really anything else you like.

# EVERYTHING COOKIES

*Chocolate chip cookies with everything but  
the kitchen sink*

## INGREDIENTS

2 C butter, softened  
2 C brown sugar  
2 C sugar  
4 eggs  
1 TSBP vanilla  
1/4 C milk  
4 C flour  
1 TBSP baking soda  
1 tsp salt  
3 C rolled oats  
12 oz chocolate chips  
2 C chopped nuts  
8 oz coconut  
16 oz chopped dates

## DIRECTIONS

1. Cream butter and sugars together.
2. Add eggs and beat until light and fluffy.
3. Stir in vanilla and milk.
4. Mix in flour, salt, and baking soda, stir until well combined.
5. Carefully add oats, chocolate chips, nuts, coconut, and dates.
6. Refrigerate several hours or overnight.
7. Place tablespoons of chilled dough on a cookie sheet lined with parchment paper.
8. Bake at 350 for 12-15 minutes.
9. Makes 10 dozen.

## NOTES

These can be baked and frozen, or the dough can be rolled into logs and frozen for future baking.



# CANDIED CITRUS PEEL

*Harvey's recipe for candied citrus peel*

## INGREDIENTS

2 cups peel from navel  
oranges or grapefruit,  
trimmed of any brown  
spots and cut into 1/4-  
inch-wide strips (do not  
remove pith, or white  
part)  
1-1/2 cups granulated  
sugar, divided  
1/2 cup water

## DIRECTIONS

1. Place peel in a medium saucepan. Add water to cover peel by about 2 inches. Do not cover pan. Bring to a simmer over medium heat. Simmer 30 minutes, stirring occasionally. Drain peel into a colander. Return peel to pan and again cover peel with water by about 2 inches. Do not cover pan.
2. Bring to a full boil and then drain peel into a colander. Repeat three times. Lay a towel on a counter or tray and spread peel on towel in one layer.
3. Stir together 1/2 cup water and 1 cup of the sugar, in a medium saucepan over medium heat. Stir frequently until liquid begins to boil. Cover tightly and boil three minutes.
4. Remove lid and stir in peel, mixing well. Lower heat so mixture simmers. Maintain a gentle bubbling until grapefruit peel is completely transparent (approximately 25 to 30 minutes) and edges of orange peel are transparent (approximately 30 to 40 minutes). Stir mixture occasionally the first 5 minutes of cooking; then leave undisturbed except to poke down peels that rise above the liquid. Check frequently, adjusting burner temperature as necessary to maintain a gentle simmer.
5. Meanwhile, line a baking sheet or tray with waxed paper. Place a baking rack on top and set near the stove. When peel is done, remove pan from burner and lift out peel with tongs. Spread it out on the rack to drain for about 5 minutes.
6. Toss peel in remaining 1/2 cup sugar to coat and place in a single layer on a rimmed baking pan. Or, for very evenly coated candy, place six or seven peels (spread apart) in a wire mesh basket. Place basket over a wide bowl and pour sugar over, shaking basket as you pour. Pour remaining sugar back over peel. Unstick peels from basket as you work. Repeat until peel is evenly coated. Dump peel from basket onto wax paper. Handle as little as possible to avoid knocking off sugar. Allow peel to dry for at least 4 hours before packaging. When thoroughly dry, store peels between waxed paper in a tightly sealed container.
7. Makes 2+ cups.

## NOTES

Do not try to make this in wet or humid weather. Granddaddy was a chemist, so his recipes are incredibly good and incredibly precise.

# BAKLAVA

*Pam's Baklava Recipe*

## INGREDIENTS

### Baklava

1 lb. of chopped nuts  
(almonds, walnuts, or  
pistachios are best, or use  
a combination of them)  
1 lb of phyllo dough  
1 cup of butter, melted 1/3  
cup of sugar  
1 tsp of ground cinnamon  
1/3 tsp of ground cloves

### Syrup

1 cup of water  
1 cup of sugar  
1/2 cup of honey  
2 tablespoons of lemon  
juice  
1 cinnamon stick

## DIRECTIONS

- 1 Lightly grease a 9x13 pan and set the oven to 350°F.
- 2 Thaw the phyllo dough according to manufacturer's directions (this may take overnight). When thawed, roll out the dough and cut the dough in half so the sheets will fit in the pan. Cover with a damp towel to keep it from drying out.
- 3 Process the nuts until in small, even sized pieces. Combine with sugar, cinnamon, and cloves. In a separate bowl, melt the butter in the microwave.
- 4 Place a sheet of phyllo dough into the pan. Using a pastry brush, brush the phyllo sheet with melted butter. Repeat 7 more times until it is 8 sheets thick, each sheet being "painted" with the butter.
- 5 Spoon on a thin layer of the nut mixture. Cover with two more sheets of phyllo, brushing each one with butter. Continue to repeat the nut mixture and two buttered sheets of phyllo until the nut mixture is all used up. The top layer should be 8 phyllo sheets thick, each sheet being individually buttered. Do not worry if the sheets crinkle up a bit, it will just add more texture.
- 6 Cut into 24 equal sized squares using a sharp knife. Bake at 350°F for 30-35 minutes or until lightly golden brown, and edges appear slightly crisp.
- 7 While baking, make the syrup. Combine the cinnamon stick, sugar, lemon juice, honey, and water in a saucepan. Bring to a boil, then reduce to medium low heat and let simmer for 7 minutes and slightly thickened. Remove the cinnamon stick and allow to cool.
- 8 Spoon the cooled syrup over the hot baklava and let cool for at least 4 hours. Garnish with some finely crushed pistachios of desired.

## NOTES

# CHEWY FLOURLESS CHOCOLATE COOKIES

## INGREDIENTS

1 3/4 cups powdered  
sugar  
1/2 cup dutch process  
cocoa ( made with alkali)  
2 teaspoons cornstarch  
1/4 teaspoon salt  
2 egg whites  
1 cup coarsely chopped  
pecans or 1 cup walnuts,  
toasted

## DIRECTIONS

- Preheat oven to 300°F
- Mix together sugar, cocoa, cornstarch and salt. Gradually add egg whites, stirring with a spoon until mixture forms a dough. (Mixture should be thick enough to form into balls; if not add more powdered sugar and cocoa). Add nuts; mix well.
- Form dough into 15 balls. Place on a parchment-lined cookie sheet. Bake 16 to 19 minutes, until glossy and crackled. Cool completely.

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