

# My Mother's Cookbook

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March 12, 2016



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# 1. Appetizers

## Artichoke Dip

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*1 Cup Parmesan Cheese  
1 Cup Mozzarella Cheese  
1 Cup Mayonnaise  
1 Can Artichoke Hearts, Chopped  
Garlic Salt*

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Mix ingredients and bake at 350° for about 20 minutes until heated through.

## Black Bean and Mango Salsa

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*1 (15 ounce) Can of Black Beans, rinsed  
1 Mango, Peeled and Chopped  
1 Small Green Bell Pepper, Chopped  
2 Plum Tomatoes, Seeded and Chopped  
4 Green Onions, Chopped  
1/4 Cup Italian Vinaigrette  
1 Tablespoon Lime Juice  
2 Teaspoons Cilantro, Chopped  
1/2 Teaspoon Garlic Salt  
1/2 Teaspoon Seasoned Pepper  
1/2 Teaspoon Hot Sauce  
Tortilla Chips*

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Stir together first 12 ingredients in a medium bowl. Cover and chill for 1, and up to 24, hours. Serve with Tortilla Chips.

## Curry Dip

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*1 Cup Mayonnaise*  
*2 Tablespoons Tarragon Vinegar*  
*1/2 Teaspoon Thyme*  
*1/2 Teaspoon Curry Powder*  
*2 Teaspoons Chili Sauce*  
*2 Teaspoons Chives, Snipped*  
*2 Teaspoons Onions, Chopped*  
OR  
*1/2 Cup Mayonnaise*  
*1/2 Cup Sour Cream*  
*1 Tablespoon Cider Vinegar*  
*1 Tablespoon Sugar*  
*1 Teaspoon Garlic Salt*  
*1 Teaspoon Curry Powder*  
*1 Teaspoon Horseradish*  
*1 Teaspoon Onion, Grated*

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Combine, Chill, and Serve.

Source: Kathy Brumder

## Garlic and Sun-Dried Tomato Hummus

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*1/4 Cup Water*  
*2 Tablespoons Oil-Packed Sun-Dried Tomatoes, Chopped*  
*1/2 Teaspoon Salt*  
*1/4 Teaspoon Pepper*  
*2 Garlic Cloves*  
*1 (15 ounce) Can Chick Peas, drained*

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Place all ingredients in a food processor and process until smooth.

## Goat Cheese Spread

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*2 (8 ounce) Packages Cream Cheese, Softened*  
*8 Ounces Goat Cheese*  
*2 Garlic Cloves, Minced*  
*4 Teaspoons Fresh OR 1 1/4 Teaspoons Dried Oregano*  
*1/8 Teaspoon Ground Pepper*  
*1/2 Cup Basil Pesto*  
*1/4 Cup Oil-Packed Sun-Dried Tomatoes, Drained and Chopped*  
*Garnishes: Sun-Dried Tomato Slivers, Fresh Oregano Sprigs*  
*French Bread Slices or Crackers*

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Process first 5 ingredients in a food processor until smooth. Spread one third of cheese mixture in bottom of a plastic wrap-lined 8x4 inch loaf pan. Top with pesto, then spread one third of cheese mixture on top of pesto. Sprinkle with sun-dried tomatoes, top with remaining cheese mixture. Cover and chill for 8 hours. Invert onto serving plate, discarding plastic wrap. Garnish, if desired, and serve with bread or crackers.

## Parmesan Cheese Puff Rounds

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*8 Ounces Cream Cheese*  
*3 Tablespoons Mayonnaise*  
*3 Green Onions, Chopped*  
*3 Drops Tabasco*  
 *$\frac{2}{3}$  Cup Parmesan Cheese*  
*Butter*  
*Thin White Bread*

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Mix first 4 ingredients with  $\frac{1}{2}$  cup Parmesan. Make 60 small bread rounds and butter one side. Lightly brown in broiler. Put cheese mixture on each round and then dip in remaining Parmesan cheese. Brown in broiler until lightly puffy and brown.

Source: Grandma Papen



## Onion Dip

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*2 Tablespoons Olive Oil*

*1<sup>1</sup>/<sub>2</sub> Onions, Diced*

*1<sup>1</sup>/<sub>4</sub> Teaspoon Kosher Salt*

*1<sup>1</sup>/<sub>2</sub> Cups Sour Cream*

*3<sup>3</sup>/<sub>4</sub> Cup Mayonnaise*

*1<sup>1</sup>/<sub>4</sub> Teaspoon Garlic Powder*

*1<sup>1</sup>/<sub>4</sub> Teaspoon Ground White Pepper*

*1<sup>1</sup>/<sub>2</sub> Teaspoon Kosher Salt*

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In a Sauté pan over medium heat add oil, heat and add onions and salt. Cook the onions until they are caramelized, about 20 minutes. Remove from heat and set aside to cool. Mix the rest of the ingredients, and then add the cooled onions. Refrigerate and stir again before serving.

Source: Alton Brown, via Meg Noyes

## Praline Pecans

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*1/4 Cup Firmly Packed Brown Sugar*  
*1 Tablespoon Butter*  
*1 Tablespoon Water*  
*24 Pecan Halves, about 1 1/4 Ounces*

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Lightly oil large sheet of foil. Bring sugar, butter and water to boil in heavy small saucepan over medium heat, stirring constantly. Add pecans and boil until mixture thickens and nuts begin to stick together, stirring constantly, about 2 minutes. Pour nuts onto foil. Working quickly, separate nuts and turn them round side up using 2 lightly oiled forks. Store in airtight container between sheets of wax paper.

## Seafood Dip

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*1 Can Lobster, Shrimp, or Crab*  
*1 (8 ounce) Package cream cheese*  
*2 Teaspoons Chili Sauce*  
*2 Teaspoons Horseradish*  
*1/3 Cup Mayonnaise*  
*1 Teaspoon Lemon Juice*

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Mix ingredients, adding seafood last.  
Source: Grandma Papen

## Southwestern Ranch Dip

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*16 Ounces light sour cream*  
*2 Cups Mayonnaise or Light Mayo*  
*1/2 Teaspoon Ground Red Chipotle Pepper (Or 1 Teaspoon Chili Powder and a Pinch of Cayenne)*  
*1 Teaspoon Ground Cumin*  
*2 Teaspoons Taco Seasoning*  
*1 Package Ranch Dressing Mix*  
*1 Can green Chilis, Drained*

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Combine and Chill before Serving

## Spicy Candied Pecans

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*2 Cups Pecans*  
*1 Tablespoon Sugar*  
*1/2 Teaspoon Salt*  
*1/8 Teaspoon Cayenne Pepper*  
*2 Tablespoons Butter, Melted*

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In 375°Oven, roast 2 cups pecans on a baking sheet, stirring once, until toasted, about 8 minutes. Stir together sugar, salt, and cayenne in a cup. Transfer hot nuts to a large bowl. Drizzle melted butter on top and toss well. Sprinkle sugar mixture on top and toss again. Let cool completely (mixture will harden).

## Tomato Mozzarella Tart

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*1 Sheet Frozen Puff Pastry, Thawed*  
*8 Ounces Grated Mozzarella Cheese*  
*1½ Pound Plum Tomatoes*  
*½ Cup Grated Parmesan*  
*1 Tablespoon Olive Oil*  
*1 Teaspoon Dried Thyme, Crumbled*

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Preheat oven to 375°. Brush 13x9 inch baking sheet with olive oil. Roll out pastry sheet on lightly floured surface to 16x12 inch rectangle. Transfer pastry to prepared pan and gently press into place. Pierce crust all over with fork. Bake until golden brown, piercing with fork every 5 minutes to deflate, if necessary. It will take about 15 minutes. Sprinkle crust with mozzarella and set aside (can be prepared 4 hours ahead, let stand at room temp.). Increase oven temp to 425F. Blanch tomatoes in large pot of boiling water 20 seconds. Drain and let cool. Peel and core tomatoes. Cut into thin rounds. Place rounds on double thickness paper towels; pat dry. Arrange tomatoes on crust in slightly overlapping rows, covering completely. Season generously with salt and pepper. Sprinkle Parmesan, 1T olive oil and thyme over. Bake tart until tomatoes are heated through and cheeses melt, about 9 minutes.

## 2. Breakfast

### Banana Oatmeal Loaf

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*1<sup>1</sup>/<sub>2</sub> Cup Flour*  
*2<sup>2</sup>/<sub>3</sub> Cup Sugar*  
*1<sup>1</sup>/<sub>2</sub> Teaspoon Baking Powder*  
*1<sup>1</sup>/<sub>4</sub> Teaspoon Salt*  
*1<sup>1</sup>/<sub>4</sub> Teaspoon Baking Soda*  
*3<sup>3</sup>/<sub>4</sub> Cup Regular Oats*  
*1 Cup Banana, About 2 Large Bananas*  
*1<sup>1</sup>/<sub>3</sub> Low Fat Buttermilk*  
*1<sup>1</sup>/<sub>4</sub> Cup Vegetable Oil*  
*1 Teaspoon Vanilla*  
*2 Large Eggs, Beaten*

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Preheat oven to 350°. Mix dry ingredients, mix wet ingredients.  
Bake as Muffins or Loaves

## Berry Special Muffins

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*1<sup>3</sup>/<sub>4</sub> Cup Bran Flakes*  
*1 Cup Buttermilk*  
*1 Egg*  
*3 Tablespoons Oil*  
*1 Cup Blueberries*  
*1 Cup Flour*  
*1 Tablespoon Baking Powder*  
*<sup>1</sup>/<sub>3</sub> Cup Brown Sugar*  
*1 Teaspoon Cinnamon*

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Combine cereal, buttermilk, egg and oil. Let stand 5 minutes. Combine dry ingredients. Add wet to dry. Bake 20-25 minutes at 400°.

## Blueberry Muffins

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*1 Cup Flour*  
*1<sup>1</sup>/<sub>2</sub> Teaspoon Baking Powder*  
*1<sup>1</sup>/<sub>2</sub> Tablespoon Sugar*  
*<sup>1</sup>/<sub>2</sub> Teaspoon Salt*  
*2 Tablespoons Butter, Cold*  
*1 Egg*  
*<sup>1</sup>/<sub>2</sub> Cup Milk*  
*<sup>1</sup>/<sub>2</sub> Cup Berries*

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Sift Flour, measure. Mix all dry ingredients together, sift again. Cut butter in with a for or pastry blender. Beat egg well, add milk and stir. Pour liquid into flour, mix until damp and the batter is lumpy. Pour into greased muffin tins. Bake at 400°for 20-25 minutes.

## Carrot Bread

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*3/4 Cup Sugar*  
*1 Cup Flour*  
*1/2 Cup Whole Wheat Flour*  
*1 Teaspoon Baking Powder*  
*1 Teaspoon Baking Soda*  
*1 Teaspoon Salt*  
*1 Cinnamon*  
*3/4 Cup Applesauce*  
*1 Egg*  
*1 Teaspoon Vanilla*  
*1 Cup Shredded Carrot*  
*1/4 Cup Chopped Pecans*

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Mix wet ingredients, mix dry ingredients. Mix together and then add carrots and pecans. Bake at 350° for 20 minutes for muffins, 50-55 minutes for bread.