

Coconut Cream Pie started it all

... and other desserts ...

It was a standing practice in the family, whenever the children "from away" came by, there would be a list of chores for us to do in exchange for our favorite foods.

As the cooks aged and arthritis set in, that shifted to us coming to do chores and bringing our favorite foods.

But when Grandpa's diet kicked in full strength even the favorite foods got banished.

Grandma had been making me mincemeat pies for 4 decades ... I had been bringing Grandpa coconut cream pies, his absolute favorite, for well over two decades when, in 2015, word on high came down ... no more pie ... too much salt ... blah blah blah ...

That is what started my cooking for Grandpa that summer - I needed to learn to make coconut cream pie filling, from scratch, with no salt.

It turned out to be easy so I set about teaching myself as much as I could ... with Grandpa making suggestions all the way along ... and that all ended in us writing a cookbook ... this cookbook.

## Coconut Cream Pie

### Coconut Cream Pie Base

1 cup sweetened shredded / flaked coconut

3 cups Blend (half-and-half)

2 eggs (beaten)

3/4 cup sugar

1/2 cup all-purpose flour

1 teaspoon vanilla extract



Heat the oven to 350, then turn off.

Spread coconut on a cookie sheet and brown in cooling oven – stir once or twice or until brown.



Bring to a boil on low heat, or in a double boiler (it is easier, but takes longer), simmer Blend, eggs, sugar and flour. Stir constantly and watch the edges / corners for flour lumps.



When it boils and is nice and thick remove from heat and stir in browned coconut and vanilla.

Pour into serving dishes and chill.



## Bread Pudding

### Bread Pudding Base

6-8+ slices of STALE / DRY bread

2 tablespoons of butter / margarine

4 eggs (beaten)

2 cups of milk

3/4 cup of sugar

1 teaspoon of cinnamon

1 teaspoon of vanilla extract

The bread needs to be stale / dry. Fresh bread does not cook up properly.



Mix everything except bread in the casserole dish you will bake it in (I am a one-pot-wonder). When well mixed, start adding bread.

Tear the bread into small pieces. Drop it in the liquid and mix well. Add bread until the liquid is absorbed or the casserole dish is 90% full.

Bake at 350 for 45 minutes.

### Variations

Grandpa liked extra raisins, I like no sugar.

Grandpa often has to use plain, no-salt, bread made especially for him.

I like making it from stale raisin bread.

Dried cranberries are good, as is substituting sweetened shredded coconut for sugar.





## Cobbler & Grunt

Cobbler is a pie with a top but no shell / bottom. Hence it is more than pudding but less than a true and proper pie.

Grunt - as in blue berry grunt - is just a variation of a cobbler with dough boys instead of pastry.

mostly fill a standard casserole dish with fruit, sugar and spices as desired.

Apples - Some sugar and cinnamon

Strawberries - Some sugar

Peaches - Make a syrup with 1 cup of water and 1 cup of sugar. Bring to boil, reduce to simmer, dissolve sugar. Add peaches and simmer 2 minutes then remove from heat. DON'T COOK THE PEACHES.

Black Berries - Some sugar and lemon. A tablespoon or 2 of cornstarch and heat will thicken.

Blue Berries - Some sugar and lemon. A tablespoon or 2 of cornstarch and heat will thicken.

## Crisp Crust

1/2 cup Butter

2 cups Flour

1/2 cup Rolled Oats

1 1/4 cup sugar (any mix of white or brown)

2 teaspoons of baking powder

2/3 cup milk

Mix well to form a smooth batter..

Cover fruit with batter.

Sprinkle surface of batter with white sugar generously (1/4 cup or more).

Spritz surface with cold water.

Bake @375°F (190°C) for 45-60 minutes.

## Grunt Crust

1/4 cup Butter

1 cup Flour

1/2 cup sugar (any mix of white or brown)

1 teaspoon Baking powder

1/4 cup Boiling water

Mix all the dry ingredients.

Cut in the butter to make crumbs.

Stir in boiling water to moisten dough.

Spoon drop balls into simmering fruit (in a pot). Keep lid on to keep everything from drying out.

#### Sponge Crust

1/2 cup Butter

1 1/2 cups Flour

1 cup sugar (any mix of white or brown)

2 teaspoons Baking Powder

1 1/2 cup Milk

Mix well to form a smooth batter..

Cover fruit with batter - or other way around. Some people like the fruit on top although the sponge crust will bake up through it.

Bake @350°F (175°C) for 45-60 minutes.

#### Crumble Crust

2 cups Flour

2 cups Sugar

2 eggs

2 teaspoons Baking Powder

Mix well, will have a crumble appearance.

Cover fruit with crumbles.

Drizzle 1/2 cup of melted butter over the top.

Bake @350°F (175°C) for 45-60 minutes.

- grease a slow cooker with 1/2 cup of butter or margarine - leave the rest in the slow cooker
- add 4 cups of frozen berries and 2 tablespoons of cornstarch
- add 1/2 cup of brown sugar
- add 1/2 teaspoon of cinnamon, nutmeg, cloves
- mix up a box cake mix (white or lemon) and pour batter over the top of berries and spices
- cook on high for 3 to 3 1/2 hrs

#### Variations

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Clan Brown / Mayo liked it this way - Jeff felt it needed twice as much fruit and less sugar.



## Plain Cookie Base

1 tsp Baking Soda  
1 cup brown sugar  
1 cup white sugar  
3 cups flour  
1 cup butter  
2 eggs  
2 tsp vanilla

## Plain Oatmeal Cookie Base

1/2 tsp Baking Soda  
1 cup brown sugar  
1/2 cup white sugar  
1 1/4 cup flour  
3 cups quick oats  
1 cup butter  
2 eggs  
2 tsp vanilla

Mix the dry ingredients thoroughly

Mix in the softened / melted butter

Mix in the remaining wet ingredients

Mix well

Spoon-drop onto un-greased cookie sheet

Pre-heat @350°F (175°C), bake until done (browned edges, not burnt), about 10 min

## Variations

→ add chocolate chips

→ add raisins (or other fruit)

→ add chopped walnuts (or other nuts)

Boil for 2-5 min, then remove from heat

1-2 cups of white sugar

1/2 cup butter or shortening

1/2 cup milk

Stir in 1/2 cup cocoa and 1 tsp vanilla

mix in 1 cup of dry ingredients (quick oats, coconut, walnuts, crunchy peanut butter)

form cookies or balls on wax paper

chill to set

## Cornbread

Cornbread is another personal favorite. An old friend from college use to make me blueberry cornbread.

1/4 cup butter / margarine (melted)

1 cup milk

1 large egg

1 1/4 cups cornmeal

1 cup all-purpose flour

1/3 cup sugar

1 tablespoon baking powder

Mix everything together. Spoon into greased muffin pan, fill each cup 1/2 to 2/3 full. Bake at 350 for 20 to 30 min, use the toothpick test to check when they are done.

## Variations

More sugar for Grandpa, less for me.

Add berries, raisins or dried cranberries as desired.

Add 1 cup fresh chopped rhubarb, 1/2 cup extra sugar.

The following was requested by Grandpa so often, I added it to the book on principal.

## Rhubarb Raisin Double Batch

1/2 cup butter / margarine (melted)

2 cups milk = 500ml carton

2 large eggs

2 1/2 cups cornmeal = 500g bag

2 cups all-purpose flour

1 1/2 cups brown sugar

2 tablespoon baking powder

2 cups washed, diced, fresh rhubarb

handful or two of raisins and cranberries

## Custard

### Light Custard

→ 1:1, 1 egg for each cup of milk.

### Medium Custard

→ 2:1, 2 eggs for each cup of milk.

→ 1/4 cup of sugar for each cup of milk.

→ 1/2 teaspoon of nutmeg for each cup of milk.

→ 1/2 teaspoon of vanilla for each cup of milk.

→ Mix everything (whisk if necessary).

→ Pour into uncooked pie shell if desired or casserole dish if not.

→ Bake @ 350°F (175°C) for 40 minutes.

### Variations

→ Add dried fruit, especially raisins and cranberries.

## Campground Fondue aka Ganache

I lived in a car for a decade, during my 20s and early 30s. During this time I invented 'Campground Fondue' which amounted to cobbling a double boiler together and melting chocolate bars with a bit of milk and butter.

Campground Fondue was a hit all through Asia and the Middle East through my 30s and 40s. No-one told me it had another name.

I was disappointed to discover, at 45, that my Campground Fondue was called Ganache and was commonly used to top cakes and desserts.

## Muffin Base

2 cups flour  
2 eggs  
1/2 cup veg oil  
1 teaspoon Baking Powder  
1/2 teaspoon Baking Soda  
1/2 cup milk OR 1/4 cup Butter - not both - one or the other  
1 cup of sugar

## Variations

Oatmeal - replace 50% of flour with oatmeal

Sweet Potato - replace 50% of flour with cold, mashed, sweet potato (cinnamon & nutmeg too)

Rhubarb - add 1-2 cups of fresh chopped rhubarb (extra sugar won't hurt).

## Zucchini -

1 cup shredded zucchini  
1 teaspoon cinnamon  
1 tablespoon lemon juice  
1 teaspoon vanilla  
OPTIONAL chocolate chips or nuts  
→ Whisk all the wet ingredients.

→ Stir in all the dry ingredients.

→ Pre-heat to 400°F (200°C)

Greased muffins take about 20 min. Tops should be golden brown. Check with a cake fork or toothpick.

Greased casserole dish or pie plate takes about 40 min. Tops should be golden brown. Check with a cake fork or toothpick.

Vanilla Pie Filling (Boston Cream Filling)  1/4 cup sugar 1 cup whole milk 1 cup whipping cream 1/3 cup cornstarch 3 eggs 1/2 tablespoon butter 2 teaspoons vanilla extract	
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Butterscotch (Uncle Larry's Fav)  1 cup brown sugar 3 cups milk 1/3 cup cornstarch 3 yolks 2 tablespoons butter 2 teaspoons vanilla extract	- Clan Mayo wanted less sugar
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Chocolate (Danielle's Fav)  1 cup sugar 3 cups milk 1/3 cup cornstarch 1/3 cup unsweetened cocoa powder 3 yolks 2 tablespoons butter 2 teaspoons vanilla extract	- Danielle wanted less sugar - Clan Mayo wanted less sugar
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Mix everything except yolks, butter and vanilla.

Heat on medium (or use a double boiler) while stirring constantly until it thickens.

Add yolks and stir until thickens (more).

Remove from heat, stir in butter and vanilla.

Pour into shell / bowl to cool / set.

Variations

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I like chocolate pie made with brown sugar.

You can use 2 entire eggs instead of 3 yolks however beat them well and expect occasional tiny flecks of cooked egg white in the pie filling.



## Pie Shells

2 1/2 cups flour  
1 teaspoon sugar  
1 cup (2 sticks) unsalted, chilled butter

or

2 1/2 cups flour  
2 tablespoons sugar  
1/2 cup (1 stick) unsalted, chilled butter  
1/2 cup (1 stick) shortening

- Cut fat into all dry ingredients until it resembles wet sand.

→ Add 4 tablespoons of ice water and work into dough. (Add more water / flour as needed).

→ Don't over-work, if dough gets too warm the fat will start to run. Chill it in the fridge or freezer and continue.

→ Divide into 2 parts, chill in fridge for at least 1 hr up to 2 days.

→ Take chilled dough and roll on a floured surface until large enough to fill pie plate with 1 inch of overhang. (9 inch standard pie plate needs a circle of 14 inches.)

→ Gently form to pie plate. Trim edges, crimp to rim of plate. Cover with plastic and freeze for later. Store in fridge if using shortly.

→ For non-bake pies (like custard, chocolate pudding or coconut cream), if shell is frozen go straight to pricking and the oven.

→ For non-bake pies, if shell is fresh, chill in fridge for a hr or the freezer for 30 min. (This is important to prevent the sides from softening and slipping down the plate before baking solid.) Then prick shell repeatedly with a fork.

→ Bake at 425°F (220°C) for 8 min.

→ For pies you bake, like sweet-potato, fill the raw pie shell with pie filling and wrap in plastic (and freeze) or bake according to pie filling requirements.

## Variations

\* 2 1/2 cups of flour will make a 9 inch double crust (1 shell + 1 cover), 2 9 inch crusts or a 10 inch crust.

\*\* Many of the churches I volunteered at often had 'pie sales' in which the entire pie was raw (or frozen) and delivered to the customers who then baked it. I spent a whole winter making apple pies this way with my mother's church the winter I lived with her because of (her) knee surgeries.

\*\*\* Egg Wash - 1 egg yolk and 1 tablespoon of cream, blend or milk. Mix and brush onto shell just prior to baking.

## Yup - the Dicken's A Christmas Carol Plum Pudding ala Townsends

18th century

8 yolks, 4 whites

1 pint milk

brandy to taste

1 lb flour

or

Townsends

3 eggs

3/4 cup milk

brandy to taste

3/4 cup flour

whisk eggs, half the milk

whisk in flour gradually to avoid lumps

add dried fruit to taste as much as a lb or 3/4 cup each (apples, raisins, currants etc)

add 1 teaspoon beaten ginger or 1/2 teaspoon powdered ginger

add 1/2 a ground nutmeg or to taste

add SUET 1 lb or 3/4 cup coarsely chopped

optional - candied orange peel, candied lemon peel, candied cherries

stir in the suet, fruits and spices

→ mix to a stiff dough by adding remaining milk (flour if needed)

→ prep pudding cloth (muslin or similar finely woven cloth, not cheese cloth)

→ dip in boiling water, lay out over a bowl, dust with flour

→ fill cloth (via bowl) with dough, tie up loosely with string or twine

→ the pudding will swell as it boils

→ too tight and it will burst

→ too loose and it will fall apart

→ just right makes a nice round pudding

Boil the 18th century version for 5 hrs.

Boil the Townsend recipe for 2 1/2 hrs.

## Potato Candy

Original recipes were ludicrously sweet - with a 10:1 powdered sugar to potato ratio.

I find 50/50 too sweet. But anyway - mix left over mashed potatoes (without the milk and butter) with your preference in terms of the amount of icing sugar.

→ Mix that adding potato, water or powdered sugar until it forms a putty like dough.

→ Put a layer of wax paper on a cookie sheet, sprinkle with powdered sugar and roll the dough out to a 1/4 inch thick

→ Leave the top bare or spread a thin layer of melted chocolate, a thin layer of peanut butter (or other nut butter) or even a thin layer of Nutello

→ Put it in the fridge to stiffen up a bit ... or while still warm, roll it and slice it like sticky buns.

## Rhubarb

### Stewed (Fresh) Rhubarb

Wash and chop (into 1-2 inch pieces) fresh rhubarb.

Add water do not cover rhubarb.

Bring to a boil, reduce to simmer and simmer to desired consistency.

Stir in sugar to taste (over time).

\* This can be frozen. As a kid I would stew and freeze rhubarb. It was a favorite to add over the top of ice-cream.

\*\* Most recipes call for 'fresh' rhubarb (ie not stewed). If you wash, chop and dry off your rhubarb, you can freeze it in bags to use as 'fresh' rhubarb later. For convenience, I freeze it in 2 cup allotments as most recipes call for 2 cups which is now 1 bag.

## Custard

Mix well

1 cup of sugar

1 tablespoon of corn starch

1 cup of milk

2 egg yolks

In the bottom of a casserole dish, melt 1 rnded tablespoon of butter or margarine. Add 2 cups of washed, chopped, fresh rhubarb.

Pour mixture over top.

Bake at 350 for 1 hr or until sets.

\* DON'T try to substitute flour for cornstarch it'll taste right but look like baby poo.

## Rice Pudding

### Rice Pudding Base

1 cup uncooked white rice

2 cups water

1 tablespoon butter / margarine

Add rice, water and butter to pot. Bring to a boil, reduce heat and simmer until water is absorbed – about 20 minutes. Stir often.



2 cups of milk (divided)

1/3 cup sugar

1 egg

1/2 teaspoon of vanilla extract

1 cup of raisins

Add MOST but not all the milk when the water has been absorbed. Add sugar.

Simmer on low, stirring often, until milk is absorbed (15-20 minutes or until thick and creamy). Stir in the raisins towards the end to soak up the extra milk.

Beat egg into remaining milk, mix in vanilla. Pour into pudding and simmer for 2 minutes.

Pour into serving dishes and chill in the fridge.

### Variations

I like NO sugar and cranberries instead of raisins.

Grandpa likes extra sugar, raisins and cranberries.

Substituting sweetened shredded coconut for sugar is also good.

## Shelley's Cheese Cake

I went to public school with Shelley, from Gr 2 to 12 ... but it was my younger sister that fell madly in love with Shelley's favorite lunch item. A home-made cheese cake.

My sister would beg, borrow or steal anything to trade for some of the cheese cake. Shelley must have gone home and told her mother once or twice because one day Shelley came to school with the recipe. Her mother sent it to my mother, so my sister could have cheese cake.

→ 1 1/4 cups graham cracker crumbs

→ 1/4 cup of sugar

→ 1/4 cup of melted margarine (or butter)

Melt, mix and pat to fill a 9x13ish pan.

The 'crust' can be stiffened by placing it in the fridge or freezer until the butter sets.

→ 1 cup of sugar

→ 1 8 oz package of cream cheese (softened)

Mix in a bowl until creamy.

→ 1 large tub of Whip Cream

Fold in the whip cream.

Fill the crust with this mixture.

→ 1 can of pie filling

Cover the 'cheese cake' with a layer of pie filling. Cherry was always a favorite however my uncle loves Blueberry.

Dress it up a bit with Whip Cream if you like.

Chill in fridge until served.

## Sweet Potato Pie

→ 1 (1 lb) sweet potato (2 cups cooked, mashed and packed)

→ 1/2 cup butter

→ \* sugar (0-1/2 cup brown or 0-1 cup white)

→ 1/2 cup milk

→ 2 eggs

→ 1/2 teaspoon ground nutmeg

→ 1/2 teaspoon ground cinnamon

→ 1 teaspoon vanilla extract

Peel and quarter(ish) the sweet potato. Boil until soft (30-60 min). Drain. Smash.

Stir in butter while potato is hot.

Stir in milk to cool it off.

Stir in spices and vanilla.

Stir / whisk in eggs.

Whisk / beat until smooth. Pour into a pie shell (casserole dish) and bake @ 350°F (175°C) for 60 minutes.

Cool, then chill in fridge. Always tastes better chilled.

## Variations

Cut back on the sugar (0 is fab) and throw in some raisins.

## Yorkshire Pudding

→ 1 cup flour

→ 1 cup milk

→ 2 eggs

Mix everything until smooth and consistent texture.

→ 2 tablespoons butter

→ drippings (roast beef, fried bacon ...)

Grease (mix in drippings if you have them) muffin pan with butter.

Spoon in batter (1 or 2 tablespoons depending on pan size).

→ Bake @ 350 °F (177 °C) for 15 minutes.

Puddings will puff up and then collapse in the center, browning along the edges.

Variations