

## **Recipes consolidated**

### **APPETIZERS:**

#### **“Cuppa, cuppa, cuppa”**

Easiest Appetizer Ever – and most folks really like it!

Aunt Leslie

#### **Ingredients**

- 1 cup artichoke hearts, cut into bite size pieces
- 1 cup parmesan cheese (pre-packaged or fresh)
- 1 cup mayonnaise (although using less is probably a good idea).

Mix everything together, sprinkle a little extra parmesan cheese on top, and warm in the oven – 325 degrees for about 20 minutes. Serve with crackers, crusty bread slices, or whatever suits.

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#### **Aunt Heidi’s Fondue**

A new birthday tradition, perhaps?

Serves 6-8 people

#### **Ingredients**

- 1 bottle of dry white wine - I used about 3/4 of it
- 3/4 lbs of goat gouda
- 3/4 lbs emanthaler
- 1 clove of garlic - rub on the bottom and side of pot
- 1 lemon (just a few squeezes)
- 2 TBSP of flour (I ended up using about 6 TBSP for my rue instead of 2)
- Small pour of kirsch (don’t need to use)
- Nutmeg to taste
- White pepper to taste

\*I used emanthaler and gruyere last time I made it. Let me know if you have any questions

\*\* Get good crusty bread to dip in!

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### **SOUPS:**

## Mak's "Fart Soup" (Chipotle Black Bean and Sweet Potato)

- 1 tablespoon avocado oil (or sub more vegetable broth)
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1–2 tablespoons adobo sauce from [canned chipotles](#); see notes
- 1 large sweet potato, peeled and finely diced
- 2 3/4 cups (510 g) black beans, drained and rinsed; about 2 cans\*
- 3–4 cups (710-950ml) vegetable broth; use less for a thicker soup
- Juice of 1/2 lime
- Salt, to taste
- *Optional toppings:* freshly chopped cilantro, diced avocado, tortilla strips, etc

### Instructions

1. Heat the oil (or sub 1/4 cup / 60 ml veg broth) in a large pot over medium-high heat. Once warm, add the onion and a pinch of salt and sauté for 3-5 minutes, until translucent and golden. Add in the garlic, cumin, and adobo sauce; mix well and sauté for an additional 1-2 minutes.
2. Bring to boil: add in the sweet potato, beans, and vegetable broth, then increase the heat to high and bring to a boil. Reduce the heat to medium; simmer for 12-15 minutes, until the sweet potatoes are very tender.
3. Turn the heat off and transfer ~2 cups of the soup to a blender and blend until smooth, or use an immersion blender to blend around 1/4 of the mixture until creamy. Stir the lime juice into the soup and season with additional salt to taste, if necessary.
4. Transfer the soup to a serving bowl and top with fresh cilantro, or as desired. Leftovers will keep in the fridge for up to 5 days, or can also be frozen for up to two months.

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## Creamy Cauliflower Soup With Rosemary Olive Oil

Fran Trafton

### Ingredients

#### For the Rosemary oil:

- 1 cup olive oil
- 4 (4") sprigs of fresh rosemary

#### For the Soup:

- 2 Tbsps olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced (about 1 Tbsp)
- 1 quart low-sodium vegetable stock
- 1 medium head of cauliflower, cored and broken into small florets
- 2 tsp salt

- 1 tsp black pepper
- Zest of 1 lemon

**For the Croutons:**

- 3 cups diced rustic country bread

**Instructions**

1. Make the rosemary oil: In a medium skillet, combine olive oil and rosemary sprigs. Cook over low heat for 5 minutes, lowering heat if the oil reaches a full simmer (you want to cook it at a very gentle simmer to avoid frying the rosemary.) Carefully pour into a small bowl and let it cool, leaving a small amount in the frying pan for the croutons.
  2. Make the soup: In a heavy pot or dutch oven, heat 2 tablespoons of olive oil over medium-low heat. Add onions and cook until tender and translucent, 6-8 minutes. Add garlic and cook for 30 seconds, or until fragrant, but be careful not to let it burn!
  3. Add the stock, cauliflower, salt and pepper, and bring to a boil over high heat. Reduce heat to low and let simmer until cauliflower is tender when pierced with a fork, about 10 minutes
  4. Meanwhile, make the croutons by heating the remaining rosemary olive oil and add the bread cubes, sprinkling generously with salt and pepper, tossing to cook until evenly golden brown.
  5. Strain and discard rosemary stems from the oil. Working in batches, transfer the vegetables, stock, and  $\frac{1}{4}$  cup rosemary oil to a blender and blend on high until creamy. Add more rosemary oil to taste, and blend. Return soup to the pot and bring to a simmer for another 5-10 minutes
  6. Serve hot with a swirl of rosemary olive oil and a few croutons and lemon zest.
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## **Chili**

Jack Bayley

**Ingredients**

- 1 pound ground beef
- 1 onion, chopped
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can kidney beans
- 1 (14.5 ounce) can stewed tomatoes
- 1  $\frac{1}{2}$  cups water, or as needed (Optional)
- 1 teaspoon chili powder, or more to taste
- 1 pinch garlic powder
- salt and pepper to taste

**Instructions**

1. Place ground beef and onion in a large saucepan over medium heat; cook and stir until meat is browned and onion is tender, about 5 to 7 minutes.
2. Stir in tomato sauce, kidney beans, and stewed tomatoes with juice. If you prefer a thinner consistency, you can add water. Season with chili powder, garlic powder, salt, and black pepper. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

*Note:* Stupid easy chili recipe that's ready in less than an hour, slow cooking not necessary. Using this recipe as a base, you can get quite creative. I'll usually add chopped adobo chilies (and pour in some of the adobo sauce), frozen corn, black beans, diced tomatoes and green chilis and whatever else I have that seems tasty.

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## Aunt Heidi's Chicken Noodle Soup

### Ingredients

- 1/2 Tablespoon butter
- to
- 2 ribs celery, diced (I add about 4 to 5 celery stalks)
- 3-4 large carrots diced
- 1 clove garlic, minced
- 10 cups chicken stock or broth (low sodium-I use Pacific brand)
- 1 teaspoon salt, to taste
- 1/2 teaspoon freshly ground black pepper, to taste
- 1/8 teaspoon dried rosemary, or more, to taste
- 1/8 teaspoon dried sage
- 1/8 teaspoon crushed red pepper flakes
- 3 cups dry egg noodles, farfalle or other bite-size pasta- leave the pasta out of soup and cook separately, then add in as you want to eat (keeps them from getting soggy!)
- 3 cups rotisserie chicken
- 1 teaspoon Better than Bouillon chicken base (or more, as needed), or chicken bouillon

### Instructions

1. Add butter, diced celery and carrots to a large stock pot over medium-high heat. Saute for 3 minutes. Add garlic and cook for another 30 seconds.
2. Add chicken stock and season the broth with rosemary, sage, crushed red pepper, and salt (definitely TASTE the broth before adding more salt), and pepper. Taste and add a spoonful of "better than bullion" chicken as needed
3. Bring broth to a boil.
4. Add chicken meat from the rotisserie chicken. Taste the broth again and add more seasonings, if needed.
5. Cook egg noodles separately according to package instructions (I leave them a little al dente)
6. Store leftovers in an airtight container in the refrigerator for 4-5 days, depending on the freshness of the chicken you used.

## Aunt Gigi's Lentil Soup

# RECIPE

Title: Lentil Soup

Serves:

Prep Time:

Cook Time:

### INGREDIENTS

1/4 c. olive oil	1C. lentils - rinsed
1 med. onion - diced	4C. veg. broth
1 C. chopped carrots	2C. water
4 tsp minced garlic	pinch salt + dash pepper
2 tsp cumin	4C. Kale - fairly fine chop
1 tsp curry	1 Tbsp Lemon juice
1/2 tsp thyme	1/8 tsp clove
1 lg (28oz) can petite diced tomatoes	

### DIRECTIONS

- Saute onions + carrots in oil till onions are translucent
- Add garlic, cumin, curry + thyme + cook  $\approx$  1 min
- Add tomatoes, broth, water, lentils, salt/pepper  
bring to boil, then let simmer  $\approx$  30 mins.  
You want lentils tender + to hold their shape.
- Puree 2 cups soup + return to pot
- Add Kale + cook 1-2 mins just till it wilts.
- Remove from heat and add lemon juice + clove.

From the kitchen of Aunt Gigi

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**SALADS:****Chicken Quinoa Wild Rice Salad**

Carmen Evrard

**Ingredients**

- 1 package ‘Seeds of Change’ microwavable Quinoa Brown and Red Rice with Flaxseed (if you can find it if not any microwavable Quinoa) 90 sec
- 1 package Uncle Ben’s Wild Rice 90 sec
- 2 C diced chicken
- 1/2 English Cucumber diced
- 1/4 C chopped red onion
- 1/4 C chopped Kalamata olives
- 1/4 C shredded Parm Cheese
- ~3 ounces Feta cheese crumbles
- ~8 oz Balsamic Vinaigrette (Ken’s is good)

1. Microwave Quinoa and Rice and let cool
2. Add diced chicken, cucumber, onion, olives, Feta and Parmesan. Mix.
3. Add the Balsamic vinaigrette and toss. The amount of dressing depends on your taste. Can add more or use less. The rice does soak it up.  
May be served hot or cold. I’ve only made it cold. Always a hit and makes a big bowl.

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**Chicken Pecan Salad**

Aunt Kristen

**Ingredients**

- 1 tsp Worcestershire sauce
- 1 TBSP lemon juice
- 1 lb coarsely chopped pecans
- ½ butter, melted
- ⅔ cup brown sugar
- 2 TBSP hot red pepper sauce (hot sauce works too)
- 6 chicken breasts, halved
- Olive oil
- Greek seasoning (buy or can make)
- 1lb romaine lettuce, chopped
- ¾ cup strawberries, chopped

- $\frac{3}{4}$  cup grapes, chopped
- $\frac{1}{4}$  cup raspberries
- $\frac{1}{4}$  cup blueberries
- Honey mustard salad dressing (I use Newman's Own!)

### **Instructions**

1. Mix pecans in a bowl with a mixture of pepper sauce, butter, sugar, Worcestershire, lemon, salt. Toss to coat evenly. Spread pecans in a single layer on a baking sheet and bake for 10 minutes, stirring often and watching closely (easy to burn!)
2. Remove pecans from heat and set aside- will make more than you need for this recipe
3. Rub chicken breasts with olive oil and season with Greek seasoning on all sides
4. Bake at 350F for 20+ minutes until done. Cut chicken into strips and mix with the chopped romaine, chopped fruit, and pecans. Drizzle with honey mustard dressing

## **Napa Cabbage Salad**

Brooke James

### **Ingredients**

- 1 large Napa cabbage (must be Napa)
- $\frac{1}{2}$  cup chopped scallions or green onions
- 2 packages ramen noodles (without seasoning packs)
- $\frac{1}{2}$  cup sliced almonds
- $\frac{1}{2}$  cup sunflower seeds

### **Dressing**

- 1 cup safflower oil
- $\frac{1}{2}$  cup apple cider vinegar
- $\frac{3}{4}$  cup sugar
- 2 Tablespoons soy sauce

### **Instructions**

1. Chop scallions and shred cabbage. Set aside.
2. Crush both packages of ramen. Brown in 1-2 Tbsps of vegetable oil with almonds and sunflower seeds
3. Mix all ingredients for the dressing in a jar, making sure sugar is dissolved
4. Combine cabbage, scallions, ramen mix and add dressing before serving (too early and the noodles get soggy!)

## **VEGETABLE:**

### **Vegan Dan Dan Noodles (Benny & Mak)**

## Ingredients

- $\frac{1}{2}$  C soy sauce or tamari
- 2 tablespoon prepared chili oil (such as chiu chow chili oil)
- 2 tablespoon black vinegar (or rice vinegar)
- $\frac{1}{2}$  C ketchup
- $\frac{1}{4}$  C shaoxing Chinese cooking wine (or cooking sherry)
- 2 teaspoon granulated sugar
- 1 tablespoon cornstarch
- 6.5 oz / 185 g vegan chow mein noodles
- 4 stalks bok choy (or 8 baby bok choy stalks)
- 2 tablespoon vegetable oil
- $\frac{1}{4}$  C shallot, diced finely (or  $\frac{1}{2}$  a small white onion)
- $\frac{1}{2}$  teaspoon ground szechuan peppercorn, ground in mortar & pestle or spice grinder (or ground white pepper)
- 2 garlic cloves, finely minced
- 1  $\frac{1}{2}$  C veggie ground round (such as Yves original veggie ground round)
- 1 green onion, sliced thin (as garnish)
- $\frac{1}{4}$  C fried soy beans or crushed peanuts (as garnish)

## Instructions

1. To make the sauce, in a medium bowl combine soy sauce, prepared chili oil, black vinegar, ketchup, shaoxing cooking wine, sugar, and cornstarch and mix well.
2. Boil noodles according to package directions and drain, but do not rinse.
3. In a large non-stick pan over medium heat, add 2 tablespoons of vegetable oil and cook shallot for 3 to 4 minutes until soft. Add ground szechuan peppercorn, garlic, and veggie ground round. Break up the veggie ground round into small pieces and cook for 8 to 10 minutes, until browned on all sides.
4. Add all of the sauce mixture to the pan and combine thoroughly with the ground round. Let the sauce come to a simmer for about 2 minutes, then add bok choy and toss to combine. Turn the heat down slightly, cover with a lid, and cook for another 4 to 5 minutes until the bok choy is wilted but still bright green in color.
5. To assemble, add cooked and drained noodles to a large bowl or portion out into individual servings, add a generous portion of the veggie ground round, bok choy, and sauce. Toss to combine and garnish with green onion and roasted soy beans or crushed peanuts.

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## Aunt Julie's "Party Mash" Potatoes

Thanksgiving at the farm wouldn't be the same!

## Ingredients

- 10 medium potatoes (red usually works best, boiled and mashed, I use a hand mixer)
- 8 oz cream cheese (softened at room temperature works best)
- 1 cup sour cream (can add more)

- 2 tsp onion salt (can use regular salt if you don't have onion salt)
- $\frac{1}{4}$  tsp pepper
- 2 TBSP butter (room temp)
- Paprika for the top

### **Instructions**

1. Boil and mash the potatoes
2. Cream in cream cheese, sour cream, and butter
3. Add onion salt and pepper
4. Spread in a 9x13 casserole dish, top with paprika, and heat up in the oven before serving

## **Cauliflower Cheese**

(Jack Bayley's favorite- can be a side or a meal on its own)

- 1 head of Cauliflower
- Large knob of butter (the larger the better)
- Couple of heaped tablespoons of flour
- Milk
- A block of strong/extra strong cheddar
- A teaspoon of Dijon mustard (if you like)

### **To Cook**

The first thing to say is that I never measure anything so I have been vague about quantities. I will explain the feeling of cooking it rather than be specific.

### **The process**

1. Chop cauliflower into bite size florets and boil until al dente (not soggy). Put aside
2. Grate all of the cheese and put aside
3. In a large, preferably non-stick pan melt the butter on a low/medium heat
4. When melted add flour and stir in. You are looking for a creamy paste, if not creamy enough add more butter. You now have a roux, and if using mustard stir in at this stage to prevent it from becoming lumpy;
5. Start adding milk about a quarter of a cup at a time. The milk needs to be constantly stirred in to prevent lumps. Each time it mixes to a paste add more milk. Keep doing this until the paste becomes a sauce. Constantly stir to stop burning (quick note – it may look like its getting lumpy from time to time, keep stirring all will be good)
6. Add 2/3 to  $\frac{3}{4}$  of the cheese and stir until it melts
7. Put Cauliflower in an oven proof serving dish and pour over the cheese sauce. Put the remaining cheese on the top, evenly spread;
8. You can now either broil or put in the oven to brown the cheese. Alternatively you can leave for up to a day and then put in the oven to heat up and brown

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## Nick Bayley's Mushroom Risotto

(serves 4 normal people or 2 Marc Kannegiesers)

### Ingredients

- 1.5 Cups Arborio rice (don't substitute, it must be Arborio)
- Large helping of Extra virgin Olive Oil (say 4 tablespoons)
- 1 Medium yellow Onion, chopped
- 3 cloves garlic chopped or minced
- Herbs to taste (whatever you fancy but Thyme and Rosemary, or Italian seasoning work well)
- Black pepper/ salt to taste
- 2/3 cup of white wine
- Vegetable or chicken broth (5 cups/can add water if you need more)
- At least half a cup grated parmesan or pecorino
- A pound or more mushrooms of your choice
- Any other vegetable you fancy, or not if you don't fancy (I use frozen peas or red peppers quite often – if using peppers cook with the onion)

**Instructions:** The first thing to say is don't get too precious about what or how much you put in. As long as you cook the rice for long enough with enough liquid, life will be good. I never measure anything and it's different every time for me, but still always tastes fine.

1. Put all the olive oil in a large preferably non stick pan or skillet with onions and garlic and cook on the stove until onions are soft and translucent;
2. Add all of the rice and stir in while cooking for 1 minute. Make sure the oil coats the rice;
3. Throw in the white wine and cook until absorbed by the rice, hopefully it will go a little creamy at this stage (the wine is important as it helps make the rice absorbent)
4. Start adding the stock about a cup at a time and stir while it gets absorbed by rice
5. Throw in mushrooms, peas herbs and anything else you fancy
6. Keep adding stock (or water once stock runs out) and stir while it absorbs
7. Rice is done when it is soft. I prefer to slightly overcook rather than undercook but it works whatever way you like it
8. Turn off heat and stir in the cheese. I like to add a knob of butter at this stage to make it rich, but that's optional.
9. Leave to sit for 5 mins then eat. Garnish with parsley if you want to impress a girl.

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## Red Thai Curry

Jack Bayley

- 1- small 4 oz can Thai red curry paste (Maesri is a good company)
  - 1- cup (8 oz) coconut cream (not milk) (Jack's tip: when buying coconut cream, look at the ingredients and try to buy the one with the fewest additives. You want the closest to pure coconut cream as possible since some have anticoagulants in them making it harder to "break".)
  - 1- 15 oz can coconut milk
  - 1 5 in piece lemon grass
  - 1- clove garlic
  - 1- 3 in knob of crushed galangal ( looks/ tastes like ginger but stronger )  
(Jack's tip: I use 2x-3x as much ginger if I can't get galangal)
  - 2- kaffir lime leaf (Jack's tip: This makes a big difference, it's worth hitting an asian grocer for. You'll be annoyed that you have to buy dozens of leaves when you only need a couple. You can wrap batches of the spare leaves in tinfoil, place the batches into a sandwich bag then freeze for future use.)
  - --- lime juice, fish sauce, and salt--- (for finishing the curry at the end)
1. Take a sauce pot, add Coco cream, and reduce over medium high. Now the trick here is to reduce the cream so much that it breaks and the oil separates, it will look like melted marshmallows and smell sweet and toasty. You cook it so much that it begins to coagulate, almost like egg whites, it will look gross and wrong --- this is what you want!!!
  2. When the cream is broken, add the can of curry paste, and whisk, the curry will emulsify the cream so it looks like a creamy sauce again. Now do the same thing as with the cream! Reduce and reduce until the curry looks like it has an oil slick on top, and is all separated and coagulated and gross looking ( like throw up). This is essential to concentrate the flavors of the curry and I promise it works....
  3. Now that you have reduced the curry and cream to the max, add your can of coconut milk and whisk, the curry will re-emulsify and look normal again, now add your galangal, lemongrass, garlic, and kaffir leaf, and simmer for 20 minutes until thickened.
  4. Now add any meat / veggies and cook until tender and cooked through, keeping in mind the curry will naturally thicken the longer it is cooked, so don't add the meat or veg too soon. (so have it almost fully thickened for seafood, and slightly less thickened for cooking potatoes or longer cooking meat... Try to time it so the sauce won't be too thin when the meat/veg is done cooking)
  5. When meat / veggies are cooked and the sauce is thickened to desired consistency: pull pan off the heat\* and add a few splashes of fish sauce, a good squeeze of lime, and a dash of salt --- (tasting as you add until desired flavor is reached). Serve and enjoy!

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6. Fish sauce should always be added at the end of cooking, if heated too much it turns bitter

## **POULTRY:**

### **CHICKEN ENCHILADA SUIZAS**

*This is a Millay Christmas Eve tradition.*

#### **INGREDIENTS** 8 Servings

- 6 boneless, skinless chicken breast halves (about 1 ½ lbs. total)
- 1 tbsp. butter or olive oil
- 1 cup chopped onion
- 1 green bell pepper, core, seeded, and chopped
- 1 red bell pepper, core, seeded, and chopped
- 8 ounces grated white cheddar cheese
- 1 4-ounce can diced green chiles
- 1 cup purchased green chile salsa
- ½ cup chopped fresh cilantro
- 4 teaspoons ground cumin
- 2-3 canned chipotles chiles in adobo sauce (optional)
- salt and freshly ground black pepper
- 12-15 7-inch flour tortillas
- 10 ounces Monterey Jack cheese, grated
- 1 cup whipping cream
- ½ cup chicken broth



**Garnish:** chopped avocado, chopped tomato, chopped fresh cilantro

1. Place chicken in a pan of rapidly boiling water to cover, and simmer for 15-20 minutes. Remove from heat, drain, cool, and shred the chicken. Preheat the oven to 350 degrees. In a medium skillet, melt butter (or use olive oil). Cook onion and bell peppers until just soft, 5-8 minutes. Transfer to a large bowl. Add chicken, cheddar cheese, green chiles, salsa, cilantro, cumin, and chipotle chiles, if desired. Add the chipotle chiles very slowly as they are very spicy. Season with salt and pepper to taste and mix well.
2. Grease 0x15x2-inch baking pan or 2 smaller pans. Place 1 flour tortilla on a flat surface and place about ½ cup chicken mixture along 1 edge. Roll up from the filling side, and place, same side

down, in the prepared pan. Repeat process with remaining chicken mixture. Sprinkle Monterey Jack over enchiladas. (May be prepared to this point up to 1 day in advance. Cover and chill.)

3. Combine cream and chicken broth and pour over enchiladas. Cover the pan with foil and bake for 30 minutes. Remove foil and continue baking for 10 minutes or until thoroughly heated. Place 1 to 2 enchiladas on individual serving plates and garnish with avocado, tomato, and additional cilantro, if desired.

### **Aunt Gigi's Cranberry Chicken**

# RECIPE

Title: Cranberry-Chicken

Serves: 350° Cook Time: ≈ 1 hr

## INGREDIENTS

8 chicken thighs - w/bone  
1 c. Zesty Italian Dressing (Kraft)  
1 can whole berry Cranberry Sauce  
1 envelope onion soup mix

## DIRECTIONS

- Mix together dressing, cranberry sauce + soup mix.
- Arrange chicken in a 9x13 baking dish that has been coated w/ non-stick spray - like Pam.
- Cover w/ sauce and let marinate in fridge for at least an hour, but longer is OK.
- Bake ~uncovered. Sauce w/ bubble and thicken a bit. Serve it over chicken.

From the kitchen of Aunt Gigi

## Butter Chicken

Jack Bayley

## Ingredients

- 1 tablespoon extra-virgin olive oil
- $\frac{1}{4}$  cup grated yellow onion, (from 1 small onion)
- 4 garlic cloves, minced
- 2 tablespoons grated ginger
- 2 tablespoons salted butter
- $\frac{3}{4}$  cup chicken stock
- 8 ounces tomato paste
- 2 teaspoons ground cinnamon
- 1  $\frac{1}{2}$  teaspoons kosher salt
- 2 teaspoons cumin
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 2  $\frac{1}{2}$  pounds boneless skinless chicken breasts, cut into 2-inch cubes
- 1  $\frac{1}{2}$  tablespoons fresh lemon juice, (from 2 lemons)
- 1 cup heavy cream
- Fresh cilantro, for serving
- 6 cups cooked basmati rice, for serving

## Instructions

1. Heat the olive oil in a large skillet over medium heat. Once the oil is glistening, add the onion, garlic, and ginger. Cook, stirring often, until the onion is softened and the garlic and ginger are fragrant, 2 to 3 minutes.
  2. Stir in the butter, chicken stock, tomato paste, cinnamon, salt, cumin, garam masala and turmeric until combined. Bring to a simmer over medium heat, then stir in the chicken until coated. Cover and cook for 15 minutes, or until chicken is cooked through.
  3. Stir in the lemon juice and heavy cream. Return to a simmer and cook until heated through, about 2 minutes more.
  4. Divide the rice between 6 bowls. Serve the butter chicken over the rice and sprinkle with cilantro.
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## Aunt Kristen's Middle Eastern Black Beans, Chickpeas and Rice

Izzy makes this at least 1x/month. Great to make on Sunday and have throughout the week!

## Ingredients

- 1 TBSP olive oil
- 1 clove garlic, minced
- 1 cup basmati or white rice, uncooked
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground turmeric
- $\frac{3}{4}$  tsp cayenne pepper
- 1 quart chicken stock
- 1 lb. ground turkey
- 15 oz chickpeas/ garbanzo beans
- 15 oz black beans
- Chopped cilantro
- Chopped parsley
- Salt & Pepper

## Instructions

1. Heat oil in a large saucepan over medium heat. Stir in garlic and cook for one minute, then stir in the rice, cumin, coriander, turmeric, and cayenne. Cook and stir for 3ish minutes, until rice is coated
2. Pour in chicken stock, bring to a boil. Reduce heat to low, cover, and simmer for 20ish minutes (maybe a little longer)
3. While rice is cooking, place turkey in a skillet over medium heat and cook until evenly brown (I usually add a chopped onion)
4. Drain and rinse chickpeas and beans, then *gently* fold them into the rice mixture, with the browned turkey
5. Add chopped herbs and serve. Pete and I love to also add cholula hot sauce and a dollop of greek yogurt on top! Toast some pitas or bread for the side.

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## Mom's Chicken Divan (Memother's Recipe!)

\*You can either cook three chicken breasts or use a rotisserie chicken. For ease I usually use a rotisserie chicken. Cook/ steam two to three heads of broccoli, fresh. I usually get ready to use bagged broccoli that can be cooked in the microwave. I microwave for 3 minutes. I usually use two bags. Cut the broccoli into small pieces.

### Sauce:

- \*One can cream of celery soup
- \*Half a cup of mayonnaise
- \* $\frac{3}{4}$  of a cup of evaporated milk
- \*One cup plus shredded cheese. I usually use cheddar cheese with some mozzarella.
- \*3 tablespoons of curry.

In a large baking dish, the cut chicken goes on the bottom, the broccoli on top, then pour the sauce over everything.... I mix the sauce a little. I then put crushed potato chips on top.

Cook at 350 for about a half an hour or until it starts to bubble.

Serve with rice!!

Xoxo Mom

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### Aunt Heidi's Slow Cooker Shredded Chicken

#### Ingredients

- 3 pounds boneless skinless chicken breasts
- 1 1/2 cups low-sodium chicken broth
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3 strips lemon peel, removed with a vegetable peeler, optional
- 1 bay leaf, optional
- Kosher salt and freshly ground black pepper

#### Instructions

1. Lay the chicken breasts in an even layer in a 4- to 6-quart slow cooker. Add the broth, olive oil, garlic powder, onion powder, lemon peel and bay leaf if using. Season with 1 teaspoon salt and several grinds of pepper. Cook on high for 3 hours or low for 6 hours.
2. Transfer the cooked chicken to a large bowl. Use 2 forks to pull it into shreds. Strain the cooking broth and drizzle about 1/2 cup over the chicken. Season with salt and pepper and toss to combine. If not using the chicken immediately, refrigerate it in an airtight container. Refrigerate the remaining cooking broth separately and use it to moisten the chicken when serving. Or add it to soups and sauces.

#### Variations:

**Buffalo:** Melt 2 tablespoons unsalted butter and whisk in 3 tablespoons Buffalo-style hot sauce. Drizzle over 2 cups shredded chicken and toss well.

**Lemon Herb:** Drizzle 2 cups shredded chicken with 1/4 cup of the cooking broth and 1 tablespoon lemon juice. Sprinkle with 1/4 cup chopped fresh parsley, 1 teaspoon lemon zest and 1 teaspoon dried dill. Season with salt and pepper and toss well.

**Barbecue:** Warm 1/4 cup of the cooking broth in a small saucepan and whisk in 1/4 cup barbecue sauce.

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### Aunt Heidi's Chicken Pot Pie

#### Ingredients

- 4 tablespoons unsalted butter
- 1 medium onion, cut into medium dice
- 1 large carrot, cut into medium dice (I usually add more)
- 1/2 cup all-purpose flour, plus more for work surface
- Coarse salt and ground pepper
- 4 cups low-sodium chicken broth
- 3 cups cooked chicken, cut into 1-inch pieces (1 pound total)
- 1 cup frozen peas (I usually add more)
- 1.5 teaspoons chopped fresh thyme leaves (can use diced)
- 1 sheet frozen puff pastry, thawed
- 1 large egg yolk

### **Instructions**

1. In a medium saucepan, melt butter over medium. Add onion and carrot and cook until onion softens, about 6 minutes. Add flour and 1/2 teaspoon salt. Cook, stirring frequently, until mixture is pale golden, has a slightly nutty aroma, and is the texture of cooked oatmeal, about 5 minutes.
2. Whisking constantly, add broth. Bring to a boil, stirring frequently, until mixture thickens, about 8 minutes. Reduce to a simmer and cook for 10 minutes. Stir in chicken, peas, and thyme; season with salt and pepper. Pour mixture into a 2-quart baking dish; refrigerate until room temperature, about 20 minutes.
3. Preheat the oven to 375°. On a lightly floured work surface, roll pastry to 1/8-inch thickness. Cut a rectangle 1 inch larger than the baking dish, and lay over the top. With the tip of a sharp knife, cut small vents into pastry. In a small bowl, lightly beat egg yolk with 1 teaspoon water; top potpies with pastry and brush with egg wash. Refrigerate for 15 minutes. Bake until the pastry is deep golden and juices are bubbling about 35 minutes.

## **Aunt Gigi's Fancy Pants Chicken**

### **Ingredients**

- 5-6 thinly sliced chicken breasts
- Prosciutto to top each breast
- 10 oz fresh spinach
- 8 oz sliced fresh mushrooms
- 2 red peppers
- 1 envelope of Lipton's Savory Herb soup mix (can use vegetable if can't find)
- 1/2 cup water
- 1/4 cup olive oil
- 8 oz shredded mozzarella

### **Instructions**

1. In a deep baking dish, layer chicken and prosciutto. Cover with spinach and chopped vegetables

2. Mix soup with water and oil- pour over dish and cover loosely
  3. Bake at 375 F for ~30 minutes, remove and top with mozzarella cheese
  4. Bake uncovered for an additional 10 minutes
- 

## Miso-Honey Chicken and Asparagus

Amy Stansfield

### Ingredients

- 1 TBSP white miso
- 3 TBSP honey
- 3 TBSP soy sauce
- 1 tsp rice vinegar
- 2 tsp freshly grated ginger
- 1 tsp grated garlic
- 2 tsp chili-garlic sauce
- 1 TBSP + 2 tsp neutral oil
- 1 ½- 2 lbs boneless, skinless, chicken thighs
- 1 bunch asparagus
- Salt and pepper
- 2 scallions (green onions) thinly sliced
- Cooked rice for serving

### Instructions

1. Make the marinade- can do this ahead of time: In a bowl, whisk together the miso, honey, soy sauce, rice vinegar, ginger, garlic, chile-garlic sauce, 1 TBSP of the oil and 1 TBSP water. Refrigerate half for serving.
  2. Place chicken in a shallow baking dish or ziplock bag and pour remaining marinade over the top.
  3. When you're ready to cook, heat the broiler with a rack 6 inches below it. Line a large baking sheet with aluminum foil
  4. Remove the chicken from the marinade, placing in a single layer on one side of the baking sheet, with the flatter side up. Place asparagus on the other side. Drizzle the asparagus with the remaining oil, then season with salt and pepper, tossing to coat.
  5. Broil until the chicken is cooked through with some charred spots, about 20 minutes
- 

BEEF:

## Easy Meatballs

Carmen Evrard

### Ingredients

- 1 lb hamburger

- 1 egg
- 1/4 C Italian seasoned bread crumbs
- 1 slice bread
- 1/3 C milk
- Salt and pepper

### **Instructions**

1. Place bread crumbs, slice of bread broken up into small pieces and milk in small bowl. Mix, let sit for milk to absorb.
2. Place the hamburger in a bowl, add slightly beaten egg and bread crumb mixture.
3. Use your hands to mix until just combined.
4. Take about a tablespoon of mixture and roll it between your hands to make a round ball. Place on a cookie sheet lined with parchment paper.  
Using a spoon swirl Ketchup on the top of each meatball (can omit this step if
5. you're throwing them in a red sauce)
6. Cook at 400F for 25 minutes

I use a “50” cookie scoop, so the meatballs are uniform. Makes ~20 . You can make them bigger, will need to add a few minutes to cooking time.

Another version is to place the raw meatballs in a deeper cooking dish, cover with your favorite jar red sauce and top with shredded mozzarella. Bake at 400 uncovered, for 30 minutes. Can broil the top if you want the cheese browned. Serve with pasta.

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PORK:

### **Izzy's “Asian” (don't cancel me!) Slow Cooker Pulled Pork & Slaw**

This is super simple to make in the morning before work and let it cook all day

#### **Ingredients**

##### **Pork:**

- 1 TBSP Sesame oil (can use vegetable oil too but sesame has better flavor)
- 1 medium yellow onion, peeled and diced
- 8 small garlic cloves, minced (pro tip: buy the pre-minced garlic at the grocery store and use 1 tsp for 1 clove. No one ever notices the difference and it's way easier)
- ½ cup hoisin sauce
- ¼ cup fish sauce
- 1 TBSP sriracha
- 4-5 lbs of boneless pork shoulder or pork butt, with skin and fat removed

##### **Slaw:**

- ⅓ cup rice vinegar

- 2 tbsp minced ginger (can also buy “squeeze” ginger, makes life easier)
- 1 TBSP sesame oil
- 2 TBSP peanut oil
- 10 oz shredded cabbage (I just buy the pre-shredded slaw mix that mom loves, don’t go and shred a whole cabbage dear god)
- 1-2 cucumbers, julienned (watch your hands!)
- 1 bag shredded carrots
- 2 pears, sliced
- cilantro

### Instructions

1. Saute sesame oil, onions, garlic and ginger over high heat
  2. Take off heat- stir in hoisin sauce and fish sauce, plus  $\frac{1}{4}$  cup of water to loosen things. Add sriracha
  3. Spoon a little mixture into the bottom of your slow cooker, put pork on top, then spoon the rest over the top. Cook on low for 5-7 hours, or until the pork shreds easily with two forks
  4. Make slaw- mix liquid ingredients then add shredded cabbage, carrots, cucumber, and pear. You can do this ahead of time- lets things marinate in the dressing, which makes it yummy!
  5. Shred pork with forks. Serve pork with a **slotted spoon** over rice with slaw. I like to add warm tortillas.
- 

## Bucatini with Sausage and Peas

Brooke James- Pete’s favorite pasta dish!

### Ingredients

- 2 Tablespoons olive oil
- 1 pound ground hot italian sausage
- 2 garlic cloves, minced
- 1 small shallot, minced
- 1 jar tomato sauce
- $\frac{1}{4}$  cup heavy cream (or half and half)
- $\frac{1}{2}$  cup frozen peas
- $\frac{1}{2}$  cup grated parmesan cheese
- 2 Tablespoons of shredded basil
- Salt
- 1 pound bucatini pasta

### Instructions

1. In a large saucepan, heat the olive oil. Add sausage and cook over medium-high heat, breaking up into small bits and cook until lightly browned, about 8 minutes.
2. Add minced garlic and shallot, cook for about 2 minutes
3. Add tomato sauce and bring to a simmer, then partially cover and cook over low heat for 30 minutes

4. Stir in the cream and peas and simmer over low heat for 10 minutes more. Sprinkle with salt to taste
  5. Meanwhile, cook pasta according to instructions, drain and return to the pot. Add the sauce and the grated parmesan cheese, tossing to allow sauce to cover the noodles
  6. Serve with more cheese and the shredded basil
- 

## Pork Stir Fry with Green Beans

Jack Bayley

### Ingredients

- 10 oz / 300 g green beans
- 7 oz / 220 g pork mince
- 1/2 small onion, finely chopped (about 1/2 cup)
- 2 tsp finely chopped garlic (2 cloves)
- 2 tsp ginger, finely chopped
- 2 1/2 tbsp peanut oil (or vegetable or canola)

### Sauce

- 1 tbsp dark soy sauce
- 1 tbsp Chinese cooking wine
- 1 tsp sugar
- 1 1/2 tsp + Chilli Garlic Sauce

### Instructions

1. Mix sauce ingredients in a bowl.
2. Trim the tough end of the beans, then chop into 2 - 2.5cm / 4/5 - 1" pieces.
3. Charred Beans: Heat 1 1/2 tbsp oil in a heavy based skillet over high heat (I use cast iron) until smoking. Add beans, spread out to cover base. Leave for 1 minute. Quick stir, spread out, cook for 30 seconds. Stir, then leave for 30 seconds, then repeat once more (so 2 1/2 minutes in total cook time) until beans are charred but tender crisp (not withered and floppy). Remove into a bowl.
4. Turn heat down to medium high, add 1 tbsp oil. Add onion, then garlic and ginger. Cook for 1 minute until the edges of the onion are golden.
5. Turn heat back up to high. Add pork and cook, breaking it up as you go. Cook for 2 minutes until the pork is cooked through, then add Sauce. Cook for 30 seconds, then add beans and stir for another 30 seconds.
6. Serve over rice. Garnish with slices of large red chilli (it's mild), entirely optional.

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FISH:

# RECIPE

Title: Maple Salmon

Serves:

: 400°

Cook Time: ~20 min

(depends on fish thickness)

## INGREDIENTS

1/4 c. maple syrup

2 T soy sauce

1 tsp minced garlic

pinch black pepper

1 pound salmon

## DIRECTIONS

• Whisk ingredients together + pour over salmon in baking dish about the size of salmon - a pie plate will work as well.

• Flip salmon to flesh side up and marinate in fridge, covered for 30 mins.

• Return salmon to flesh side down to bake.

• Fish will feel firm + just begin to "flake" when done.

From the kitchen of Uncle Bobby

(A reminder of your Canada golf trips  
w/ Papa!)

## COOKIES:

### **Millay Family Chocolate Chip Cookies**

#### **Ingredients**

- 2 sticks butter, melted and cooled
- 1 1/4 cups brown sugar (packed)
- 3/4 cup granulated sugar
- 2 tsp vanilla
- 2 eggs
- 2 1/2 cups flour
- 1 tsp baking soda
- 1 tsp kosher salt
- 1 bag chocolate chips

Melt butter and let cool. Whisk in the sugars until well combined. Beat in eggs and vanilla. Add salt + flour + baking soda, mix until just combined. Add chocolate chips. Chill dough overnight (or else you will get flat cookies!). Bake at 370 for ~10-15 mins.

### **Joanne Chang's Ginger Molasses Cookies**

From Flour Bakery in Boston

Yields: 16 cookies

#### **Ingredients**

- 3/4 cup (11/2 sticks; 168 grams) unsalted butter, melted and cooled until cool to the touch
- 1 cup (230 grams) packed light brown sugar
- 1/4 cup (85 grams) molasses
- 1 egg
- 2 cups (280 grams) all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon kosher salt
- Granulated sugar

#### **Instructions**

1. If you're baking the cookies on the same day you prepare the batter, heat the oven to 350 degrees and position a rack in the center of the oven.
2. Using a stand mixer fitted with a paddle attachment (or an electric hand mixer), combine the butter, brown sugar, molasses, and egg and mix for about 20 seconds until well combined. In a

separate bowl, stir together the flour, baking soda, ginger, cinnamon, cloves, and salt. Stir the dry ingredients into the butter-sugar mixture until well mixed.

3. For best results, scrape dough into an airtight container and let it rest in the refrigerator overnight (or at least 3 to 4 hours) before baking. The next day, heat the oven to 350 degrees and position a rack in the center of the oven.
  4. Scoop out 1/4-cup balls of dough and place them one by one in a small bowl of granulated sugar and gently roll the balls to coat them on all sides. Place the cookies on a baking sheet about 2 inches apart and bake for 16 to 18 minutes, until the cookies are crackly on top and just barely firm to the touch. Remove the cookies from the oven and let them cool for 5 to 10 minutes on the sheet, then remove the cookies from the sheet and let them continue cooling on a wire rack.
  5. The cookies can be stored for up to 3 days in an airtight container at room temperature. The unbaked dough can be stored for up to 1 week in the refrigerator in an airtight container
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## Gingersnap Cookies

Sharon Gatz's recipe, modified by Ruthie Weeks

### Ingredients

- 2 cups flour
- 1 TBSP ginger
- 1 tsp cinnamon
- 2 tsp baking soda
- ½ tsp salt
- ¾ cup butter
- 1 cup sugar (plus more for rolling)
- 2 eggs
- ¼ cup molasses

### Instructions

1. Cream together butter and sugar, then add eggs and molasses
  2. Gently mix in the dry ingredients
  3. Roll into ~1 inch balls and roll in sugar
  4. Bake at 350F for 8-9 minutes (Ruthie's suggestion)
- 

## Mom's Hermit Bars

The real champion of every ski race

### Ingredients

- 1 cup raisins mixed with ½ cup of water, boiled and cooled, water drained
- ½ cup molasses
- 1 cup sugar
- 1 cup butter
- 1 egg
- 3 cups flour

- 1 tsp baking soda
- 1 tsp cloves
- 1 tsp cinnamon
- 1 tsp vanilla
- $\frac{3}{4}$  tsp salt

#### Instructions

1. Cream butter and sugar, then add egg
  2. Add dry ingredients
  3. Fold in the raisins last
  4. Spread in greased 9x13 pan and bake at 350 for 30 minutes
  5. Sprinkle with sugar after you're done baking
- 

### Aunt Jeanne's Brownies

#### Ingredients

- 2 sticks butter (softened)
- 5 oz unsweetened chocolate
- 5 eggs
- 1  $\frac{3}{4}$  cups packed brown sugar
- 1 cup flour

#### Instructions

1. Cream softened butter, eggs, and brown sugar together
  2. Microwave chocolate 1:15, let cool
  3. Add flour and cooled chocolate to the butter, eggs and sugar
  4. Optional add ins:
    - a. 1 cup walnuts
    - b. 1 cup chocolate bits
    - c. 1 TBSP instant coffee
    - d.  $\frac{3}{4}$  cinnamon
    - e. 1 tsp freshly grated orange or lemon rind
    - f.  $\frac{1}{2}$  bag coconut (takes longer, ~45 minutes)
  5. Pour into a buttered 9x13 pan and bake at 350 F for 25-30 minutes
- 

### Mom's Peanut Blossoms

#### Ingredients

- 1  $\frac{3}{4}$  cups of flour
- 1 tsp baking soda
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  cup butter (1 stick)
- $\frac{1}{2}$  cup peanut butter
- $\frac{1}{2}$  cup white sugar (plus extra for rolling)

- $\frac{1}{2}$  cup brown sugar
- 1 egg
- 1 tsp vanilla
- Hershey's chocolate kisses

### **Instructions**

1. Preheat oven to 375
  2. Mix wet ingredients first then fold in dry ingredients
  3. Roll mixture into balls and roll in extra white sugar
  4. Cook for 10 minutes
  5. When done, place chocolate kiss on top
- 

CAKES:

## **Virginia Trafton's Carrot Cake**

### **Ingredients**

For the Cake:

- 1  $\frac{1}{2}$  cups safflower oil
- 2 cups sugar
- 4 eggs
- 2 cups flour (gluten free flour blends work well too)
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 3 cups grated carrots

For the Frosting:

- 8 ounces cream cheese (1 package)
- $\frac{1}{2}$  stick butter (1/4 cup)
- 1 box confectioners sugar
- 2 teaspoons vanilla

### **Instructions**

1. Beat the oil and sugar on top speed for 5 minutes.
2. Add eggs one at a time and beat.

3. Sift together the dry ingredients and fold in, beating only at a minimum (or by hand).
  4. Fold in 3 cups of grated carrots.
  5. Pour batter into greased pans (two 9-inch round pans) or a single sheet pan (9x12)
  6. Bake at 350 degrees for 55-60 minutes.
  7. Meanwhile, combine frosting ingredients until smooth.
  8. Let the cake cool for 20 minutes and then frost.
- 

## Aunt Heidi's Blueberry Cake

Also Mom's recipe!

### Ingredients

- 1 cup sugar
- 1/4 cup of shortening (butter)
- 1 Egg
- 1 tsp cinnamon
- 1 1/2 cups flour
- 1 1/2 tsp baking powder
- 1/2 cup Milk
- 1 cup blueberries (use a Tbsp of flour to coat blueberries)
- Extra sugar to sprinkle over the top

### Instructions

1. Mix dry ingredients together
  2. Creams butter a sugar then add egg
  3. Add dry ingredients to to wet mixture and
  4. add milk
  5. Gently fold in blueberries last
  6. Bake at 350 in an 8x8 pan for 30ish minutes, or until knife/ toothpick comes out clean
- 

## Mom's Moo Moo Chocolate Cake with Coffee Frosting

4th of July favorite- goes well with strawberry ice cream

### For the Cake:

### Ingredients

- 2 cups flour
- 2 cups sugar
- 3/4 cup cocoa
- 1 tsp baking powder
- 2 tsp baking soda
- 2 eggs
- 1 cup milk
- 1 cup oil
- 1 tsp vanilla

- 1 cup hot coffee (add last)

### **Instructions**

1. Grease and flour a cake pan
2. Mix wet ingredients together, minus the coffee
3. Slowly fold in dry ingredients
4. Add cup of coffee
5. Bake at 350F for an hour
6. Let the cake cool completely before icing!

### **For the Frosting:**

#### **Ingredients:**

- 2  $\frac{1}{2}$  Tablespoons of instant coffee
- 2 Tablespoons milk or cream
- 1  $\frac{1}{2}$  stick of butter
- 1 box of confectioner's sugar
- 1 tsp cocoa powder
- 2 tsp vanilla

#### **Instructions:**

1. Mix together the instant coffee and milk/ cream and set aside
  2. Using a mixer, beat the butter, sugar, cocoa powder and vanilla until smooth
  3. Add wet ingredients and frost cake
- 

## **Mom's Apple Cake**

#### **Ingredients**

- 1  $\frac{1}{2}$  cups of flour
- 1 cup sugar
- $\frac{1}{2}$  cup mayo
- 3 Tablespoons of milk
- 1 egg
- 1 tsp baking soda
- $\frac{3}{4}$  tsp cinnamon
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{8}$  tsp cloves
- 1  $\frac{1}{2}$  cup chopped apples (peeled and cored!)
- $\frac{1}{2}$  cup raisins

#### **Instructions**

1. Grease an 8x8 inch pan
2. Mix sugar, mayo, milk, and egg together

3. Add flour, baking soda, cinnamon, nutmeg, and cloves
  4. Add in peeled & chopped apples and raisins
  5. Bake for 35-40 minutes at 350F
- 

## PIES:

### Aunt Julie's Fruit Glazé Pie

A farm classic

#### Ingredients

- 4 cups of fruit
- 1 cup sugar
- 3 level TBSP cornstarch
- $\frac{1}{2}$  cup water
- 1 pie shell (I use Pillsbury, freezer aisle)

#### Instructions

1. Bake pie shell according to instructions on the box
  2. Let the pie shell cool, then pour in 3 cups of fruit (if you're using strawberries, cut them in **half** first, but not any smaller!) Raspberries are fine whole, peaches should be sliced.
  3. In a saucepan, take remaining 1 cup of fruit, mash it (I use a hand mixer), and add the sugar, water, and cornstarch
  4. Cook on medium heat, stirring almost constantly until the mixture is thickened- this is the hard part! Text Aunt Julie for more details,  
\* Note from Izzy: Once it starts bubbling, I start testing how long it takes the mixture to fall off the spoon I'm using. I wait until the mixture falls off my spoon in one big glob then take it off.
  5. Spread mixture over the fruit in the pie shell, then put in the fridge to set up for at least an hour
- 

### Aunt Gigi's Blueberry Crumb Pie

A Saturday night dinner favorite

#### Ingredients

##### Pie Filling

- $4 \frac{1}{2}$  cups of blueberries
- $\frac{1}{2}$  cup sugar

- 3 TBSP tapioca
- 1 tsp cinnamon
- 1 TBSP apple cider vinegar

### Top Crumble

- $\frac{2}{3}$  cup flour
- $\frac{2}{3}$  cup oatmeal
- $\frac{2}{3}$  cup brown sugar
- $\frac{1}{3}$  cup margarine (cold) - I like to cut it into little cubes to make the blending easier

### Instructions

1. Press pie dough into a 9" pie plate and crimp edges
2. Mix together blueberries, sugar, tapioca, cinnamon, and cider vinegar, and pour over pie shell
3. Blend together the crumble ingredients (can use a fork or hand mixer) and spread over pie filling
4. Bake at 350F for ~50 minutes

\*Cover edges of pie with foil if they start to get too brown while baking. Pie should be soft and bubbling when done

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## Cliff Dweller's Pie

From the Cliff Dweller's Lodge at the Grand Canyon!

### Ingredients

- 1 large avocado
- 1 14-oz can of sweet condensed milk
- 8 oz cream cheese
- 1 TBSP lemon juice
- 1 TBSP lime juice
- Zest of both lemon and lime
- Graham cracker crust (can buy these pre-made at the store, baking aisle)

### Instructions

1. Whip cream cheese and add sweetened condensed milk (mix until almost doubled in volume)
  2. Blend avocado with lemon and lime juice, then fold in zest
  3. Add avocado mixture to the cream cheese mixture and blend well
  4. Pour into a graham cracker pie shell (can buy these premade in the baking aisle at grocery store)
  5. Chill and serve
-

## BREADS:

### Sophia's Famous Banana Bread :)

This stuff is crack

- 1 2/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 cup plus 2 tablespoons sugar
- 2 eggs
- 1/2 cup oil
- 3 1/2 bananas, very ripe, mashed
- 2 tablespoons creme fraiche or sour cream
- 1 teaspoon vanilla extract
- 2/3 cup walnuts, toasted and chopped

Set the oven to 350 degrees F. Line the bottom of a loaf pan with parchment paper.

Sift together the flour, baking soda, cinnamon and salt. Beat sugar and eggs with a whisk until light and fluffy, about 10 minutes. Drizzle in oil. Add mashed bananas, creme fraiche, and vanilla. Fold in dry ingredients and nuts. Pour into a lined loaf pan and bake for about 45 minutes to 1 hour.

### Dutch Oven Crusty Bread

Jack Bayley

- 2 ¼ teaspoons active dry yeast (9 grams)
- 1 teaspoon sugar (4 grams) (use honey if you prefer)
- 1 ¼ cups warm water (300 grams)
- 1 ¼ teaspoons (8 grams) kosher salt
- 2 ½ to 3 ½ cups All-Purpose Flour (400 grams) plus extra for dusting (see recipe notes)
- Cook Mode Prevent your screen from going dark

#### Instructions

##### MIX THE DOUGH & FIRST RISE (1 HOUR):

1. Combine yeast, sugar, and warm water in a large mixing bowl (you can also use a stand mixer fitted with a dough hook).
2. Let the yeast proof for about 5 minutes, until the mixture is foamy.
3. Add flour to the bowl. Mix with a sturdy spatula until the dough starts to come together, then add salt and mix until all ingredients are incorporated. For best results, mix until no dry bits of flour remain. Note: This is a relatively slack (wet) dough, so it may seem a bit shaggy and sticky at this point. Don't worry - it will become more smooth and elastic as you go

4. Cover the bowl with a clean tea towel and let rise on the counter for about 1 hour, until the dough has doubled in size.

#### **SHAPE THE DOUGH & FINAL RISE (30 MIN):**

1. When dough has risen, lightly flour a large cutting board.
2. Tip the dough out of the bowl and onto the cutting board. DO NOT PUNCH THE DOUGH DOWN - you want to keep all those nice air bubbles intact so you have an airy, delicious loaf of bread. (Note: If the dough is sticking to the bowl a little bit, wet your hand with a bit of cold water and gently separate the dough from the bowl to get it all out).
3. Shape the dough into a round loaf: Pull each corner of the dough in towards the center (like you're folding an envelope) and repeat until the dough feels tight and begins to resist your folds. Flip the dough over and pull it into a round loaf. Watch the video(s) above to see exactly how we do this!
4. Flour a proofing basket or a medium bowl and place your loaf into it seam-side down. Cover with a tea towel and let rise another 30 minutes or so while you preheat the oven. Note: I like to line my proofing basket or mixing bowl with a clean linen napkin to distribute the flour more evenly and help with cleanup.

**HEAT THE OVEN :** While bread is rising, place an empty dutch oven (with the lid on) in your oven and heat to 460 degrees Fahrenheit. BAKE!

1. Lay a piece of parchment paper down on your counter or cutting board (optional - it makes transferring the bread easier!)
2. Tip your bread dough gently out of the proofing basket onto the parchment paper. Make sure the seam side is up this time - this is what will create those beautiful cracks on top of the bread!
3. VERY CAREFULLY (without burning yourself!) use the sides of the parchment to lift the bread up and place it into the hot Dutch oven
4. Put your oven mitts back on, place the dutch oven lid back on the pot, and slide the whole thing back into your hot oven
5. Cook bread for 30 minutes.
6. After 30 minutes, remove the lid from your dutch oven. The bread should be taller, crusty, and very lightly browned. Continue cooking the bread, uncovered, for 10-15 minutes more until the bread has deepened in color and you have a beautiful brown crust.
7. When bread is done, use oven mitts to pull the pot out of your oven.
8. Use a long spatula or the corners of your parchment paper to lift the bread out of the dutch oven and onto a cooling rack. Let cool for at least 30 minutes before cutting into it.

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#### **Mom's Cornbread**

A must-have for soup night!

#### **Ingredients**

- $\frac{1}{4}$  cup molasses
- 1 cup buttermilk (Izzy pro tip- I use 1 cup of normal milk with 1 TBSP of any kind of white vinegar mixed in- otherwise you have buttermilk sitting around you won't use)
- 1 egg
- 1 cup cornmeal
- 1 cup flour
- 2 tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- 3 TBSP melted butter

### **Instructions**

1. Beat molasses, buttermilk and egg together
2. Add dry ingredients
3. Add melted butter
4. Spread into a buttered 8x8 pan
5. Bake for 15-20 minutes at 400F- start checking at 15 mins, gently touch the middle of the bread to see if its still soft

## **Mom's Date Bread**

The best part about Christmas morning

### **Ingredients**

- $\frac{1}{2}$  cup flour
- $\frac{1}{2}$  cup sugar
- 1 tsp baking powder
- 1 tsp vanilla
- 2 eggs
- 1 package of pitted, whole dates
- 1 cup whole pecans

### **Instructions**

1. Beat egg and vanilla
2. Add dry ingredients
3. Add dates and pecans
4. Bake at 350F for 35 minutes

## **Pumpkin Bread**

Aunt Leslie- makes 2 large tins

## **Ingredients**

- $\frac{2}{3}$  cup shortening (or butter)
- 4 eggs
- 2 cups plain canned pumpkin
- $\frac{2}{3}$  cup water
- 3  $\frac{1}{3}$  cups all purpose flour
- 2 tsp baking soda
- $\frac{1}{2}$  tsp baking powder
- 1  $\frac{1}{2}$  tsp salt
- 1 tsp ground cloves
- 1 tsp ground cinnamon

## **Instructions**

1. Cream shortening and sugar thoroughly
  2. Add eggs, pumpkin and water; blend thoroughly
  3. Blend in dry ingredients gradually
  4. Pour into two greased tins
  5. Bake at 350F for 50-60 minutes
-