

Shon's and

Roya's

Recipe Book

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## **Dinner Ideas**

\*all recipes with browned ground beef should be rinsed and drained in warm water before returning to the pan

Lasagna  
Spaghetti  
Chicken and Rice  
Roast  
Turkey  
Teriyaki Chicken  
Tacos  
Enchiladas  
Meat Loaf  
Barbecue Chicken  
Barbecue Beef  
Meatballs  
French-dip Sandwiches  
Tuna Casserole  
Pizza  
Soup  
Hot Dogs  
Hamburgers  
Chickenburgers  
Ham and Potatoes  
Egg Rolls  
Chicken Casserole  
Chicken Divan  
-ini/-oni  
Tostadas  
Fajitas  
Rice, Tuna and Corn  
Macaroni and Cheese  
Lentils and Cornbread  
Sloppy Joes  
Rýže s Houbamy  
Beefy Mushroom Casserole  
Beef Stroganoff  
Potatoes, Broccoli, and Corn  
Baked Potato Bar  
Pizza Roll-ups  
Gormasabsie  
Bean and Cheese Burritos

Quesadillas  
Veggie Stew  
Daddy's Goulash

# DESSERTS

## COOKIES!!!

There are several things to say about ingredients for these particular cookie recipes. First, butter should be Cache Valley (Utah) brand, or another high-quality type like Tillamook (Oregon). Molasses is not well-drained before adding to other ingredients. Vanilla should be **PURE MEXICAN VANILLA EXTRACT!!!!!!!!!!!!!!** This is definitely the best. Coconut should be packed if flaked and unpacked if shredded. Flour should be packed down two to three times in the cup, if measuring by volume. MUCH more accurate is to measure by weight, as flour and other ingredients are done in Europe and other places. A shallow cup is easier to pack than a deep cup. Don't over-beat the ingredients or the cookies might be too fluffy. Nuts, when chopped should be chopped medium, that is, not too coarse, but not too ground.

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### Chocolate Chip Cookies

(Shon's not so secret anymore recipe)  
(*This recipe already made for high altitude (4350 feet)*)

2 sticks butter (i.e., 1 C)  
2¼ C sugar  
2 T molasses  
3 eggs  
1 T pure Mexican vanilla  
1 tsp baking soda  
1 tsp salt (rounded)  
535 g flour (about 3 ¾ C, or 1 lb. 3 oz.)  
1 rounded C semi-sweet chocolate chips  
1 rounded C milk chocolate chips  
½ C double-chocolate chocolate chips  
¾ C coconut (if Flaked coconut=packed, Shredded=unpacked)

350° F for 12-13 minutes for 46 cookie batch, or 14-16 minutes for 36 cookie batch. 350 is about 175° C.

36 cookie batch= 207 cal. each



## Notes

The Mexican Vanilla I use is Blue Cattle Truck Mexican vanilla. It is made in Springville, Utah, USA, and tastes just like the real thing, but is minus the carcinogens I used to get when I'd make regular trips to Mexico to pick up vanilla. You can get it on Amazon, a 16 oz. bottle for around \$35 USD. They also have cheaper 8 oz. and 3 oz. bottles. See [https://www.amazon.com/Blue-Cattle-Truck-Trading-16-7/dp/B0013ABIXY/ref=sr\\_1\\_1\\_a\\_it?ie=UTF8&qid=1523206915&sr=8-1&keywords=blue+cattle+truck+vanilla](https://www.amazon.com/Blue-Cattle-Truck-Trading-16-7/dp/B0013ABIXY/ref=sr_1_1_a_it?ie=UTF8&qid=1523206915&sr=8-1&keywords=blue+cattle+truck+vanilla). Ingredients may be added and mixed in a bowl in the order of the recipe. 540 grams is about 1 lb. 3 oz. In cups it is approximately 3  $\frac{3}{4}$  C of flour. I like to be precise on this so I use the smaller metric units. Depending on how compact the flour is when you measure it by volume as we do in the US, it can vary greatly. Weight has given me no grief whatsoever. I don't have to look at the recipe and ask myself if I need to add more flour or wet ingredients. The weather can affect how it looks, but if you just stick to the recipe, it will work out all right. Just to give you an idea, I have found out that 535 g is about 3  $\frac{3}{4}$  C of flour. But a conversion chart I read makes it about 4  $\frac{1}{4}$  C. So experiment with care if you use the volume measurements. As far as chocolate chips go, when I lived in Switzerland, these cookies tasted much better than at home

## Rice Krispie variation

Cut molasses to 1 T. Add  $\frac{3}{4}$  C Rice Krispies

### Werther's Toffee variation

- 2 C crushed Werther Toffee candies instead of the chocolate chips.

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## SALTINE TOFFEE BARS

- 1 stack of saltines
- 2 sticks of butter
- 1 c. sugar
- 12 oz. chocolate chips

Line jelly roll pan with foil. Cover bottom of pan with saltines. Melt butter and sugar over medium/low heat. Stir constantly until blended. Pour over crackers. Bake at 375 degrees for 10 to 12 minutes. Sprinkle chips IMMEDIATELY after removing from oven.

Spread chocolate and cool.

From [cooks.com](http://cooks.com)

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## CHOCOLATE OATMEAL NO-BAKE COOKIES

2 cups sugar  
1/2 cup cocoa  
1 stick butter  
1/2 cup milk  
1 tsp. vanilla  
3 cups quick-cooking oatmeal  
1/2 cup peanut butter

Combine sugar, cocoa, butter and milk in a saucepan. On medium heat, bring to a boil for one full minute.

Remove from heat. Stir in peanut butter (optional), vanilla and oatmeal.

Drop by spoonful onto wax paper. Let cool for at least 30 minutes.

From [cooks.com](http://cooks.com)

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## MOCK TOFFEE

Printed from [COOKS.COM](http://COOKS.COM)

1/4 box saltines (1 individual packet)  
1/2 c. butter  
1/2 c. sugar  
12 oz. bag MILK chocolate chips (not semi-sweet)  
Line a 13 x 9 inch cookie sheet with foil and saltines.

Melt butter, sugar and vanilla in small pan and cook for 1 minute. Pour mixture over saltines. Bake at 350 degrees for 8 minutes. Remove from oven, cover with chips and let melt. Spread chocolate chips evenly. Chill. Remove foil and break into pieces.

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## BEST OF ALL OATMEAL COOKIES

1 C butter  
1 C brown sugar  
1 C sugar  
2 eggs  
1 T vanilla  
275 g flour  
2 ½ C oats  
1 tsp. salt  
1 tsp. soda  
1 tsp. baking powder  
1 ¼ - 1 ½ C CCs, if desired, or 1 pkg. butterscotch chips; or none; or raisins  
350 degrees for 11 or 12 minutes.

**Variations** For butter scotch: Butter scotch chips instead of chocoalte chips and ¾ C coconut

For Macadamia: 5 oz chopped macadamia nuts and 18 oz hershy vanilla creamy vanilla taste premier white chips and 2/3 C coconut

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## Hershey Kiss Cookies

- 48 HERSHEY'S KISSES Brand Milk Chocolates
- 1/2 cup shortening
- 3/4 cup REESE'S Creamy Peanut Butter
- 1/3 cup granulated sugar
- 1/3 cup packed light brown sugar
- 1 egg
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup additional granulated sugar for rolling

1. Heat oven to 375°F. Remove wrappers from chocolates.
  2. Beat shortening and peanut butter in large bowl until well blended. Add 1/3 cup granulated sugar and brown sugar; beat until fluffy. Add egg, milk and vanilla; beat well. Stir together flour, baking soda and salt; gradually beat into peanut butter mixture.
  3. Shape dough into 1-inch balls. Roll in granulated sugar; place on ungreased cookie sheet.
  4. Bake 8 to 10 minutes or until lightly browned. Immediately press a chocolate into center of each cookie; cookie will crack around edges. Remove from cookie sheet to wire rack. Cool completely. Makes 48 cookies.
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## **Apple Cream Pennies**

(Mrs. Fields Cookie Book)

### Cookies:

2½ C. flour  
½ tsp. baking soda  
¼ tsp. salt  
1 C dark brown sugar, firmly packed  
½ C white sugar  
1 C salted butter, softened  
2 large eggs  
2 tsp. pure vanilla extract

### Filling:

8 oz. cream cheese, softened  
¼ C white sugar  
¼ C apple butter

Preheat oven to 300°F. In a medium bowl combine flour, soda and salt. Mix well with a wire whisk. Set aside. Blend sugars in a large bowl using an electric mixer set at med. speed. Add butter and mix to form a grainy paste, scraping down the sides of the bowl. Add eggs and vanilla, and beat at medium speed until light and fluffy. Add the flour mixture and blend at low speed until just combined. Do not overmix. Shape dough into marble-sized balls. Place balls on ungreased baking sheets, 1 inch apart. Bake 10-11 min. Do not brown. Transfer cookies to a cool flat surface with a spatula.

To prepare filling: Blend cream cheese and sugar in med. bowl with an electric mixer on med. until fluffy. Add apple butter and beat until smooth and thoroughly combined. With a small knife spread 1 teaspoonful of apple cream on the bottom half of each cooled cookie. Top with another cookie to create a sandwich. Repeat with remaining cookies and filling.

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## **Fruit-Filled Jewels**

(Mrs. Fields Cookie Book)

¾ C salted butter, softened  
½ C confectioner's sugar  
2 large egg yolks  
1 tsp. pure vanilla  
1½ C flour  
1 C any fresh fruit jam

Preheat oven to 325°F. In a medium bowl cream butter with an electric mixer set at med. speed. Add sugar and beat until smooth. Add egg yolks and vanilla, and beat at medium speed until light and fluffy. Add the flour and blend at low speed until thoroughly combined. Gather dough into a ball and flatten to a disk. Wrap dough tightly in plastic wrap or place in plastic bag. Refrigerate 1 hr. Using a floured rolling pin, roll dough on floured board to ¼ -inch thickness. Cut circles with a 2-in. diameter cookie cutter or drinking glass, and place on ungreased cookie sheet, 1 inch apart. Continue using dough scraps, rerolling and cutting until all dough is used. Drop ½ tsp. of fruit jam in center of each cookie, then top with another cookie. Using the tines of a fork, seal edges of cookies. Bake 15-17 min. or until edges begin to brown.

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## **Snickerdoodles**

1 C butter (or ½ C butter, ½ C crisco)  
1½ C sugar  
2 eggs  
2¾ C flour  
2 tsp. cream of tartar  
1 tsp. soda  
¼ tsp salt  
2 T sugar (don't add to recipe--this is what you roll the dough balls in before baking)  
2 tsp cinnamon (same as above)  
1 T vanilla

Bake at 400 for 6-8 minutes.

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## Thumbprint Cookies

2/3 C butter

1/3 C sugar

2 egg yolks

1 tsp vanilla

1½ C flour

2 lightly beaten egg whites

pinch or two of salt

¾ C walnuts

1/3 apricot, peach, strawberry or smuckers seedless blackberry jam is super good. preserves (best is actually a mix of strawberry and apricot, slightly heavier on the strawberry).

350 for 12 minutes. You can put the jams in first and bake it right into the cookie. Decide what you like best!

105 Cal./ cookie

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## White Cake Chocolate Chip Cookies

1 Betty Crocker Super Moist Light White cake mix

½ C butter

2 tsp. Mexican vanilla

1 large egg

Whip butter, add cake mix, vanilla, and egg. Stir extremely well. Bake at 350 for approx. 14 minutes (barely as they start to brown). For softer cookies, cook a bit less.

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## The Original Rice Krispy Treats

3 T butter

1 10 oz package of regular marshmallows

6 C Rice Krispies

In a large sauce pan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat and add rice krispies. Stir until well coated. Press mixture evenly into

a 13 x 9 inch pan coated with cooking spray. Cool. Cut into 2 inch squares. Best if served the same day.

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### **Scotcheroos**

1 C corn syrup  
1 C peanut butter  
1 C sugar  
6 C rice krispies  
1 pkg. semi or milk chocolate chips  
1 pkg butterscotch chips  
\*amount of chips can be changed to your liking

Put corn syrup and sugar into saucepan. Cook over medium heat until sugar dissolves and mixture begins to boil. Stir constantly. Remove from heat and stir in peanut butter. Add rice krispies Press into 13 x 9 inch GREASED pan. Melt chocolate and butter scotch chips. Can be in microwave or on the stove. Combine melted chips and spread over cereal mixture. Cool and cut.

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### **Peanut Butter Cookies**

$\frac{3}{4}$  C Peanut butter  
 $\frac{1}{2}$  C Crisco shortening  
1  $\frac{1}{4}$  C brown sugar  
3 T Milk  
1 egg  
1 T MEXICAN vanilla  
1  $\frac{3}{4}$  C flour  
 $\frac{3}{4}$  tsp soda  
 $\frac{3}{4}$  tsp salt

375° for 11 min. Combine wet ingredients. In separate bowl combine dry. Pour dry into wet and mix.

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### **Mildred Nelson's Sugar Cookies**

(Roya's Recipe)

3 C flour



1 ½ C sugar  
1 tsp baking soda  
2 tsp cream of tartar  
¼ tsp salt  
1 C butter (softened)  
2 large eggs or 3 medium  
1 tsp vanilla

Mix dry ingredients. Work in butter as for pastry. Add eggs and vanilla. Roll to desired thickness. Cut into shapes and Bake at 350° degrees for 10-12 minutes. Cool and frost.

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### **Sister Dereta's Sugar Cookies**

(Brynia's Favorite)

¾ C butter softened  
\*beat butter until smooth and creamed  
¾ C sugar  
\*add sugar to butter and mix until fluffy  
1 egg  
2 ¼ tsp vanilla  
\*Mix until well combined  
In separate bowl mix...  
2 ¼ C flour  
½ tsp baking powder  
¼ tsp salt

Add ½ of flour mixture and mix until just barely combined then add the rest of the flour. The dough should be thick and soft and slightly sticky- like the consistency of play dough. Split dough into two balls and roll out each one about ¼ inch or desired thickness, On a piece of parchment paper. Refrigerate dough for at least one hour (the longer the better) before cutting and baking. Bake at 350° (on parchment paper or a baking mat) for 8-9 minutes until the bottoms are just barely starting to color. They will look a little underbaked and that's ok. Leave them on the pan for a few minutes before moving them to a rack. Cool then frost. (The pilsbury chocolate frosting is pretty good)

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### **Ranger Cookies**

(Charm babe's recipe – ask Kid)

½ C shortening (try ½ butter ½ crisco)  
½ C sugar  
½ C brown sugar

1 egg  
½ tsp. vanilla  
1 C flour  
½ tsp soda  
¼ tsp bak. powder  
¼ tsp salt  
1 C quick-cooking oats  
1 C fortified whole wheat flakes cereal  
Rice Krispies are also good.  
½ C shredded coconut

Heat oven to 375°. Mix thoroughly shortening, granulated sugar, brown sugar, egg and vanilla. Stir in remaining ingredients.

Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheet. Bake 10 minutes. Immediately remove from baking sheet.

3 dozen cookies.

*\*If using self-rising flour, omit soda, baking powder and salt. If using quick-mixing flour, mix 2 tablespoons milk into shortening mixture.*

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## **Mömmukökur**

(from Þórdís Lilja Gunnarsdóttir from Iceland, see also [Icelandic Review](#))

“[Tom] asked if I had any traditional cookie recipe for him to try out in his adventurous Christmas house. The first recipe that came to mind, and the minds of my co-workers, was that of ‘Mömmukökur’ (‘Momma’s Cookies’). It isn’t Christmas without them. So I decided to give it not only to Tommy boy, but to the rest of the world also. Here it goes. Remember to make it with love and happiness. They taste much better that way. No kidding. Þórdís

Mömmukökur:

500 g plain flour

125 g real butter

250 g syrup (Þórdís told me it wasn’t exactly like corn syrup, but may be the closest thing we have.)

2 tsp. ginger

1 tsp. baking soda

2 big eggs

Butter Cream:

200 g icing sugar  
100 g real butter  
vanilla pods from two vanilla sticks (maybe a couple tablespoons of Mexican vanilla?)

Put all the ingredients into a bowl and knead it together. Remember to let the butter warm up to room temperature, but don't melt it in a pot or in the microwave. Cool the dough in the fridge overnight. Flatten out the dough and make round cookies with a glass or use pretty baking tins. Bake at 175°C (300°F) until light-brown. Cool the cookies and make the butter cream. Spread the cream on each cookie and make a sandwich, two and two together. Store the yummy outcome in a tin box, along with a slice of bread. That will keep the cookies soft and fresh.

I asked Þórdís about the 'syrup', whether it was corn or maple syrup. Here's her reply:  
"Hi Shon.

Yes, Mömmukökur are delicious and very tasty. Many readers have asked the same syrup question, so I changed the recipe in my column to make it more accurate. Icelanders use golden syrup, a really sweet and thick syrup, when baking cookies. Maple and corn syrup are too thin for this recipe, I would assume.

I think a good thick corn syrup (not a cheapo brand) would be a good substitute. Also, for the vanilla pods, a bunch of good Mexican vanilla should take care of it for the frosting."

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### **Ornamental Icing (For gingerbread houses)**

3 egg whites  
½ tsp cream of tartar  
16 oz powdered sugar  
Mix on low until combined, then mix on high until stiff.

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## **AUTHENTIC CZECH KOLACHES**

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[Christina Lane](#)

YIELDS 12 SMALL KOLACHES

Authentic Czech Kolaches recipe, makes 12 small kolaches.

2 hrPrep Time  
20 minCook Time  
2 hr, 20Total Time

### **Ingredients**

- 2 2/3 cup milk (4%, whole milk)
- 8 teaspoons active dry yeast
- 8 tablespoons sugar
- 8 cups all-purpose flour
- 1 ½ C butter (3 sticks), melted for low elevation. 1 ¼ C (2.5 sticks) butter at higher elevation (4300 ft./1300 m.)
- 8 large egg yolks
- 1 ½ teaspoon salt

**For the filling:**

- Apricot, cherry, raspberry, blueberry, black currant, etc. preserves or pie filling
- 4 tablespoons powdered sugar

**For the egg wash:**

- 4 beaten eggs
- splash of heavy cream (or 4% whole milk)

For optional glaze:

- 2 tsp. Mexican vanilla
- 5 T 4% milk
- 3-5 C powdered sugar

## **Instructions**

1. First: open cans/jars for the different fillings.

2. Next, make the kolaches: warm the milk in a microwave-safe bowl for about 30 seconds until lukewarm. The target temperature is 110 degrees. Once it's at precisely 110, add the yeast, sugar and 2 2/3 cups of the flour. Mix together well and let rise in a warm place until doubled in size.
3. In another bowl, add the melted butter. Let cool briefly before stirring in the egg yolks. Add this to the yeast mixture and mix well. Add the remaining flour, salt, and mix very well.
4. Next, knead the dough for 10 minutes: The best way to knead is to smear the dough away from you with the heel of your hand, and then fold the dough back onto itself from the side with your other hand. (Or even better, use a Bosch mixer 😊). Lightly flour the board and your hands as you go. At the end of 10 minutes, the dough will be soft, supple, and not sticky at all.
5. Grease a bowl with cooking spray and add the dough. Cover and let it rise in a warm place until it doubles in size (you can do this in the oven using the 'proof' setting). (At the end of this rise, you could cover it and put it in the fridge to use the following day. It will deflate, but it's okay).
6. Next, you want to evenly divide the dough into 48 equal portions. If desired, weigh the total of the dough and divide into 48 equal portions. Roll each dough into a ball.
7. Line a 9" pie plate (or other pan, metal or glass) with parchment paper and arrange the dough balls in it. At this point, press gently on the dough to make a slightly oblong shape instead of a perfect circle. If desired, leave in ball shape, as well.
8. Let the dough rise until doubled (you can do this in the oven using the 'proof' setting).
9. Preheat the oven to 375° F.
10. Once the dough balls have doubled in size, use your fingers to make indentations for the fillings. Go deeper than the indentations seen in the photo below.
11. Next, stir together the egg and splash of heavy cream/4% milk mixture to use as the egg wash for the rolls.
12. Divide the jam fillings between the kolaches, and then brush with the egg wash gently (try not to get egg wash on the fillings).

13. Bake the kolaches for 18-21 minutes, until nicely golden brown. Use a toothpick inserted into the center kolache to ensure the rolls are done. (In the testing process for this recipe, make sure the inner kolaches are fully baked before removing from the oven).
14. Let cool slightly, and then tear apart and serve. They can also be baked “cookie fashion”, i.e., separately – apart from each other.



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## Pies

## **Pie Crust**

Single pie shell:

1½ C flour  
½ tsp salt  
½ C shortening (cut in)  
5 T cold water (slowly add)

Double Pie shell:

2 C flour  
1 tsp salt  
2/3 C shortening (cut in)  
7 T water (slowly add)

Lattice crust top:

Trim lower crust ½" beyond rim. Cut strips ½-¾" wide, 12" long. Lay strips on pie at 1" intervals. Fold back alternate strips to help you weave crosswise strips over and under. Trim even with outer rim of pie plate. Dampen edge; fold lower crust over strips. Seal; crimp.

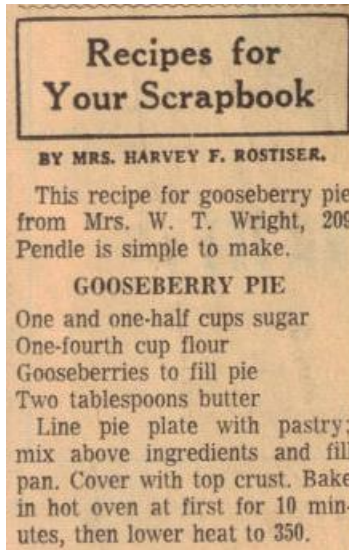
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## **Gooseberry Pie**

<http://recipecurio.com/gooseberry-pie-recipe/>

This recipe was clipped from a newspaper, date is unknown but most recipes in this collection were from the 1940s through the 1960s. Recipe is typed below along with a scanned copy.

This recipe for gooseberry pie from Mrs. W. T. Wright, 209 Pendle, South Bend, IN, is simple to make.



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## Rhubarb Pie

<https://www.bettycrocker.com/recipes/rhubarb-pie/5fb648a6-4a14-4d45-a4dd-c9c56f8eec26>

2 to 2 1/3 cups sugar  
2/3 cup all-purpose flour  
1 teaspoon grated orange peel, if desired SAVE \$  
6 cups chopped (1/2-inch pieces) fresh rhubarb  
1 tablespoon cold butter, if desired

double crust (see recipe in this Pies section)

### Steps

1. Heat oven to 425°F. Place 1 pastry round or pie crust in 9-inch glass pie plate.
2. In large bowl, mix sugar, flour and orange peel. Stir in rhubarb. Spoon into pastry-lined plate. Cut butter into small pieces; sprinkle over rhubarb.
3. Cover with top pastry or second crust; seal and flute. Cut slits in several places in top crust. Cover crust edge with pie crust shield ring or strips of foil to prevent excessive browning.
4. Bake 50 to 55 minutes or until crust is golden brown and juice begins to bubble through slits in crust, removing foil during last 15 minutes. Cool on cooling rack at least 2 hours before serving.

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## Perfect Apple Pie



6 to 8 tart apples (usually 8--unless apples are VERY large)  
1 C sugar  
2 T flour\*  
1 tsp cinnamon  
2 dashes nutmeg  
dash salt  
2 ½ T corn starch (experiment – need to verify)  
pastry for 2-crust 9" pie

Pare apples, slice thin, add sugar, flour, cinnamon, nutmeg, salt and stir together. Make pie shell, poke all over it w/fork, and add apple mixture. Add top crust, put slits in it. Sprinkle more sugar and cinnamon all over top of crust big time. (But not too big time!)

\*If it's too runny try adding 2 ½ Tbls of cornstarch. Bake at 400° for 50 minutes.

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### **Tayberry Pie**

From England, best tasting berries of all berries

Make double shell pie crust

6 C fresh tayberries

1 ¼ C sugar

6 T cornstarch

Take 2 T of sugar. Sprinkle over berries. Mix gently. Soak berries for 10 minutes then drain juice well. Add rest of ingredients. Mix and put in pie shell. Bake 50 minutes at 400°.

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### **Mum's Lemon Meringue Pie**

3 T cornstarch

1¼ C sugar

¼ C lemon juice

stir together

beat 3 egg yolks, add to mixture

Gradually add 1½ C boiling water.

Boil 4-5 min on med. hi.

Put into precooked shell

Meringue:

3 egg whites + 6 T sugar beat together for meringue

Bake 350° for 15 min.

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### **Oreo Banana Cream Pie**

1 3.4 oz. package INSTANT vanilla pudding  
1 C cold water  
1 14 oz. can sweetened condensed milk  
2 8-serving graham cracker or oreo pie crusts  
4-5 small bananas or 2-3 large ones  
1 pint heavy whipping cream  
1/3 C powdered sugar

In a medium bowl, combine pudding mix, cold water, and sweetened condensed milk. Mix well and place in the refrigerator to chill for a few minutes. In another bowl, whip 1 C of whipping cream with an electric mixer until soft peaks form. Slice bananas and layer then on the bottom of the crust. Be sure to save the plastic domes that come with the pie crusts. You will need them later. Set aside. Remove pudding from the fridge and gently dollop the whipped cream on top of the pudding. Gently fold the whipped cream into the pudding mixture until well combined. Divide the mixture between the two pies. Rinse the pudding bowl and beaters and set aside for later. Place the clear plastic domes back on the pies and chill for several hours. **YOU MUST CHILL OR IT WILL FALL APART!**

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### **Pumpkin Pie**

(even those who despise pumpkin pie love it by eating this ☺)

1½ C cooked fresh pumpkin (slightly blended in a blender)  
¾ C sugar  
½ tsp salt  
1¼ tsp cinnamon  
1 tsp ginger  
½ tsp nutmeg  
½ tsp cloves  
3 slightly beaten eggs  
1¼ C milk (hi-alt ¾ C or 1 ¼ C of very dry pumpkin) (pumpkin pie batter, when ready to be poured into the shell, should be quite thick, and if the pumpkin is moist, lowering the milk here is the best thing)  
2/3 C or 6 oz. sweetened condensed milk

1 pie shell.

Blend 1st 7 ingred, add next three. Pout into shell. Bake 400 for 50 minutes or until knife inserted halfway between center and edge comes out clean. Cool.

Easiest way to prepare pumpkin: Pressure cook pumpkin. Cook with 6 cups of water for 20 minutes after pressure thingy starts shaking. Remove shells (they will ruin the taste).

Otherwise, cook fresh pumpkin: boil for several hours (12?). Let drain. Freeze overnight. Thaw and drain. Put on cookie sheet and spread out. Cook at 300 until water has evaporated and pumpkin is thick. If pumpkin is fairly thick, add the amount of milk listed for low altitude (1-1 ¼ C milk).

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### **Berry Pie**

½ C sugar  
1/3 C flour  
½ tsp. cinnamon  
4 C berries  
1 T lemon juice  
2 T butter

This is the recipe for blueberry pie. For Black-, boysen-, logan-, and raspberry pies, increase sugar to 1 C and omit lemon juice. Check recipe for time and temp.

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### **Peach Pie**

7 C Peaches  
1 C sugar  
6 Tbls. Cornsatrch  
1 tsp. cinnamon

Mix in order listed. Make a double pie crust. Sprinkle cinnamon and sugar on top. Bake at 400 degrees for 50 minutes. Fresh peaches are best but if using frozen peaches increase baking time 10 to 15 minutes.

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### [Cakes!!!](#)

## **German Chocolate Cake Frosting**

1 C evaporated milk  
1 C sugar  
3 egg yolks  
½ C butter  
1 T vanilla  
1 1/3 C coconut  
1 C chopped pecans

Combine all except coconut and pecans in saucepan. Cook over med. heat, stirring constantly about 12 min. When mixture thickens, remove from heat. Stir in coconut and pecans. Cool until spreadable.

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## **Easy Frosting**

1 stick softened butter  
4 T cocoa powder  
¼ C milk  
About 4 C powdered sugar  
1 tsp vanilla  
Mix well or whip.

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## **Chocolate Sheath Cake (mum's friend)**

Sift together:

2 C sugar  
2½ C flour  
1 tsp soda  
½ tsp salt

Mix, bring to boil, cool slightly

1 C water  
1 stick margarine  
½ C oil  
4 Tbsp cocoa

Take cocoa mixture and add to dry ingredients, THEN

Add:

2 eggs  
½ C buttermilk  
1 C nuts  
1 tsp vanilla

Bake 25-30 min. 400 degrees in 15½ x 10½ pan

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### **Frosting**

Mix and bring to boil:

1 stick butter or margerine  
4 T cocoa  
6 T milk

Add 1 box powdered sugar, beat well, and add 1 tsp. vanilla + 1 small banana.

Changes for better cake: no 4 T Cocoa, but 2 tsp vanilla; Same for frosting. 2 tsp vanilla in place of 4 T cocoa.

Cupcakes 375 for 18 min.

Calories = 160 for 29 cup cakes  
194 for 1 piece of cake from 24 pieces  
Frosting- add 113 cal/piece

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### **4th of July Brownies**

(Carmel-Chocolate Squares Toll House recipe, tweaked)  
**THERE IS NO BETTER BROWNIE OR CAKE, IN THE WORLD!**

1 package (14-oz.) Kraft caramels or 40 caramels  
1 can (5-oz.) evaporated milk (not sweetened condensed!)  
1 pkg. German Choc. cake mix  
5 T butter melted  
¾ C coarsely chopped pecans or walnuts.  
1 pkg (6 oz.) semi-sweet CC's  
1 C packed flaked coconut

Heat oven to 350°. Heat caramels and ¼ C of the milk in saucepan over medium heat, stirring constantly, until caramels are melted and mixture is smooth. Keep mixture warm over low heat, stirring occasionally. Mix cake mix (dry), melted butter, rest of milk and nuts. Spread half of the dough (1½ C) in ungreased rectangular pan, 13x9x2". Bake 7 minutes; remove from oven. Sprinkle chocolate chips and coconut over baked layer. Drizzle caramel mixture over CC's and coconut. Drop remaining dough by teaspoonfuls onto caramel layer, spreading evenly. This is most easily done by taking a small amount of dough, flattening it out, laying on top of the brownies, and doing another, one bit at a time. Bake until cake portion is slightly dry to touch, 15 minutes longer; cool completely. Refrigerate until firm. Cut into 2¼x 1" bars. 48 bars.

**Low altitude: First baking 6 min., second 15-25 min. longer. Increase butter to ½ C.**

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## Sweet Breads

### **Best Banana Bread-Mrs. Field s**

2 1/2 C. flour  
1 1/2 tsp. baking soda  
1/2 tsp. salt  
1 stick of butter (softened)  
1 1/2 C. light brown sugar, packed  
2 large eggs  
3 C. ripe bananas(abt. 8 medium) mashed  
1 tsp. pure vanilla extract (I used mexican vanilla-good)  
1 cup chopped walnuts (optional)  
(Optional: add about ½ C. chocolate chips to batter, yum!)

Heat oven to 325 . Grease two 9 by 5 inch loaf pans. Combine flour, soda, salt with whisk (in separate bowl). Cream butter and sugar and applesauce with electric mixer. Add eggs, bananas-beat on med. until thick. Add flour mixture and walnuts. Blend at low just until combined-don t overmix. Bake 60-70 min toothpick test. Cool 10 min. Turn pans on side and cool rest of way. If adding choc. chips may need to bake 2-5 min extra (check it!)  
For fat free variety substitute 2 lrg eggs for 3 egg whites. Substitute stick of butter for 1 extra cup mashed bananas. 100 cal/ slice for 14 slices and ½ gram fat per slice.

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### **Zucchini Bread**

3 1/3 C flour

2 2/3 C sugar  
2/3 C shortening (use butter/marg.)  
3 C shredded zucchini  
1 tsp. cinnamon  
1 tsp. cloves  
1/2 tsp. nutmeg  
2 tsp. vanilla  
2/3 C water  
4 eggs  
1/2 tsp. baking powder  
2 tsp. soda  
1 1/2 tsp. salt

**Optional:**

2/3 C chopped nuts  
2/3 C chocolate chips  
2/3 C raisins

Combine sugar, butter, zucchini, water, eggs, everything else (dry ingredients) except nuts, raisins, chips last. Grease 2 loaf pans. Bake on 350° for 60-70 min. Finished when comes out with clean toothpick.

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### **Pumpkin Bread**

2 C canned (Libby's is the best) or fresh pumpkin (even better)  
1/2 C oil  
1 1/4 tsp cinnamon  
1 tsp ginger  
1/2 tsp nutmeg  
1/2 tsp cloves  
1 egg  
2 C sugar  
3/4 tsp salt  
2 tsp baking soda  
2 1/2 C flour  
Optional: 1/2 C raisins or 1 C chocolate chips

Preheat the oven to 350 degrees. Mix all wet ingredients together. Mix dry ingredients and add to the wet. Fill greased and floured bundt pan. Bake 45 minutes and check. If toothpick comes out clean, it is done. If not cook 2-3 minutes at a time until it comes out clean.

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## Ana's Cinnabon Rolls

(Roya doesn't want to call you for it, but dang it, we need it!)  
from Top Secret Recipes

### Dough:

2¼ tsp. yeast  
1 C warm milk  
½ C sugar  
1/3 C melted butter  
1tsp. salt  
2 eggs  
4 C flour

### Filling:

1 C brown sugar  
2½ T cinnamon  
1/3 C butter

### Icing:

1 stick of butter  
1½ C powdered sugar  
¼ C cream cheese  
½ tsp. vanilla  
1/8 tsp. salt

Dissolve yeast and milk. Add sugar, butter, salt, eggs, flour. Put on dough setting in breadmaker. Rise 1 hr. Roll flat 21" long 16" wide ¼" thick. Preheat 400 , mix cinnamon and brown sugar (for filling). Spread (filling) butter on dough. Sprinkle brown sugar and cinnamon mixture on the dough (with filling butter on it). Roll up 21" long. Cut into 1¾" slices. Put six at a time on a cookie sheet, (well spread apart?). Bake 25 at 350 min. or til lightly brown on top. Mix icing til fluffy. Put icing on rolls.

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## Corn Bread

—This is the cornbread I used to make until I started making the next recipe, "Sweet Corn Bread, which we all liked better. It is less sweet, but still good.

1 C yellow corn meal  
1 C flour  
1/3 C sugar



1 T baking powder  
1 tsp salt  
1/3 C vegetable oil  
1 egg, lightly beaten  
1 C milk  
2-3 T corn

Combine dry ingredients. Add milk and corn. Put into floured, greased 8" square pan. Bake preheated 400° F for 18 min or until wooden toothpick inserted in center comes out clean.

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### **Sweet Corn Bread (best corn bread)**

1C cornmeal  
3 C flour  
1 1/3 C sugar  
2 Tbls. Baking powder  
1 tsp. salt  
2/3 C oil  
6  
Tbls. Butter  
2 Tbls. Honey  
4 eggs  
2 1/2 C milk

Mix dry ingredients in separate bowl. Mix wet ingredients. Add wet to dry. Mix just until blended. Do not over mix. Bake in GREASED 9 X 13 in. pan. Bake at 350° for 45 minutes.

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### **Sugar-Free Best Fruit Bread**

(Don't tell anybody it's sugar-free)  
(Roya's mom)

1/4 C margarine  
4 eggs  
3 med bananas, mashed  
1 1/2 C apple juice (1-12 oz. can) concentrate  
2 T maple extract

- 1 tsp vanilla
- 2 C powdered milk
- 3 C flour
- 2 tsp cinnamon
- 2 tsp soda
- 1½ tsp powder
- 1 tsp salt
- 1 C CC's
- 3 C chopped nuts
- 3 C raisins, dates, papaya, mango (dried fruit), pineapple, etc.

Heat oven to 350 , grease and lightly flour two 9x5x3" pans. Put ingredients down to vanilla & mix 2 min medium. Add dry to batter. Beat med again til well blended. Stir in raisins, CC's & nuts & other fruit. Pour into pans. Bake 60-70 min or till wooden pick inserted in center comes out clean.

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## CANDY

### **Toffee (Butter Crunch)**

(Cindy Crapse, Brigham City, UT)

- 2 C sugar
- 1 lb. butter
- ¼ C Caro syrup
- ¼ C water
- 1 bag chocolate chips

A recipe conversation (Roya and Cindy Crapse):

“Melt butter in large skillet. Remove pan from stove. Add the sugar. stir the mixture until butter has been completely absorbed by the sugar and there is no grease around the edge of the pan. (This is a very important step and even though it takes time, be sure that you don't go on until this step is completed.) When the butter and the sugar are completely combined, replace the pan on the burner and cook over medium heat until the mixture bubbles. remove from the stove and add the Caro and the water, stirring them in well. Place the pan on the burner and continue cooking over medium heat, stirring constantly until the mixture reaches 290 F (on the thermometer). Pour into an ungreased, 13x9x2, Cool until it is still hot. Cool it until it is hot enough, but it's not going to like burn burn you. Grate chocolate on the top, spread chocolate

around the top with chopped nuts optional. Press the nuts slightly into the chocolate Use real butter

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## MISC

### **pudding in a Cloud**

cream (made with vanilla and fructose)  
sugar-free chocolate pudding

Put cream inside of a bowl in a thin layer, covering entire inside of bowl. Add pudding. Chill.

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### **Rambi-wan Kenambi Vla**

(Raspberry Jello Fruit Pudding Swirl (RJFPS))  
Roya's creation

1 large raspberry jello mix  
1 large vanilla pudding mix  
 $\frac{3}{4}$  pint blueberries (1½ C)  
 $\frac{1}{2}$  pint red raspberries (1 C)  
 $\frac{1}{2}$  pint blackberries (1 C)  
1 or 2 bananas to taste  
 $\frac{1}{2}$  pint regular whipping cream (1 C)  
 $\frac{1}{2}$  capful of Mexican vanilla

Make raspberry jello according to directions except decrease the 2 cold cups of water to 1½ C cold water. Set it up. Make pudding. Slice banana(s). Mix whipped cream with the vanilla, but DON'T add sugar (unless you want to). You could also add 1 T fructose, but it is sweet enough without. Chop the jello up when set. Add the set pudding also. Stir in the fruit. Put whipped cream on top. Makes for about 4 people.

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### **Stroopwafels**

Netherlands, "syrup waffles  
One of the best desserts on the earth!  
(<http://www.hollandsepot.dordt.nl/gebak/recepten/stroopwafels.html>)

Het geheim van de stroopwafel valt uiteen in twee delen. De ene helft van het geheim is, dat je de wafels alleen warm kunt verwerken. Anders breken ze. De andere helft is dat er boter en suiker door de stroop moet worden gewerkt, waardoor deze nog stijver en nog kleveriger wordt. Ook de bereiding bestaat uit twee delen: het bakken van de wafels en het maken van de vulling.

500 g bloem  
250 g gesmolten suiker  
150 gram witte basterdsuiker  
50 g gist  
een beetje laauw melk  
1 ei

Maak van deze ingredienten een beslag. Laat u daarbij niet misleiden door het woord "beslag", want het wordt een vrij stevige massa die u met de handen door elkaar zult moeten kneden. Laat het deeg drie kwartier rijzen, liefst op een vochtig-warme plek. Kneed het dan opnieuw en verdeel vervolgens het deeg in balletjes ter grootte van een stevige knikker.

Vulling:

500 g stroop (not sure which type – corn syrup?)  
300 g donkere basterdsuiker  
75 g boter  
een theelepel kneelpoeder

Verwarm de stroop en meng de andere ingredienten er door. Leg dan een balletje deeg in een wafelijzer en bak het aan beide kanten gaar. Licht met een mes de wafel uit het ijzer en snijdt de wafel open wanneer die nog warm is. Wacht u te lang dan zal de wafel breken. Besmeer de ene wafelhelft met de vulling en druk de andere helft er op. Om te voorkomen, dat u niet snel genoeg bent om de wafels open te snijden, kunt u het bakken en opsnijden het beste met zijn tweeën doen.

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**Pozor, vlak!**

(oh well, what else should I call it?)  
(CC's-Rice Krispies-Peanuts)  
Edwards family recipe

1 12-oz CCs - dark (Shon) light (Roya)  
2 C rice krispies

1 C peanuts (Shon) walnuts (Roya)  
1 C coconut

Melt cc's. Mix in krispies and peanuts and make clumps & put on a greased cookie sheet. Change amount of ingredients to taste. I used to eat this when I was a little boy. Mum and dad forgot how to make it in Illinois, but I tried it until it tasted like I remembered.

Butterscotch variety:

12 oz butterscotch chips  
12 oz vanilla chips  
4 C rice krispies  
2 C chipped macadamia nuts  
2 C coconut  
(can be halved)

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### **Miniature Peanut Butter Treats**

(not tried yet)

½ C butter  
½ C brown sugar  
½ C sugar  
1 egg  
½ C creamy peanut butter  
½ tsp. vanilla

Mix til creamy. Then sift together and add to other mixture:

1¼ C flour  
¾ tsp. baking soda  
½ tsp. salt

Chill for 30-60 min. Grease tart pan. Roll dough into balls (½-inch balls). Bake at 357 for 8-10 min. When done, immediately put one small peanut butter cup into center. Press down. Put into freezer to set the chocolate.

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### **Scalloped potatoes**

10-12 medium raw potatoes-peeled and thinly sliced  
2 small onions-sliced  
½ C butter or 1 stick

½ C flour  
1 tsp salt  
Pepper to taste  
5 C milk  
1 lb sour cream

Heat oven to 350. Place potatoes and onions in greased 9x13 inch pan. In medium saucepan, melt butter. Blend in flour, salt and pepper. Stir constantly until smooth and bubbly. Gradually add in milk while stirring. Cook until mixture boils and thickens. Stir constantly. Remove from heat. Stir in sour cream. Pour sauce over potatoes. Bake for 1 1/2 -2 hours or until potatoes are tender. Garnish with bread crumbs and shredded parmesan, if desired.

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### **Edwards Traditional Homemade Ice Cream**

4 C cream  
6 C milk  
2½ C sugar  
1 tsp salt  
4 eggs  
1 T vanilla  
flavouring  
fruit

Mix in ice cream machine til thick.

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### **Dad's Carmel Popcorn Balls**

(fast and the best!)

¼ C butter  
1 C brown sugar  
½ C light corn syrup  
½ 15-oz. can (2/3 C) sweetened condensed milk  
½ tsp. vanilla  
5 quarts popped corn

In saucepan, combine butter, sugar, and corn syrup. Stir well and bring to boiling over medium heat. Stir in condensed milk, simmer, stirring constantly, til mixture comes to soft ball stage

(234-283°). Stir in vanilla. Pour over popped corn and stir to coat. Butter hands lightly, shape popcorn into balls about 3½” in diameter. Makes 15.

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### **Shortbread w/Jam**

Recipe from Kimmy Hale — an Italian dessert. also says they make it in Russia.

1½ C soft butter  
1 egg  
1½ C sugar  
3 C flour  
¼ tsp bak powder  
apricot jam

Mix all together. Put most of dough on baking tray, add apricot jam on top, spread around. Take rest of dough and make strips & put on or just put it in lumps of it on the top of the jam. Bake 350 20-25 minutes. 729 N. 600 W. #B 375 for \_\_\_\_\_ minutes.

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### **Riskrem (Norway)**

(from Anne Berit Høgh-Krohn)

This dessert is usually served for Christmas dinners. It is based on left-overs from rice porridge which has been served the previous day or morning.

#### Rice porridge

1¼ dl rice grains  
½ l water  
1 l milk  
pinch of salt

Boil the water, pour in the rice grains, stir and let simmer for about 20 min. Heat the milk and pour it in when it is on the point of boiling. Stir and let simmer for about an hour. Stir every now and then, check that it doesn't stick in the bottom. Pans with thin bottoms are not

recommended, use a heavy kind, iron or thick aluminum. When the porridge has thickened to your taste, serve or leave to cool.

### Rice cream

For each coffee cup of cold rice porridge, add one teaspoon sugar (if you want to, also 3-4 peeled and chopped almonds and stir). Whip ½ dl cream and add. Stir carefully, not to lose the fluffiness. Taste, add more sugra if desired.

To be served with red jam or - more usuaal - with red sauce from cherry, raspberry, or strawberry.

It is also customary in Norway to heave a game connected to the serving of the rice cream: in the cream, one single peeled almond is hidden. Whoever gets it on his plate gets a reward - a small present which the hostess has bought beforehand, usually a piece of Christmas sweet in gift wrapping, etc.

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### **Apple Crisp**

Annie Banyanie

3 med. apples (red delic. and granny smith)  
¾ C packed brown sugar  
¾ C quick oatmeal  
½ C flour  
½ C butter

Heat oven to 350°. Grease square pan, 8x8x2. Place apples (peeled and sliced) in pan. Mix rest of ingredients. Sprinkle over apples. Bake 35-40 minutes or til apples are tender and topping is golden brown. Cook uncovered.

(old recipe listed also the following, which might be nice: ¾ tsp. cinnamon, ¾ tsp. nutmeg).  
Roya always doubled this and put it in a 13x9 pan

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### **Baklava**

(Middle East)  
Yummy!!!!!!!

4 C blanched chopped almonds  
2 C sugar



½ T cardamom  
1 lb. ready Baklava pastry  
1 lb. sweet butter melted  
2 C granulated sugar  
1 C water  
2 T rose water

Rose Water: Get in Middle East, Greek, or Armenian groceries.

Baklava Pastry: Very thin layers of dough purchased at same.

Blanch almonds. Let dry. Chop finely in nut chopper. Put almonds in bowl, add sugar and cardamom, mix. Grease 13x9x2 pan. Put 3 layers of pastry in pan & brush w/butter each layer (don't let it become dry.). Spread the almond mix evenly on top of each layer. Cover w/ layer of pastry. Repeat, brush w/butter after each layer. Put 2 layers of pastry on top & brush w/butter. Cut pastry in diamond shapes. Pour melted butter over it evenly. Bake it in a 350 oven 35-40 min or til golden color.

Boil sugar w/water for 20-25 min on a medium fire. Add rose water to this syrup and let stay for a while. When Bâglavâ is ready, pour the sugar syrup over the Bâglavâ and let it cool. If rose water can't be obtained, substitute it with one tablespoon of lemon juice and couple of cinnamon sticks boiled with sugar and water.

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## Fudge Brownies

(really the best – Better Homes and Gardens New Cookbook)

½ C butter  
6 T cocoa  
1 C sugar  
2 eggs  
1 tsp. vanilla  
¾ C flour  
½ C chopped nuts\* optional

Oven 350°. In a medium saucepan, melt margerine and chocolate over low heat. Remove from heat. Stir in sugar, eggs, and vanilla. Beat *lightly* by hand just until combined. Stir in flour and ½ C nuts. Spread batter into a greased 8x8x2-inch baking pan. Bake in a 350° oven 26-28 min. Cool on a wire rack. Frost or glaze top. If dedsiired, sprinkle with chopped nuts. Cut into bars.  
Makes 24.

No frosting= 158 cal. If there are 12 in an 8x8 or 24 in a 9x13  
Mom (Roya) always doubled this.

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For frosted see Grandma's chocolate sheath cake recipe. For a more smooth glaze frosting...

1 T Cocoa powder  
2 T butter  
2 T shortening  
2 C powdered sugar  
¼ C milk  
½ tsp vanilla

Melt first 3 ingredients together in saucepan or microwave. Add all other ingredients. Mix. Pour and spread over cooled brownies.

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### **Zucchini Brownies**

2 C shredded zucchini  
2 C flour  
1 ¼ C Sugar  
1 tsp salt  
1 ½ tsp baking soda  
½ C cocoa powder  
½ C oil or applesauce  
2 tsp vanilla  
\*No Eggs

Mix wets. add dry. spread into 9x13 greased pan. Bake 350 degrees 30 minutes.

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### **Good Fruit Dip**

8 oz softened cream cheese  
14 oz can sweetened condensed milk  
1 tsp fresh lemon juice  
Blend together. Cover and refrigerate for 3 hours or more before serving.

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### **Tiger Butter**

(Melissa Strom)

white baking chocolate blocks  
milk baking chocolate blocks  
peanut butter (Roya likes creamy, Shon would like crunchy)

Melt peanut butter and white chocolate together. For every 1 part white chocolate, use ¼ part peanut butter (less peanut butter will set up harder). Pour onto wax paper-lined cookie sheets. Start melting milk chocolate (about 1/5 part of what used for white chocolate). Pour over white chocolate and peanut butter mix, and swirl in with a fork for “tiger effect.” Let it cool. Eat it now. Yum. Yum. For peppermint bark, leave out peanut butter and sprinkle crushed candy canes on top instead.

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## **White Chocolate Popcorn Balls**

(Kristi Trunnell)

1 microwave popcorn  
1 bag melted white chocolate (from Shepherd’s Cake and Candy, the “little” white chocolate chunks in a sandwich bag)

Melt chocolate. Mix together and form into balls.

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## **Peppermint popcorn**

8-9 C popped popcorn OR ½ C unpopped  
Melted white chocolate chips (keep stirring)  
2-3 drops peppermint oil  
Box of crushed candy canes  
Melted dark or milk chocolate chips (just for drizzle)

Pop popcorn. Melt white chocolate and add peppermint oil. Continuously stir. Pour melted white chocolate over popcorn in a bowl and add crushed candy canes. Stir until coated. Turn out onto cookie sheet lined with baking paper. Drizzle melted dark chocolate over popcorn. Enjoy!

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# BREAD/RICE/GRAIN RECIPES

*(Put Cornstarch in to make bread heavier, moister, more like European breads (Mom Farvid)).*

## "Good Bread"

(Roya's dad)

Thaw 5-7 hours Mrs. Rhodes white dough. Spread out dough in pan, press down. Beat 1 egg white. Spread it over the top of dough. Take heel of a knife to make indentations in dough (to section). Add poppy seeds & sesame seeds on top. Pat down a little w/egg white stuff again. Bake 20-25 minutes at 375? degrees.

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## Indian Fry Bread

(Vera Preston, Austin, TX)

4 C + 1 C flour (last C is to knead into dough)  
2 T baking powder  
1 tsp. salt  
2 C milk  
1 T melted butter  
oil  
POWDERED SUGAR!!!  
honey  
jam

In large bowl, sift 4 C flour with 2 T baking powder and 1 tsp. salt. Set aside. Combine 2 C milk and 1 T melted butter. Add the liquid a little at a time to the flour mixture. Beat with an egg beater. Knead, using another C of flour. Roll to a thickness of 1/4 inch. Fry in oil on an electric skillet. Serve with honey, jam, or POWDERED SUGAR (ROYA'S FAVORITE)!!!! Anything else just doesn't quite cut it.

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## Salt dough/ playdough

2 T oil  
2 C water  
1 C salt

2 C flour

2 T cream of tartar

Food coloring- optional

Heat oil and water. If using food coloring, put into water. Add dry ingredients and salt until mixed together. While still hot, take out of pan and mold into a ball. Put into a plastic bag and seal.

---

### **Ana's Rolls Recipe**

(Roya's Rolls)

1 T yeast

3½ C flour (very packed flour) \*

¼ C sugar

1 rounded tsp salt

¼ C powdered milk

¼ C oil

1½ C warm water

1 egg

Dissolve yeast in water. Add sugar and salt. Add oil and egg. In separate bowl mix flour and powdered milk. Add dry mixture to wet

Manually. Knead. Rise 50 min. Punch and knead. Rise 50 min. Roll and shape and put on greased tray. Rise 20 min. Bake 400°. Bake 13 min.

Makes 14 rolls or one loaf of bread.

### Cinnamon Rolls

Roll into rectangles. Put stick softened butter on rectangle. Mix 2 Tbls. Cinnamon and 1 cup brown sugar, and spread onto buttered rectangle & roll up. Cut 1" thick put on greased pans, 14 rolls per pan. Bake 350 degrees for 21-23 min. Spread frosting on top when done.

1 cinnamon roll with frosting 515 cal.

### Monkey Bread

Roll into walnut sized balls, roll in melted butter, cinnamon/sugar mixture, and walnuts (no mar. cherries) between each layer. 3 layers in angel food cake pan (3 balls in 3 balls up). Bake at 350 degrees for 40-60 min  
Roya did about 45 mins.

#### \*Instructions for Breadmaker

1 T yeast  
3½ C flour  
¼ C sugar  
2½ T powdered milk  
1 tsp. salt  
1 C water  
1 egg

Set to dough cycle only. When done, follow above recipe.

For breadmaker. Add ingredients in order listed. Set breadmaker on dough cycle only. When finished, let rise 15 more min. Then roll out on floured surface, make into balls. Let rise 20-30 min. Bake at 400° 13 minutes.

For Bosch Mixer. Dissolve yeast in water. Put in sugar, salt, oil and eggs. Mix 20-30 seconds. Add flour. Place dry milk on top of the flour. Slightly combine with a fork before turning on the mixer. Mix for about 8 minutes. Remove from bosch mixer and raise in a bowl. . Rise 50 min. Punch and knead. Rise 50 min. Roll and shape and put on greased tray. Rise 20 min. Bake 400°. Bake 13 min.

\*Party rolls- all white

Normal rolls-3/4 C wheat and the rest white

Healthier rolls- 1 ½ C wheat, 2 C white

For bread instead of rolls: omit eggs. Optional- add 1/2 Tbls. Wheat gluten and 1/2 Tbls. Dough enhancer. Mix as above. After mixed and kneaded, place in one greased loaf pan. Rise 30 minutes Bake 350° for about 30 minutes.

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#### **Food Nanny Breadsticks**

1 tablespoon active dry yeast (I use SAF)  
1 cup warm water  
2 tablespoons olive oil  
1 tablespoon honey  
1/4 teaspoon salt  
2 1/2 - 3 1/2 cups bread flour

1/3 cup butter  
1/2 teaspoon garlic salt or garlic powder

Mix the yeast and water in the bowl of a stand mixer. Let stand until foamy (about 5 minutes). Add the oil, honey, and salt to the yeast mixture. Add 1/2 cup of flour at a time, up to 2 1/2 cups mixing well after each addition. If the dough is too wet mix in more flour 1/4 cup at a time until the dough is soft and pulls away from sides of mixing bowl. Knead with the mixer or by hand for 5-6 minutes or until dough is stiff and somewhat firm to the touch.

Pinch off about 2 tablespoons of dough at a time (or divide into 16 - 18 pieces) and roll on a flat surface to form a bread stick. Lay formed dough pieces on a greased sheet pan.

Mix together melted butter and garlic salt. Brush onto bread sticks. Cover with non-stick sprayed plastic wrap and let rise until doubled, about 20 minutes. Preheat oven to 425 degrees.

After bread sticks have risen bake for about 10 minutes or until golden brown. Brush additional garlic butter halfway through baking and again after the bread sticks come out of the oven.

---

## **Homemade Pretzels**

1 1/2 C warm water  
1 1/8 tsp active dry yeast  
2 T brown sugar  
1 1/8 tsp salt  
1 C bread flour  
3 C regular flour  
2 C warm water  
2 T baking soda  
4 T butter (melted)  
Salt- to taste

Sprinkle yeast onto warm water in mixing bowl, stir to dissolve. Add sugar and salt, then, stir to dissolve. Add flour. Knead dough until smooth and elastic. Let rise at least 1/2 hour. While dough is rising, prepare a baking soda water bath with 2 C warm water. Add baking soda. Be sure to stir often and after the dough has risen, pinch off bits of dough and roll into a long rope (about 1/2 inch or less thick) and shape. Dip pretzel in soda solution and place on greased baking sheet. Allow pretzels to rise again. Bake in 450 oven for about 10 minutes or until golden. Brush with melted butter, sprinkle with coarse salt and enjoy!

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## **Bisquick Mix- homemade**

1 1/8 C flour  
1 1/2 tsp baking powder  
3/8 tsp salt  
1/8 tsp cream of tartar

1/8 C shortening or 2 T  
1 1/2 tsp sugar  
Mix well.

---

### **Whole Wheat Bread**

2 T yeast  
2 C whole wheat flour  
1 C white flour  
1 tsp. salt  
2 T dry milk  
1 T oil  
1/4 C honey  
1 1/4 C minus 1 T water

Instructions?

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## **BREAKFAST FOODS/CEREALS**

### **Pikelates**

(Grandpa Edwards, Grandma, & Dad)



## This one is good!

(Dad and Grandma Inglet reconstructed this from memory of how Grandpa Edwards made it before he died – not sure where it came from – in New Zealand, their pikelets are more like English pancakes. This is more like something Swedish or German. Relatives in New Zealand are not sure where it came from, but Grandpa's Mom had Swedish, Norwegian, Danish, and German ancestry, as well as English.)

mix together:

For 7 people:

15 eggs

5 C milk

5/6 C oil

1 ¼ C Sugar

5 C flour

Regular batch:

6 eggs

2 C milk

1/3 C veg. oil

½ C sugar

Add slowly while beating:

2 C flour

Cook on griddle abt 375° or ¾ medium/hot heat.

for 2:

4 eggs (or 3 eggs — just as good)

1 1/3 C milk

3 1/3 T oil

1/3 C sugar

Add slowly while beating:

1 1/3 C flour

for 1:

2 eggs

2/3 milk

1 2/3 T oil

2 2/3 T sugar

2/3 cup flour

½ batch:

3 eggs

1 C milk

1/6 C veg. oil

¼ C sugar

Add slowly while beating:

1 C flour

Cook on griddle abt 375° or medium heat.

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### **Pönnukökur**

(Iceland, friend from Þórdís Lilja Gunnarsdóttir)

5 eggs

2 1/5 C milk

5 1/2 T cooled melted butter

3/4 C sugar

2 T cinnamon

1 T vanilla

2 1/2 C flour

Mix and cook like a pikelate. No lemonade topping. Whipped cream and jam or fruit is yummy.

---

### **Homemade Granola**

3/4 C brown sugar

1/3 C vegetable oil

1/3 C honey

1-1 1/2 T vanilla

5 C oats

2 C crispy rice

1/2 C powdered milk

3/4 tsp. cinnamon

1 pinch nutmeg

1 pinch salt

1/2 C raisins

Mix wet ingredients in pan. Heat until sugar is dissolved. Combine dry ingredients in cookie sheet. Pour sugar mixture over and mix well. Bake at 375° for 8 minutes. Mix and bake 8 minutes more. Stir in raisins. Let cool. \*If you don't do crispy rice, do 6 C oats instead

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## Blueberry Hill Muffins

(The Blueberry Connection by Beatrice Ross Buszek)

1 egg, beaten  
¾ C brown sugar  
1½ C flour  
1 T baking powder  
½ C milk  
1 T melted butter  
¼ tsp. salt  
2 T flour  
1½ (wild, Maine) blueberries (less, if using larger Oregon blueberries)

Preheat oven to 425°F. Mix egg, sugar, and milk, then add butter. Sift together dry ingredients and combine with wet mixture. Toss blueberries lightly in flour, then gently fold them into batter. Grease and flour muffin pans. . Fill them about 2/3 full. Bake about 17 min. in preheated oven (test if skewer comes out clean). Serve muffins hot, with fresh butter.

### Streusel variety

6 T brown sugar  
3 T flour  
1T cinnamon  
3 T softened butter  
Mix First 3 ingredients. Cut in butter with your fingers.

Omit blueberries. Add streusel topping directly onto batter. Decrease cook time from 17 to 14 minutes.

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## Favorite Pancakes

(tastes good)

1 egg  
1 C milk  
2 T oil  
1 C flour  
1 T sugar  
1 tsp. baking powder  
½ tsp. baking soda  
½ tsp. salt

Beat egg, oil and milk. Stir together dry ingredients in another bowl. Add to wet ingredients slowly while beating.

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### **Cooked Whole Wheat**

1 C wheat  
2 C water  
¼ tsp salt

Cook in crock pot on low overnight, add milk & sugar next day.

---

### **Wheat Waffles**

2 C flour (1 white, 1 wheat)  
4 tsp. baking powder  
2 T honey or sugar  
6 T salad oil  
½ tsp. salt  
1¾ C milk  
2 eggs

**Mix dry ingredients together, including nonfat dry milk. Stir in remaining ingredients. For lighter waffles, separate eggs, beat egg whites and carefully fold in.**

# ***MAIN DISHES***

## Miscellaneous

### **Norwegian Meatballs**

(from cousin in Son, Norway, Anne-Berit Høgh-Krohn)

150 grams (1/3 lb) minced meat of cow or ox (hamburger)  
1/4-1/2 tsp salt  
1/4-1/2 tsp pepper  
pinch of ginger  
2 tsp onion, finely chopped  
2 tsp of potato or corn flour  
fat for cooking

Mix everything well, the dough should be pretty firm, like thick porridge which lets go of the bowl when stirred. Add more flour if it doesn't. (But remember to add more spices if you add more flour which 'pales' the taste.) Shape into small balls and fry on medium heat, then let simmer on low speed for 10-15 minutes.

There are as many recipes for meat balls as there are cooks in the Norwegian kitchens. The salt binds the juices of the meat and should go in first, preferably together with the spices of your choice on the day before. As to spices, you can put in anything, this is a very ordinary recipe. Some people skip the ginger and add chili - or curry - or a mix of various herbs - anything goes and that is the very pleasing side of meatballs, tht they all taste different! Some skip the flour and replace it with a cold, boiled potato from yesterday's dinner, well mashed before adding it to the dough. For serving, some add a brown gravy - others not. Most people serve with boiled vegetables and potatoes or with a salad and boiled rice. (We are getting international, gradually!) Fried onions in big quantities are always popular with the meatballs. Enjoy it, this is what thousands of Norwegians used to eat every Sunday after their weekly exercise in the woods!

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### **Crockpot Chili**

1 1/2 C dry beans (soak over night)  
2 cans red beans-drained  
1 lrg onion  
1 chopped green pepper  
1 lb ground beef

2 C canned diced tomatoes

1 can tomato sauce

1 T chili powder

1 ½ tsp salt

1 bay leaf

1 dash paprika

1 dash cayenne pepper

Fry veggies and add everything into crockpot. Simmer 2 hrs or cook in crockpot.

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### **Grandpa's Sunday chili**

2 lrg. Cans Bush's original baked beans

1 regular can of chili (any kind)

1 can tomato soup or sauce is fine

1 can bean of bacon soup

1 onion- diced

1 lb ground beef

Sautee onion in butter. Add ground beef and brown it. Add all other ingredients. Add water to liking. (about 3-4 cups)

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### **Meat Loaf Men Like**

(The Starving Students' Cookbook)

1 lb. ground beef

2 slices soft bread, crumbled up

1 (4 oz.) can mushrooms (stems and pieces)

¼ C milk

1 egg

couple plops ketchup

½ pkg. dry onion soup mix (shake well before using)

Preheat oven to 350°

In large bowl, beat eggs with fork. Add milk and bread crumbs. Stir into mix. Dump in rest of ingredients and stir to mix well. Dump mixture into oven baking dish and mold into a loaf. Bake at 350° for 45 min. or till done to your liking. Makes great cold sandwiches next day.

---

## Homemade Macaroni and Cheese

2 ½ C elbow noodles  
¼ C butter (1/2 stick)  
¼ C flour  
1 tsp. salt  
1/8 tsp pepper  
2 C milk  
1 ½ to 2 C shredded cheese  
2 C chopped ham (optional)

Preheat oven to 375°. Cook macaroni noodles. In a sauce pan melt butter on medium-low heat. Stir in flour, spices and milk. Warm mixture but do not boil it. In a 9 X 13 pan put in macaroni, layer on the cheese, pour the butter mixture over it. COVER with foil and bake for 20-25 minutes. This recipe can be doubled

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## Chicken Divan

(Rambi's Chicken Divine)  
(from 365 Ways to Cook Chicken, reduced to \$12.95 from \$18.95)

1 large bunch of broccoli, cut into spears or 2 pkgs (10 oz each) frozen broccoli spears  
4 T butter  
½ lb. mushrooms, sliced  
¼ C flour  
2 C and 2 T milk, heated  
salt  
freshly ground pepper  
1 C (4 oz) shredded cheddar cheese  
8 skinless, boneless chicken breast halves, poached  
½ C bread crumbs

Preheat oven to 350°. Steam broccoli spears until barely tender, 3-5 min. Arrange in bottom of buttered 13x9x2 baking dish. Meanwhile, in medium-size saucepan, melt butter over moderate heat. Add mushrooms and cook until lightly browned, 3-5 min. Stir in flour and cook 1-2 min. without browning. Gradually whisk in milk and cook, stirring constantly, until sauce thickens. Season with salt and pepper to taste. Pour half the sauce over broccoli. Sprinkle half the cheddar cheese over sauce. Cover with chicken breasts. Pour remaining sauce over chicken, sprinkle with remaining cheese, and top with bread crumbs. Bake 20 min. until hot and bubbly.

---

## **Soy sauce chicken**

(from Neda)

3 lb. chicken thighs  
1 ½ C soy sauce  
¾ C white vinegar  
4 heads of garlic  
10 bay leaves

Bring to a boil, about 8 minutes. Cover and cook on medium low for 1 hour. Serve over rice with sauce on it.

---

## **Chicken Casserole**

(Pioneer 4<sup>th</sup> Ward cookbook, Provo, UT)

2 C cooked rice  
1 can (10¾ oz.) cream of chicken soup  
¾ C grated cheese  
¾ C sour cream  
1 C cooked chicken  
1 small box of Stove Top Stuffing (prepared according to package directions)

Mix together Cream of Chicken Soup, sour cream, and cheese. Set aside. In casserole dish, layer rice, chicken, soup mixture, and stuffing. Cover and bake 30 min. at 350°.

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## **Pizza Roll-ups**

(“Lotto-Totto” Lottie Marsh)

flour tortillas  
mozzarella cheese grated  
jar of pizza sauce (buy at store)  
your favorite pizza toppings

Spread pizza sauce on tortillas. Add pizza toppings and top with cheese. Cook 5-10 min. at 350°. Remove from oven. Roll up the tortilla and secure with toothpicks until set. Remove toothpick and eat (or don't remove if you want to cut your lip).

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## **Rýže s Houbamy**

(Rice with Mushrooms (and Beef!))  
(Czech dish)

1 onion, diced (medium to small medium)  
1 T butter  
10 oz. mushrooms, sliced  
2-2½ C minute rice (or about 3 C already-cooked rice)  
4½ C beef stock from water and boullion  
½ lb. stir fry beef  
salt and pepper

Make beef stock. Dump minute rice in to soak. Sauté the onion in the butter in another pan. At the same time in yet a different pan, fry the beef well and salt and pepper it (especially pepper!). Add the mushrooms to the onions and sauté them as well. Add the rice, stock, and beef. Bake at 325 -350° for 20-30 minutes (or 375° for 40 min.).

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## **Mum's Roast Beef**

(Grandma Edwards)

1 roast beef  
2 Lipton soups (Beefy Onion, Beefy Mushroom, or other)  
6 C water

Roast beef should be braised first in frying pan, put into pot, add soups (w/water already added). Add water. Put in oven and cook on 350 for 3½ hrs.

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## **Roya's Roast Beef**

Place a roast beef in a crocspot. Pour 1-2 onion soup mix packets and 3-4 cups of water in along with salt and pepper to taste. Cook on low for 9-10 hours. For aujus, substitute onion soup mix for 2 cans of beef consomme.

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## **Potato and Broccoli Chowder — Roya**

2 cans fat-free Cream of Broccoli Campbell's soup  
5 potatoes - small or medium, semi-diced (chunked)  
2 heads of broccoli - steamed

Boil potatoes for 15 min and check. If fork breaks, take out. Add steamed broccoli and boiled potatoes to soup. Heat thoroughly. Soup is made as canned directions indicate (if fork breaks the potato).

---

## **Dad's gravy**

(Grandpa Edwards)

water (or drippings from turkey)  
2 T bouillion  
flour

Mix water & bouillion together, add some flour. Whip w/whisk. For better gravy, add beef broth in instead of water.

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## **Effie Merrill's Casserole**

(Grandma and Grandpa Edwards, never tried)

Lipton soup  
onion  
celery  
sausage (why not chicken?)  
rice? noodles?

Cook med. pot of rice in lipton soup. 1 pk for small, 2 for big. Chop celery & onions, cook w/lb of sausage small 2lb bag. Add cooked meat, celery & onions, stir up & eat it. Chop celery leaves along w/stocks.

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## **Grandpa Edwards' Goulash**

(dad—from great Uncle Casey)

macaroni noodles  
hamburger  
crushed/ pureed tomatoes  
basil leaves  
pepper  
seasoned salt  
tomato soup

Cook noodles and hamburger. Mix all ingredients. Tomato soup is optional.

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### **Beefy Mushroom Casserole**

(Shon)

2-3 C macaroni noodles  
1 can tuna  
1 can soup (Campbell's Beefy Mushroom (best) or mushroom or other)

Cook noodles. Mix in tuna and soup. Eat. (Some people like to put on crackers)

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### **Cornish Pasty**

(From a Cornish postcard)  
(Cornwall, Great Britain)

Pastry: 4 oz. of plain flour  
2 oz. of fat (crisco)  
and a pinch of salt mixed with just enough cold water to make a firm pastry dough.

Filling: A potato finely sliced  
an onion and some turnip finely cut  
4 oz. of steak that may be chuck or skirt, cut into little pieces  
salt and pepper to your taste.

Method: Roll pastry into a round. On one half put some sliced potato, then some onion and a little turnip, which can be left out if not to your taste. Put meat on top and add seasoning. A few thin slices of potato will save meat from drying. Wet edges of pastry and fold it over three

quarters of the way, bringing up other edge to meet it. Crimp these together by pinching with left hand and folding it over with right. Thus you have made a rope-like edge to your pasty. Put it on baking sheet and bake in oven at 425F, mark 7 for 10 minutes. Now lower heat to 350F, mark 4 for 30 minutes more.

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### **Pita Bread Pizza**

Pizza sauce (see Roya's homemade pizza)

Pita bread

Pepperoni

Cheese

Any other toppings you want on your pizza

Preheat oven to 400 degrees. Place pita bread onto a cookie sheet. Spread sauce on top of bread. Sprinkle cheese on and put on pepperoni (it is not very good with just cheese). Bake for about 10 minutes or until cheese is melty.

---

### **Lentils & Cornbread**

Lentils:

4 C water

1 C lentils

1 T. dried chopped onion

1.5 tsp. salt

Wash lentils, soak onion for 5 min, dump in crockpot.

Cornbread: (see cornbread recipe)

Eat both together for Sunday dinner.

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### **Roya's shepherd's pie**

1 lb hamburger

½ onion chopped

1 can green beans (drained and not French style)

1 can tomato soup

Flake or mashed potatoes

Shredded cheese  
Salt and pepper

Serves four, can be doubled

Brown ground beef add salt and pepper. Saute onion well and add salt and pepper. Put into an 8x8 pan. Add green beans and tomato soup. Stir. Prepare mashed potatoes and cover green bean mixture. Sprinkle shredded cheese on top. Bake at 375° for 20-30 minutes. Bake covered and remove foil last 5-7 minutes of baking.

---

### **White Chicken Chili**

2 Cans great northern beans  
1 can kidney beans  
1 can corn  
2 cans chicken-about 12 oz each  
1 C salsa  
1-2 C shredded cheese  
2 cans cream of chicken soup  
3 C water or chicken broth  
2 tsp cumin  
Salt and pepper to taste

Put everything in a pot and warm it up. You can use fresh chicken breast and cook the full recipe in a crockpot for 8 hours on low. Eat it with fritos.

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### **Impossible Meat Pie**

1 lb. ground beef  
1 C chopped onions  
½ tsp. salt  
1 C shredded cheddar cheese  
½ C Bisquick  
1 C milk  
2 eggs

Heat oven to 400°. Grease 9" pie plate. Cook ground beef and onion til beef is brown. Drain. Stir in salt. Spread in pie plate. Sprinkle w/cheese. Stir remaining ingredients w/fork until blended. Pour into pie plate. Bake uncovered 25 min. or til knife in center comes out clean. Hi-alt.: Bake 30-35 min.

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## **Hidden Valley Ranch Cheese Ball**

1 envelope Hidden Valley Ranch dressing mix  
8 oz. cream cheese-softened  
½ C mayonnaise  
½ C milk  
10 oz. shredded cheddar cheese

Mix together. Form into a ball. Place in freezer for 1 hour if too soft

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# Soups

## **Dad's Chicken Noodle Soup**

chicken  
chicken bullion

noodles:  
4 egg yolks  
flour  
¼-½ tsp. baking powder  
¼-½ tsp. + extra salt

Boil carcass of chicken or turkey in pressure cooker 20 minutes. Take meat off bones. Save enough water for soup. Chicken bullion may be needed. Add broth, bullion, some salt, and chicken together and add noodles after.

Noodles: Mix some flour, about 4 eggs (only yolks?), salt, baking powder in a bowl. Mix until not sticky in hands (When cut, noodles will come apart easily if enough flour has been used.). Roll out like pie crust and roll up like pikelate. Chop into strips ¼-inch wide & cut those in half.

---

## **Roya's Crockpot Stew**

6 potatoes  
5 carrots (or until pot full)  
2 celery stalks

4 browned chicken breasts  
mix in pot  
Then add  
½ C water  
½ tsp seasoned salt (on top (do not mix in))  
1 26-oz can mushroom soup (w/o water)  
mix them  
cook 2 hrs on high, 4-5 hrs on low or 4 hrs. hi, stir occasionally  
Add 1 tsp salt and mix up

Boil some chicken and when cooked, mix in w/other finished stew. Eat.

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### **Shon & Kid's Stew (and Rambi's)**

potatoes  
previously cooked rice (Rambi's contribution)  
cooked shredded chicken (Rambi's other delicious contribution)  
carrots  
broccoli  
celery (grated)  
onions (grated)  
garlic salt  
basil leaves  
oregano  
salt  
pepper

Stuff it full of vegetables. Boil for an hour or two. Best the day after.

---

### **American Hamburger Soup**

(never tried)

1 lb lean hamburger  
1 1/3 C cubed potatoes  
2 carrots, sliced  
1 ½ T minced parsley  
½ C diced Celery  
¾ tsp sugar  
1 ½ C canned tomatoes or 16 oz

1 1/3 C chopped onions  
1 1/2 T minced green pepper  
1 lrg. Bay leaf  
1 clove garlic or dried garlic  
3/4 tsp Worcestershire sauce  
1 qt water  
4 whole allspice  
1 1/2 tsp salt  
1/4 C raw rice or 1/3 C soup mix  
1/8 tsp pepper  
Prepare all ingredients and put into crockpot for 6-8 hours.

---

### **Clam Chowder**

(Gina Hanor 2<sup>nd</sup> cousin, Edwards)

2 cans cream of celery soup  
2 cans cream of potato soup  
2 cans SNOW clams with juice (minced)  
6 pieces fried bacon – crumbled  
1 qt. half and half

Warm up and serve with Roya's rolls.

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### **Old Fashioned Beef Stew**

6 potatoes (peeled and diced)  
6 Carrots (peeled and diced) or about 30 baby carrots  
2 stalks celery diced (optional)  
1 lb. stew meat (browned with 1/3 C flour)  
2 pkgs onion soup mix  
2 beef bouillon cubes – just throw them in  
1/4 tsp pepper  
1/2 tsp salt  
Water

Brown stew meat with flour. Throw all chopped veggies into crockpot with stew meat. Put all other ingredients in. cover all with water until it reaches the top of the crockpot. Cook on high two hours then cook on low 7-8 additional hours.

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## Mexican Dishes

### **Chicken Quesadilla (4 Two)**

1 Chicken breast  
4 tortilla shells  
cheese  
refried beans  
spices (to taste): (Roya's measurements)  
    cumin 35 shakes  
    onion powder 3 shakes  
    garlic powder 5 shakes  
    seasoned salt 9 shakes  
    chili powder 6 shakes  
    red pepper 3 shakes  
    pepper 35 shakes  
    salt 40 shakes  
    paprika 2 shakes

Boil chicken breast (chick will fall apart), add spices to taste, boiling out water (not dumping it out). Smear some beans on tortilla, put chicken on, grate some cheese on, heat in oven or microwave, add other shell on top. Cut in quarters like at Los Hermanos. Eat.

---

### **Laurie's Chicken Enchiladas**

1 can cream of chicken soup + ½ can of milk  
chunked cooked chicken  
1 small tub sour cream  
small onion or green chili (cook w/chicken)\* use small can of green chilis and mash slightly with fork(  
1½ C grated cheese (mostly inside, but some on top of enchilada)

Mix soup and ½ can of milk, ½ of sour cream. Add salt and pepper and cheese. Put stuff in tortilla and chicken. Some sauce on bottom of pan and some on top. Bake at 350-375° for 30 min.

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### **Tacos**

Brown ground beef. (however much is needed for family)

Dump 1 pkg taco seasoning per pound of ground beef. Western family/ food club is best. Follow package directions for seasoning and add a little less water than instructed on package.

Serve in taco shells with shredded lettuce and cheese

### **Becky Packards taco soup**

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1 lb ground beef

½ C chopped onion

Brown together and drain

Add 3 C water

1 Can kidney beans, drained

1 Can black or pinto beans drained

2 8 oz cans tomato sauce

2 Cans crushed tomatoes or 1 lrg

1 can corn, drained

1 pkg taco seasoning

Simmer 30 minutes.

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## Iranian Dishes

### **Tadeeg**

Put rice in already boiling water, boil 7 minutes. Strain. Put a little water & oil in bottom of pan. When simmering, gently add rice. Cook on medium 7 minutes. Turn down to Medium Low w/lid on it 30-45 minutes.

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### **Basmati in Microwave**

1 C rice

1½ C water

Microwave bowl, cover w/saran wrap, and pierce w/fork. Cook on high 6 minutes. Uncover. Stir, recover, cook on defrost 6 minutes.

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## خورش قورمه سبزی

(grandma Farvid from Iran, Grandma “Birdie”, and Shon ☺)  
My favorite dish in the world!!!!!!!!!!!!!!

1 can kidney beans w/juice  
1½ lbs. stew meat (or chicken with 2 C chicken broth made from boullion)  
3-4 bunches parsley (1 lb?)  
4-6 bunches cilantro (or just slightly more c. than parsley) (1.5 lb?)  
1 leek  
3 bunches green onions  
1 tsp salt  
2-3 T vegetable oil  
1-2 tsp tumeric  
½ tsp pepper  
2-4 T dried fenugreek  
1 grated lemon rind + juice from lemon  
juice from 3 limes (+ a small bit of rind)  
1 whole lime (cook into stew and remove at end)  
Basmati rice (soak 8 hrs at least)

Boil stew meat 2 hrs w/salt. Wash veggies 2-3 times. Cut small (don't cut too small!). Drain well. Fry veggies in oil. Put stew meat in pan with 2½ cups of the broth (water over veggies abt. ½ inch). Add tumeric, lemon juice + rind, pepper, a little salt, if needed. Can use chicken instead of beef, if desire.

Soak Basmati rice overnight in water. Drain. Put in rice cooker or follow directions for Tadeeg.

Variation: pkg. of dried leek (2 oz.) and dried parsley (4 oz.), soaked in water.

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## Babaganoush

(Arabic dip for pita bread)

egg plant  
1 C tahini (sesame seeds paste)  
¼ C lemon juice  
¼ C olive oil  
garlic powder  
salt

Roast egg plant on gas grill til skin crisp almost burning. Take out, put in plastic bag, close top. Leave 5 minutes. Skin peels off of it easily. Blend w/1 C tahini (sesame seed paste). (@ Good

Earth in Provo). 1/4 C lemon juice, 1/4 C olive oil, garlic powder, salt to taste. Blend a few seconds til pasty. Eat with warm pita bread.

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## **Khoreshe Geimeh**

(Meat & Yellow Split Pea Sauce)  
(needs to be tried)

4 T shortening  
1 lb. stew beef or round beef cut in 1/2" cubes  
1 large onion finely chopped  
1 tsp salt  
1/2 tsp pepper  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp tumeric  
juice of small lime or lemon  
2 1/2 C water  
1/4 C yellow split peas  
1 large potato  
3 T shortening

Melt shortening in a 2-quart pot. Add meat, onions, and seasoning and saute until the meat is browned. Add lime juice and water to the meat and let simmer for about 30 minutes. Add split peas and let simmer for another 35 minutes or until the peas are done. Peel the potatoes and dice and fry them in shortening. Add fried potatoes to the meat sauce 10 minutes before serving (serve w/Chelo). Makes 4-5 servings.

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[لوبيا سبز پلو](#)

## **Lubia Sabs Polo**

(Rice with String Beans)

Simple and easy!!!! I love this Iranian dish!!!

1 lb ground beef or stew meat, cut into 1/2" cubes  
2 T butter  
1 med. onion finely chopped  
1/2 tsp salt  
1/4 tsp pepper  
1/2 tsp cinnamon  
1 1/2 lb string beans cut into thirds or French Style Green Beans (how many cans?)  
1/2 C tomato sauce

½ C water  
2½ C rice  
1½ T salt  
2 qt. water  
2 T salt  
½ C butter

Melt butter in a 3-qt pan. Add meat, onions, and seasoning and saute til meat is browned. Add water, tomato sauce, and string beans to the meat and let simmer for 30 minutes. Cook rice as in directions for chelo (see p 65). When you come to step 6 of the directions for chelo, after putting half of the rice in the pot, arrange the meat and the string-bean mixture over the rice. Pour the rest of the rice over the meat mixture. Cook as directed for chelo.

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### **Khoresh Karafs**

(Celery Sauce)  
(needs to be tried)

4 T butter  
2 T oil  
1 lb stew beef or round beef cut in 1" cubes  
1 large onion finely chopped  
½ tsp pepper  
1 tsp salt  
1 tsp. tumeric  
2 C water  
4 T butter  
4 C diced celery  
1 C chopped parsley  
1 C chopped cilantro  
1-2 bunches green onions  
3 T + lemon juice (lime juice better)

Brown beef and onions. Cook in water 1½ hrs. Add celery, greens after sauteeing. Add remainder of ingredients and simmer til celery is soft but not mushy and juice is mostly boiled out. Serve w/chelo.

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### **Juje Kabab**

(Chicken Kabab)

Raw Chicken chunks

red peppers

green peppers

onions

italian dressing

Lemon juice

Marinate chicken in Italian and lemon juice dressing overnight. Put on sticks with other ingredients and barbecue.

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## Ashreshte

(Grandma Farvid in Iran)

(needs to be tried)

2 T whole wheat, rye, oats, or whatever.

2 T lentils, yellow split peas, dried peas, or whatever

2 T garbonzo, kidney, soy beans, small white beans, or whatever

Cook beans 5-6 hours, Then add grains & legumes or soak night before.

2 bunches parsley

2 bunches green onions

2 bunches celantro

1 leek (big)

wash well, dice small, fry in oil til nice dark brown, put in w/beans. Add:

1 small 6-oz. can tomato sauce or 2 T paste

½ tsp tumeric

2 T lemon juice

let cook, check beans. If soft, time to add noodles. Noodles only take 15-20 min (vermicelli noodles ½ C or flat egg noodles. Spaghetti not good). Take:

salt

pepper

1 big clove of garlic (20 cloves or 1 bulb of garlic). Peel skin

Slice & fry in oil lightly fry!. In bowl, put some of ahsreshte in bowl, sprinkle mint on top of ash on each bowl & ½ tsp olive oil on each bowl. You don't have to, but tastes much better w/these on. If you like, add:

yoghurt to top or sour cream. Done.

---

## Mast Va Khiair

(Yoghurt w/cucumbers)

1½ C yoghurt (sour cream, if desired)

1 cucumber  
1 T fresh dill or 1 tsp dill weed +  
salt  
pepper

Put yoghurt in bowl, peel chop cucumber finely, add to yogh, add finely chopped dill & S&P to taste & mix well, Put fridge in fridge ½ hr before serving.

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## Italian Food

### **Roya's Spaghetti**

spaghetti noodles (you will know how much)  
1 lb of browned ground beef  
2 cans tomato sauce  
½ can olives (6 oz.)  
1 can mushrooms (4 oz.)  
3 shakes onion powder  
4 shakes garlic powder  
3 shakes garlic salt  
3 shakes oregano  
31 shakes salt (small shaker w/6 holes)  
31 shakes black pepper (big shaker w/16 holes)  
16 shakes basil  
5 shakes parsley

Cook spaghetti according to package directions. Add other junk in a pan and cook. Dump on the finished, drained spaghetti. It's good. Add a little parmesan cheese for flavor (optional) if you like it. Don't add the parmesan cheese if you don't like it a little.

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### **Roya's pizza**

Crust:

1 T Yeast  
2 C warm water  
¼ C oil  
3-4 C flour

½ tsp salt

Sauce:

1 small can tomato paste

½ of the can of water

2 shakes onion powder

2 shakes garlic powder

2 shakes oregano

2 shakes parsley

15 shakes salt (small shaker w/6 holes)

15 shakes black pepper (big shaker w/16 holes)

8 shakes basil

Toppings:

1 small can mushrooms, chopped

½ can olives, chopped

pepperoni, if desired

canadian bacon, if desired

cheese (cheddar, mozzarella, monterey jack)

Dissolve yeast in water. Add oil, salt and flour. Knead. Cover, rise for 45 minutes. flatten and bake for 7 minutes before adding sauce and toppings. add toppings. Bake another 5-7 minutes.

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## **Baked -ini –oni**

(Roya's total creation)

12 oz. -ini and -oni (and -oli)

7.5 oz. ricotta

6 oz. (¾ C) grated mozzarella cheese

1 egg

2 tsp. chopped dried parsley

2 small pinches oregano

16-30 shakes dried basil

4 shakes Italian Seasoning

¼ slightly rounded tsp. salt

spaghetti sauce:

32 oz. or 4 cans tomato sauce

3 shakes onion powder

4 shakes garlic powder

a couple shakes garlic salt



20 shakes salt  
20 shakes black pepper

12 oz. -ini and -oni (and -oli) as you like. Best is Trio Italiano by American Beauty (rotini-mostaccioli-shells mixture) (also macaroni, rigatoni, mostaccioli (like mini-manicotti)). One good mix is 8 oz. macaroni 2 oz. ditalini (salad noodles). Another good mix: each medium shells, rotini, and mostaccioli.

Preheat oven to 375°. Boil noodles ½ time of package directions. In medium bowl, combine ricotta, ½ of mozzarella, egg, herbs, and salt. Mix well. Then make spaghetti sauce. Add pasta to cheese mix. Pour ½ of spaghetti sauce in 9x13 baking dish. Pour in cheese-pasta mix, spread around. Pour rest of spaghetti sauce on top and put rest of mozzarella cheese on top. Bake 20 min, covered. Then, uncover and bake 10 more minutes.

One good herb mix is: Cheese: 10 shakes pepper, 10 salt 3 pinches dried parsley, 16 basil, 6 italian, 1 pinch oregano. Sauce: 13 shakes pepper, 13 salt, 4 garlic powder, 3 onion powder

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## Salads

### **Roya's Dad's Dressing — Best**

1 T garlic powder  
1 T minced onion  
1 T powdered onion  
1 T lemon pepper  
1 T dried parsley  
1 T dried dill  
4 T sugar (or 2 T for more tart flavor)  
1 tsp. salt  
1 tsp. pepper

Mix these in a bowl. This will make 2 bottles of salad dressing. Use half of this mix in one bottle and save the rest for next time. In the bottle pour:

¾ C canola/olive oil  
½ C rice vinegar  
1 T lemon juice  
½ C water

Add ½ of the dry mix to the bottle. Shake and keep in refrigerator. When this bottle is used, repeat the liquids and remainder of the dry mix.

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### **3-layer Raspberry pretzel Salad- Aunt Laurie**

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#### **Texas Hash Casserole**

1 lb ground beef  
2 sliced onions  
1 clove minced garlic  
2 large ripe tomatoes  
1 C raw long grain rice  
2 tsp chili powder  
Salt  
Pepper

350 degree oven. Grease casserole dish. Cook ground beef and add onions, pepper and garlic. Soften and add tomatoes, rice, chili powder, salt, pepper. Stir and cook for 5 minutes. Put in casserole dish and bake for 45 minutes.

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#### **Chicken Salad**

4 C cooked chicken, chopped  
1½ C red grapes, sliced  
4 C celery, chopped  
¼ C sliced almonds or cashews

##### **Dressing:**

¼ C miracl whip  
½ C mayonnaise  
1/8 tsp. garlic powder  
1/8 tsp. salt  
1/16 tsp. pepper  
1 T grated onion  
½ tsp. celery seed

1 tsp. lemon juice

Makes 2 quarts – fills 20 small croissants.

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## **24-Hour Salad**

1 large container cottage cheese  
1 8 oz. coolwhip — thawed  
1 large fruit cocktail can — drained  
1 fresh banana  
1 can pineapple  
1 can mandarin orange slices  
1 large box jello (whatever color you want)

Optional:

Mini-colored marshmallows  
coconut — shredded

Stir jello powder into cool whip. Add cottage cheese, add fruit cocktail and other fruit; mix all remaining ingredients together!

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## **Ambrosia salad**

(Nina Peterson)

full box of ancini de pepe  
3 cans of crushed pineapple 8-oz. abt.  
3 cans mandarin oranges  
2 cans fruit cocktail

drain fruit for a couple days, save of juices 4 c  
2 C sugar, cook over stove  
4 T flower  
2 tsp salt  
6 eggs

Let fruit get really totally dry. Wait at least 4-5 hrs. or over night. Mix fruit, sugar, flower, salt, and eggs and cook on medium til thickens. Then let cool. Let sit overnight? Then cook ancini according to instuctions on back. Pasta must be well-drained, too, but not clumped up. Mix sauce and noodles and add 12-oz tub of coolwhip and 10-oz mini-marshmallows. Mix and eat.

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## **Jello Salad**

Western family/ food club Jello (get as many flavors as you want)  
Cool Whip

Make the jello. Add the cool whip. Do Not Add Coconut! It is better without it.

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## **Frog-eye salad**

(Julie Hancock)

8-oz tub coolwhip  
1 box pistachio (sugar free)  
    mix these two.  
    Add:  
1 carton cottage cheese (medium size, not big one)  
Spoon in 8-10 oz crushed pineapple w/juice.  
mix mini-marshmallows.  
add walnuts or pistachios

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## **Roya's Best Hawaiian-Style**

### **Frog-eye Salad (Internet)**

(Joy H. Sebastian — Exported from Master Cook II)

Dressing:

1 c sugar  
2 Tbls flour  
1/2 tsp salt  
1 c. pineapple juice  
1 egg  
1 tsp lemon juice

Salad:

1 c uncooked Ancini de pepe  
1 can (11 oz) mandarin oranges  
1 can (20 oz) pineapple tidbits  
1 can (20 oz) crushed pineapple  
2 c. whipped topping  
1/2 c coconut (optional)

Make dressing by combining the 6 indreds in saucepan. Cook on med until it boils, stir constantly. Cook until mixture is thick. Cook ancini de pepe according to pkg. directions. Drain, rinse, cool to rm. temp. Mix w/ dressing. Drain fruit and fold into pasta mixture. Add whipped topping and coconut. Serve **COLD!!!** Can decrease whipped topping if desired. Better next day.

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### **Mom Edwards's Potato Salad**

(for 6)  
(the only good potato salad outside of Germany)

Other stuff:

12 potatoes, small red (2 per person)  
7 boiled eggs (6 of them go in the salad, the other one should be sliced and put on top w/paprika on it)

Dressing:

1/2 C milk  
4 T miracle whip (or as desired)  
chopped olives (optional)  
chopped celery (optional)  
grated onion (amount not sure)  
2-4 T sweet pickle relish  
2 T mustard  
salt (to taste)  
pepper (to taste)

Boil potatoes on medium heat til toothpick can be easily inserted. Cool them in cold water until warm. Boil eggs medium heat and cool them completely also. Cut potatoes into small chunks. Mix dressing up and mix in with potatoes and eggs. Eat it warm.

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## **Pasta Salad**

(Valerie at Roya's work)

16-oz bag colored swirly pasta  
12-oz bottle Italian dressing

Cook noodles, pour dressing over it and marinate overnight.

Next day:

Add:

(everything chopped)

olives  
cucumbers  
broccoli  
celery  
red bell pepper  
green bell pepper  
cheese chunks  
etc.

Spice with:

parsley  
sage  
rosemary  
thyme

and:

dill  
salt  
paprika  
pepper

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## **Deviled Eggs**

6 hard boiled eggs  
½ tsp. salt

½ tsp. dry mustard  
¼ tsp. pepper  
3 T mayonnaise  
paprika (sprinkled on top)

Cut eggs length wise in half. Slip out yolks, mash. Mix in seasonings and mayo with the yolks. Fill white with mixture. 6 servings. Other things to add: tsp. curry powder, parsley, olives, pickle relish)

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### **Favorite Pasta salad**

(Lisa Gill)

Cooked bowtie pasta  
Diced red onions  
Pepperoni (halved or quartered)  
Grape tomatoes (cut the long way)  
Sliced olives  
Canned mandarin oranges  
Chopped red and green bell peppers  
Chopped cucumber  
Cubed mozzarella and cheddar cheese chunks or monetary jack  
A little salt and pepper  
1 bottle kens steak house white olive oil vinaigrette OR other white olive oil vinaigrette

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### **Pretzel raspberry salad**

- 2 cups pretzels (broken into pieces)
- 1/2 cup margarine, melted
- 3 tablespoons sugar
- 1 cup sugar
- 1 (8 oz) package cream cheese
- 1 (8 oz) container Cool Whip whipped topping
- 1 large box (6 oz) raspberry Jell-o
- 2 cups boiling water
- 2 - 3 cups frozen raspberries (you can also use fresh)

### **INSTRUCTIONS**

1. First Layer - combine broken pretzels, melted margarine and 3 tablespoons sugar. Stir until well blended. Press in 9 x 13 pan and bake at 350 degrees for 7 minutes. Cool completely.
2. Second Layer - Beat 1 cup sugar and cream cheese until smooth. Fold in Cool Whip. Spread over pretzel layer. Be sure to seal the cream cheese layer against the sides of the pan so that the jello mixture (3rd layer) will not be able to leak through when added.
3. Third Layer - Mix Jello and boiling water until jello is dissolved. Add frozen raspberries. Cool and set slightly. Pour over cream cheese layer. Refrigerate until firm.



## Drinks

### **POFA (Peach Orange Fake "Apricot" Juice)**

½ part Welch's peach/white grape  
½ part OJ

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### **Birch Beer**

6 C (3 lbs.) white sugar  
3 gallons cold water  
1.5 oz. (3 T) birch beer extract  
4 lbs. dry ice

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### **Root Beer**

2 C sugar  
1 gal water  
1 oz root beer extract  
1-2 lb dry ice

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### **Roya's Milkshakes**

¾ C chocolate ice cream  
6 oz. milk  
2 T powdered milk  
mix in blender.

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### **Shon's Grueberry Juice**

(version 1 – best)

1 (already made up) frozen Welch's 100% pure concord grape juice (48 oz. after made)  
32 oz. Ocean Spray Cran-blueberry juice

Mix well and serve cold!

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### **Grueberry Juice**

(version 2)

1/3 part Welch's grape juice (100% pure, no sugar)  
2/3 part Cran-Blueberry juice

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### **Sugar Free Limeade**

put in a 1-gallon container:

1 $\frac{3}{4}$  fructose  
1 pint pure juice w/pulp  
fill the rest w/water

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### **Pat Coughlin Juice (England)**

$\frac{1}{2}$  part apple juice  
 $\frac{1}{4}$  part orange juice  
 $\frac{1}{4}$  part pineapple juice

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### **Bryce Surprise**

Equal parts of:

Coke  
orange Fanta  
root beer  
fruit punch

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## **Canned Grape Juice**

- Wash fruit.
  - Use 1 lug (14-16 lbs.) of grapes for 5-6 quarts. (1 bushel grapes = 40 lbs. or 24 qts.)
  - Make sure jars and lids are perfect, and that metal screw bands are not bent. Wash jars and screw-on bands (NOT sealing lids, which are boiled).
  - It is not necessary to sterilize them, but keep them in hot water til ready to fill jars.
  - Cold pack the jars, i.e., pack fruit firmly in jar to within ½" of top.
  - Boil water and add 1 tsp. ascorbic acid powder or 6-500 mg. vitamin C tablets crushed to each gallon of water. Boil. Also add fructose to water.
  - After water boils, add to jars w/fruit.
  - Get air bubbles out by scraping a plastic knife along inside of jar.
  - Put in 3 qts of boiling water in canner
  - Put lids and screw bands on bottles, lower into pressure cooker on a rack
  - Heat just until pressure hits 15 lbs.
  - Put cold water on pressure cooker to cool off. If you reduce pressure too fast-which can happen when you do this- jars could break, but if you let pressure drop of its own accord, all your juice could leak out)
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## **Chocolate Milk**

(1 gallon)

1 C cocoa powder

4 C sugar

1 gal milk

1-2 T Mexican vanilla

Warm milk and add cocoa powder and sugar. Add vanilla.