

# First Presbyterian Church Cookbook, 2020

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With thanks to: *Jan Gruhn*  
With thanks to: *Jim Powell*  
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With thanks to: *Jan Gruhn*  
With thanks to: *Jim Powell*  
With thanks to: *Lisa Call*  
With thanks to: *Elizabeth Schultz*

## Meats, Fish, and Poultry

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### *11-Can Chili Soup*

With thanks to: *Janet Rodgers Boelens*

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1 pound ground Hamburger  
1 pound Ground Italian Sausage  
Half a Yellow Onion - Diced

3 Cans Campbell's (Brand) Minestrone Soup  
3 Cans Water  
3 Cans Ranch (Brand) Beans  
1 Can Crushed Tomatoes  
1 Can RoTel (Brand) Tomatoes

Brown hamburger and Italian sausage in a large skillet. Drain oil off and set aside. In same skillet brown diced onion until soft and translucent. In a large Dutch Oven on top of stove, combine hamburger, Italian sausage, Diced onion, and contents of all cans listed above. Heat (simmer) until warm throughout. Serve with warm bread or toast. Makes plenty for a crowd or your freezer!

*This is a very easy satisfying chili soup made from pantry items. Good on a cold day with fresh bread from the oven, bread machine, or bakery!*

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## *Chicken & Vegetables w/ Mole Sauce*

With thanks to: *Jim Powell*

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Nonstick cooking spray

6 each skinless drumsticks and thighs

3 dried ancho chiles, seeded and torn  
into pieces

2 1/4 cups canned 33% less sodium  
chicken broth

1 1/2 cups fresh tomatillos (about 7 medium  
tomatillos), husks removed, washed, and diced

2 teaspoons ground cumin

1/4 teaspoon salt

2 fresh cactus leaves (about 1 cup), cleaned and  
chopped

3/4 pound fresh trimmed green beans

Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.

While chicken is cooking, prepare mole sauce. Toast ancho chiles in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.

Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.

Puree until smooth and pour over chicken. Cook for 5 minutes more.

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## *Chicken Enchiladas*

With thanks to: *Jan Gruhn*

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2 cans Campbell's Cream of Chicken  
Soup, straight from the can

1 1/2 cups milk

1 Four-ounce can green chilies, chopped

1 to 3 cups cooked chicken, cubed

1 medium or small onion

1 pound of cheddar cheese

1 dozen corn tortillas

the chicken sauce (above), chopped onions,  
and shredded cheddar cheese

Taco sauce (optional)

Preheat oven to 350°.

Mix soup, milk, chilis, and chicken.

Chop onion; shred cheese.

Assemble enchiladas by making three layers of the following in a 9 x 13 pan: tortillas, chicken sauce, onions, and cheese. If desired, dribble taco sauce over top before baking.

Bake for 1 hour.

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## *Chicken Tortas*

With thanks to: *Jim Powell*

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2 cups cooked, shredded chicken  
1 teaspoon chili powder  
2 cups pico de gallo  
2 cups shredded romaine lettuce  
4 thin slices white onion

1/2 cup shredded reduced fat Monterey Jack  
cheese  
2 radishes, sliced  
1 fresh avocado, mashed  
4 bolillos or French bread rolls, cut in half  
lengthwise

In a medium bowl, combine chicken, chili powder, and 1 cup pico de gallo.

In another medium bowl, combine lettuce, onion, cheese, and radishes.

Spread equal amounts of chicken and lettuce mixtures inside of each roll.

Spoon 1/4 cup pico de gallo over lettuce and close sandwich. Serve immediately.

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## *Meatball Soup*

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With thanks to: *Jim Powell*

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6 cups water	8 ounces lean ground beef, turkey, or chicken
1/3 cup brown rice	1 tomato, finely chopped
3 low-sodium beef or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder	1/2 onion, peeled and finely chopped
4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano	1 large egg
	1/2 teaspoon salt
	2 cups chopped fresh vegetables (carrots, celery, and broccoli)

In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.

Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.

Add meatballs to broth mixture and simmer 30 minutes.

Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

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## *Mediterranean Omelet*

With thanks to: *Scott Gruhn*

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4 eggs, beaten

4 to 8 ounces turkey or chicken, cubed

2 tablespoons butter or margarine

4 tablespoons olive oil

8 ounces sliced olives

6 ounces artichoke hearts marinated in oil  
(I use Kirkland brand)

Parsley, basil, thyme, garlic, pepper

Set stovetop to medium-high heat. In skillet, melt butter. Then add remaining ingredients.

Fry till done.

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## *Oven Beef Stew*

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With thanks to: *Roxann Berry*

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2 pounds cubed stew meat  
1 cup sliced celery  
4 sliced carrots  
2 sliced onions  
4 ounce can of mushrooms \*

28 oz. can tomatoes, chopped and drained  
1 can sliced water chestnuts  
1 cup red wine  
3 Tbsp. quick cooking tapioca  
1 Tbsp. sugar  
1 Tbsp. salt

Bake in a 3-quart covered casserole dish for 4 hours at 325°.

\* Note: If you want to use fresh mushrooms, sauté them first. Otherwise, they exude too much liquid into the stew.

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## *Pesto Salmon and Italian Veggies in Foil*

With thanks to: *Jim Powell*

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4 skinless salmon fillets, 6 ounces each	Salt
1 1/4 pounds fresh green beans, end-trimmed, or 1 pound medium/thin asparagus, tough ends trimmed	Freshly ground black pepper 4 tablespoons pesto, homemade or store- bought
3 teaspoons olive oil, divided	4 tablespoons fresh lemon juice 1 pint grape tomatoes, halved

Preheat oven to 400°.

Bring a pot of water to a boil. Cut four pieces of aluminum foil into 14-inch lengths. Boil green beans 3 minutes, then carefully drain (asparagus does not need to be boiled before baking).

Toss green beans or asparagus with 2 teaspoons olive oil and season with salt and pepper to taste. Divide into 4 servings and layer salmon over green beans and then spread 1 tablespoon pesto over top. Drizzle 1 tablespoon lemon juice over each fillet. Toss tomatoes with remaining 1 tablespoon olive oil and season lightly with salt. Spread over each salmon fillet. Wrap sides of foil in and roll and crimp edge to seal, then wrap ends upward to seal. Do not wrap too tightly; you want the heat to be able to circulate well.

Place side by side on a baking sheet and bake in preheated oven until salmon has cooked through, about 20-28 minutes (cook time will vary depending on thickness of salmon and desired degree of doneness).

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## *Tater Tot Hot Dish*

With thanks to: *April Hoffman*

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1 1/2 pounds of lean ground beef  
1 medium onion (diced)  
1 can cream of mushroom soup (LARGE  
size or 2 regular)  
1 cup sour cream

1 package frozen sweet corn (or 1 can)  
1 package frozen mixed peas & carrots  
1 package frozen tater tots  
1 pound cheddar cheese (grated)

Preheat oven to 350°.

In large skillet, brown hamburger.

Lower heat - add onions and sauté.

On low heat - add mushroom soup and sour cream.

On low heat - add vegetables.

Stir mixture.

Pour into 9x13 inch pan, then arrange tater tots in rows on top of mixture.

Bake for 1 hour. Sprinkle cheddar cheese on top and return to oven until melted.

*I like mine to have a lot of sauce, but I have seen folks use only 1 regular size can of soup and only 1 lb. of hamburger.*

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## *Tex-Mex Quinoa with Veggies and Chicken*

With thanks to: *Kay Brown*

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### Baked Chicken:

2 1/2 pounds of chicken pieces  
2 tablespoons balsamic vinegar  
2 tablespoons soy sauce  
2 tablespoons lime or lemon juice  
2 tablespoons finely grated ginger  
3 cloves garlic, minced  
Salt  
8 fresh sprigs of thyme, or 4 fresh rosemary sprigs (or dried herbs)

Combine ingredients and marinate chicken for 2 hours or more (up to overnight) in a bowl or a resealable plastic bag.

### Quinoa with Veggies:

1 medium orange bell pepper  
2 medium jalapeño peppers (may substitute a pinch of ground cayenne pepper)  
4 medium cloves garlic  
1 can (15 oz) black beans  
1 cup dried white quinoa  
2 tablespoons extra-virgin olive oil  
2 teaspoons chili powder (leave out if you don't want it spicy)  
2 teaspoons ground cumin  
2 teaspoons dried oregano  
1 cup vegetable or chicken broth  
1 can (15 oz) crushed tomatoes  
1 cup frozen corn kernels  
1 package (12 oz) frozen okra (chopped pieces)  
1 teaspoon salt  
1/2 teaspoon black pepper  
Small handful cilantro  
2 limes (cut in wedges), for serving  
Sour cream, for serving

Preheat oven to 375°.

Take chicken out of marinade (scrape off small pieces of ginger and garlic) and place in a baking dish. Bake at 375° about 40 to 45 minutes until juices run clear and skin is browned.

While chicken is baking, assemble the ingredients for quinoa/veggies, and cook on stove top. Discard the stem, seeds and white ribs from the bell pepper; dice into 1/4-inch pieces.

Repeat with jalapeños; mince instead of dice. Mince the garlic.

Rinse and drain the black beans.

Rinse and drain the quinoa in a fine-mesh strainer.

Heat the oil in a large saucepan until shimmering, over medium heat. Stir in the bell pepper, jalapeño and garlic; cook for 1 minute.

Add the chili powder, cumin and dried oregano, stirring to incorporate. Cook for 1 minute.

Add the rinsed/drained quinoa, broth, tomatoes, beans, corn, salt and pepper. Stir to distribute evenly, then reduce the heat to medium-low. Cover and cook for 8 minutes.

Add frozen okra; cover and cook for 8-10 minutes, at which point the liquid should be absorbed. If not, keep cooking for a few more minutes. Remove from the heat.

Coarsely chop the cilantro and stir into the quinoa.

Serve quinoa with the baked chicken, lime wedges and sour cream.

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## *Tortilla Chili*

With thanks to: *Scott Gruhn*

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Your favorite chili  
Raisins  
12 flour tortillas  
Shredded Colby Jack cheese

Preheat oven to 350° and prepare your favorite chili recipe and add raisins.

In a 9x13 pan, make 3 layers, each consisting of tortillas, chili, and cheese.

Cover with foil and bake for 30 minutes.

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## Pasta

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### *Gramma's Mac and Cheese*

With thanks to: *Susan Harris Schultz*

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Ziti with lines or rigatoni

Garlic powder or garlic salt

As much Velveeta Cheese as you can afford or have on hand, sliced

Frozen peas

Dried onion flakes

Leftover ham if you have it.

Milk

Cook pasta according to directions on the box.

Layer pasta, dried onion, garlic powder, peas, ham, and slices of cheese in a casserole dish. Do as many layers as you need to feed your group. Last layer should be cheese.

Pour milk in, about 3/4 of the way up the dish.

Bake at 350° until cheese is browned on top, and milk is bubbling.

Serve with love. LOTS of love. That's the most important ingredient!

*This came from my mother-in-law, Anna Mae Schultz, who grew up during the depression. Therefore, it is simple, affordable and feeds a family. It is not fancy, but brings back lovely memories of her love. I don't have precise measurements, because she didn't. Whenever I made this, her spirit of simplicity and appreciation for the basic needs of life warmed my heart....and the bellies of my children. It can be served as a side dish without ham in it, or with leftover ham in it as a main dish.*

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## *Pink Adobe Spaghetti Sauce*

With thanks to: *Susan Schnering*

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2 cloves garlic, chopped

¼ cup olive oil

1 medium onion, chopped

1 medium green pepper, chopped

3 stalks celery

1 small carrot

1 large can mushrooms

1 lb. ground beef

1/2 lb. ground pork

¼ cup red wine

Simmer chopped vegetables in olive oil.

Add meat and cook until browned; add red wine as needed

Add tomatoes, tomato paste and herbs.

1 large can chopped tomatoes or puree

1 small cans tomato paste

1 bay leaf

Pinch each: oregano, ground cumin, basil,  
rosemary, thyme, marjoram

1 can pitted black olives

1 cup parmesan cheese

½ cup parsley, chopped

Cover and simmer slowly for 1 hour, stirring occasionally.

Pour over cooked spaghetti and sprinkle on cheese, ripe olives and chopped parsley.

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## Beans

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### *Bean Casserole*

With thanks to: *Scott Gruhn*

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1 chopped onion, optional  
1/2 pound hamburger  
3/4 cup brown sugar  
3/4 cup ketchup  
1/4 cup raisins, optional  
Preheat oven to 325°.

1 can lima beans, drained  
1 can pork and beans, drained  
1 can kidney or black beans, drained  
1 can butter beans, drained

Brown hamburger (with optional onion). Spoon off grease. Add remaining ingredients and stir just enough to mix.

Bake for 1 1/2 hours.

*Note: For a much quicker result, this can be heated on the stove instead of in the oven.*

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## *Black Bean Salad*

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Marinade:

2 cups sugar  
1 cup red wine vinegar  
1 cup oil

Heat sugar with vinegar until sugar dissolves. Add oil and mix with salad.

With thanks to: *Roxann Berry*

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Black Bean Salad:

2 cans black beans, drained and rinsed  
2 cans corn, drained  
1 each red, green & yellow pepper, chopped  
1 purple onion, chopped  
1 can hearts of palm, sliced

1 - 2 tomatoes, chopped  
2 avocados, cubed

Mix first 5 ingredients in a large bowl with marinade and refrigerate overnight. Drain just before serving, then add tomato and avocado.

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## Vegetables

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### *Asparagus Bundles*

With thanks to: *Janet Rodgers Boelens*

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2 pounds fresh asparagus, ends trimmed  
12 slices bacon  
1/2 cup light brown sugar  
1/2 cup butter (1 stick)

1 tablespoon soy sauce  
1/2 teaspoon garlic salt  
1/4 teaspoon freshly ground pepper

Preheat oven to 400°.

Divide the asparagus spears into 12 bundles. Carefully wrap 1 piece of bacon around each bundle, starting about 1/2 inch from the bottom of the tips.

Secure the bacon-wrapped spears with a toothpick if desired. Lay the bundles in a low-sided casserole dish.

In a medium saucepan, combine the brown sugar, butter, soy sauce, garlic salt, and pepper. Bring the mixture to a boil. Pour the hot sugar mixture over the asparagus bundles. Transfer the dish to the oven and roast until the spears have begun to wilt and the bacon looks fully cooked, about 25 minutes. Remove the toothpicks before serving.

*Recipe is courtesy of Trisha Yearwood, great for Christmas or Easter dinners. Good way to get non-vegetable loving folks to eat asparagus. I mean who doesn't love bacon drizzled with buttery brown sugar garlic glaze?!*

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***Broccoli Salad***

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With thanks to: *Janet Rodgers Boelens*

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1 cup mayonnaise

1/3 cup sugar

2 tablespoons red wine vinegar

1 head uncooked broccoli florets

1/2 minced red onion

1 cup golden raisins (for Christmas use Craisins!)

1 1/2 cups Redskin (Spanish) peanuts

Mix mayonnaise, sugar, and vinegar. Refrigerate.

Combine broccoli, red onion, and raisins/Craisins. Refrigerate.

An hour before serving, whisk dressing and toss with broccoli/onion/raisin mixture.

Immediately before serving, add peanuts.

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## *Cactus Salad*

With thanks to: *Jim Powell*

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4 cups shredded green cabbage  
2 fresh cactus leaves (about 1 cup),  
cleaned and finely chopped  
4 thin slices white onion  
1 large tomato, chopped

1 serrano chili, seeds removed and minced  
2 tablespoons cider vinegar  
1 teaspoon oil  
1 teaspoon sugar

Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl.

Place salad on 4 separate plates.

Stir together vinegar, oil, and sugar. Drizzle over salad. Serve immediately.

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## *Rachel's Vegetable Salad*

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With thanks to: *Janet Rodgers Boelens*

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Marinade:

1 cup vinegar  
1/4 cup oil  
3/4 cup sugar  
2 tablespoons water

Vegetables:

1 can white Shoepeg corn (11 ounces)  
1 can French style green beans (14.5 ounces)  
1 small can green peas  
1 small jar pimentos  
1 cup very finely chopped sweet onion  
1 cup very finely chopped celery

Boil together vinegar, oil, sugar and water. Cool.  
Pour over vegetables and stir well. Refrigerate overnight.

*I can remember many First Presbyterian Women's potlucks in which Rachel Michelson would bring this salad. It was a favorite of mine.*

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## Dips

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### *Greek Dip*

With thanks to: *Roxann Berry*

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Layer:

8 oz. container soft cream cheese  
(low fat is fine)

8 oz. (approx) hummus  
chopped cucumber

chopped red pepper  
chopped green onion  
chopped Kalamata olives  
feta cheese

Serve with pita chips.

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## *Hot Halibut Dip*

With thanks to: *Roxann Berry*

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2 pounds cooked halibut

2 medium cans chopped green chiles

8 ounces cream cheese

1 tablespoon minced garlic

1 tablespoon jalapeno juice

1 cup shredded cheddar cheese

1 cup shredded Monterey Jack cheese

2 cups mayonnaise

Place all ingredients in a crock pot until the cheese melts. It's ready to go!

Serve with baguette slices.

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## Grains and Breads

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### *Baked Blueberry French Toast*

1 pound loaf of crusty French bread  
1 bag frozen blueberries  
11 ounces cream cheese  
8 eggs  
1/3 cup maple syrup

With thanks to: *Sarah Kleedehn*

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1 cup of either sour cream or plain yogurt  
1/2 cup milk  
1/2 teaspoon cinnamon  
1 teaspoon vanilla

Preheat oven to 350°.

Cut bread into 1/2" cubes, put half of the bread into a greased 9x13" pan. Sprinkle the blueberries on top.

Mix cream cheese, eggs and maple syrup until smooth. Add in sour cream (or yogurt), milk, cinnamon and vanilla.

Pour half of the cream cheese mixture over the blueberries, add remainder of bread cubes, then add the rest of the cream cheese mixture.

Cover tightly with foil and bake 30 minutes, then uncover and bake an additional 30 minutes.

Serve with sour cream and maple syrup.

*Note: This dish does well being prepared the night before and baked the next day.*

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## *Mexican Rice*

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With thanks to: *Jim Powell*

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1 tablespoon vegetable oil	3/4 cup chopped tomatoes
1 cup chopped onion	1/2 teaspoon chili powder
1 can (14 1/2 ounces) 33% less sodium chicken broth	1/4 teaspoon salt
1 cup white rice	1 cup frozen corn, thawed
	1 cup frozen pea and carrot blend, thawed

Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.

Stir in broth, rice, 1/2 cup of the tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.

Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top and serve.

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## *Sarah's Foolproof, Not-too-sweet Granola*

With thanks to: *Sarah Burtner*

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1/2 cup oil of choice (I use coconut, melted)  
1/2 cup of sweetener of choice (I use honey)  
6 - 8 cups oats (or other grains of choice)  
1 - 3 cups nuts, seeds, dried fruit, etc.

1 - 3 teaspoon vanilla, if desired  
Salt, if desired, 1-10 sprinkles  
Any other additions (see below for ideas)

Preheat oven to 200 to 275°. (Higher heat = faster, more browning. Lower heat = slower and less browning. Higher heat is not always great for some nuts and fruits, so if you like things toasted, add these later in the baking time so they don't burn. (See details in notes below.) If you like your granola very crisp but not too brown, go for a lower temperature and a longer period. Any additional wet ingredients will require more baking time.)

Put oil and sweetener in a large mixing bowl. (I put coconut oil and honey in a Pyrex measuring cup or glass bowl and microwave until liquified.) Stir in vanilla, salt, and any desired spices. Add oats and stir well. Add the rest of your ingredients and stir until all ingredients are evenly coated.

Spread on two cookie sheets (you may want to oil them lightly) and bake for 30-90 minutes. It will bake faster if you stir it, but if you like big chunks, don't stir while baking or cooling. Allow to cool completely before storing in jars. (Those giant pickle jars work great!)

Have fun, enjoy, and let me know if you stumble across any amazing combinations!

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### Notes:

I use rolled oats; feel free to try any similarly prepared grain. Quick oats are fine, but the consistency is different and it's more absorbent. If you like your granola very sweet, decrease the quantity of oats or increase the sweetener. You can also alter the oil/sweetener ratio. I like mine to taste rich, but that much oil isn't *really* necessary.

### Recommended additions/substitutions:

#### Spices

Cinnamon, 1 - 3 tablespoons  
Fenugreek, 1/2 to 1 teaspoon  
(tastes like maple syrup!)

Cardamom, 1 - 2 teaspoon  
Ginger, 1 - 3 teaspoon  
Allspice, 1/2 to 1 teaspoon  
Cloves, 1/2 to 1 teaspoon  
Nutmeg, 1/2 to 1 teaspoon

I've always wanted to try fennel  
or anise seed...

#### Other flavorings

Almond, orange, coconut, or  
other extract, 1-3 teaspoon  
Cocoa powder, 1/2 to 1 cup\*  
Molasses, to taste  
Maple syrup  
Apple butter  
Applesauce\*\*  
Citrus zest\*\*\*

#### Chunks

Nuts: Walnuts, cashews,  
pecans, almonds, macadamia,  
pine nuts\*\*\*  
Seeds: Pumpkin (hulled),  
sesame, chia, hemp, flax\*\*\*  
Coconut (I like unsweetened)  
Dried fruit: cherries, bananas,  
cranberries, blueberries,  
mangos, apples... go crazy!\*\*\*  
Chocolate chips (decadent!)

\*May need to decrease oats or increase liquid, as this is absorbent

\*\*Can also sub for sweetener, but will be less sweet unless you increase the amount; will also require lower temp and longer time

\*\*\*When using pine nuts, flax, and/or fruit, use low heat or add late in the baking time

\*\*\*\*These should be added last in the mixture as they can be very absorbent

Have fun, enjoy, and let me know if you stumble across any amazing combinations!

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## *Scottish Shortbread*

With thanks to: *Pat Peacock*

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12 ounces plain flour  
4 ounces fine sugar  
8 ounces butter (I use Kerrigold)

Preheat oven to 325° or 350°.

Mix flour and sugar in a bowl, rub in butter. Knead well to form a smooth paste. Divide into 3 equal parts, shape and flatten into 3 x 7 inch rounds, one inch thick.

Mark top into portions, decorate edges and prick with a fork. Place on a greased baking sheet. Bake for 25 – 30 minutes until a pale golden color.

Recipe makes 3 cakes of shortbread about 8 ounces each.

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## Desserts

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### *Amish Sugar Cream Pie*

3/4 cup white sugar  
1/8 teaspoon salt  
2 cups half-and-half  
1/2 cup whipping cream

With thanks to: *Sarah Kleedehn*

1/4 brown sugar  
1/4 cup cornstarch  
1/2 cup margarine or real butter  
1 teaspoon vanilla  
Cinnamon and nutmeg

Preheat oven to 375°.

In sauce pan combine, white sugar, salt, half-and-half, and whipping cream. Bring to a boil.

In another sauce pan, combine brown sugar and cornstarch.

Gradually whisk in hot mixture into brown sugar mixture.

Add butter. Cook over medium heat, whisk constantly, 5 minutes or until thick. Simmer 1 minute and stir in vanilla.

Pour into uncooked pie shell and sprinkle with cinnamon and nutmeg.

Bake for 25 minutes.

*Best served warm. Enjoy!*

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## *Cranberry Christmas Cake*

With thanks to: *Susan Schnering*

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3 eggs

2 cups sugar

$\frac{3}{4}$  cup butter, softened

1 teaspoon vanilla

2 cups all-purpose flour

12 oz. fresh cranberries

Preheat oven to 375°.

With mixer, beat eggs and sugar until slightly thickened and light in color –approx. 5-7 min. The eggs work as the leavening agent in this recipe, so do not skip this step! The mixture should almost double in size and should form a ribbon when you lift the beaters out of the bowl.

Add butter and vanilla – mix 2 more minutes.

Stir in flour until just combined. Add cranberries and stir to mix throughout

Spread in a 9 x 13 pan.

Bake 40-50 minutes, until lightly browned and toothpick inserted near middle comes out clean.

Gluten Free Substitutions: 1-1/4 cup brown rice flour plus  $\frac{1}{2}$  cup potato starch plus  $\frac{1}{4}$  tapioca starch plus 1 teaspoon xanthan gum ---- substitute for the all-purpose flour listed above.

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## *Cranberry Nut Bread*

With thanks to: *Jim Renkert*

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1 cup sugar

3 cups flour

4 teaspoons baking powder

1 1/2 teaspoons salt

1/2 cup walnuts

Grated rind of one orange

2 eggs

1 cup milk

1 tablespoon butter

1 cup cranberries

Preheat oven to 350°.

Combine sugar, flour, baking powder and salt; add nuts and orange rind.

Beat eggs slightly and combine with the milk and melted butter.

Mix dry ingredients and egg mixture together; fold in cranberries.

Bake 1 hour at 350°.

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## Küchen

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With thanks to: *Jan Gruhn*

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### Küchen Dough:

1 1/2 cups milk  
1/2 to 3/4 cup sugar  
6 tablespoons canola oil or olive oil or shortening  
1/2 teaspoon salt (scant)

1 or 2 packages of yeast  
1/2 teaspoon sugar

1 egg, slightly beaten  
1/2 to 1 teaspoon lemon extract (optional)  
4 1/2 cups sifted flour

Heat milk to the boiling point and remove from stove immediately. Stir in oil, and salt, and 3/4 cup sugar. Let cool until lukewarm.

Meanwhile, dissolve yeast and 1/2 teaspoon sugar in 3/8 cup lukewarm water and let rise for 15 to 30 minutes.

When first mixture has cooled, add to it the lemon extract, egg, and flour. Mix the yeast into this batter mixture. Stir with a large spoon, then mix with fingers until dough is sticky and a little ropey. Sprinkle a bit of flour on top, cover with cloth, and allow to rise about 2 hours. Optional: knead dough and allow to rise again for another hour.

Preheat oven to 350°.

Break dough into six equal balls and roll out each to about 1/4 inch thickness. Put dough into the bottom of 6 greased pie tins so that it just begins to curve up the sides. Let rise about 5 to 10 minutes.

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Cover the dough with neatly-arranged fruit; pour filling mixture over the top. Sprinkle cinnamon and a small amount of sugar on top of filling. Place küchens into the oven at 350°. After about 15 minutes, when the crust turns yellow along the edges, turn temperature down to 325° and continue baking for another 15 to 25 minutes, until fruit is soft and custard is set. (Custard will set best if not too thickly spooned over crust.)

Makes 6 küchens.

*In German, "küchen" means "cake." This recipe seems to be known only in southwest Germany.*

*The recipe comes from my mother and aunt. It followed our ancestors from southwest Germany to the Ukraine. Ten years before the Russian Revolution of 1917, it came with my mother's family to the United States. As I grew up in a church that spoke mostly German, whenever the church had social gatherings, many families would bring küchens.*

*Our family tradition is to give küchens away to friends and family. Küchens also freeze well, if they aren't gobbled up first!*

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### Küchen fruit:

Choose one of the following for each of the 6 küchens:

Sliced canned peaches  
Slices of a soft cooking apple  
Sliced bananas  
Drained cottage cheese  
Sliced canned plums  
Cooked pitted prunes  
Other available fruit

### Küchen filling mixture:

3/4 cup sour cream  
3/4 cup sugar  
3 well-beaten eggs  
Cinnamon and sugar to sprinkle

Mix with beaters the sour cream, sugar, and eggs.

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*Judy's Caramel Corn*

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*With thanks to: Jim Powell*

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6 quarts popped corn\*

1/2 teaspoon cream of tartar

2 cups brown sugar

1/2 teaspoon salt

1 cup butter/oleo

1 teaspoon baking soda

1/2 cup white Karo corn syrup

Preheat oven to 250°.

Combine sugar, butter, Karo, cream of tartar, and salt in a medium (3-quart) sauce pan.

When it boils and butter melts, cook over low heat for five minutes.

Remove from heat and quickly stir in the soda. Pour over the corn in a large bowl. Stir with a wooden spoon, then place in the oven for an hour, stirring thoroughly every 15 minutes. Cool, stirring occasionally to prevent sticking. Pour out on waxed paper on trays.

\* 12 ounces of Spanish peanuts may be added to the popped corn if desired.

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## *Pennsylvania Dutch Crumb Cake*

With thanks to: *Lisa Call*

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3 cups flour  
1 Tbsp baking powder  
1 tsp salt  
1 1/2 cups sugar  
1/2 to 2/3 cup butter

3 large eggs  
1 cup milk  
2 tsp vanilla extract  
A little brown sugar  
Cinnamon

Preheat oven to 350°.

Sift the flour, baking powder, salt and sugar. Cut in butter until the mixture has the consistency of coarse meal or small peas. Reserve about 1 1/2 cups of this mixture.

Combine the eggs, milk and vanilla extract and stir into the remainder of the dry blend. Pour into 2 well-buttered 10 inch pie pans. ( I have also used a 9X13 pan). Brush the top of the dough with butter.

Add brown sugar and cinnamon to the reserved crumb mixture and sprinkle the reserved mixture over the egg mixture.

Bake for 25-30 minutes.

*For a little variation and flavor, heat up a couple tablespoons of raspberry jam and gently swirl it into the cake mixture with a knife before adding the crumble.*

*This recipe is delicious warm for breakfast or brunch. ENJOY!*

*This recipe was given to me by my best friend's mother. Sue Finlayson. She lived here in Anchorage for years and has retired and moved to Oregon. I think of her every time I make it. I've made it for family, friends, and many potlucks.*

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## *Pumpkin Roll*

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With thanks to: *Elizabeth Schultz*

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### Pumpkin Roll:

1/4 cup powdered sugar to sprinkle on towel  
3/4 cup Gluten-Free Flour Blend (Cup for Cup) King Arthur, Bobs Red Mill or your favorite blend.  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground cloves  
1/4 teaspoon salt  
3 large eggs  
1 cup granulated sugar  
2/3 cup LIBBY'S 100% Pure Pumpkin

Preheat oven to 375 degrees  
Grease 15 x 10-inch jelly-roll pan; line with parchment paper. Grease parchment paper. Sprinkle towel with powdered sugar.  
Mix flour, baking powder, baking soda, cinnamon, cloves and salt in a small bowl.  
Beat eggs and sugar in large mixer bowl until thick.  
Beat in pumpkin.  
Stir in flour mixture.  
Spread evenly into prepared pan.  
Bake for 13 to 15 minutes or until the top of the cake springs back when touched.  
Immediately loosen and turn cake onto prepared towel, and carefully peel off paper.  
Roll up cake and towel together, starting with narrow end.  
Cool on wire rack.

### Cream Cheese Frosting:

8 ounce cream cheese softened  
8 ounces mascarpone cheese or cream cheese  
2 cup powdered sugar  
6 tablespoons butter softened  
1 teaspoon vanilla extract  
1 teaspoon grated orange rind  
1/4 cup powdered sugar for dusting

Whip cream cheese, mascarpone, powdered sugar and butter until smooth and creamy.  
Add vanilla extract, sugar and orange rind and mix together until well blended.  
Carefully unroll cake; remove towel and spread cream cheese mixture over cake.  
Re-roll cake, then wrap in plastic wrap and refrigerate at least one hour.  
Sprinkle with powdered sugar before serving.

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