

Last updated 2017-12-25

### ALFREDO SAUCE Gantt Edmiston

|                              |                              |
|------------------------------|------------------------------|
| 1/2 c. butter                | 2 c. grated Parmesan cheese  |
| 2 cloves garlic, chopped     | 1/2 tsp. fresh ground pepper |
| 2 1/2 c. half and half cream | pinch salt                   |

Prepare your favorite pasta, I prefer fresh Fettuccine. This recipe makes enough for 16 oz of pre-cooked pasta. Adjust sauce ingredients if you use more or less pasta. I use a large (wide) saucepan for the sauce. Melt butter. Sauté chopped garlic over medium heat for 1 minute, do not allow garlic to brown or burn. Stir in 1-1/2 cup of the half/half. Cook over medium heat 3-4 minutes, stirring constantly. When hot, add pasta and mix to coat. Add cheese, salt and pepper. Slowly add remaining half/half until you get the appropriate consistency. This will thicken some as it cools, so you want it somewhat liquid before you remove it from the heat. Serve within 5 minutes of cooking and sprinkle with extra grated cheese if desired.

**Note:** As an alternative you can also add sautéed peeled shrimp. Cook the shrimp in the butter and garlic until it is just pinkish/orange then finish recipe. I use Kerrygold Irish butter, sold at Fresh Market. This recipe has nothing to do with healthy eats, but it is incredibly easy and very good.

### ALMOND CRESCENTS Gantt Edmiston

|                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 1/2 c. almonds, blanched, sliced | 1/2 tsp. almond extract           |
| 1 c. butter, unsalted, softened    | 2 c. all-purpose soft wheat flour |
| 1/2 c. sugar                       | pinch salt                        |
| 1 1/2 tsp. vanilla extract         | sifted powdered sugar             |

Process almonds in food processor until ground. Beat butter until fluffy; add sugar. Beat well. Add almonds and flavorings and beat well. Combine flour and salt and gradually add to butter mixture. Divide dough in half; wrap each portion in plastic wrap, chill at least one hour. Roll level teaspoonfuls into ropes. Place ropes 1" apart on lightly greased baking sheets. Bring ends of each rope toward center to form crescents. (Keep remaining dough chilled and ready for shaping.) Bake at 300° for 17 minutes. Cool on baking sheets 2 minutes. Gently roll in powdered sugar and cool completely on wire racks. Makes 8 1/2 dozen.

### APPLE BUTTER Neal Stewart

|                           |                 |
|---------------------------|-----------------|
| 6 lb. granny smith apples | 2 tsp. cinnamon |
| 2 c. plain sugar          | 1/2 tsp nutmeg  |
| 1/2 teaspoon salt         |                 |

Peel and core apples. Cut into 1/4" (no thicker than) pieces. Put apples in crock-pot with sugar, nutmeg, and cinnamon. Mix briefly with spoon. Put top on crock-pot and cook on low setting for 10 hours. I usually set it before I go to sleep and wake up to the most wonderful smells in the morning. After 10 hours, take top off, stir and cook 2 more hours, stirring occasionally. Put in pint jars and store in refrigerator. Make at least 8 cups (8 one-half pint jars). **Note:** It really doesn't get any easier than this and it is SO good. Share it with the friends who return your empty jars for more!

## BREAKFAST CASSEROLE Gantt Edmiston

|  |  |
|--|--|
| 1 lb. raw sausage  | 2 oz. sour cream                           |
| 1 (20-oz.) pkg. Simply Potatoes Southwestern Style Hash browns | 8 oz. finely shredded sharp cheddar cheese |
| 3 oz. vegetable oil  | salt and pepper to taste                   |
| 6 lg. eggs   | dash favorite hot sauce                    |

Determine "heat" tolerance of your crew, and use sausage appropriate to their needs. Brown in cast iron Dutch oven over medium heat. While sausage cooks, whisk eggs in bowl & set aside. Spoon browned sausage to separate bowl. Adjust oil in Dutch as required to cook hash browns. Add package of hash browns in oven, adjust heat to medium / medium-low heat. Hash browns cook best if allowed to cook COVERED 4-5 minutes, between stirring as required to prevent sticking. Total cooking time 12-16 minutes or until browned. Add salt and pepper to hash browns and adjust to taste. Potatoes require more salt than other items. When potatoes are brown, either remove them to bowl with sausage or move to side of Dutch. Add eggs and cook eggs to a hard scramble. Add sour cream & mix with sausage & potatoes. Add 2/3 of cheese to mixture, reserving some for topping. Remove heat. Sprinkle remaining cheese over the top, cover for 2-3 minutes or until cheese is melted. Spoon into bowls; provide favorite hot sauce(es)

**Note:** This is a Boy Scout breakfast staple, cooked in a single cast iron Dutch oven. It is very easy to expand to feed as many as required. The basic recipe feeds at least three adults. I personally do not drain the sausage grease, as it helps with the hash browns and adds lots of flavor. I also serve Mexican salsa on the top if it's available in season.

## BROILED SALMON Gantt Edmiston

|                               |                                     |
|-------------------------------|-------------------------------------|
| Equal thickness salmon pieces | 1 T. fresh rosemary, chopped        |
| 3/4 c. olive oil              | 1 tsp. Gulden's spicy brown mustard |
| 1/2 c. fresh lemon juice      |                                     |

Buy salmon so that all pieces (for as many servings as you need) are as close to the same thickness. Put olive oil, fresh lemon juice, mustard and rosemary in a food processor, blender or mix with an immersion blender. Mix well to fully incorporate marinade. The mustard is the emulsifier; do not use plain yellow mustard. Cut salmon into equal serving sizes. It helps if all the fish is of equal thickness. Put fish in a large freezer style zip-lock baggie. Pour marinade in bag, and press out (or suck out) remaining air and seal bag. Put in refrigerator for at least two hours. Line an oven-broiling pan with foil. Spray top of broil pan with Pam or use olive oil to coat top of pan. Lay the salmon pieces on the broil pan top, skin side down against pan. Broil about 4-6 inches from oven top element. Cook about 10 minutes PER inch of thickness of the fish. Do not flip. Remove from oven, if you have an instant read thermometer, the internal temp should be almost 140° F. Tent the fish with a layer of foil and allow it to sit covered, for at least 5 minutes, 10 minutes is better. Serve immediately with extra sliced lemons to squeeze over fish.

**Note:** The original recipe used dill weed instead of rosemary. I have a rosemary bush in my garden and prefer it to dill weed.

CHEESE STRAWS (*Cheese rectangles*) Gantt Edmiston (Updated 11/20/2017)

16 oz. extra sharp cheddar cheese

2 cups plain flour

12 Tablespoons regular salted butter

1 tsp. table salt (not kosher)

½ tsp. red cayenne pepper (more for “spicy”)

First, set out butter and let it reach full room temperature, this is very important, do not rush or “melt” butter. Cut cheddar cheese into blocks that will fit into your grater. I use a "mouli" rotary hand grater that makes very thin strands of cheese. Chill the cheese a bit to make the grating easier. Add cheddar cheese, flour, salt and red pepper in a Kitchen-aid (tm) mixer bowl. Using the paddle attachment, mix medium slow to incorporate everything well, about two minutes. I usually let the cheese mix warm up to room temperature and then continue mixing until you hear the mixer strain. Eventually, the dry mix will form a stiff dough ball. Using an electric cookie "shooter", I use the mold that looks like a saw blade. Extrude the dough out of the cookie shooter onto a parchment paper covered, half sheet baking pan, in long strips about 1 1/2" wide. The resulting strip of dough should be about 1/8" thick, with the "saw tooth" pattern up. Preheat oven to 425° F. I lay down five or six long parallel strips of extruded dough on each half-sheet pan. Then using a rotary pizza cutter wheel, I cut the long strips into "rectangles". Once all the rectangles are cut, I gently use a small knife to separate each one from the others. This recipe will make about 100 pieces. I like to do all the extruding first, then bake them all last. To get consistent results, bake each sheet separately about 12 minutes. I also let my oven come back to full temp, before starting the next pan. Your baking time may vary depending on the thickness of the extruded dough. If this is your first time, let the first batch cool before starting the next half sheet. The cooled squares should be crisp, not chewy. The edges should not be dark brown, overcooking will quickly effect the flavor. Adjust cooking time for next sheet. When you take them out of the oven, let them cool about two minutes, and then fold the parchment paper together by bringing the two long sides together. You can then lift the entire batch up and gently pour them off the paper into a storage container. You need to do this after the short two minute cooling period as they get fragile after they are completely cold and they will continue to cook on a hot sheet pan.

**Note:** While the recipe is called "straws", I prefer to make the 1 1/2" by " inch rectangles; because they are sized for one bite. This makes a "short", crispy cheese cookie and when they are in the long "straw" format, they tend to break apart when you bite one end. Regardless of the shape, they are worth the effort. Adjust the red pepper if you want them milder or nuclear! ½ teaspoon red pepper is mild.

### CHILE RELLENOS CASSEROLE Gantt Edmiston

1/2 lb. ground turkey or chicken

1 c. onions, chopped

1 3/4 tsp. ground cumin

1 1/2 tsp. dried oregano

1/2 tsp. garlic powder

1/4 tsp. salt

1/4 tsp. pepper

(16-oz.) can fat free refried beans

2 (4-oz.) cans whole green chilies, drained

--- cut lengthwise, in quarters

(4-oz.) Mexican cheese, grated

1 c. frozen corn

--- thawed and drained

1/3 c. flour

1/4 tsp. salt

1 1/3 c. skim milk

1/8 tsp. hot sauce

2 eggs, lightly beaten

2 egg whites

Cook ground turkey and onion in a nonstick skillet over medium-high heat until turkey is browned, stirring until it crumbles. Remove from heat; add cumin and next 5 ingredients to skillet. Stir well, and set mixture aside. Arrange half of green chile quarters in a 11" x 7" x 1 1/2" baking dish coated with cooking spray; top with half of cheese. Spoon bean mixture in mounds onto cheese, and spread gently, leaving a 1/4" border around edge of dish; top with corn. Arrange remaining chile strips over corn; top with remaining cheese. Set aside. Combine flour and 1/4" salt in a bowl; gradually add milk and hot sauce, stirring with a wire whisk until blended. Stir in eggs and egg whites; pour over casserole. Bake, uncovered, at 350° for 1 hour and 5 minutes or until set; let stand 5 minutes. Cut into squares to serve.

### CONFETTI RICE Gantt Edmiston

1 c. green onion, sliced

3/4 c. uncooked, long-grain regular white rice

1 med. green bell pepper, 1/2" pieces

1 med. red bell pepper, 1/2" pieces

2 cloves garlic, minced

1 tsp. ground cumin

1/2 tsp. dried whole oregano

1/4 tsp. salt

2 T. butter

1/4 c. water

1 (10 3/4-oz.) can no-salt added chicken broth

Sauté first eight ingredients (onion, rice, peppers, garlic, cumin, oregano and salt) in butter, in a large wide saucepan, over medium-high heat for 3 minutes. Add water and chicken broth and bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until rice is tender and liquid is absorbed.

### CREAM CHEESE BUTTER MINTS Gantt Edmiston

(3-oz.) Pkg. cream cheese, softened

2 tsp. butter flavoring

1/8 tsp. oil of peppermint

(16-oz.) Confectioner's sugar, sifted  
food coloring

Combine cream cheese, butter flavor, peppermint, and sugar in large mixing bowl; beat at low speed of an electric mixer until blended. Add a small amount of food coloring; beat at medium speed until blended. (Mixture will be dry. Knead mixture lightly to soften it.) Press mixture into mint molds or roll into small balls and flatten slightly. Makes about 1 pound or 8 dozen 1-inch wafer mints.

**Note:** There are many decorative molds available in all shapes and sizes, which you can use for shaping mints. Just be sure to use a mold made of soft, pliable rubber so the mints will be easier to mold. If you have trouble with the mixture sticking to the mint molds, try dusting the molds lightly with cornstarch before using them.

### CREAMY CHICKEN-AND-RICE CASSEROLE Gantt Edmiston

|   |                                |
|---|--------------------------------|
| (6 3/4-oz.) Pkg. Rice-a-Roni Chicken/<br>--- herb broth mix | 1/2 tsp. garlic powder         |
| 1 T. butter   | 3/4 c. fat-free sour cream     |
| 2 1/4 c. hot water  | 1/4 tsp. black pepper          |
| 1 1/2 lbs. chicken breast halves                            | 1 can cream of mushroom soup   |
| --- boned, cut into 1"pieces                                | 6 multigrain crackers, crushed |
| 1 c. mushrooms - fresh, sliced                              | 1 T. butter, melted            |
|   | 1/2 tsp. poppy seeds           |

Cook rice mix in a large nonstick skillet according to package directions, using butter and water. Remove mixture from skillet, set aside. Wipe skillet with paper towel. Coat skillet with cooking spray, and place over high heat until hot. Add chicken, mushrooms, and garlic powder; sauté 6 minutes or until chicken loses its pink color. Combine rice mixture, chicken mixture, sour cream, pepper and soup in a bowl, stir well. Spoon mixture into a 2-quart casserole coated with cooking spray. Combine cracker crumbs, butter and poppy seeds; stir well, and sprinkle over chicken mixture. Bake at 350° for 35 minutes or until thoroughly heated.

**Note:** I have used the precooked chicken with equal success. I just sauté' the mushrooms by themselves This cuts prep and cleanup time.

### DILL WEED DIP Gantt Edmiston

|                          |                               |
|--------------------------|-------------------------------|
| 1 tsp. Beau monde (herb) | 2 T. instant minced onion     |
| 1 c. sour cream          | 2 T. parsley flakes           |
| 1 c. Real mayonnaise     | 1 tsp. Lawry's seasoning salt |
| 2 T. dill weed           |                               |

Mix and chill one day before serving.

**Note:** Lighten fat and calories by substituting low fat mayo and sour cream.

### DONNA'S BEEF BRISKET Gantt Edmiston

|  |                             |
|--|-----------------------------|
| 1 lg. whole beef brisket from Sam's Club | 1 lg. yellow onion          |
| 1 bottle KC Masterpiece BBQ sauce        | 1 lg. aluminum roasting pan |
| garlic powder                            | salt and pepper             |

Line the aluminum roasting pan with heavy-duty oven width aluminum foil. Put whole brisket in the lined roasting pan, fat-side up. Sprinkle with salt and pepper and some garlic powder. Top with a crudely sliced onion. Cover with BBQ sauce. Seal the foil and put in a 225° F oven for at least 8 to 10 hours. Remove from oven and let it cool 20 minutes. It's done when it is fork tender and pulls apart easily. Scrape off and discard the fat. Remove foil liner and then slice brisket against the grain and place in the aluminum pan and cover with more BBQ sauce. Discard remaining onions, etc, in foil liner. Freeze or side aside. Put in oven at 350° F minutes before serving. It helps to have an accurate oven thermometer and slowly adjust and check the oven temperature over the first hour of cooking. You must cook this "low and slow" to prevent burning and over cooking. Do not exceed 225° F if possible during the initial long cook.

**Note:** This stores well and lends itself to be prepped well ahead of the need. It's good for family reunions, church potlucks and campouts.

EASY NACHOS Gantt Edmiston  
Tostitos round bite-size tortilla chips  
McIlhennys Green Pepper sauce

Kraft Mexican style four cheese, shredded

Line a toaster oven tray with aluminum foil. Lay out the white corn round tortilla chips on the tray. Put a single drop of the green jalapeno pepper sauce on each tortilla chip. Sprinkle cheese over chips, use a good amount. Top brown/broil this in a toaster oven until cheese is melted and bubbling, but not brown. Serve immediately with salsa if available.

EAGLE RECEPTION PUNCH Gantt Edmiston  
Sprite, well chilled

Welch's white grape juice, well chilled

Basic recipe: Mix EQUAL parts of well chilled Sprite and Welch's white grape juice, just prior to serving. Options: At least 24 hours before event, mix the recipe and pour into Bundt cake pan and freeze hard. Put frozen ring in punch bowl and then add punch. This will prevent the punch from being diluted as the frozen ring melts.

**Note:** Sprite comes in 28oz (2-liter) bottles. Welch's white grape juice comes in 32oz bottles. One bottle of each is perfect for this recipe. Adding a splash of red cherry juice will also give the punch a bit of color if desired.

FESTIVE MARBLE BARK Gantt Edmiston  
6 squares Baker's semisweet chocolate  
6 squares Premium white chocolate

1 c. nuts - chopped, toasted, divided  
--- or coconut - toasted, divided

Microwave semisweet and white chocolates in separate microwavable bowls on HIGH 2 minutes or until chocolates are almost melted. Stir until chocolates are completely melted. Stir 1/2 cup of the nuts into each bowl. Alternately spoon melted chocolates onto waxed paper-lined cookie sheet. Swirl chocolates together with knife to marbleize. Refrigerate 1 hour or until firm. Break into pieces. Makes about 1 pound.

FUDGE BROWNIE SUNDAES Gantt Edmiston  
1 c. flour  
3/4 c. sugar  
1/2 c. cocoa, divided  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 c. skim milk

1/4 c. Mott's Natural applesauce  
1 tsp. vanilla  
1 3/4 c. hot water  
3/4 c. light brown sugar  
1/2 gal. Frozen nonfat vanilla yogurt  
maraschino cherries

Preheat oven to 350°. Spray 8" square baking pan with baking spray. In large bowl, combine flour, sugar, 1/4 c. cocoa, baking powder and salt. Add milk, applesauce and vanilla; stir until well blended. Pour batter into prepared pan. In medium bowl, combine hot water, brown sugar and remaining 1/4 c. cocoa. Pour over batter. DO NOT STIR. Bake 40 minutes or until center is almost set. Cool completely on wire rack. Cut into 9 - 12 bars. Top each bar with the frozen yogurt; spoon sauce from bottom of pan over yogurt. Garnish with cherry.

### GANTT'S WAFFLE BATTER Gantt Edmiston

|                                  |                                  |
|----------------------------------|----------------------------------|
| 2 1/3 c. all-purpose plain flour | 5 1/2 T. vegetable oil           |
| 3 tsp. baking powder             | 3/4 tsp. real vanilla extract    |
| 1/2 tsp. salt                    | 2 c. whole milk                  |
| 4 tsp. sugar                     | 4 egg whites, beaten until stiff |
| 4 egg yolks, beaten              | 1/8 tsp. cream of tartar         |

Preheat your waffle iron. Separate eggs, whites in a mixer bowl, yolks in a separate mixing bowl. Add cream of tartar to whites and whip on high until stiff. Mix dry ingredients, (flour, baking powder, salt, sugar). Mix egg yolks, milk, vanilla, oil. Mix dry and wet ingredients, just incorporate, do not over mix. Fold in the whipped egg whites gently. Ladle the batter into the center of the hot waffle iron and cook approximately 4 minutes or until waffle iron light turns off (depending on your iron type). Repeat until batter is gone.

**Note:** Serve with room temp butter and real warmed maple syrup OR with fresh fruit or jam and whipped cream. You can also sprinkle chopped pecans in the batter just before closing the waffle iron to cook. This makes enough for a breakfast and plenty to freeze for later. Put frozen waffles back in hot waffle iron for a short time, good as the first day.

### GEM CAKE Gantt Edmiston

|                                      |                      |
|--------------------------------------|----------------------|
| 1 pkg. butter recipe golden cake mix | 1 c. sour cream      |
| 1/3 c. plain granulated sugar        | 1/2 c. vegetable oil |
| 1 T. all-purpose plain flour         | 4 lg. eggs           |

DO NOT PREHEAT OVEN. Spray a 12-cup Bundt cake pan with cooking spray. Do this by placing pan inside dishwasher so that any over spray is washed away during next wash cycle. In a large electric mixer bowl, combine the cake mix, sugar, sifted flour, sour cream and oil (everything except eggs). Add all eggs at once and mix, on low, for 1 minute. Increase mixer speed to medium-high and beat for 4 minutes, or until light and fluffy. Pour the batter into the prepared pan. Set the cold oven to 325° F and bake for 50 minutes, or until a cake tester inserted in the middle of the cake comes out clean. Cool the cake in the pan.

**Note:** Assuming you have the ingredients on hand, this is an excellent replacement for pound cake and can be completed in under an hour.

### GERMAN MEATBALLS Gantt Edmiston

|                                 |                                   |
|---------------------------------|-----------------------------------|
| 1/2 lb. ground round            | 1/2 tsp. Worcestershire sauce     |
| 1/2 lb. ground veal             | 1 egg white, lightly beaten       |
| 1/4 c. dry breadcrumbs          | 2 cloves garlic, minced           |
| 1 1/2 T. fresh parsley, chopped | 1 c. Riesling or other white wine |
| 1/4 tsp. salt                   | 1/2 c. nonfat sour cream          |
| 1 tsp. prepared mustard         | 1/4 tsp. pepper                   |

Combine first 8 ingredients in a bowl; stir well. Shape mixture into 24 - 1" meatballs. Coat a large nonstick skillet with cooking spray; place over medium heat until hot. Add meatballs; cook 10 minutes or until browned, stirring frequently. Remove from skillet; set aside. Add garlic to skillet; sauté 30 seconds. Add wine; bring to boil over medium heat, and cook 1 minute. Return the meatballs to skillet; cover and cook 5 minutes or until done. Remove from heat. Remove meatballs from the skillet with a slotted spoon; set aside and keep warm. Add sour cream (at room temperature) and pepper to wine mixture in skillet; stir well. Spoon sauce over meatballs.

**Note:** I usually use 1 pound of ground round. I have also used regular sour cream with good results.

### HERBED RICE Gantt Edmiston

1 small zucchini squash, large grate  
1 small carrot, large grate  
1 small chopped onion  
1 tsp. fresh minced garlic  
1 c. plain rice

32 oz. chicken stock (READ recipe)  
1 bay leaf  
1/2 tsp. dried basil  
1/2 tsp. dried thyme  
1 T. dried parsley  
1 tsp. kosher salt

Pour TWO cups chicken stock in two quart sauce pot. Using handle end of wooden spoon, measure liquid line of two cups stock, with a knife (make a notch). Put remainder of stock in pot. Add bayleaf, basil, thyme, parsley, salt and garlic. Bring to a boil and lower heat, and reduce this liquid until it returns to two cups of liquid, based on your mark on your spoon. Grate carrot and zucchini with box grater. Sauté in two quart pot, onion, about two minutes, do not burn. Add to onions the rice, and reduced herbed broth. Simmer covered for 20 minutes, stirring once or twice. Let sit covered for an additional 10 minutes, remove bay leaf before serving.

**Note:** Served with Broiled Salmon.

### HEARTY LASAGNA Gantt Edmiston

3/4 lb. ground round  
1 c. onion, chopped  
3 cloves garlic, minced  
1/4 c. fresh parsley, chopped, divided  
(29-oz.) can whole tomatoes  
(14-oz.) can Italian-style stewed tomatoes  
(8-oz.) can no-salt-added tomato sauce  
(6-oz.) can tomato paste  
2 tsp. dried oregano

1 tsp. dried basil  
1/4 tsp. pepper  
2 c. cottage cheese  
1/2 c. parmesan cheese, grated  
(15-oz.) ricotta cheese  
1 egg white, lightly beaten  
12 cooked lasagna noodles  
2 c. Italian provolone cheese  
fresh oregano sprigs

Cook meat in a large saucepan over medium heat until browned, stirring to crumble; drain and set aside. Wipe pan with paper towel. Coat pan with cooking spray; add the onion and garlic and sauté 5 minutes. Return meat to pan. Chop tomatoes and include juice. Add 2 T. parsley and next 7 ingredients; bring to boil. Cover, reduce heat, and simmer 15 minutes. Uncover; simmer 20 minutes. Remove from heat. Combine remaining 2 T. parsley, cottage cheese and next 3 ingredients in a bowl; stir well, and set aside. Spread 3/4 cup tomato mixture in bottom of a 13" x 9" baking dish coated with cooking spray. Arrange 4 noodles over tomato mixture; top with half of cottage cheese mixture, 2 1/4 c. tomato mixture over noodles. Cover, bake at 350° for 1 hour. Sprinkle with remaining provolone; bake uncovered, for 10 minutes. Let stand 10 minutes before serving. Garnish with oregano sprigs, if desired.

### HOME-STYLE MEAT LOAF Gantt Edmiston

|   |                                    |
|---|------------------------------------|
| 3/4 c. ketchup, divided (see text)      | 1/2 tsp. kosher salt               |
| 1/2 c. quick-cooking oats               | 1/2 tsp. black pepper              |
| 1/2 c. onion, minced                    | 2 large egg whites, lightly beaten |
| 2 T. fresh parsley or cilantro, chopped | 1 1/2 lbs. ground round            |
| 2 T. brown sugar, divided (see text)    | Raw bacon                          |

Preheat oven to 350°. Combine 1/2 c. ketchup, 1 T. brown sugar and other ingredients, except bacon. Stir until blended. Shape meat mixture into an 8" x 4" loaf pan. Lay raw bacon strips on top of meat mixture to cover. Sprinkle remaining 1 T. brown sugar over bacon. Brush remaining 1/4 c. ketchup over bacon and sugar. Bake at 350° for 70 to 90 minutes. Do not increase temp, as it will burn. I use a remote meat thermometer to cook loaf to 170dF. Let stand 10 minutes before serving. Updated 2010-10-27.

**Note:** Can be made into smaller loaves to decrease cooking time.

### MELT-AWAY BUTTER COOKIES Gantt Edmiston

|                              |                            |
|------------------------------|----------------------------|
| 1 1/4 c. butter, softened    | 1/2 tsp. vanilla flavoring |
| 3/4 c. sifted powdered sugar | 1/2 tsp. almond flavoring  |
| 2 1/2 c. flour               | food coloring              |

Cream butter and sugar until light and fluffy. Add flour and mix well. Stir in flavorings and food color. Use cookie gun to shape dough as desired. Place cookies on un-greased cookie sheet. Bake at 325° for 15 minutes. Makes about 7 dozen 2" cookies.

### Chocolate-tipped Butter Cookies

|   |                        |
|---|------------------------|
| (12-oz.) Pkg. semisweet chocolate morsels | 1/2 c. pecans, chopped |
| 1 T. shortening                           |                        |

Melt chocolate and shortening. Dip half of each prepared butter cookie in chocolate mixture. Roll chocolate-dipped portion in pecans. Place on wire rack until chocolate is firm.

### MICROWAVE PEANUT BRITTLE Gantt Edmiston

|                         |                    |
|-------------------------|--------------------|
| 1 c. raw peanuts        | 1 tsp. margarine   |
| 1/2 c. light Karo syrup | 1 tsp. vanilla     |
| 1 c. sugar              | 1 tsp. baking soda |

Mix all ingredients and cook on high 5 minutes. Stir. Cook 5 minutes more. Stir and add the margarine and vanilla. Cook 2.40 minutes. Add the baking soda and stir. Will be foamy. Pour out in thin layer on buttered cookie sheet. When cool, break in pieces. Hints: (from experience) Cooking times may vary depending on the wattage of the microwave. Specified times used on Amana Radarange at 100% power. You may need to refine the cooking times to suit your microwave The Peanut Roaster in Cary sells quality raw peanuts out of the shell. Don't add too many peanuts. They won't cook completely. Spread the brittle out in a thin layer...too thick a layer will cause the brittle to be chewy.

### MILK CHOCOLATE CAKE Gantt Edmiston

|                                      |                        |
|--------------------------------------|------------------------|
| 1 pkg. butter recipe golden cake mix | 1 c. sour cream        |
| 3 T. Dutch-processed cocoa, sifted   | 2/3 c. vegetable oil   |
| 1/3 c. sugar                         | 3 lg. eggs (or 4 med.) |

DO NOT PREHEAT OVEN. Spray a 12-cup Bundt pan with baking spray. In large bowl, combine cake mix, cocoa, sugar, sour cream and oil and beat to just blend. Add eggs and blend well. Increase the speed to medium high and beat 5 minutes. Pour the batter into the prepared pan and set the oven temperature to 325°. Bake for 55 minutes or until cake tester comes out clean. Cool in the pan.

### NANA'S BANANA CUP CAKES Gantt Edmiston (Nana was my maternal grandmother)

|                           |                        |
|---------------------------|------------------------|
| 1/2 c. Crisco shortening  | 1 3/4 c. plain flour   |
| 1 c. granulated sugar     | 1 tsp. nutmeg          |
| 1 egg, beaten             | 1/2 tsp. salt          |
| 1 c. ripe bananas, mashed | 1 tsp. vanilla extract |
| 1 tsp. baking soda        | sifted powdered sugar  |
| 1 T. water                |                        |

Cream together shortening and sugar in mixer. Add beaten egg and mashed bananas. Dissolve soda in water and add to mixture. Sift together dry ingredients, except powdered sugar, and add to mixture. Add vanilla extract. Fill small greased muffin tins, half full. Bake at 350° F for 12 to 15 minutes. Remove from tins and roll in powdered sugar. Let cool Roll again in powdered sugar when cold.

### PAPA TOM SLAW Gantt Edmiston (Papa Tom was my maternal grandfather)

|                               |                            |
|-------------------------------|----------------------------|
| 1/2 head cabbage              | 1/2 c. sugar               |
| 1 (16-oz.) can whole tomatoes | 1/3 c. apple cider vinegar |
| 1 L green bell pepper diced   | salt and pepper to taste   |
| 1 med. onion, diced           |                            |

Grate cabbage. Mash tomatoes with hands. Add other ingredients and mix. This slaw will keep in refrigerator almost indefinitely. Goes well with hot dogs, BBQ, or as a side dish.

### PEACH CRINKLE Gantt Edmiston

|                                      |                          |
|--------------------------------------|--------------------------|
| (29-oz.) Can sliced peaches, drained | 2/3 c. light brown sugar |
| 1 tsp. grated lemon rind             | 1/4 c. butter            |
| (9-oz.) pkg. pie crust mix           | vanilla ice cream        |

Place peaches in a greased 12" x 8" x 2" baking dish. Sprinkle with lemon rind. Combine piecrust mix and brown sugar; sprinkle over rind. Dot with butter. Bake at 425° for 15 - 20 minutes. Serve with ice cream.

### PECAN PIE Gantt Edmiston

1 c. Karo DARK Corn Syrup  
3 eggs  
1 c. sugar  
2 T. melted butter

1 tsp. vanilla extract  
1 tsp cinnamon  
1 1/2 c. chopped pecans  
1 unbaked 9" deep-dish pie crust

Preheat oven to 350° F. Mix dark corn syrup, eggs, sugar, melted butter and vanilla in a bowl, I use a whisk. I mix it well, about three minutes with a rapid motion. Add pecans and mix another minute. Pour into deep dish piecrust. Bake on center rack for one hour, I usually bake pie on a quarter sheet pan, to make it easier to get out of the oven. Cool no less than two hours on cooling rack.

**Note:** I prefer to use Mrs Smith's piecrusts instead of the more common Pet-Ritz. They are more consistent and the pans are reusable. Pie is done when center reaches 200° F. Do not use convention mode, or crust will burn. This is the recipe is on the back of the Karo bottle, except I add cinnamon.

### PECAN TASSIES Gantt Edmiston Pecan Filling

3/4 c. light brown sugar  
3/4 c. pecans, chopped  
1 egg  
1 T. butter

1 tsp. vanilla  
dash salt  
tart shells  
powdered sugar

Combine first 6 ingredients; mix until blended. Spoon mixture into tart shells, filling three-fourths full. Bake at 350° degrees for 20 minutes or until browned. Dust with powdered sugar before serving, if desired.

### Tart Shells

1 c. flour  
(3-oz.) cream cheese, softened

1/4 c. + 3 T. butter, softened

Combine flour, cream cheese, and butter; stir until blended. Shape dough into 24 balls; chill. Place in greased 1 3/4" tart pans, shaping each ball into a shell.

### PEPPERMINT BARK Gantt Edmiston

2 lbs. white chocolate

1/2 lb. peppermint chips

Melt chocolate. Add the peppermint chips. Spread thin on waxed paper lined cookie sheet. Put in freezer of 10 minutes. Break into pieces. Enjoy. Do not store in freezer.

### "PORK CHOP" CHICKEN Gantt Edmiston

4 chicken breasts - skinless, boneless  
1 c. onion, chopped  
(14-oz.) can tomatoes - whole,  
--- undrained no-salt-added

(4-oz.) Can green chilies - chopped  
2 cloves garlic  
1/4 tsp. salt

Trim chicken and set aside. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add onion and sauté' 5 minutes or until tender. Add tomatoes, chilies, garlic and salt; stir well. Add chicken, spooning half of vegetable mixture over chops. Cover, reduce heat and simmer 20 minutes or until chicken is done.

### PROPER SOUTHERN TEA Gantt Edmiston

4 family size Luzianne tea bags  
8 c. boiling water

1 1/2 c. plain granulated sugar  
mint leaves (optional)

Prepare a gallon container by filling 3/4 full with ice cubes. Boil approximately 8 cups of water in a non-metallic pot. Metal, especially aluminum will give the tea an undesired flavor as well as leach in metals you don't want to drink. Remove heat source once water is boiling and stir gently and carefully with a wooden or plastic spoon, about 10 seconds, until water no longer bubbles. Add four family sized Luzianne tea bags (regular, decaffeinated or a mix of both). Set timer to SIX minutes. Gently agitate bags in water, once a minute, with spoon. At the end of six minutes, remove the bags immediately and dispose. Add sugar and stir at least 60 seconds to fully incorporate into solution. Pour tea over ice cubes and stir about 2 minutes until all (or almost all) ice is melted. This process ensures the brewing process stops and prevents bitterness. If required, fill container to the 1 gallon mark, cover and refrigerate. Serve with fresh lemon juice. Repeat.

**Note:** In the summer, add 12 grams (by weight) of fresh mint leaves to cold water. Allow this to come to a boil and boil for about 5 minute before adding tea. Strain the mixture when adding to container to remove the spent mint parts. **IMPORTANT:** Always brew in a non-metallic container.

### RICE-BROCCOLI CASSEROLE Gantt Edmiston

2 T. oil  
1 med. onion, chopped  
1 can cream of chicken soup  
1 pkg. broccoli - chopped, thawed

1/2 c. milk  
2 1/2 c. cheese -med. sharp, grated  
1 pkg. almond, slivered  
2 c. rice, cooked

Heat the oil over medium heat. Add onion and cook 5 minutes. Add soup and cook until it bubbles. Add all other ingredients, reserving 1 1/2 cups cheese. Place in casserole. Sprinkle remaining cheese over casserole. Cook 30 minutes at 350°.

### ROASTED ROSEMARY VEGGIES Gantt Edmiston

1 (16-oz.) box Mushrooms  
20 Baby carrots  
1 lg. Baking potato  
1 lg. Yellow Squash  
1 lg. Zucchini Squash  
10 whole Garlic cloves

1 med. green bell pepper  
1 med. red bell pepper  
olive oil  
2 T. fresh rosemary, chopped  
kosher salt and pepper

Prep all veggies: Clean/wash mushrooms, and quarter. Baby carrots come peeled and ready to use. Clean potato, only peel off imperfections or cuts, then dice potato into 3/4 inch chunks. Wash and dice yellow and zucchini squash into 3/4 inch chunks. Peel garlic, leave whole or cut in half once. Wash and cut peppers, removing seeds and insides. Dice peppers into 1 inch squares. Put all this plus rosemary, kosher salt and fresh ground pepper into a large mixing bowl. Drizzle olive oil over and using a large spoon, mix well until all veggies have a light coating of olive oil, rosemary and salt/pepper. Pour into large oven pan. Roast at 450° F for about 30 minutes or until potatoes are done and break easily with a fork.

### ROBERT'S CHICKEN CASSEROLE Gantt Edmiston

|   |                       |
|---|-----------------------|
| 1 pkg. chicken rice-a-roni                | Dry bread crumbs      |
| 20 oz. diced cooked chicken meat          | poppy or sesame seeds |
| 1 (10 3/4-oz.) can cream of mushroom soup | butter                |
| 8 oz. sour cream                          | chicken stock         |

Preheat oven to 375° F. Cook rice-a-roni using directions on box. Dice chicken into bite-size pieces. In a bowl, combine soup, sour cream, chicken and prepared rice-a-roni. Mix gently together. If mixture looks dry, slowly add chicken stock for extra moisture. Put into a butter greased 2 quart casserole dish. Sprinkle on bread crumbs. Sprinkle on either poppy seed or sesame seeds. Dot top with small clumps of butter. Bake at 375° F for 30-35 minutes until bubbling.

### ROSEMARY TOMATOES, POTATOES, AND ONIONS Gantt Edmiston

|               |                          |
|---------------|--------------------------|
| Roma tomatoes | Fresh rosemary           |
| Potatoes      | Olive oil                |
| Yellow onions | Salt and Pepper to taste |

Buy enough based on how much you want to make. I cut the unpeeled tomatoes in round discs, 3/8" thick. I wash, but do not peel potatoes, except I do peel off any cuts or bruises on the outside, leaving most of the skin. Cut the potatoes into 3/8" thick discs. Peel onions and slice them 1/4" thick. Wash fresh rosemary and pull it off stems. Chop up rosemary with chef knife on cutting board. Layer in a glass Pyrex casserole dish, one layer each of tomato, potato and onion. Sprinkle lightly with rosemary, salt and pepper. Lightly drizzle olive oil over layer. REPEAT this process for at least three layers, until it fills the casserole level with top. Each layer will be approximately 1 inch. Bake uncovered at 350° F about 40 minutes or until potatoes are done.

**Note:** Some times I separate the onions into rings, other times I use whole onion slices, either work fine.

### SAS INSTITUTE'S FAVORITE CHEESECAKE Gantt Edmiston

|  |                              |
|--|------------------------------|
| Pkg. Pepperidge Farm Bordeaux Cookies  | 2 c. sugar                   |
| 2 T. butter, melted                    | 6 eggs, beaten one at a time |
| 4 (8-oz.) pkgs. Cream cheese, softened | (16-oz.) carton sour cream   |

Generously grease bottom only of 8" spring form pan with butter. Lightly crush cookies; combine with melted butter. The more you crush the cookies, the softer the crust will be. I like to break them up with my hands so that the crust will still be crunchy. Lightly press cookie mixture in bottom of spring form pan. Cream the cream cheese and gradually add sugar. Add eggs, one at a time. Add vanilla. Fold in sour cream. Pour into pan and bake for 45 minutes at 375°. Turn oven off and let the cake cool in the oven for 1 hour.

**Note:** Please take the time to add the eggs one at a time; it really does make a difference. Cake needs to ripen for at least 8 hours. It really is much better if you can make it a day ahead.

## SAUTEED FLOUNDER WITH TOMATOES AND OLIVES Gantt Edmiston

|                                    |                                     |
|------------------------------------|-------------------------------------|
| 2 (6-oz.) portion flounder fillets | 1 1/2 tsp. capers, rinsed           |
| Creole spice                       | 8 lg. stuffed green olives, halved  |
| flour for dredging                 | 1/4 c. red onion, thinly sliced     |
| 1 egg, beaten                      | 1 1/2 tsp. jalapeno pepper, chopped |
| oil to sauté'                      | 1/2 c. tomatoes and juice, chopped  |
| 1 T. unsalted butter               |                                     |

Season the flounder fillets with Creole spice. Dust with flour and dip into the beaten egg. In a large skillet heat 1 T. oil over medium heat. Sauté' the fillets for 3 minutes on each side, or until they are just done. Set aside and keep warm. Wipe out the skillet, melt the butter, and add the capers, olives, onions, jalapeno, tomatoes and juices. Sauté' for 2 minutes. Top the flounder with the sautéed mixture, and serve.

## SECRET MUSTARD SAUCE

*(Ham Gravy/Salad Dressing)* Gantt Edmiston

|                    |                            |
|--------------------|----------------------------|
| 1 c. 4% whole milk | 1 T. dry Coleman's mustard |
| 2 egg yolks        | 3/4 c. sugar               |
| 1 T. plain flour   | 1/2 c. apple cider vinegar |

Beat egg yolks and milk with whisk. Add dry ingredients to the egg/milk liquids in a double boiler, and cook over hot water until thickened. Whisk mixture constantly, about 10-15 minutes. Sauce will thicken slightly. Gradually (slowly) whisk in the vinegar and continue stirring until heated thoroughly. Sauce will thicken as it cools, serve warm with ham, or cold as a chef salad dressing. Yield: 1 1/2 cups of sauce

## SKIP'S BBQ BEEF Paul de Paoli

|                                  |                               |
|----------------------------------|-------------------------------|
| 3 lb. round or chuck roast       | 5 T. Kraft Original BBQ sauce |
| 1 stalk celery                   | 1 T. Tabasco sauce            |
| 3 med. yellow onions, large dice | salt and pepper               |
| 3 T. apple cider vinegar         | water                         |
| 1 (14-oz.) bottle ketchup        |                               |

Brown roast briefly on all sides in a large cast iron Dutch oven on the stove. Put celery and onion in Dutch oven. Put meat on top of celery and onions. Fill halfway with water. Mix remaining ingredients and pour on top of meat. Cover Dutch oven and bake in oven at 300° F for 6 hours. Check after 4 hours. Meat is done when it simply pulls apart easily into shreds with two forks. Remove any bone, gristle and fat. Shred remainder and return to pot and mix with broth. Serve alone or on sturdy hamburger buns. Add more Tabasco as desired.

**Note:** Substitute turkey breast for roast and adjust cooking time to be when turkey falls apart. This works best in a Lodge cast iron Dutch oven. The lid will have "nibs" on the inside top cover that lets the steam condense and drip back on top of the roast (self-basting). This is a Boy Scout camp recipe that always gets rave reviews.

### SOUTHERN PRALINES Gantt Edmiston

2 c. sugar

2 c. pecan halves

3/4 c. buttermilk

2 T. butter

1/8 tsp. salt

3/4 tsp. baking powder

Combine all ingredients except baking soda in a large heavy saucepan. Cook over low heat, stirring gently, until sugar dissolves. Cover and cook over medium heat 2 - 3 minutes to wash down sugar crystals from sides of pan. Uncover and cook to soft ball stage (235°), stirring constantly. Remove from heat and stir in soda. Beat with a wooden spoon just until mixture begins to thicken. Working rapidly, drop by tablespoonfuls onto greased waxed paper; let stand until firm. Makes 1 1/2 - 2 dozen. MICROWAVE DIRECTIONS: Combine all ingredients except baking soda in a 4-quart casserole, stirring well. Microwave at HIGH for 12 - 14 minutes, stirring every 4 minutes. Stir in soda. Microwave at HIGH for 1 to 1 1/2 minutes. Beat with a wooden spoon just until mixture begins to thicken. Working rapidly, drop by tablespoonfuls onto greased waxed paper; let stand until firm.

### STEAK MARINADE Gantt Edmiston

1 c. Wan Ja Shan Soy sauce

1/3 c. Lemon juice, fresh

6 cloves garlic, fresh pressed

3/4 c. vegetable oil

3/4 c. whole pepper corns

3 T. black pepper

1 tsp. Guldens spicy brown mustard

Combine all ingredients in food processor or blender. Mix on high for at least 60 seconds to combine oil with other ingredients. The mustard is an emulsifier and should be "rough" style with mustard seed. Do not use smooth yellow mustard. Use only fresh lemon juice, not concentrate. You need the acidity of the fresh juice, as well as the flavor. Adjust quantities in equal increments depending on how much meat your plan to marinate. Place meat in heavy freezer style Ziploc baggie and pour marinade in with the meat. Zip bag almost closed and then press out (or suck out) the remaining air, then quickly seal baggie completely shut. This will enable the marinade to cover the meat on all sides. Put in casserole dish (in case of leakage) and put in refrigerator for at least 2 hours, or over night. If possible, periodically agitate baggie and move meat around to ensure all parts of the meat are getting next to the liquid. Take meat out of refrigerator at least 30 minutes before cooking. Cook meat on a hot charcoal grill to desired doneness. Discard remaining marinade. This works great with skirt steak as well as marbled rib-eye and filet cuts of steak.

**Note:** Wan Ja Shan soy sauce is the "secret ingredient" and should not be substituted with any other. It is available at most Harris-Teeter groceries. I buy mine, however, by the gallon at a local Asian market (in South Hills mall near Cary). The UPC code for Wan Ja Shan is 0-74261-15016-3 for the 16.9 Fl.Oz (500ml) bottle. Wan Ja Shan is brewed by: Mandarin Soy Sauce, Inc., Middleton, NY 10940, in the USA.

### TURKEY TETRAZZINI Gantt Edmiston

2 c. cooked turkey or chicken, cubed  
8 oz. cooked pasta  
1 lg. yellow onion, diced into 1/4" pieces  
1 c. celery, diced into 1/4" pieces  
1 lg. red bell pepper, diced into 1/4" pieces

2 (10 3/4-oz.) cans Campbell's cream of mushroom soup, undiluted  
16 oz. grated sharp cheddar cheese  
4 oz. chicken stock or leftover gravy  
dash salt and pepper to taste  
olive oil or butter

Prepare pasta according to directions on type you use. Add to large mixing bowl. Dice meat and add to bowl. Sauté onion, celery and bell pepper in olive oil or butter, you want the pieces to still be a bit crunchy, onions translucent. Add to bowl. Add undiluted cream of mushroom soup. Salt and pepper to taste. Add half of the cheese to the mixing bowl. Retain half as a topping. Add chicken broth. Mix all ingredients gently until combined, do not over mix as meat. Pour into casserole dish. Add remaining half of cheese on top. Bake at 375dF for 30-45 minutes. If you use a clear glass dish, you can see the bubbles and the cheese topping will be melted, but not brown. Probe with a fast read thermometer and bake until at least 170dF inside the casserole in different locations.

**Note:** This is a great way to use leftover turkey. It freezes well for up to four months, just make sure you thaw it in the refrigerator 48 hours before you plan to cook it for your meal. For the pasta, I use Rotini or Fusilli, but regular spaghetti noodles are fine, pasta measure is dry weight. I made large quantities of this and freeze it in small Pyrex loaf pans.

### TUMMY FOOLERS Gantt Edmiston

6 egg whites  
2 tsp. vanilla  
1/2 tsp. cream of tartar

dash salt  
2 c. sugar

Preheat oven to 275°. Have egg whites at room temperature. Add vanilla, cream of tartar and dash of salt; beat to soft peaks. Gradually add sugar, beating to very stiff peaks. Cover baking sheets with parchment paper. Make individual meringues, shaping them into mounds as you go. Size can vary. Bake 1 hour. Turn off heat; let dry in oven with door closed at least 2 hours or overnight. Store in airtight container.

### FAUCHON'S CHOCOLATE MOUSSE Mary Jane Hunter LaFave

3 squares unsweetened chocolate  
2 oz. sweet cooking chocolate  
5 egg yolks  
3/4 c. sugar

1/4 tsp. vanilla  
4 egg whites  
1 1/4 c. heavy cream, stiffly beaten

Melt chocolate in top of double boiler over hot, not boiling water. Remove top of double boiler from water. Cool. Beat egg yolks with 1/2 cup sugar in medium bowl until thick; heat in cooled chocolate mixture. Stir in vanilla. Beat egg whites in large bowl of mixer until foamy white and double in volume. Add remaining 1/4 c. sugar slowly, one tablespoon at a time, beating until meringue stands in firm peaks. Beat about 1/4 cup of the meringue into chocolate mixture. Beat remaining chocolate in with beaten meringue. Spoon mixture into individual sherbet bowl. Cover and refrigerate. Garnish with whipped cream. This is very rich. A little goes a long way!

### HOT PINEAPPLE CASSEROLE Rachel Kepley Edmiston

2 (15-oz.) cans of chunk pineapple  
1 c. shredded sharp cheddar cheese  
1/2 c. sugar

3 T. plain flour  
1/2 box Better Cheddar crackers, crushed  
1/4 c. butter, melted

Drain pineapple and place in a 2 quart casserole dish. Mix cheese, sugar, and flour. Sprinkle over pineapple. Top with crushed crackers and drizzle with melted butter. Bake 20 minutes at 350° F. Makes 6 to 8 servings.  
Note: Rachel usually doubles this recipe.

### PORK CHOPS WITH DRESSING Rachel Kepley Edmiston

4 pork chops  
4 slices of bread, cubed  
2 T. chopped onion  
1/4 c. butter, melted

1/4 c. water  
1/2 tsp. poultry seasoning  
1 (10 3/4-oz.) can cream of mushroom soup, undiluted  
1/3 c. water

Brown the chops, do not flour. Mix together bread, onions, butter, 1/4 cup water and poultry seasoning. Form into four mounds, on top of each chop. Blend undiluted soup with 1/3 cup water. Pour soup mixture evenly over each mound of dressing. Bake 350° F for 1 hour.

### SPANISH PORK CHOPS Rachel Kepley Edmiston

4 pork chops  
1 L white onion  
1 L green bell pepper, quartered

4 T. uncooked rice  
4 whole canned tomatoes w/juice

Brown the chops, do not flour in a skillet. Top each chop with thick slice of onion and 1/4 of the bell pepper. Put a tablespoon of uncooked rice in each bell pepper quarter. Place a whole tomato on top of the rice. Salt/Pepper to taste. Add the canned tomato juice (or water) to the skillet. Cover skillet and simmer for 90 minutes. Add more moisture in the skillet cooks dry. Occasionally, baste the chops with the moisture in the pan.

**Note:** If you substitute the canned tomatoes, with fresh tomatoes, you must add extra water.

### CHEESE GRITS CASSEROLE Carolyn Grubbs (Tommy's mom)

1/2 c. regular (5 min. style) dry grits  
1 & 3/4 c. water  
1/2 t. salt

1/2 stick butter  
1 c. shredded cheddar cheese  
1/2 c. egg + milk

Bring water to boil, add salt, and grits, low simmer for 5 minutes. Then add butter, cheese, and the beaten mixture of egg/milk (1 egg mixed with enough milk to total 1/2 cup) to the grits. Mix the egg/milk quickly and rapidly so that it doesn't "cook" in the hot grits. Pour all into a casserole baking dish. Bake at 350dF for 45 minutes.

### THREE HOLE CAKE Rachel Kepley Edmiston

|                       |                               |
|-----------------------|-------------------------------|
| 1 1/2 c. sifted flour | 1 tsp. vanilla                |
| 1 c. sugar            | 6 T. melted shortening        |
| 3 T. cocoa            | --- (I use liquid shortening) |
| 1/2 tsp. salt         | 1 T. vinegar                  |
| 1 tsp. soda           | 1 c. water                    |

Sift all dry ingredients into a square pan (8" x 8" x 2"). Make 3 holes in the dry ingredients. Pour vanilla into one hole, melted shortening into another and vinegar into the third hole. Pour the cup of water over the entire mixture. Mix with a fork until all ingredients are wet and most of the lumps are gone. Bake at 350° for approximately 25 minutes.

### Frosting

|                                  |                |
|----------------------------------|----------------|
| 2 T. butter                      | 1 tsp. vanilla |
| 1 c. sifted confectioner's sugar | 3 T. cocoa     |
| 2 T. cream                       |                |

Cream butter with mixer. Add sugar a little at a time. Add cream as needed. Add vanilla.

**Note:** This is an old Mennonite recipe. It is delicious with a scoop of vanilla ice cream on top.

### LEMON CHESS PIE Gantt Edmiston

|  |                         |
|--|-------------------------|
| 1 1/2 c. sugar                         | 4 eggs                  |
| 3/4 stick butter                       | 2 teas. Plain corn meal |
| 4 fl.oz. fresh lemon juice (see below) | 1 deep dish pie crust   |
| Rind of one lemon + juice - seeds      |                         |

Mix together all ingredients and whisk well for at least five minutes. Pour into piecrust. Bake at 350° for 35 - 40 minutes. Use only fresh squeezed lemon juice.

### HALFTIME CHILI Gantt Edmiston

|  |   |
|--|---|
| 2 Tablespoons EVOO (olive oil)               | 8 large garlic cloves (or 10 teaspoon from jar)   |
| 6 Tablespoons chili powder                   | 3 medium chopped onions (1/2" dice)               |
| 1 teaspoon dried basil                       | 6 fresh jalapeno peppers, NO seeds or pulp, diced |
| 1 teaspoon dried thyme                       | 3 pounds ground chuck (ground twice if possible)  |
| 1 Tablespoon ground cumin                    | 28-oz can crushed tomato with added puree         |
| 1 teaspoon dried oregano                     | 2- 6-ounce cans tomato paste                      |
| 1 Tablespoon kosher salt (not table salt)    | 1 14.5 oz can low-salt chicken broth              |
| Black pepper to taste (start w/1 Tablespoon) | 2 - 12 oz beers (see recipe)                      |
| 1/2 teaspoon cayenne pepper                  | 16 oz can prepared chili beans (optional)         |

Heat oil in heavy large Dutch oven over medium-high heat. Measure out all spices into a cereal bowl and set aside. Prep onions, jalapenos and garlic. Sauté chuck until brown, breaking up meat with wooden spoon. Add onions, jalapenos and garlic. Saute until onions are translucent, about 8 minutes. Add all spices, stir 2 minutes. Add crushed tomatoes, tomato paste, chicken broth and ONE beer. The remaining beer is for the chef. Simmer uncovered (or partially covered) until thickened to desired consistency, usually 30 minutes. Add beans if desired 15 minutes before serving.

### TACO SALAD Gantt Edmiston

1 bunch green leaf lettuce

1 lime

Salsa or Pico de Gallo

Shredded Cheese (Mexican varieties)

Sour cream

Salt and Pepper

1 pound ground beef

1 package Old El Paso Taco Seasoning Mix

2/3 cup beer (drink the rest!)

Doritos White corn tortilla chips

Jalapeno peppers, whole (1/2 cup diced)

Wash lettuce and dry, tear up lettuce on plates in small bite sized pieces. Using rubber gloves, wash jalapenos. Cut off stem end, cut peppers in half, long ways. Clean out seeds and white ribs and discard. Dice peppers into small 1/4" by 1/4" pieces and set aside. Brown ground beef over medium-high heat and constantly stir until beef is broken into small pieces. Add salt (1 teaspoon max) and black ground pepper. Add diced jalapeno peppers and continue to cook for another 3-5 minutes. Add seasoning mix and beer. Stir well to mix and cook 5-7 minutes more, until most of the moisture has evaporated. Squeeze the juice of the entire lime into the meat mixture and mix well, cook 1 minute more to further evaporate the extra liquid. Set pan aside to cool for 10 minutes.

Top the lettuce on the plates with tortilla chips. Spoon the meat over chips. Sprinkle shredded cheese over meat. Make Salsa/Pico/sour cream available as desired. Will serve 3 to 4.

### POTATO SOUP Gantt Edmiston

3 medium baking potatoes

1.5 cups diced spring onions

2 teaspoons crushed garlic

EVOO (Olive oil) about 2 Tablespoons

2 Tablespoons Irish butter (any butter)

Black pepper and kosher salt to taste

Half and half - about 6oz.

Wash, peel and dice potatoes into 3/4" cubes. Wash and cut spring onions into 1/2" pieces. Sauté onions on high for 4 minutes in EVOO. Add garlic and cook 2 more minutes. Add potatoes, butter and cover with water about 1/2" above level of potatoes. Add black pepper and approximately 2 teaspoons kosher salt. Bring to a boil then turn heat back and simmer over medium to medium-low heat about 10 minutes. Test a large potato cube by seeing if it will crush easily with the back of a spoon. Using a stiff whisk, gently stir the soup, breaking up most of the potatoes. Add half/half, mix in and turn off heat. Serve with shredded cheddar cheese.

### COCKTAIL SAUCE FOR SHRIMP Gantt Edmiston

Heinz Organic Ketchup

Fresh Lemon Juice

Fresh Ground Horseradish

Smucker's Sweet Orange Marmalade

This recipe has no specific quantities for each ingredient. It's best done "to taste". Start with this: 12 parts ketchup, 3 parts horseradish, 1 part lemon juice, 1 part marmalade. Mix well and adjust to taste. I've never measure the ingredients, it always turns out great! Serve chilled as a dip, with jumbo cold boiled and peeled shrimp.

### CORNBREAD Gantt Edmiston

2 cups Tenda-Bake Self-Rising Yellow Corn Meal Mix

1 large egg

1/4 cup Crisco or vegetable oil

1 1/4 cup 4% Whole milk

Preheat oven to 400dF. Put 1/4 cup oil in an 8-inch cast iron seasoned skillet. Place the skillet in the oven that is completely up to temperature for no less than five minutes. Crack the egg into a clean mixing bowl. Add milk and beat until the egg and milk are completely incorporated together. Add two cups of the corn meal mix to the bowl. Mix until it is just smooth, do not over mix. Remove the skillet from the oven and pour the hot oil into the bowl and mix until incorporated. The mix should not be thick and as you make this recipe over time, you will learn to add extra milk to make the mix "appropriately runny". Pour this mix back into the hot skillet. Put the skillet back into the hot oven and bake for 25 to 30 minutes. A toothpick should go into the bread and come out clean. I usually add up to 1/4 cup more milk to this because the corn bread in my oven tends to turn out dry if I do not add extra milk, Skim milk is not advised for this recipe. **Note:** Cleaned, seeded and diced jalapeno peppers are a good addition to this recipe. Sharp cheddar cheese is also a good addition if the corn bread is to be served with my Half-Time Chili recipe.

### GANTT'S APPLE PIE Gantt Edmiston

5-6 large Granny Smith apples

Juice of 1/2 lemon

3/4 cup granulated sugar

Dash of table salt

1 Tablespoon plain flour

2 store bought pie shells

1 teaspoon ground cinnamon

Several pats of butter

1/2 teaspoon ground nutmeg

Beaten egg whites

Preheat oven to 350dF. Peel and slice apples; place in a large bowl. Add sugar, flour, cinnamon, nutmeg, lemon juice, and salt. Stir to coat apples well. Pour apple mixture into bottom crust. Place butter pats on top of apples. Place top crust over apple mixture. Make several slits in the crust, brush crust with beaten egg whites. Bake at 350dF for one hour. Serve warm with vanilla ice cream.

### VEGGIE CHILE Gantt Edmiston

Olive oil (2 – 3 Tablespoons, see recipe)

1 cup water

12 diced green onions, 1/4" dice

1 juice of a fresh lime

3 teaspoons minced garlic

1- 10oz can Ro\*Tel diced tomatos w/green chiles  
("Original" heat level, there are several kinds)

1 teaspoon dried oregano

1- 15.5 oz can Goya black beans (undrained)

1 teaspoon kosher salt

1 cup uncooked plain converted white rice

1 small red bell pepper 1/4" dice

In a large (3 qt.) pre-heated saucepan, add rice and olive oil, and roast rice in the oil, stirring constantly, on high, for two minutes. Use the amount of olive oil that seems appropriate to you. Immediately add diced onions, red peppers, oregano, garlic, and salt. Continue to sauté this until onions are translucent and soft, approximately four extra minutes. Add water, lime juice, and cook on high, until it just starts boiling. Add Ro\*Tel, beans, and stir. Cover and reduce heat to lowest simmer for twenty five minutes. Stir gently at least twice during this period. Remove heat, stir once more and let it sit, covered for an additional five minutes. Serve in bowls. Optionally top with Mexican "four-blend" style shredded cheese. Makes approximately four servings. Note: Do not use Goya refried black beans, just the regular black beans.

## PECAN SNACK Gantt Edmiston

|                      |                               |
|----------------------|-------------------------------|
| 1 egg white          | 1 Tablespoon ground cinnamon  |
| 1 Tablespoon water   | $\frac{3}{4}$ cup white sugar |
| 1 pound pecan halves | 1 teaspoon table salt         |

- \* Preheat oven to 250dF.
- \* In a large bowl, beat egg white and water, with whisk, until frothy.
- \* Add pecans and stir gently until all pecans are coated.
- \* Combine sugar, cinnamon, and salt, then stir into pecan mixture.
- \* Spread on a baking sheet.
- \* Bake in preheated oven 45 minutes, stirring every 15 minutes.
- \* Raise temperature to 350 dF
- \* Bake 15 more minutes then remove from oven.
- \* Let cool then store in an airtight container.

## POTATO SALAD Gantt Edmiston (adopted from Ryan O'Keefe)

|  |  |
|--|--|
| 2 hard boiled eggs, diced                                  | 1 cup Duke's mayonnaise                                  |
| 8 cups, unpeeled, red potatoes, $\frac{1}{2}$ " cubes (5#) | $\frac{1}{2}$ cup chopped green onions                   |
| 8 slices, crisp bacon, chopped                             | $\frac{1}{2}$ tsp. kosher salt and black pepper to taste |

Preheat oven to 425dF. Line a  $\frac{1}{2}$ -sheet baking pan with parchment paper, and then with the bacon. Bake the bacon for approx. 20 minutes, or until it is browned and crisp. Wash and dice the potatoes. I found that approx. 5 pounds will yield 8 cups with a  $\frac{1}{2}$  inch dice. I peel any stem or dark spots off the potatoes, but otherwise, leave the skin on. Take crisp bacon out of oven and put strips in a large mixing bowl. Dispose of the parchment paper. Using a second  $\frac{1}{2}$ -sheet baking pan, line it with parchment paper. With a clean paper towel, soak up some of the bacon drippings, and grease the 2<sup>nd</sup> baking sheet's parchment paper. Lay another sheet of fresh parchment paper in the pan used for the bacon and press it down to coat with the remaining bacon drippings. Flip the parchment paper over and spread out the drippings with the paper towel. Pour 4 cups of diced potatoes on each of the two baking sheets. Spread the potatoes out so they are all a single level. Bake for 30-35 minutes, at 425dF, or until they are done and mostly browned. In my oven, I cannot get both  $\frac{1}{2}$ -sheet pans side by side, so I just lean one pan over the edge of the other pan. You can optionally turn the potatoes once (but I don't). Dice the onions, I used 3 bunches of pencil onions with a  $\frac{1}{4}$  inch dice, put in bowl with bacon. Peel the hard boiled eggs and dice them into  $\frac{1}{4}$  inch cubes and then into the bowl. Put in one cup of Duke's mayo. Add salt and pepper. Briefly mix. Once potatoes are done, you can lift them off the baking sheets by folding the opposite sides of the parchment paper and pour them into the bowl. Mix lightly to fully coat the potatoes. Serve warm, or chilled. This is SO GOOD, there is rarely any left over, to be chilled.

### Pico de Gallo - SALSA Gantt Edmiston

|                                      |                            |
|--------------------------------------|----------------------------|
| 3 large diced tomatoes               | Juice of ½ lime (or lemon) |
| 1 diced medium onion                 | 1 tsp. minced garlic       |
| 1½ cup chopped cilantro              | 1 tsp. salt                |
| 4 diced jalapenos (no seeds or rind) |                            |

Wash tomatoes and cilantro. I usually remove the cilantro stems. Dice the tomatoes, dice the onions, dice the jalapenos, and rough chop cilantro. Put in a bowl. Add salt, garlic, lime/lemon juice. Mix it up and serve. If you prefer smooth salsa as opposed to chunky, just put all this in the blender or food processor. You can also optionally mix in chunks of avocado and/or cheese. This is meant to be eaten immediately (salsa fresca).

### PECAN PIE BARS - Gantt Edmiston

#### Crust:

|                           |                                 |
|---------------------------|---------------------------------|
| 1 pack of graham crackers | 1½ sticks cold butter, ¼" cubes |
| 1½ cup plain flour        | ½ cup light brown sugar         |
| 1/8 teaspoon salt         |                                 |

#### Filling:

|  |                                       |
|--|---------------------------------------|
| 3 eggs                                 | 2 ¼ cups chopped pecans               |
| 5/3 cups dark Karo syrup (1 & 2/3 cup) | 1 cup light brown sugar               |
| 1/3 cup honey                          | 6 Tablespoons (¾ stick) melted butter |
| 1 teaspoon pure vanilla extract        |                                       |

#### ----- Crust:

Preheat oven to 350dF. Lightly butter a 9"x13" baking dish then cover with parchment paper. Put the pack of graham crackers in a gallon Ziploc baggie. Seal and rough crush with your fist. Put these in a food processor and pulse until fully crushed. Add 1½ cup flour, ½ cup light brown sugar, and salt. Mix with more pulses. Slowly add cubes of butter, pulsing as you proceed, until mixture is coarse and crumbly.

Turn dough out into the lined baking dish, and press it evenly into the bottom and around edges. Place in preheated oven and bake for at least 25 minutes, or until golden brown. Remove and set aside. This needs to cool, at least 20 minutes before adding filling.

#### Filling:

In a large bowl, briefly whisk eggs, corn syrup, sugar, honey, butter, and vanilla extract. Fold in pecans and mix until thoroughly coated. Pour this over cooling crust. Return to oven and bake for at least 40 minutes, or until filling has set. Turn off oven and leave it in the oven over night. (I do this because I prefer them more "done".) If you like them "gooey", don't leave them in the oven. When cold, the parchment paper will let you pull it out of the baking dish and cut into small, but equal bars.