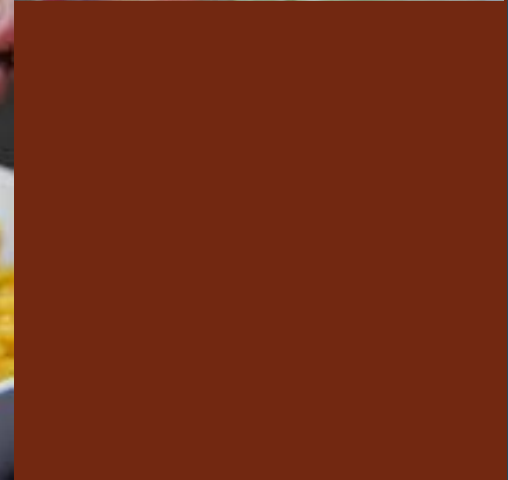
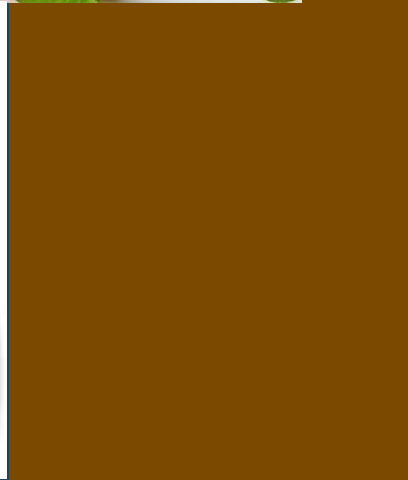
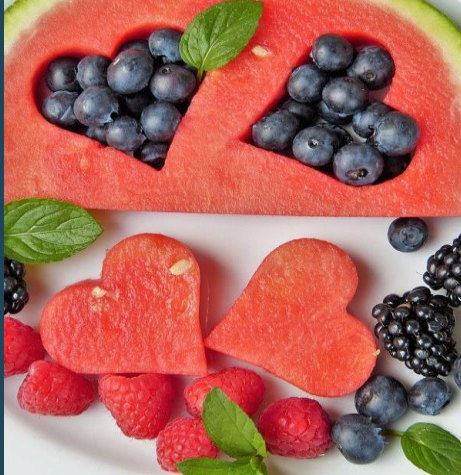




The Cooped-Up Cook Book: Food, Love in the Time of Quarantine





Dedicated to

Claire Gunnels

Assistant Library Director
Lone Star College-CyFair Branch
Harris County Public Library
2003 - 2020

Table of Contents

Appetizers/Side Dishes/Beverages	Page 4
Soups / Salads	Page 15
Main Dishes	Page 28
Slow Cooker Dishes	Page 52
Breads, Rolls	Page 58
Desserts	Page 66





Appetizers & Side Dishes

Crab Meat Delights

Braunstein/Gunnels family recipe
These are so easy and delicious; a must have at any Gunnels' celebration.



Image taken by library staff member

Ingredients

1 stick butter
1 jar Kraft old English Cheddar Spread
½ tablespoon mayonnaise
½ teaspoon garlic salt
6 ½ ounces crab meat
6 English muffins

1. Mix all ingredients except muffins.
2. Spread onto halves of the English muffins. Cut into sixths.
3. Bake at 400 degrees for 10 – 15 minutes.
4. You can freeze unbaked canapés for a quick hors d'oeuvre on the fly.

A close-up photograph of several Crunchy Taco Cups. Each cup is made from a wonton wrapper pressed into a muffin tin shape, filled with a mixture of ground beef, taco seasoning, diced tomatoes, green chiles, and shredded cheddar cheese. The cups are garnished with fresh green herbs and are arranged on a dark, textured surface.

Crunchy Taco Cups

From the Kitchen of Library Staff

Ingredients

1 lb. lean ground beef, browned and drained
1 envelope (3 Tablespoons) taco seasoning
1 (10 oz) can Ro-Tel diced tomatoes and Green Chiles, drained
1 ½ cups sharp cheddar cheese, shredded (or Mexican blend)
24 wonton wrappers

1. Preheat oven to 375 degrees. Generously coat a standard size muffin tin with nonstick cooking spray.
2. Combine cooked beef, taco seasoning, and tomatoes in a bowl and stir to combine.
3. Line each cup of prepared muffin tin with a wonton wrapper. Add 1.5 Tablespoon of cheese. Press down and add another layer of wonton wrapper, taco mixture, and a final layer of cheese.
4. Bake at 375 for 11-13 minutes until cups are heated through and edges are golden.

Fiesta Tortilla Dip



KEEP
CALM
AND
EAT
WELL

Ingredients

1 Pkg. (8 oz) cream cheese, softened
1 cup sour cream
1 Pkg. dry fiesta style Ranch dip mix
1 cup salsa
1½ cups cheddar cheese, shredded

1. Mix all ingredients together.
2. Refrigerate at least 2 hours.
3. Serve with tortilla chips or crackers.

Macaroni & Cheese

From Pioneer Woman's Kitchen



Ingredients

4 cups dried macaroni	<i>½ teaspoon seasoned salt (more to taste)</i>
1 whole egg	<i>½ teaspoon ground black pepper</i>
<i>¼ cup (½ stick or 4 Tablespoons) butter</i>	<i>Optional spices:</i>
<i>¼ cup all-purpose flour</i>	<i>Cayenne pepper, paprika, thyme</i>
<i>2 ½ cup whole milk</i>	
<i>2 teaspoons (heaping) dry mustard</i>	
<i>1 lb. Cheese, grated</i>	
<i>½ teaspoon salt (more to taste)</i>	

1. Cook macaroni until very firm. Macaroni should be too firm to eat right out of the pot. Drain.
2. In a small bowl, beat egg.
3. In a large pot, melt butter and sprinkle in flour. Whisk together over medium-low heat. Cook mixture for 5 minutes, whisking constantly. Don't let it burn.
4. Pour in milk, add mustard, and whisk until smooth. Cook for 5 minutes until very thick. Reduce heat to low.
5. Take ¼ cup of the sauce and slowly pour it into beaten egg, whisking constantly to avoid cooking eggs. Whisk together till smooth.
6. Add in cheese and stir to melt.
7. Add salt and pepper. Taste sauce and add more salt and seasoned salt as needed. DO NOT UNDERSALT.
8. Pour in drained, cooked macaroni and stir to combine.
9. Preheat oven to 350 degrees.
10. Pour into a buttered baking dish, top with extra cheese, and bake for 20-25 minutes or until bubbly and golden on top.

Pimiento Cheese

From Martha Stewart, Martha's American Food.
This was served at a LIFE program on American comfort food.



Ingredients

8 ounces sharp Cheddar
cheese, room temperature
8 ounces Monterey Jack
cheese (optional:
jalapenos), room
temperature
1 jar pimientos (4 ounces),
drained
 $\frac{1}{4}$ cup plus 2 tablespoons

mayonnaise
1 clove garlic, minced
 $\frac{1}{2}$ teaspoon dried mustard
powder
 $\frac{1}{4}$ teaspoon cayenne

1. Grate cheeses with large holes of a box grater and combine in a medium bowl.
2. In a food processor pulse the remaining ingredient until coarsely chopped.
3. Stir into cheeses and combine thoroughly until creamy.
4. Refrigerate for at least 2 hours.
5. Serve on celery sticks or crackers.

Can keep up to 3 days in refrigerator.

Spinach Balls

From the Kitchen of Claire gunnels, Librarian



Ingredients

2 packages spinach, frozen and chopped

3 cups Pepperidge Farm stuffing

1 Large onion, chopped

6 eggs

¾ cup melted butter

½ cup Parmesan cheese

1 ½ teaspoons garlic salt

½ teaspoon thyme

1 tablespoon black pepper

Cayenne, to taste

1. Cook spinach. Drain and squeeze.
2. Combine all ingredients.
3. Shape into ¾ inch balls. Place on greased baking sheet.
4. Bake at 325 degrees for 20 minutes.
5. Can freeze before baking.



Texas' Best Pico de Gallo

From the Kitchen of Claire Gunnels, Librarian

From the Houston Chronicle

Ingredients

3 cups onions,
chopped (preferably
Texas 1015)
3 cups firm pink-ripe
tomato, diced
2 avocados, diced
(optional)
2 teaspoons finely
chopped fresh

serrano or jalapeno
pepper
3 tablespoons
chopped cilantro
2 limes, juiced
Salt and pepper to
taste

1. Combine all ingredients in a large glass bowl. Drain if too juicy. Refrigerate before serving.
2. Don't over chop the onions or it will be too mushy. Don't use food processor, either.
3. Serve as a dip or a topping for fish or fajitas.

Texas Caviar

From the Kitchen of Claire Gunnels' mother-in-law, Evelyn Wall Gunnels submitted. Claire makes this for New Year's Day to bring good luck.



Ingredients

4 cups black-eyed peas,
cooked and drained or 2 15 ½-
16 ounce, cans
2 to 3 tablespoons vegetable
oil
¼ to ½ cup onion, chopped
½ cup green or red bell pepper
1 whole clove of garlic, peeled

¼ cup wine vinegar
½ teaspoon salt
Freshly ground black pepper
Thinly sliced picked jalapenos
or pimiento (optional)

1. In a large bowl, combine peas, oil, onion, bell pepper, whole garlic, vinegar, salt, pepper and jalapenos, if using.
2. Cover and refrigerate.
3. Remove whole garlic after one day.
4. Then divide mixture into 3 pint jars.
5. May be kept in the refrigerator as long as two weeks.

Corbitt always challenged people to eat foods they thought they didn't like. Originally from New York, Corbitt did not like the South's beloved black-eyed peas and decided to pickle them to make them more appealing to other "Yankees," especially men.



French 75 Cocktail

From the Kitchen of Jane Stimpson My favorite cocktail to serve at Mardi Gras parties: once someone tries one, they immediately want their own! It's a cocktail. Have another one and you won't worry about nutrition.

Ingredients

Cocktail shaker

Ice

Gin

Simple syrup

Lemons

Sparkling wine

1. Put ice into a cocktail shaker
2. Add two shots of gin
3. Add one shot of simple syrup
4. Add the juice of one lemon
5. Shake it up and divide into two glasses
6. Top each glass with sparkling wine
7. Sip and enjoy!

Paloma, I Don't Even Know Ya

From Kitchen of Library Staff



Image taken from PowerPoint Creative Commons

Ingredients

Tequila-soaked pineapple

1 pineapple, peeled cored and cut into cubes

Half of a 750 milliliter bottle of tequila

Cocktail:

3 oz sparkling water

A splash of grapefruit

Slice of grapefruit, blood orange, or pineapple for garnish

1. For the tequila-soaked pineapple: Put the pineapple in a large resealable container and pour tequila over it. Refrigerate for 8 hours.
2. For the cocktail: Put ice in a rocks glass and add 2 oz of the tequila from the tequila-soaked pineapple. Top with sparkling water and add a splash of grapefruit juice. In a separate glass, muddle a piece of the pineapple, then add to the rocks glass. Garnish with a slice of grapefruit, blood orange or pineapple if desired.



Soups

Gazpacho

*From the Moosewood Cook Book
Claire Gunnels from her sister Julia Daily.
Demonstrated for a LIFE program on cool
summer*

Ingredients

4 cups tomato juice	2 tablespoons wine vinegar
1 large onion, finely chopped	1 teaspoon tarragon
2 cups freshly diced tomatoes	1 teaspoon basil
1 cup minced green pepper	1 dash cumin
1 teaspoon honey	¼ cup fresh chopped parsley
1 diced cucumber	Tabasco sauce to taste
4 scallions, chopped	2 tablespoons olive oil
1 lime, juiced	Salt and pepper
1 lemon, juiced	

1. Combine all ingredients and chill for at least an hour.
2. I sometimes pulse in a blender or food processor to lessen the chunks.
3. Can serve with a dollop of sour cream or crème fraiche and chopped scallions.

Minestrone Soup

My friend and colleague Monica Norem gave this to me.

Claire Gunnels; Monica found this on the Food Network. She would never forgive me if I didn't give my source.



Ingredients

2 tablespoons extra virgin olive oil	1 28-ounce can no salt added diced tomatoes.
1 large onion, diced	1 14-ounce can crushed tomatoes
4 cloves of garlic, minced	6 cups low sodium chicken broth
2 stalks celery, diced	1 15-ounce can kidney beans, drained and rinsed
1 large carrot, diced	1 cup elbow pasta
1/3 pound green beans, half inch pieces	1/3 cup finely grated parmesan cheese
1 teaspoon dried oregano	2 tablespoons chopped fresh basil
1 teaspoon dried basil	
Kosher salt and freshly ground pepper	

1. Heat the olive oil in a large pot over medium-high heat. Add onion and cook until translucent, about 4 minutes.
2. Add garlic and cook 30 seconds. Add celery and carrots and cook until softened about 5 minutes.
3. Add the green beans, oregano, basil, salt, and pepper. Cool 3 more minutes.
4. Add the diced and crushed tomatoes and the chicken broth. Bring to boil.
5. Reduce the heat to medium-low and simmer 10 minutes.
6. Stir in the kidney beans and pasta and cook until tender, about 10 minutes.
7. Ladle into bowls and top with parmesan and basil. (Monica slices some avocado on top as well).

Pasta E Fagioli Soup

From the Kitchen of Library staff



Ingredients

1 cup ditalini pasta, cooked
2 Tablespoons olive oil, divided
1 lb. spicy Italian sausage, casing removed
3 cloves garlic, minced
1 onion, diced
3 carrots, peeled and diced
3 stalks of celery, diced
3 cups chicken broth
1 cup water
1 (16oz) can tomato sauce

1 (15oz) can diced tomatoes
1 teaspoon dried basil
1 teaspoon dried oregano
 $\frac{3}{4}$ teaspoon dried thyme
Kosher salt and freshly ground black pepper, to taste
1 (15oz) can red kidney beans, drained and rinsed
1 (15oz) can Great Northern beans, drained and rinsed

1. Heat 1 Tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage to the skillet and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat and set aside.
2. Add remaining 1 Tablespoon oil to the stockpot. Stir in garlic, onion, carrots, and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.
3. Whisk in chicken broth, tomato sauce, diced tomatoes, basil, oregano, thyme, Italian sausage, and 1 cup of water; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer, covered, until vegetables are tender, about 10-15 minutes.
4. Stir in pasta and beans until heated through.
5. Serve immediately.

Vietnamese Sweet & Sour Chicken (Seafood) Veggie Soup

From the Kitchen of Huyen doan, Library Circulation Specialist



Image from Huyen Doan

Ingredients

1 lb. chicken or shrimp (peeled & deveined) or catfish/salmon filets (cut into big chunks)	(about 1-2 tablespoon)
3 cans chicken broth	1 cup pineapple chunks (preferred fresh)
2 cloves garlic (minced)	6 -10 fresh okra (cut each to half) or 8 oz frozen.
1-2 small shallots (minced)	4-5 celery stalks (cut to 2-3 inches)
1 tablespoon cooking oil	1 cup bean sprouts
2- 3 medium tomatoes (quartered)	1 bunch cilantro (chopped)
1 tablespoon sugar	2-3 stalks green onion (chopped)
1 teaspoon salt	A handful of fresh basil leaf - chopped (optional)
2 tablespoon fish sauce	1 hot fresh chili (optional)
1 teaspoon tamarind powder can be replaced by juice of half lemon/lime	

1. Heat oil in a medium stock pot. Once hot, add garlic & shallot and cook until fragrant.
2. Add in chicken (fish or shrimp) fish sauce & stir it.
3. 2. Slowly add in broth, bring it to a boil
4. 3. Reduce heat to medium. Add in tomatoes, pineapple, okra, celery and cook for 5 - 10 minutes
5. 4. Season to taste with tamarind powder (lemon/lime juice), sugar, salt. Simmer until chicken (shrimp/ fish) is cooked through, about 3-5 minutes.
6. 5. Add in a handful of bean sprouts. Cook for 1-2 minutes then remove from heat.
7. 6. Garnish with chopped cilantro, green onion, chopped basil leaf (optional) & hot/ fresh chili (sliced) if desire.



Salads

Ahi Mango and Poke Salad

From Kitchen of Library Staff



Ingredients

- | | |
|---|--|
| <i>1½ lbs. sushi grade ahi tuna, diced</i> | <i>2 green onions, sliced</i> |
| <i>5 oz salad greens</i> | <i>Sesame seeds</i> |
| <i>1 large carrot, grated</i> | <i>2 Tbsp soy sauce (or coconut amino)</i> |
| <i>½ English cucumber, sliced into thin half circles</i> | <i>1 tbsp rice vinegar</i> |
| <i>1 avocado, peeled and diced</i> | <i>1 tbsp sesame oil</i> |
| <i>1 mango, peeled and diced</i> | <i>1 tsp minced ginger</i> |
| <i>1 serrano or jalapeno pepper, seeded and thinly sliced</i> | |

Preparation

1. In a small jar, shake together the soy sauce, rice vinegar, sesame oil and minced ginger.
2. Mix the tuna with 2 tbsp of the dressing and let sit while preparing the rest of salad.
3. Toss salad greens, cucumber and grated carrot with remaining dressing. Arrange in individual bowls and top with ahi, avocado and mango. Sprinkle with sesame seeds, sliced serrano and green onion

Tip: For this flavorful spring salad, use only the very freshest, high-grade ahi tuna.

Brazilian Black Bean Salad

*From the Houston Chronicle
Claire Gunnels demonstrated this for a
LIFE program on salsas*



Ingredients

*1/3 cup light-flavored oil
1/4 cup fresh lime juice
3 tablespoons chopped cilantro
1 tablespoon minced pickled jalapeno
1 teaspoon minced garlic
1/2 teaspoon ground cumin
1/2 teaspoon salt
1 can (16 ounce) black beans, drained
and rinsed*

*1/2 cup red onion, chopped
1/2 cup each red and yellow peppers,
chopped*

1. In a large bowl, whisk oil, lime juice, cilantro, jalapeno, garlic, cumin, and salt.
2. Add beans, onion, and peppers.
3. Toss to coat well.
4. Cover and refrigerate several hours.
5. For a healthier version, reduce or omit oil and add a cup of chopped celery.

Cavender's Greek Pasta Salad

From the Kitchen of Library Staff



Image taken by PowerPoint Creative Commons

Ingredients

12 oz. spiral pasta - cook and cool
1/4 cup olive oil
3 tablespoons **Cavender's Greek Seasoning**
4 1/2 tablespoons lemon juice
1 can (4 1/2 oz.) sliced black olives
1 jar (4 oz.) diced pimentos
1/2 cup mayonnaise
5 green onions - chopped (if preferred, you can use red onions)
Optional: Add Feta Cheese

1. Add olive oil, Cavender's Greek Seasoning and lemon juice to pasta, cover and chill for 5 hours.
2. Add remaining ingredients and serve.

<https://greekseasoning.com/recipes/view/28>

Cucumber Crunch Coleslaw

From the Kitchen of Library Staff



Ingredients

*1/3 cup olive oil
1/4 cup sparkling or dry white wine
1 Tablespoon minced fresh basil
1 Tablespoon Key lime juice
1 serrano pepper, seeded and minced
1 1/2 teaspoon fresh mint, minced
1 1/2 teaspoons molasses
1 teaspoon sugar
1 garlic clove, minced
3/4 teaspoon salt
3/4 grated lime zest
1/2 teaspoon pepper*

Coleslaw:

*3 English cucumbers, julienned
2 cups fresh arugula or baby spinach, coarsely chopped
1 cup fresh snow peas, cut into 1/2 inch pieces
1/2 cup sliced almonds, toasted
1 cup dried cranberries*

1. In a small bowl, combine the first 12 ingredients. In a large bowl combine cucumbers, arugula/spinach, snow peas, almonds, and cranberries.
2. Just before serving, pour dressing over the salad, toss to coat.

Chicken Cabbage Salad

From the Kitchen of Huyen doan, Library Circulation Specialist



Image taken by library staff

Ingredients

For the salad:

2 chicken breasts (about ½ lb.) or substitute with (cooked) Rotisserie chicken

¼ medium head cabbage, finely shredded (white cabbage, Chinese cabbage or Savoy cabbage)

1 cup of bean sprouts (optional)

2 medium carrots, peeled and cut to matchstick size or 8 oz of matchstick carrots bag.

½ purple/white/sweet onion (shredded)

10 -12 fresh leaves pepper mint, thinly sliced/chopped (optional)

½ bunch cilantro, cleaned & chopped

⅓ cup unsalted roasted peanuts, (almonds, walnuts, cashews...) crushed or 3 tablespoons dried fried shallots (sell at Asian market) or 2-3 oz French fried onions.

For the dressing:

¼ cup lime/lemon juice, freshly squeezed

3 tablespoons sugar

2 tablespoons fish sauce (if don't have, substitute by ½ tablespoon salt)

2 tablespoons rice/apple cider vinegar

1 red fresh hot pepper, seeded, thinly sliced (optional)

2 cloves garlic, finely chopped

- For Salad Dressing:

Mix lime/lemon juice, sugar, fish sauce (preferred) or salt, vinegar, hot pepper and finely crushed garlic in a small bowl. Stirring mixer until everything is combined. Set aside.

- For Chicken:

Note: If using (cooked) Rotisserie Chicken we can skip this step.

Place the chicken in a frying pan/pot and cover with cold water.

Season with salt and pepper. Place over high heat and bring to simmer

As soon as the boiling starts, reduce heat, cover, and simmer over low heat for 10 to 15 minutes or until the chicken is cooked (without being dry).

Remove from heat and let the chicken cool in its cooking juices for 15 minutes.

Drain the chicken, place it in a dish and cover the dish with a plastic wrap.

Refrigerate for 2 hours.

Assembly of the salad:

In a large salad bowl, add the cabbage, bean sprouts, shredded onion, carrots, cilantro, peppermints, and half of the peanuts. Mix well.

8. Shred the chicken and add it on top of the salad.

9. Pour the reserved dressing over the salad mixture.

10. Sprinkle the rest of the peanuts and fried shallots/French fried onion over the salad.

11. Mix immediately before serving

Southwestern Spiral Pasta

From the Kitchen of Library Staff

Taste of Home Recipe



Ingredients

1/2 cup fresh lime juice	1 cup cherry tomatoes, halved
1/4 cup olive oil	2 cans (2 1/4 oz) sliced ripe olives drained
2 teaspoon ground cumin	1 small green pepper, finely chopped
2 garlic cloves, minced	1 small sweet red pepper, finely chopped
1 Tablespoon salsa	1 small red onion, finely chopped
1 Tablespoon white wine vinegar	1/2 cup fresh cilantro, chopped
3/4 teaspoon cayenne pepper	1 medium ripe avocado, peeled and sliced
1/2 teaspoon salt	
1 Pkg. (16 oz) uncooked spiral pasta	
1 1/2 cups fresh or frozen whole kernel corn	
1 can (15oz) black beans, rinsed and drained	

1. In a small bowl, whisk the first 8 ingredients until blended. Cook pasta according to package directions.
2. In a large bowl, mix pasta, corn, beans, tomatoes, olives, peppers, onion, and 1/4 cup cilantro. Pour dressing over salad, toss to coat. Refrigerate until serving.
3. Just before serving, top with avocado, and remaining cilantro.

Image taken from PowerPoint Creative commons

<https://www.tasteofhome.com/recipes/southwestern-pasta-salad/>

Spinach Salad

From the Kitchen of Tona Espel



Image taken from PowerPoint Creative Commons

Ingredients

Crispy fresh baby spinach
Toasted pumpkin seed, may substituted with your preferred nut
Flax seeds – ground
Dried cranberries -(may substituted by raisins or by any dried fruit of your preference. If it is too big -figs- cut it in small pieces)
Feta cheese

Zaatar or oregano (sprinkle)
Balsamic vinegar
Cold pressed olive oil

1. In a large bowl mix all the dry ingredients together (except the zaatar or oregano).
2. In a separate small bowl mix thoroughly the olive oil, the balsamic vinegar, the zaatar -or oregano-
3. Toss the dressing on the salad and mix well. Do not add the dressing until just before eating. You may keep all the dry ingredients ready and mix together in the refrigerator and just add the dressing when you're going to eat.



Main Course Dishes

Alexis' Egg Salad Sandwiches

This was prepared and served at a CyFair College LIFE program on American Comfort Food.

From Martha Stewart, Martha's American Food.



Ingredients

6 hard boiled eggs, whites chopped, yolks crumbled	$\frac{1}{4}$ teaspoon mild Madras curry powder (optional, but delicious)
$\frac{1}{4}$ cup mayonnaise plus more for bread	8 slices pumpernickel bread
$\frac{1}{2}$ teaspoon dried mustard powder	1 small head radicchio
$\frac{1}{4}$ teaspoon Dijon mustard	1 small bunch arugula, trimmed
1 medium stalk celery, diced (3 tablespoons)	d a list of Ingredients
Coarse salt and freshly ground pepper	

1. In a bowl, combine eggs, mayonnaise, mustard powder, mustard, curry powder (if using), and celery.
2. Spread egg salad on 4 slices of bread.
3. Cover with radicchio, arugula and another slice of bread.
4. Slice in half and serve. The egg salad will keep up to a day in the refrigerator.

Breakfast Casserole

From the Kitchen of Library Staff



*Good Morning!
Have An Awesome Day !!*

Ingredients

2 medium sweet potatoes peeled
and diced small (1/2")
1 lb ground pork, locally sourced
Salt and Pepper
Spice Mixture below:
1 tsp cinnamon
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp sage

1/2 tsp turmeric
2 large watermelon turnips, cubed
(locally grown)
2 cups kale chopped +1-2 tbsp
water or broth
2-3 tbsp ghee or coconut oil, for
cooking

1. For this recipe, you'll brown the meat separately from the potatoes. I like to do this in two skillets side by side, but you can also use the same one, browning the meat first and setting it aside.
2. Brown meat in about 1 tbsp coconut oil or ghee, sprinkling with salt, and pepper, and half the seasonings, once browned, set aside.
3. In a large skillet, add 1-2 tbsp ghee and heat to med/hi. Add potatoes, sprinkle with salt and pepper, cook about 2 minutes uncovered, stirring to brown.
4. Cover the skillet and lower heat to medium, cook another 3-5 minutes, stirring once midway, until soft. Uncover and add turnips, kale and water or broth, then cover again and cook 1-2 minutes, uncover and sprinkle with remaining seasoning. Continue to cook another minute uncovered or until toasty.
5. Add browned meat to potato mixture and stir, cook another 30 seconds to warm and then remove from heat, serve right away. Enjoy!



Balsamic Chicken Marinade

From the Kitchen of Library Staff

Ingredients

- ¼ cup extra virgin olive oil*
- ¼ cup water*
- 3 Tablespoons balsamic vinegar*
- 1 teaspoon kosher salt*
- 2 cloves garlic, minced or 1 teaspoon garlic powder*



BALSAMIC CHICKEN
marinade

1. Whisk all the ingredients together.
2. Add chicken to marinade. Let marinade for about 1 hour. If you are making ahead you can place chicken in a freezer bag and add marinade. Get all the air out of the freezer bag and seal. Freeze.
3. If chicken and marinade has been frozen, allow to thaw and then grill chicken.

Caribbean Chicken Salad with Pico

From the kitchen of Claire Gunnels. Inspired by the restaurant Chills



Ingredients

Honey Lime Dressing:
4 tablespoons lime juice
2 teaspoons olive oil
1 teaspoon Dijon mustard
1 teaspoon honey
½ teaspoon sesame oil
2 tablespoons apple cider vinegar

1 tomato, diced
½ cup red onion
2 teaspoons diced fresh jalapeno
2 tablespoons fresh cilantro, chopped
Pinch of salt.
2 boneless chicken breasts
Mixed greens, ½ cup pineapple
¼ cup almonds, toasted and sliced

Pico de Gallo:

1. Marinate the chicken breasts in half of the honey lime dressing for 30 minutes to 2 hours. Grill or sauté. Slice into strips.
2. Prepare the honey lime dressing and the pico.
3. Assemble by tossing the greens with the honey lime dressing, ½ cup pineapple chunks, ¼ cup sliced, toasted almonds. Top with chicken and pico.

Chicken Fajita Marinade

From the Kitchen of Library Staff

Recipe taken from: **Tex-Mex Cookbook: Traditions, Innovations, and Comfort Foods from Both Sides of the Border** by Ford Fry



Ingredients

- | | |
|---|---|
| 11 garlic cloves | 2 Tablespoons white wine/chicken broth |
| 2 teaspoons Mexican oregano, dried | ¼ cup onion, sliced |
| 2 bay leaves | ¼ cup packed light brown sugar |
| ½ cup kosher salt | 1 Tablespoon Chile paste |
| 2 lbs. Chicken breasts, skinless and boneless | Generous pinch of freshly ground black pepper |
| ¼ cup soy sauce | |
| ½ cup canned pineapple juice | |
| 2 Tablespoons vegetable oil | |

Preparation

1. Bring 2 cups of water to a boil in a small saucepan set over high heat. Remove the pan from the heat and add 10 of the garlic cloves, the oregano, bay leaves, and salt. Stir until the salt has dissolved. Add 1½ quarts ice water and stir to combine. place the chicken breast in the brine, make sure they are fully submerged. Cover and refrigerate for 3 hours.
2. Place the chicken in a large resealable plastic bag. Add the remaining garlic, the soy sauce, pineapple juice, oil, wine/chicken broth, onion, brown sugar, Chile paste, and pepper. Remove as much air as possible from the bag and seal. Refrigerate for 30 minutes.
3. Grill.

Chicken Pot Pie

From the Kitchen of Library Staff



Image taken from PowerPoint Creative Commons

Ingredients

1 Pkg of pie crusts (not the ones in a pie pan)*
8 oz chicken tenders, cut into bite size pieces
 $\frac{1}{4}$ cup onion, chopped
1 garlic clove, minced
1 Tablespoon butter
2 teaspoons all purpose flour
1 teaspoon fresh thyme
2 teaspoons parsley, chopped
1-2 dashes cayenne pepper

$\frac{3}{4}$ chicken base or 1 bouillon cube
 $\frac{3}{4}$ cup water
3 Tablespoons heavy cream
 $\frac{3}{4}$ cup frozen peas and carrots mix
Salt
Pepper
Egg wash
1 egg +1 Tablespoon water, whisked

1. Preheat oven to 400 degrees.
2. Spray muffin tin (or ramekins) with non-stick cooking spray.
3. Place large skillet over medium heat and add the butter and onions. Sauté 2 minutes, then add the chicken pieces and garlic. Sauté another 2-3 minutes, then add the flour, herbs, and chicken base. Stir to coat. Pour in the water and cream, then stir well. Allow the mixture to come to a simmer to thicken, then add the frozen veggies. Taste for salt and pepper and add a couple of dashes of cayenne for a little kick. Remove from heat.
4. Take pie crust out and roll flat. Cut into 4 equal triangular pieces. Then fit each piece down into the prepared muffin tin. Spread them apart- they grow! Fill the pastry dough with chicken filling, spooning in the creamy base. Then loosely fold the flaps over the top. It's okay if there are gaps in the top as long as the pastry dough sides come high. Brush the egg wash over the top of the pastry dough. Bake for 20-25 minutes on the bottom rack, until golden brown. Allow them to cool for 10 minutes.
5. To serve, run a butter knife around the inside edge of the muffin tins. Tip the knife down and carefully lift each pot pie out. If you accidentally poke a hole in the pot pie, serve in a bowl.

French Dip Sliders

From the Kitchen of Library Staff



Image taken from PowerPoint Creative Commons

Ingredients

2 Tablespoons unsalted butter,
softened
1 package Hawaiian sweet rolls (12
rolls total)
1 lb. deli roast beef*
12 slices provolone cheese
1½ French fried onions (optional)

Seasoning:
8 Tablespoon unsalted butter
1 packet Au Jus seasoning mix
1 teaspoon Worcestershire sauce
1 Tablespoon toasted sesame seeds
¾ teaspoon dried minced garlic
½ teaspoon onion powder
½ teaspoon seasoned salt (optional)
2 cups of cold water

1. Preheat oven to 350 degrees.
2. Butter the bottom of a 9 X 13 baking dish with soften unsalted butter.
3. Without separating the rolls, slice package of rolls in half.
4. Place the bottom half of the rolls in the baking dish. Top with the 6 slices of the provolone cheese, roast beef, French fried onions, remaining 6 slices of cheese and, and the other half of the rolls.
5. In a small bowl, melt the butter in the microwave. Mix in 1 Tablespoon of the au jus seasoning mix, Worcestershire sauce, sesame seeds, dried minced garlic, onion powder, and seasoned salt (If you don't like things salty omit the salt). Whisk until well combined.
6. Top the rolls evenly with this mixture (you do not have to use all of the mixture) but just make sure all the rolls are entirely coated.
7. Bake the sliders uncovered until the cheese is gooey and the tops of the rolls are golden brown- about 15-20 minutes.
8. Remove and cut the sliders with a very sharp knife.
9. While the sliders are baking, take the remaining au jus mixture and place in a small sauce pan over medium heat. Add 2 cups of cold water and whisk. Bring to a boil and then reduce the heat to simmer to allow it to slightly thicken.
10. Serve with the sandwiches

<https://www.chelseasmessyapron.com/easy-french-dip-sliders/>



Greek Chicken Marinade

From the Kitchen of Library Staff

Ingredients

*¼ cup extra virgin olive oil
1 lemon, juice & zest
¼ cup plain Greek yogurt
1 Tablespoon red wine vinegar
1 teaspoon garlic, minced or garlic powder
1½ teaspoons oregano, dried
½ teaspoon coriander
1 teaspoon kosher salt
½ teaspoon black pepper*



GREEK CHICKEN
marinade

1. Whisk all the ingredients together.
2. Add chicken to marinade. Let marinade for about 1 hour. If you are making ahead you can place chicken in a freezer bag and add marinade. Get all the air out of the freezer bag and seal. Freeze.
3. If chicken and marinade has been frozen, allow to thaw and then grill chicken.

Seasonal Hash Brown

From the Kitchen of Bronwyn Sutherland, Librarian



Image taken by Library Staff

Ingredients

2 medium sweet potatoes,
peeled and diced, small (1/2
inch)

1 lb. ground pork, locally sourced

Salt and pepper

2 watermelon turnips, cubed
(locally grown)

2 cups kale chopped + 1-2
Tablespoons water or broth

2-3 Tablespoons ghee or
coconut oil for cooking

Spice mixture:

1 teaspoon cinnamon

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/2 teaspoon Sage

1/2 teaspoon turmeric

1. For this recipe, you'll brown the meat separately from the potatoes. I like to do this in 2 skillets side by side, but you can also use the same one, browning the meat first and setting it aside.
2. In a small bowl, mix spice mixture together.
3. Brown meat in about 1 Tablespoon ghee/coconut oil, sprinkling with salt, pepper, and half the seasoning. Once browned, set aside.
4. In a large skillet, add 1-2 Tablespoon ghee/coconut oil to medium/high. Add potatoes, sprinkle with salt pepper, cook about 2 minutes uncovered, stirring to brown.
5. Cover skillet, and lower heat to medium. Cook another 3-5 minutes, stirring once midway, until soft. Uncover add turnips, kale and water/broth. Then cover again and let cook 1-2 minutes. Uncover and sprinkle with remaining seasoning. Continue to cook another minute uncovered until toasty.
6. Add browned meat to potato mixture and stir. Cook another 30 seconds to warm and then remove from heat, serve right away. Enjoy!

Korma (Curry)

*From the kitchen of Original recipe
from Patrick Gunnels, Family of Claire Gunnels, Librarian*



Ingredients

1 large white onion, slivered or chopped
2 tablespoons extra virgin olive oil
4 - 5 cloves of garlic, minced
Minced fresh ginger, equivalent volume to
the garlic (can use ground dried if
necessary)
8 ounces tomato sauce
2 pounds cubed meat (lamb, beef, or
chicken)
3 tablespoons curry powder

1 tablespoon ground red pepper (cayenne)
or to taste
1 teaspoon ground cinnamon
Sea salt to taste
4 cups low sodium beef or chicken broth
(or water if you don't have any)
4 habanero peppers, finely diced and
seeded (optional)
Rice

Sauté the onion in the olive oil. When it is golden brown, after about 15 minutes, add the garlic and ginger. Be sure not to put in the garlic and ginger at the same time as the onions because they will burn. Once the delicious aroma permeates the air, add the tomato sauce. After three minutes or so, add the meat and stir until the mixture is homogeneous and the meat is seared. Add the curry powder, the red pepper, and the cinnamon. This is a hot curry. You may want to half the spices to see how hot you like it. Add sea salt to taste. Add the broth or water. Let simmer uncovered for about 90 minutes or until meat is tender (chicken takes about a half an hour less time). Stir occasionally. If you like a really hot curry, add four habanero peppers. Simmer 15 minutes longer and remove from heat. Serve over rice.



Lemon Rosemary Chicken Marinade

From the Kitchen of Library Staff

Ingredients

1 lemon, juice & zest
¼ cup extra virgin olive oil
2 cloves garlic, minced
1 teaspoon rosemary, dried

LEMON ROSEMARY
chicken marinade



1. Whisk all the ingredients together.
2. Add chicken to marinade. Let marinade for about 1 hour. If you are making ahead you can place chicken in a freezer bag and add marinade. Get all the air out of the freezer bag and seal. Freeze.
3. If chicken and marinade has been frozen, allow to thaw and then grill chicken.



Marvelous Meat Marinade

From the Kitchen of Library Staff

MARVELOUS MEAT *marinade*



Ingredients

*1/4 cup olive oil
1/4 cup soy sauce
1/8 cup Worcestershire sauce
1 Tablespoon dry mustard
1 teaspoon kosher salt
1/2 lemon, juiced
1 teaspoon coarse black pepper
2 Tablespoon red wine vinegar
1 teaspoon parsley flakes*

*2 cloves garlic, minced (or 1
teaspoon garlic powder)
1 teaspoon onion salt
1 Tablespoon sugar*

1. Whisk all the ingredients together.
2. Add chicken to marinade. Let marinade for about 1 hour. If you are making ahead you can place chicken in a freezer bag and add marinade. Get all the air out of the freezer bag and seal. Freeze.
3. If chicken and marinade has been frozen, allow to thaw and then grill chicken.

Mediterranean Mozzarella Chicken

From the Kitchen of Library Staff



Ingredients

1 Tablespoon olive oil
½ onion, chopped
1 clove garlic, thinly sliced
200 g (about 7 oz) tinned chopped tomatoes
Fresh basil, chopped roughly
150 milliliters (about 5 oz) vegetable stock
125 g (about 4.4 oz) skinless chicken breasts
30 g (about 1 oz) mozzarella cheese, sliced

1. Preheat oven to 375.
2. Heat the oil in a frying pan. Add the onion and garlic and cook for 5 minutes, or until the onion softens. Add the chopped tomatoes, basil leaves and stock then bring to the boil. Reduce the heat and leave to simmer for 5 minutes, stirring occasionally.
3. Meanwhile, lightly pound the chicken breast to increase the surface area and place the chicken in an oven-proof dish. Cover the chicken with the sauce from the pan and add slices of mozzarella to the dish, keeping them in a single layer. Transfer to the oven and cook for approximately 20 minutes, or until the chicken is completely cooked through (chicken should be white throughout) and the cheese is melted.

<https://thefast800.com/low-carb-mediterranean-mozzarella-chicken/>



Rosemary Ranch Chicken Marinade

From the Kitchen of Library Staff

Ingredients

1/4 cup olive oil
1/4 cup ranch dressing
2 Tablespoons Worcestershire sauce
1 teaspoon rosemary, dried
1 teaspoon lemon juice
1 teaspoon red wine vinegar
1 teaspoon kosher salt
1/2 teaspoon ground black pepper, or to taste

1. Whisk all the ingredients together.
2. Add chicken to marinade. Let marinade for about 1 hour. If you are making ahead you can place chicken in a freezer bag and add marinade. Get all the air out of the freezer bag and seal. Freeze.
3. If chicken and marinade has been frozen, allow to thaw and then grill chicken.

ROSEMARY RANCH
chicken marinade



Shepherd's Pie Twice-Baked Potatoes

From the Kitchen of Library Staff



Image taken by PowerPoint Creative Commons

Ingredients

- | | |
|---|---|
| <i>6 large russet potatoes</i> | <i>1/8 teaspoon pepper</i> |
| <i>2 Tablespoons olive oil</i> | <i>Dash cayenne pepper</i> |
| <i>1 lb. ground beef</i> | <i>2 teaspoons paprika, divided</i> |
| <i>1 medium onion, chopped</i> | <i>1/2 cup butter, cubed</i> |
| <i>1 medium green pepper, chopped</i> | <i>3/4 cup heavy whipping cream</i> |
| <i>1 medium sweet red pepper, chopped</i> | <i>1/4 cup sour cream</i> |
| <i>4 garlic cloves, minced</i> | <i>1/2 cup shredded Parmesan cheese</i> |
| <i>1 Pkg. frozen mixed vegetables</i> | <i>1 Tablespoon minced chives</i> |
| <i>3 Tablespoons Worcestershire sauce</i> | <i>Toppings:</i> |
| <i>1 Tablespoon tomato paste</i> | <i>1 cup shredded cheddar cheese</i> |
| <i>1 Tablespoon steak seasoning</i> | <i>1 Tablespoons minced chives</i> |
| <i>1/4 teaspoon salt</i> | <i>1 teaspoon paprika</i> |
1. Scrub and pierce potatoes, rub with oil. Bake at 375 degrees until tender. (about an hour)
 2. In a large skillet, cook the beef, onion, peppers, and garlic over a medium heat until beef is no longer pink, drain. Add mixed vegetables, Worcestershire sauce, tomato paste, steak seasoning, salt, pepper, cayenne, and 1 teaspoon paprika. Cook and stir until vegetables are tender.
 3. When potatoes are cooled enough to handle, cut a thin slice off the top of each and discard. Scoop out the pulp, leaving the shells.
 4. In a large bowl, mash the pulp with butter. Add the whipping cream, sour cream, cheeses, and chives. Mash potatoes until combine. Spoon 1 cup meat mixture into each potato shell; top with 1/2 cup of potato mixture. Sprinkle with remaining paprika.
 5. Place on baking sheet. Bake at 375 degrees for 20 minutes. Sprinkle with cheese, bake until melted (about 5 minutes). Sprinkle with chives and paprika

Quarantined, oh what can I cook for my family who is stuck at home? It has to taste good. It has to comfort and bring memories of “Muzzie” Grandma to their mind. **Laurie Bayern, Library Circulation Specialist.**

Six-Hour Casserole

From the Kitchen of Muzzie



Ingredients

2 lbs. Stew meat (Chuck or Round)
8 carrots, cut into rather thick circles
1 cup celery, cut in ½ inch pieces
1 and (16 oz) tomatoes
1 Pkg. Lipton's Dry Onion Soup mix
3 Tablespoons tapioca pearls
2 slices white bread, cut into small cubes

1 Tablespoon sugar
1 Tablespoon salt
1/8 teaspoon pepper
1/8 teaspoon thyme
1/8 teaspoon marjoram
1/8 teaspoon rosemary
1 Pkg. frozen peas

1. Preheat oven to 250 degrees.
2. Cut meat into 1- ½ cubes.
3. Combine all ingredients except frozen peas in a 3 quart casserole or large pot. Cover lid tight.
4. Bake 6 hours. Add frozen peas about ½ hour before serving.



Southwest Chicken Marinade

SOUTHWEST CHICKEN *marinade*



Ingredients

*1/4 cup oil
1 lime, zest & juice
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon oregano
1 teaspoon garlic, minced or garlic powder
1 teaspoon onion powder
1 teaspoon kosher salt
1/2 teaspoon black pepper*

1. Whisk all the ingredients together.
2. Add chicken to marinade. Let marinade for about 1 hour. If you are making ahead you can place chicken in a freezer bag and add marinade. Get all the air out of the freezer bag and seal. Freeze.
3. If chicken and marinade has been frozen, allow to thaw and then grill chicken.

Spare Ribs

*From the alumnae cook book, Bouquet Garni, Mount Holyoke College
Claire Gunnels' dad loved these ribs*



Ingredients

2 racks spareribs	1 teaspoon dried mustard
1 teaspoon salt	½ teaspoon Tabasco sauce
A few grindings of pepper	½ cup water
2 onions, chopped	½ bottle (12 ounce) of beer
1 clove garlic, minced	
½ cup ketchup	
1 tablespoon sugar	
1 tablespoon Worcestershire sauce	
1 tablespoon vinegar	

1. Salt and pepper meat and place in a 300 degree oven in a shallow pan.
2. Sauté onions and garlic in a large skillet.
3. Add other ingredients except the meat and beer.
4. Simmer 15 minutes, add beer, simmer 15 more minutes.
5. Spread sauce over spareribs, which should be slightly browned and warmed. Cook for an hour.
6. Add other half of the sauce.
7. Cook an hour to 1½ hours more.
8. More ketchup, water, or beer may be added to thin the sauce.

Spicy Miso Pasta

From the Kitchen of Library Staff

Cravings by Chrissy Teigen



Ingredients

2 Tablespoons olive oil
4 oz thick-cut or regular bacon, diced (1 cup)
3 Tablespoons chili garlic sauce (or sambal oelek and $\frac{1}{2}$ teaspoon chili flakes), plus more to taste
2 Tablespoons blond or light miso, plus more to taste
2 Tablespoons hot water
3 eggs

$\frac{3}{4}$ lb. dry spaghetti (linguini or fettuccine)
2 oz parmigiana Reggiano cheese, finely grated (about $1\frac{1}{4}$ cups) plus more for garnish
1 teaspoon ground pepper, fresh
 $\frac{1}{2}$ cup sliced scallion greens, plus more for garnish

1. Bring a large pot of generously salted water to a low boil, cover and keep hot on a low burner. Heat the olive oil over medium heat in a large skillet, then add the bacon and cook until crisped and the fat is rendered (9-10 minutes). Remove from the heat and reserve.
2. Whisk together the chili garlic sauce, miso, and hot water until smooth, then beat in eggs. Cook the pasta according to the box instructions until al dente and drain, reserving $\frac{1}{2}$ cup of the pasta water.
3. Add the pasta to the skillet with the bacon and toss to combine. Heat over medium until everything is nice and hot. Add the egg mixture, reduce the heat to low, and quickly toss until the eggs coat the pasta but are not scrambled.
4. Add the cheese, pepper, and pasta water as desired until the sauce reaches your desired flavor and consistency. Taste, and add more chili garlic sauce if you like things spicy. Toss in the scallions.
5. Divide among bowls, and garnish with more scallions and cheese as desired.

Tamale Pie

From the Kitchen of Pam Panettiere – Taste of Home



Image taken by library staff

Ingredients

1 lb. ground beef
1 (10 oz) can Rotel
1 cup chunky salsa
1 Pkg. (8.5 oz) Jiffy corn muffin mix
1 cup cream style corn
1 cup Mexican cheese mix, shredded
Optional:
1 small can of black olives, drained

1. Preheat oven to 350 degrees. In a medium saucepan over medium heat, cook and stir ground beef until browned, breaking up clumps.
2. Drain off fat, and stir in Rotel and salsa until thoroughly combined.
3. Transfer to 2 quart casserole dish.
4. In a small bowl stir muffin mix and corn until just blended. Spread over casserole. (Sprinkle olives over the top)
5. Bake for 45-50 minutes, or until bubbly. If edges start to brown, cover.
6. Top with cheese and bake for 5 more minutes.

Serves 4

Teriyaki Chicken Marinade

From the Kitchen of Library Staff



TERIYAKI CHICKEN *marinade*



Ingredients

- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup canola oil
- 2 cloves garlic, minced
- 1 teaspoon ground ginger
- 1/4 teaspoon pepper

Preparation

1. Whisk all the ingredients together.
2. Add chicken to marinade. Let marinade for about 1 hour. If you are making ahead you can place chicken in a freezer bag and add marinade. Get all the air out of the freezer bag and seal. Freeze.
3. If chicken and marinade has been frozen, allow to thaw and then grill chicken.

<http://www.themanylittlejoys.com/easy-make-ahead-marinades-for-summer-grilling/>

Tex Mex Meatballs

From the Kitchen of Library Staff



Ingredients

1 ½ lbs. ground beef
2 cups Mexican cheese blend divided
½ cup panko bread crumbs
2 Tablespoon fresh parsley, chopped
plus more to garnish
2 cloves garlic, minced
1 jalapeno, finely chopped
1 large egg
1 teaspoon ground cumin

Kosher salt
Freshly ground black pepper
1 Tablespoon extra-virgin olive oil
½ large onion, chopped
1 (15 oz) can crushed tomatoes
2 Tablespoons chopped chipotle
chiles in adobo sauce

1. In a medium bowl, combine ground beef, 1 cup of cheese, bread crumbs, parsley, garlic, jalapeno, egg, and cumin, and season with salt and pepper. Mix until combined, then form into meatballs.
2. In a large skillet over medium-high heat, heat oil. Add meatballs in a single layer and sear 2 minutes per side. Transfer to a plate.
3. Add onion to skillet and cook, stirring, until soft, 5 minutes. Stir in crushed tomatoes and chipotle in adobo and bring mixture to a boil. Reduce heat to medium-low and return meatballs to skillet. Cover and simmer until meatballs are cooked through, about 10 minutes.
4. Top with remaining 1 cup cheese, then cover with lid to let melt, about 2 minutes.
5. Garnish with parsley.

<https://www.delish.com/cooking/recipe-ideas/recipes/a48560/tex-mex-meatball-sub-recipe/>

Vietnamese Summer Rolls with Jicama & Carrot

From the Kitchen of Huyen Doan, Library Circulation Specialist



Image taken from library staff

Ingredients


1 small size Jicama (cut into matchsticks)
1 medium size carrot (cut into matchsticks)
2 small shallots, thin sliced or minced
½ lb. ground pork (preferred) or ground chicken/ground beef
1 teaspoon salt
½ teaspoon black pepper
½ teaspoon sugar
1 small bunch basil (remove stems and

julienne stems)/ or fresh cilantro, chopped
1 small bunch of red/green leaf lettuce
1 pack spring roll rice paper
2 Tablespoon cooking oil for frying
Dipping Sauce:
4 Tablespoons hoisin sauce
1 Tablespoon peanut butter
4 Tablespoons water

1. In a large skillet add the cooking oil. Add the shallots to stir fry until they turn a fragrance yellow brown.
2. Add ground pork, salt pepper and evenly toss until nicely toasted (about 5 minutes)
3. Add the jicama, carrots, and a little salt, sugar to taste. Toss until cooked and limp (5-10 minutes)
4. To assemble: Wet the rice paper in water. Transfer wet rice paper on to a plate.
5. Add a leaf or two of lettuce and add a generous sprinkle of julienned basil leaves/ cilantro along on end of the rice paper.
6. Add the mixture over on the vegetables.
7. Roll everything up midway, fold the ends of the rice paper in, then roll the rest of the way.
8. Peanut sauce: Mix hoisin sauce, peanut butter, and water to a small pot and boil it.



*Slow Cooker
Dishes*



This is a comforting meal for me. My mom always made this and somehow it always makes me feel like she is with me. I have made this 2x over these Corona days and it brightens my spirits because it feels like a happy meal.

Beef Stew IN The Instant Pot

From the Kitchen of Missy Dixon, Librarian



Ingredients

1 lb – stew beef	½ onion chopped
1 packet – stew seasoning (like McCormick)	2-celery stalks chopped
2 cups – water	½ bag frozen peas (add at very end)
Veggies of your choice	
2-large potatoes scrubbed and chopped	
½ cup- chopped carrots or baby carrots whole	

1. Put instant pot on Sauté' setting and use cooking oil to brown the stew beef.
2. Add the water(scrape the bottom of the pot so there are no bits of brown) and
3. The seasoning packet, secure the lid and put valve to sealing setting. Select Manual-High pressure and adjust time to 40 min(I like my meat tender) After cycle is complete allow to rest for 10 min
4. Before Quick release of pressure with the manual valve. Remove lid and stir Add vegetables of your choice (stay below the max fill line) Put lid back on and secure the valve pressure. Select manual again set timer for 10-15 min. Once cycle is complete allow to rest 10 min then release the remaining pressure manually. Optional: Thicken liquid to a gravy with a cornstarch and water slurry. Stir in frozen peas, Serve and enjoy.

Instant Pot Pho Ga (Vietnamese Chicken Noodle Soup)

From the Kitchen of *Huyen Doan, Library Circulation Specialist*

Broth Portion

Ingredients

- | | |
|---|---|
| 1 (3-4lb) good quality whole chicken (or 3.5 lbs) | $\frac{1}{2}$ teaspoon fine table salt+ salt to taste |
| 1 small bunch fresh cilantro | drumsticks + thighs) |
| 1 Tablespoon sugar | 2 medium onions (1 yellow + 1 white) peeled and halved |
| 4 cinnamon sticks | 1 piece (4-5oz.) fresh ginger unpeeled, washed and cut into long strips |
| 4 cloves dried star aniseeds | 2 Tablespoons vegetable oil |
| 1 Tablespoon (5g) coriander seeds | |
| 8 cups cold water | |
| 2 Tablespoons fish sauce | |

1. Toast spices: Place 1 Tablespoon of coriander, half a cinnamon stick, and 4 cloves of aniseed in the pressure cooker.
2. Heat up your pressure cooker over medium heat. (Instant Pot: press Sauté button)
3. When you smell the fragrance released from the spices (about 2-3 minutes), remove and set aside the toasted spices.
4. Char Onions and Ginger: (make sure your pot is as hot as it can be over medium heat) (Instant Pot : wait until the indicator says HOT)
5. Pour 2 Tablespoons of vegetable oil and ensure to coat the oil over whole bottom of the pot
6. Carefully place 2 halved medium onions (flat side down) and ginger pieces in the pressure cooker.
7. Allow onions and ginger to car without touching them (about 5 minutes)

Instant Pot Pho Ga (Vietnamese Chicken Noodle Soup)

Broth portion continued...



Image from PowerPoint Creative Commons

1. Pressure Cook Chicken Broth: Pour in $\frac{1}{2}$ cup of cold water and fully deglaze the bottom of the pot with a wooden spoon.
2. Add in the toasted spices, 1 teaspoon of sugar, 2-3 Tablespoons of fish sauce, $\frac{1}{2}$ teaspoon of table salt.
3. Pour in $3\frac{1}{2}$ cups of cold water.
4. Carefully add the chicken with tongs.
5. Pour in 4 more cups of water. (try not to pour the water directly at the chicken as it can splatter chicken's germs outside of the pressure cooker) Make sure the chicken is at least 90% submerged into the liquid
6. Close lid and pressure cook at High Pressure for 10 minutes + 20 minutes Natural Release.
7. After 20 minutes, turn the venting knob to venting position to release the Release.
8. Open lid carefully.
9. Strain Chicken Broth: Transfer chicken to a large mixing bowl filled with cold water. The whole chicken will most likely fall apart. This step firms up the skin and cools the chicken to touch.
10. Strain chicken broth through a fine mesh strainer.
11. Remove the fat with a fat separator or skim the fat off with a ladle.
12. Season Chicken Broth: Bring the chicken broth back to a boil over medium heat (Instant Pot: press Sauté button).
13. Taste chicken broth and adjust the seasoning accordingly by adding more salt. It will need quite a bit.

Instant Pot Pho Ga (Vietnamese Chicken Noodle Soup)

Sip some of the hot soup first, then try adding the garnish one by one to taste how they change the flavor of the soup. When you add some Thai basil leaves, the soup will have more complexity. When you squeeze in some lime juice, the whole bowl will transform into another flavor profile.

Putting it all together

Ingredients

Noodles:

1 bag of Rice Flat Noodles (prefer size small Platter on the side: or medium)

Garnishes on Noodle:

½ small white onion, thinly sliced

Fresh cilantro, finely chopped

1-2 stalks green onion, finely chopped

Freshly ground black pepper

Fresh bean sprouts

1 small lime cut into 6 wedges

Optional:

Fresh chili pepper/ siracha Hot Chili Sauce

Fresh Basil

Hoisin Sauce

1. While broth is prepare garnishes and side platter.
2. Thinly slice ½ small white onion.
3. Place sliced onion into a small bowl of cold water. (15 minutes)(this reduces the pungency of the onion)
4. Prepare other garnished as describe in ingredients list
5. When pressure cooker starts natural releasing, placed dried noodles in a large mixing bowl.
6. Pour lightly salted boiling water into the mixing bowl until the dried noodles are fully submerged.
7. Stir and loosen the noodles occasionally.
8. Once noodles are cooked through (18-25 minutes), drain and run them under cold tap water to stop the cooking process.
9. Serve: Placed cooked noodles and chicken pieces in a large bowl.
10. Garnish with white onion slices, chopped green onions, fresh chopped cilantro, and some freshly ground black pepper.
11. Pour in boiling chicken broth and serve piping hot.



Low Carb Instant Pot Meatloaf

From the Kitchen of Missy Dixon, Librarian



Image taken by library staff

Ingredients

1 pound ground beef (room temp for ease of mixing)	2 tablespoon garlic minced
2 eggs	1 tablespoon parsley chopped
1 tablespoon <u>Worcestershire sauce</u>	2 teaspoon Italian Seasoning
1/2 onion finely chopped (or slightly sauté in a pan)	1/4 cup Parmesan cheese grated
1/3 cup <u>pork rinds</u> crushed	1 cup beef broth or water
1 teaspoon salt	Gravy packet
1/4 teaspoon pepper	

1. Mix ground beef, eggs, Worcestershire sauce, onion, pork rinds, salt, pepper, garlic, parsley, Italian seasoning, and parmesan cheese together in a large bowl.
2. Using a large piece of aluminum foil, create a loaf shape to hold the meatloaf.
3. Shape your hamburger mixture into a meatloaf shape and set on the foil wrap.
4. Place beef broth in Instant Pot.
5. Grab the trivet and place your foil wrap holding your meatloaf onto the trivet.
6. Carefully set inside Instant Pot.
7. Ensure SEALING is set.
8. PRESSURE COOK on HIGH for 25-35 minutes. (I go 35 because I like mine well done) Then do a quick pressure release.
9. Once Meatloaf has cooked Broil in the oven for 3-5 minutes until top is slightly browned
10. In the instant pot set on Sauté setting and add in the gravy packet and let thicken.
11. Serve hot and enjoy!



Breads

Apple Banana Bread

From the Kitchen of Tracy Williams, Librarian



Image taken by library staff


Ingredients

- | | |
|----------------------------|-----------------------------|
| 1/2 cup butter | 1 teaspoon baking soda |
| 1/2 cup brown sugar | 1/2 teaspoon salt |
| 1/2 cup granulated sugar | 1 teaspoon cinnamon |
| 2 eggs | 2 apples, cored and chopped |
| 3 Tablespoon sour cream | 1/2 cup walnuts, chopped |
| 1-2 bananas, mashed | |
| 1 teaspoon vanilla extract | |
| 2 cups flour | |
| 1 teaspoon baking powder | |

Preparation

1. Preheat oven to 350 degrees.
2. Cream butter and sugars and beat in eggs.
3. Stir in sour cream, bananas, and vanilla.
4. In a separate bowl, combine flour, baking powder, baking soda, and cinnamon.
5. Gradually add to butter mixture.
6. Gently stir in apples and nuts.
7. Spoon into greased bread pan.
8. Bake for 1 hour.

<https://www.food.com/recipe/apple-banana-bread-6627>



Notes: Evelyn Gunnels, Claire Gunnels' mother in law found this recipe printed on the side of a bag of overripe bananas. Item is very moist and dark and will keep in the refrigerator a long time. Claire often would serve this bread at LIFE programs.

Banana Nut Bread

From the Kitchen of Claire Gunnels

Ingredients

*2/3 cup butter
2 cups sugar
4 egg
8 very ripe bananas
3 cups flour
2 teaspoons baking soda
2 teaspoons salt
1 cup chopped nuts*

1. Cream butter and sugar, Add eggs and mix well. Add flour, soda, and salt . Mix well.
2. Mash bananas and add along with nuts.
3. Pour into two greased and floured loaf pans about 2/3 full.
4. Bake at 350 degrees about an hour or until a toothpick inserted in the center comes out clean.

Crunch Corn Muffins with Bacon, Cheddar, and Jalapenos

From the Kitchen of Library Staff



Image taken by library staff

Ingredients

6-8 center cut bacon slices, chopped	$\frac{3}{4}$ cup whole milk
$\frac{1}{3}$ cup yellow cornmeal	$\frac{1}{3}$ cup heavy cream
1 cup all purpose flour	3 eggs, well beaten
$\frac{1}{4}$ cup brown sugar	$\frac{1}{4}$ cup pickled jalapenos
1 teaspoon baking powder	$1\frac{1}{4}$ cups grated cheddar cheese
1 teaspoon baking soda	$1\frac{1}{4}$ cups corn kernels, preferably fresh or thawed from froze
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon ground black pepper	

1. Preheat the oven to 375 degrees
2. In a medium skillet, set over medium high heat, add the bacon.
3. Cook until crispy, about 3-4 minutes.
4. Remove from the pan and place on a paper towel lined plate.
5. Turn off the heat and reserve the bacon fat.
6. In a large bowl, combine cornmeal, flour, brown sugar, baking powder, baking soda, salt, and pepper.
7. In a small bowl, combine milk, cream, and eggs.
8. Whisk the wet ingredients into the dry.
9. Add cheddar cheese, pickled jalapenos, and corn.
10. Incorporate the bacon fat from the cast iron pan, leaving about 1 tablespoon to grease the muffin pan.
11. Mix the mixture well.
12. Generously grease the cups of a standard 12 cup muffin pan.
13. Pour the batter into the muffin pan cups.
14. Bake for 25 minutes or until golden brown on top or a toothpick inserted into the center of one of the muffins comes out clean. Remove from the oven.
15. Let them slightly cool, remove from the muffin pan and serve.
16. Muffins can be eaten out of the pan, or at room temperature. They can be eaten solo, or cut in half and topped with sunny side up eggs and ripe avocado slices for breakfast or brunch or a side to soups, stews or chili.

Feta Spinach Stuffed French Bread

From the Kitchen of Library Staff



Ingredients

Filling;

8 oz cream cheese room temperature

½ cup mayonnaise

½ cup sour cream

1 Pkg. Lipton Onion Soup Mix (see note 1)

½ teaspoon fresh cracked black pepper

2 cups mozzarella cheese, grated

1 cup feta cheese

10 oz package frozen chopped spinach

15 slices of sliced salami rounds
chopped

2 loaves French bread or 4 baguettes

1. Preheat oven to 350 degrees. Thaw frozen spinach and drain in a sieve, pressing to extract excess water. Place spinach in a bowl and set aside.
2. Slice top off the loaf of bread(s) horizontally and scoop out the interior bread leaving a wonderful crust container. Save inside bread pieces for other use.
3. In a mixing bowl add the cream cheese, mayonnaise, sour cream, onion soup mix package, and black pepper. Mix to blend and add 1 cup mozzarella and the feta cheese and mix. Next add the spinach and salami. Stir to combine.
4. Divide the filling between loaves of bread and top with remaining 1 cup mozzarella cheese. Bake for 20-24 minutes until top is golden and bubbling. Allow to cool slightly before slicing.

Note 1: Feta cheese is a little salty side, so if that is a possible issue for you, I would use half of the onion soup mix, or just 2 teaspoons dried dehydrated onions or 1 teaspoon onion powder.

Neo-Neapolitan Pizza Dough

From the Kitchen of Library Staff

Taken from American Pie by Peter Reinhart



Ingredients

*5 cups of flour
2 tsp of table salt
1 tsp of instant yeast
1 tsp of honey/sugar
2 TBSP of olive oil
1 $\frac{3}{4}$ cups + 1 TBSP of water*

1. In a mixer, mix all ingredients together (low speed) with dough hook for 5 minutes.
2. Rest for 5 minutes.
3. Mix for 2-3 minutes. (med.-low speed). Dough needs to come clean off the sides of the mixer, if it doesn't add a little bit of flour at a time until it does.
4. Dust with flour.
5. Place in bowl.
6. Brush with olive oil and let dough rise for 30 minutes.
7. Refrigerate for 24 hours.
8. Remove from refrigerator 2 hours before use.

Simple Tortillas

From the Kitchen of Tracy Williams, Librarian



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Ingredients

- 2 ½ cups Unbleached all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ cup lard/butter/shortening/vegetable oil
- 7/8 to 1 cup of hot tap water (110-120 degrees)

Preparation

1. In a medium bowl, whisk together the flour, baking powder, and salt.
2. Add the lard/butter/shortening. Use your fingers or a pastry blender to work the fat into the flour until it disappears. Coating most of the flour with fat inhibits gluten formation, making the tortillas easier to roll out.
3. Pour in the lesser amount of water (plus the oil, if you're using it), and stir briskly with a fork or whisk to bring the dough together into a shaggy mass. Stir in additional water as needed to bring the dough together.
4. Turn the dough out onto a lightly floured counter and knead briefly, just until the dough forms a ball. If the dough is very sticky, gradually add a bit more flour.
5. Divide the dough into 8 pieces. Round the pieces into balls, flatten slightly, and allow them to rest, covered, for about 30 minutes. If you wish, coat each ball lightly in oil before covering; this ensures the dough doesn't dry out.
6. While the dough rests, preheat an ungreased cast iron griddle or skillet over medium high heat, about 400 degrees.
7. Working with one piece of dough at a time, roll into a round about 8 inch diameter. Keep the remaining dough covered while you work. Fry the tortilla in the ungreased pan for about 30 seconds on each side. Wrap the tortilla in a clean cloth when it comes off the griddle, to keep it pliable. Repeat with remaining dough balls.
8. If there are leftovers, allow them to cool completely, then wrap tightly in plastic and store in the refrigerator. Reheat in an ungreased skillet, or for a few seconds in the microwave.

White Bread

*From the Kitchen of Margaret Houchin, family member
of Valarie Houchin, Library Circulation Specialist*



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Ingredients

<i>2 ¼ cups water/milk/potato water</i>	<i>flavored preferred) + extra to grease</i>
<i>3 Tablespoons sugar</i>	<i>pans</i>
<i>1 Tablespoons salt</i>	<i>5-6 cups flour (depends on weather,</i>
<i>2 packages yeast</i>	<i>start off with smaller amount, add more</i>
<i>4 Tablespoons of shortening (butter</i>	<i>if needed)</i>

1. Add sugar and 4 Tablespoons of shortening into 2 ¼ cups of water. Microwave water mixture until water is warm. Stir mixture. (Shortening will probably will not melt all the way)
2. Add yeast to warm water mixture and stir. Let mixture sit for about 5 minutes.
3. Sift flour and salt together into a large bowl.
4. Add water mixture to flour mixture.
5. Start off mixing with wooden spoon. Then mix with hands until dough comes together.
6. Flour flat surface. Knead dough until the dough is not sticky. Add more flour on the surface as needed. (5 minutes)
7. Place dough into large bowl and place towel over bowl. Put the bowl away from drafty areas and let dough rise until the dough doubles in size.
8. Then knead the dough down (about 1 minute).
9. Place towel over bowl and let the dough double again.
10. Take dough out of bowl, knead down dough, and then divide into 2 pieces.
11. Grease 2 loaf pans and then place each piece into a the greased pans.
12. Place towel over pans and allow dough to raise.
13. Preheat oven to 425 degrees while dough is raising.
14. Once dough has doubled in size, place pans into the preheated oven.
15. Cook bread for about 10-15 minutes (until browned), then lower temperature of oven to 375 degrees.
16. Allow bread to cook for about 25-30 minutes.
17. Take out of oven to test if done. (you have to turn over loaf and "knock" on the bottom. If you do not feel the bread bounce back it is done. If not try cooking for another 5 minutes.



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Desserts

Easy Apple Crumble

From the Kitchen of Jane Stimpson



Image taken by library staff

Ingredients

1 cup flour
1 cup sugar
1 soft stick of butter
a dash of salt
optional spices:
½ tsp. cinnamon
¼ tsp. pumpkin pie spice
¼ tsp. cardamom

Peel and thinly slice apples and spread them in a baking dish. You can use any kind of apples: I used 8 or 9 medium Gala apples.

Crumble it all together with your hands and spread it over the apples.

Bake at 375 for 45-60 minutes, until the apples are soft and tender and the crumble topping is nicely browned.

Serve warm, topped with fresh whipped cream.

I love to bake: it's a stress reliever and allows me to share goodies with friends and coworkers! This easy apple crumble recipe came to me from a dear friend with whom I swap recipes and techniques. Once you peel and slice the apples, it comes together quickly: kids can help by making and spreading the topping before baking. In less than an hour you have a warm, comforting dessert. And if you add a little fresh whipped cream? Heaven.

Angel Food Cake

From the kitchen of Ellen Morman, Friend of Library



Ingredients

1 ½ cups egg whites at room temperature (1 dozen)

¾ cup + 2 Tablespoon of sugar

1 cup sifted cake flour

1 ½ teaspoon cream

1 ½ teaspoon vanilla extract

½ teaspoon almond extract

¼ tsp salt

¾ cup sugar

1. Preheat oven to 375 degrees.
2. Beat egg whites, vanilla, almond, and cream of tartar. (until shiny)
3. Add ¾ cup + 2 Tablespoon of sugar into egg white mixture 1 Tablespoon at a time, until all the sugar is added.
4. Sift flour and second ¾ cup of sugar 3 times.
5. Add flour mixture to egg white mixture 3 Tablespoons at a time, until the flour mixture is gone. Stir in with spatula.
6. Grease Bundt pan.
7. Add batter to Bundt pan.
8. Bake for 30-35 minutes.
9. Keep in pan until cool

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Banana Coconut Coffee Cake

From the kitchen of Pam Panettiere, Librarian – Taste of



Image taken by library staff

Ingredients

1 3/4 cup flour, divided
3/4 cup sugar, divided
1/2 cup butter

2 eggs
1 tsp. vanilla
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1 cup mashed banana (about 3)

1 cup coconut
1/2 cup nuts (optional)

1. In large bowl, mix together 3/4 cup flour and 1/2 cup sugar. Cut in butter until mixture is coarse. Reserve 1/2 cup mixture.
2. Beat remaining 1/4 cup sugar, eggs, and vanilla into remaining crumbs.
3. Sift flour, baking powder, baking soda, salt and cinnamon and blend alternately with bananas into the sugar /egg mixture.
4. Add 3/4 cup coconut.
5. Pour into greased 8 x 8 inch pan. Top with reserved crumbs.
6. Bake at 375 degrees for about 25 minutes or until slightly browned on top.

Berry Crumb Bars

From the Kitchen of Library Staff



Image taken by library staff

Ingredients

3 cups flour
1½ cup sugar
1 teaspoon baking powder
¼ teaspoon cinnamon
Pinch salt

1 cup shortening
1 egg, lightly beaten
1 Tablespoon cornstarch
4 cups (1 lb.) frozen raspberries

1. Preheat oven to 375 degrees. Grease a 9 x 13 inch baking pan.
2. Stir together flour, 1 cup sugar, the baking powder, cinnamon, and salt in a large bowl. Cut in shortening with pastry blender or fork until mixture resembles coarse crumbs. Stir in egg with a fork (dough will remain crumbly). Press half of crumb mixture firmly and evenly into prepared pan..
3. Stir together remaining ½ cup sugar and the cornstarch in a large bowl. Add berries; stir until coated. Spoon over crumb mixture in pan. Sprinkle with remaining half of crumb mixture. Bake until golden and filling is bubbly, 40-45 minutes. Let cool in pan on wire rack.

<https://www.allrecipes.com/recipe/11050/berry-crumb-bars/>

Easy Blackberry Lemon Galette

From the Kitchen of Missy Dixon



Ingredients

Vanilla Ice cream (for serving)
1 - 9in refrigerated pie crust

Filling:

*2 cups of fresh blackberries **
3 Tablespoons of Coarse Sugar (Turbinado)
1 egg
Zest and Juice of ½ small lemon

2 to 3 Tablespoons of Flour
1 tsp – Vanilla

Crust Topping:

1 Tablespoon of Turbinado Sugar
Sliced almonds (optional)

1. Preheat Oven to 375 degrees
2. In a large bowl, gently combine blackberries, sugar, lemon juice, lemon zest, vanilla and 2 tablespoons of flour. Add additional flour if mixture is still very wet.
3. Gently unfold and lay out pie crust on a baking sheet lined with parchment paper
4. Pour Berry mixture in the center of the unfolded pie crust leaving a 2inch boarder. Fold up uncovered edges of the fruit and pinch into pleats.
5. Whisk egg and using pastry brush, brush the egg onto the crust and sprinkle with almonds and sugar.
6. Bake until juices are bubbling and the crust is golden (35-40 min)
7. Remove from oven and let sit for 10 min to cool. Serve with Ice Cream on top.



Chilled Blueberry Pie

This is the most tasty fresh blueberry pie ever. I love blueberries fresh but it loses something when they are cooked in the oven. This is my favorite blueberry pie ever.

From the Kitchen of Library Staff

Ingredients

Add a list of Ingredient

9 inch pie shell (baked)

3 tbsp corn starch

¼ tsp salt

¼ cup water

4 cups blueberries (divided)

1 tbsp

1 tbsp butter

1 tbsp lemon juice

Combine sugar, corn starch, and salt, add water 2 cups
Blueberries.

Bring to a boil.

Boil until thickened.

Stir in butter and lemon juice.

Allow the mixture to cool about 5 minutes.

Place 2 cups of blueberries in pie shell.

Cover berries with cooked mixture. Chill and serve

Brownies

From the Kitchen of Library Staff



Ingredients

1/2 cup cocoa
1/2 cup butter (1 stick)
2 eggs
1 cup sugar
1/4 cup flour

1 cup chopped walnuts
1 tsp vanilla
1 pinch salt
Preheat oven to 325 degrees

Melt butter in saucepan with cocoa and stir until smooth.
Remove from heat and let cool for a few minutes.
Transfer to a large bowl. Whisk in eggs, one at a time.
Stir in vanilla.
In a separate bowl, combine sugar, flour, nuts, and salt.
Add to the cocoa mixture. Stir until just combined.
Pour into greased 8 x 8 pan. Bake 25-30 minutes.

Cool and cut into squares.

Do not overbake. They should be goory.

These are the gooiest chocolatey brownies.

Chocolate Sheet Cake

From the Kitchen of Library Staff



Ingredients

For cake:

2 cups flour
2 cups sugar
2 Tablespoons cinnamon
1 stick butter
½ cup corn oil
1 cup water
4 Tablespoons cocoa
1 teaspoon baking soda

¼ teaspoon salt

½ cup buttermilk

2 eggs

1 teaspoon vanilla extract

For Frosting:

1 stick butter

4 Tablespoons cocoa

1/3 cup of milk

1 pound of powder sugar

1. Preheat oven to 400 degrees.
2. Add flour, sugar, baking soda, salt, cinnamon in to a large mixing bowl
3. Add butter, corn oil, water, and cocoa to a sauce pan. Bring mixture to a boil.
4. Pour mixture in sauce pan over flour mixture.
5. Mix together well.
6. Add buttermilk, eggs, and vanilla to mixture.
7. Mix well.
8. Grease 12 x 18 sheet pan.
9. Pour batter into sheet pan.
10. Cook for about 20 minutes.
11. Let cake cool.
12. Melt butter in sauce pan.
13. Then add cocoa and milk to sauce pan
14. Bring mixture to a boil.
15. Add powder sugar and whisk mixture well.
16. Pour frosting over cooled cake.

Easy Chocolate Crescent rolls

From the Kitchen of Missy Dixon, Librarian



Ingredients

1 tube crescent roll dough
Chocolate chips
Cinnamon sugar
Egg
Coarse sugar

1. Preheat Oven to 375 degrees
2. Unroll and separate crescent roll triangles
3. On the large end of the triangle put chocolate chips pressing gently into dough
4. Sprinkle cinnamon sugar onto remainder of triangle
5. Roll up the triangles starting with the large end. Bake on parchment paper.
6. With a pastry brush whisk up egg and brush on top and add coarse sugar
7. Bake for 13-15 min or until rolls are golden brown
8. Remove from oven and allow to cool for 10 min.

Fudge Puddies

From the Kitchen of Pam Panettiere, Librarian



Ingredients

For Crust:

*½ cup butter, softened
½ cup sugar
½ teaspoon vanilla extract
1¼ cup flour
½ teaspoon salt
½ cup creamy peanut butter
½ cup brown sugar*

1 egg

¾ teaspoon baking soda

For Filling:

*6 oz semisweet chocolate chips
6 oz milk chocolate chips
14 oz can sweetened condensed milk
1 teaspoon vanilla extract*

1. Crust: Cream butter with peanut butter and both sugars. Add vanilla and egg.
2. Mix together flour, baking soda, and salt. Add to creamed mixture. Refrigerate dough for 1 hour.
3. After 1 hour, form dough into 1 inch balls and put in mini muffin tins. Bake for approximately 15 minutes at 350 degrees until light brown.
4. Immediately use tart stamper and make well in middle, let cool.
5. Filling: Melt chocolate chips and sweetened condensed milk together.
6. Add vanilla.
7. Put by teaspoonful into cooled tart shells.
8. Cool in refrigerator.

Granola with Chia

From the Kitchen of Claire Gunnels

Claire Gunnels adapted this recipe. It was one of the food items prepared for Tona Espel and her LIFE program on ancient grains.



Ingredients

<i>3 cups rolled old fashioned oats</i>	<i>taste) or honey</i>
<i>¾ cup chopped walnuts or almonds</i>	<i>¼ cup water</i>
<i>½ cup chia seeds</i>	<i>1 t cinnamon</i>
<i>½ cup shredded unsweetened coconut</i>	<i>1 t vanilla extract</i>
<i>1 cup shredded apple, peel included (about 2 medium)</i>	<i>1 ½ cups Dried fruit – optional</i>
<i>Sprinkle of kosher salt - optional</i>	<i>Serve with milk or yogurt</i>
<i>¼ cup pure maple syrup (or more to</i>	

1. Serve with milk or yogurt
2. Combine first six ingredients. Heat the maple syrup, water, and cinnamon until boiling.
3. Remove from heat. Add vanilla.
4. Combine dry ingredients with the syrup mixture.
5. Pour mixture into a cookie sheet and bake at 300 degrees for about 45 minutes, stirring occasionally.
6. Cool and store in an airtight container in refrigerator.

Meringue Trees

From the Kitchen of Library Staff



Ingredients

1/4 egg whites
1 1/3 cup sugar
1/4 teaspoon salt
1/4 teaspoon cream of tartar
Optional:
Green food coloring
Sprinkles

1. Preheat oven to 150-170 degrees.
2. In a bowl of electric mixer. Separate egg yolks from egg whites. Let eggs come to room temperature.
3. Beat egg whites until white and foamy.
4. Mix in salt and cream of tartar until soft peaks form.
5. Set timer for 7 minutes. Add sugar a little at time for the entire 7 minutes.
6. Add green food coloring.
7. Fill piping bag and use large round tip. Put sprinkles and/or star on top.
8. Bake at low heat for 2-2 1/2 hours until crisp. Don't let them get brown.

Image taken from
<https://inquiringchef.com/christmas-tree-meringues/>

Peanut Cake

From the Kitchen of Library Staff



Image taken by PowerPoint Creative Commons

Ingredients

<i>3½ oz (100 grams) flour</i>	<i>5 Tablespoons sugar</i>
<i>3½ oz (100 grams) oatmeal</i>	<i>1 cup unsalted peanuts or nuts (in pieces)</i>
<i>3 oz. (80 grams) honey</i>	
<i>2 teaspoons raising powder</i>	
<i>1 stick of butter (or any substitute you like to use)</i>	

1. Preheat oven to 400 degrees
2. Thoroughly mix the following ingredients: sugar, honey, and butter. You will need to melt the butter and the hone to be able to mix it well. And the flour and rising powder (previously sifted) and the oatmeal to the mix. Make sure that it is all well mixed.
3. Grease an 8 inch baking cake container (approx.: 18 cm of diameter). Empty all the mix into it. Sprinkle the peanuts or nuts on top.
4. Bake for 20 minutes or until a fork comes out dry.

Crunchy Pecan Pie Bites

Taken from Southern Living/ made in CyFair LIFE Program



Ingredients

3 cups pecans, chopped
¾ cup sugar (maybe a little more)
¾ cup dark corn syrup
3 large eggs, lightly beaten
2 Tablespoons butter, melted

1 teaspoon vanilla extract
1/8 teaspoon salt
5-6 packages frozen mini phyllo pastry shells (2.1 oz each package)

1. Preheat oven to 350 degrees.
2. Bake pecans in a single slayer on shallow pan for 8-10 minutes or until toasted and fragrant.
3. Stir together sugar and corn syrup in a medium bowl.
4. Stir in pecans, eggs, and next 3 ingredients.
5. Spoon about 1 heaping teaspoonful pecan mixture into each pastry shell and place on 2 large baking sheets.
6. Bake for 18-22 minutes or until set.
7. Remove to wire racks and cool completely. (about 30 minutes)
8. Store in airtight container for up to 3 days

Sopapilla Cheesecake Bars

From the Kitchen of Melanie Wachsmann, Librarian



Ingredients

2 cans (8oz each) Pillsbury
refrigerated crescent rolls
2 packages (8 oz each) cream
cheese, softened

1 ½ cups sugar
1 teaspoon vanilla extract
½ cup butter, melted
1 Tablespoon ground cinnamon

1. Heat oven to 350 degrees
2. Unroll 1 can dough. Place in bottom of ungreased 13 x 9 inch (3 quart) glass baking dish. Stretch to cover bottom of dish, firmly pressing perforations to seal.
3. In a medium bowl, beat cream cheese and 1 cup of the sugar with electric mixer on medium speed until smooth. Beat in vanilla. Spread over dough in baking dish.
4. Unroll second can of dough. Firmly press perforations to seal. Carefully place on top of cream cheese layer. Pinch seams together.
5. Pour melted butter evenly over top. Mix remaining ½ cup sugar with the cinnamon, and sprinkle evenly over butter.
6. Bake 30-35 minutes or until bars appear set when gently shaken. Cool slightly, about 30 minutes. Refrigerate any remaining bars.

<https://www.pillsbury.com/recipes/sopapilla-cheesecake-bars/65ec128f-2acc-417b-8745-06c182d3134a>

Family Recipe



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Family
recipe

.....

← 3 cups of forgiveness →

..... 1 gallon of friendship

~ a pinch of hope ~

a spoonfull of laughter

— oodles of Love —

mix, blend, repeat ~ serve everyone

