What's Cookin' 2017
Butternut Squash Risotto

3 pounds butternut squash
6 cups nonfat chicken broth
1 medium onion, chopped
1 tablespoon unsalted butter
1½ cups Arborio rice (9 oz)
1 teaspoon minced garlic
5 tablespoons finely grated Parmigiano-Reggiano
1 teaspoon salt
1½ teaspoons chopped fresh sage

Halve squash lengthwise and seed, then cut crosswise into 1½”-wide slices and season with salt. Roast slices, skin side down, in a shallow baking pan in middle of oven until tender and golden, about 50 minutes.

Cut flesh from the roasted squash into ½-inch pieces, discarding skin.

Start risotto after squash has been roasting 40 minutes.

Bring broth to a simmer and keep at a bare simmer, covered.

Meanwhile, cook onion in butter in a 4-quart heavy pot over moderate heat, stirring, until softened, about 6 minutes. Add rice and garlic and cook, stirring 3 minutes.

Stir in 1/2 cup simmering broth and cook at a strong simmer, stirring frequently, until broth is absorbed. Continue simmering and adding broth 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding the next, until rice is creamy-looking but still al dente (it should be the consistency of thick soup), about 18 minutes total. (There will be leftover broth.)

Stir in squash pieces, then stir in cheese, salt, sage; simmer, stirring, 1 minute (if necessary, thin risotto with some leftover broth).
Fresh Green Beans

1 pound green beans
2 tablespoons butter
2 cloves garlic, minced
1 large onion, chopped
1 cup chicken broth, plus more if needed
1 teaspoon salt
   ground black pepper

Snap the stem ends of the green beans.
Melt the butter in a cast iron pan over medium-low heat. Add garlic and onions; cook for a minute. Then add the green beans and cook until the beans turn bright green, about a minute.

Add the chicken broth, salt and pepper to taste. Turn the heat to low and cover the skillet with a lid, leaving the lid cracked to allow steam to escape. Cook until the liquid evaporates and the beans are fairly soft, yet still a bit crisp, 20 to 30 minutes.
You can add more chicken broth during the cooking process, but don’t be afraid to let it all cook away so the onions and peppers can start to caramelize.
Maple Walnut Scones

4 cups all-purpose flour
½ cup sugar
1 cup cold unsalted butter, cut into small pieces
1 tablespoon baking powder
1 teaspoon baking soda
½ teaspoon salt
½ cup toasted walnuts
1 1/3 cup buttermilk
1 teaspoon vanilla
¼ cup pure West Virginia maple syrup
1 cup confectioners sugar

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Dump the dry ingredients into the bowl of a food processor fitted with a metal blade, and pulse to mix.

Add the butter all at once, and run the food processor for about 15 seconds, then switch to pulse. Continue pulsing until there are no chunks of butter left and the mixture looks like moist crumbs. Place the flour-butter crumbs into a big bowl.

Add the toasted walnuts, buttermilk and vanilla together into the bowl with the dry mixture, and stir with a until the dough comes together ad there is no flour visible.

Turn the dough onto a lightly floured surface and pat into a disc approximately 10 inches in diameter.

Now cut the disc into 10 wedges (like a pie) and place on baking sheet.

Place the baking sheet on the center rack in the oven, and bake the scones for 20-25 minutes, until the tops are golden brown and a toothpick or small knife inserted into a scone comes out clean.

Remove the baking sheet from the oven, and place it on a wire rack to let the scones cool for a few minutes.

While scones are cooling, blend maple syrup and confectioners sugar together and drizzle over top of warm scones.
Oven Roasted Ham
Glazed with Cranberry Chutney

1  16-ounce bag of fresh cranberries
¼  cup orange juice
½  cup sugar
    zest of 1 orange

Ham:
½ tavern or other ham with a nice fat cap (about 9 pounds, plus or minus), bone-in, natural juices or no added water.

Let the ham sit at room temp for a couple of hours before cooking. This will help the ham heat more evenly in the oven with less risk of the outside edges drying out.

Heat the ham: Wrap the ham tightly in aluminum foil, place in a roasting pan, and heat in a 275°F oven for 2 to 2½ hours (depending on the size of the ham, could be less or more time), until the internal temperature is 100°F. (It's already cooked, you're just heating it).

Make glaze: Place cranberries in a small saucepan on low heat. Whisk in orange juice and sugar until the brown sugar is dissolved; add the orange zest. Heat until bubbly and whisk until smooth. Remove from heat.

Glaze the ham: When the ham is ready, remove from oven. Open up the foil and paint the ham with half of the glaze. Keep the ham uncovered and return to the oven, baking at 425°F for 10 minutes.

Glaze again and broil: Remove from oven and baste with the remaining glaze. Return to the oven on the lowest rack, and broil for 5-10 minutes (at least 6 inches away from the heating element) until the glaze is lightly browned and caramelized.

Cut around the bone: Transfer ham to a serving dish. Use a paring knife to cut around the bone to separate the ham from the bone. If you want pour some of the remaining pan juices over the ham.
Rustic Apple Pie

Crust:
2½ cups all-purpose flour
1 cup unsalted butter, cut into small pieces
1 teaspoon salt
½ cup cold water

Mix flour and salt in food processor. Add butter; pulse until coarse meal forms. Gradually blend in enough ice water to form moist clumps. Gather dough into ball; divide in half. Form dough into 2 balls; flatten into disks. Wrap each in plastic; chill 2 hours or overnight.

Filling:
1½ pounds McIntosh, Golden Delicious, and Granny Smith (3 large)
¼ teaspoon grated orange zest
¼ cup flour
¼ cup granulated sugar
¼ teaspoon salt
½ teaspoon ground cinnamon
2 tablespoons Cornstarch
4 tablespoons (½ stick) cold unsalted butter, diced

Preheat the oven to 450°F.
Flour a rolling pin and roll the pastry into an 11-inch circle on a lightly floured surface. Transfer it to a baking sheet.

For the filling, peel, core, and cut the apples into 8ths. Cut each wedge into 3 chunks. Toss the chunks with the orange zest. Cover the tart dough with the apple chunks leaving a 1 1/2-inch border.

Combine the flour, sugar, salt, cinnamon, and cornstarch in the bowl of a food processor fitted with a steel blade. Add the butter and pulse until the mixture is crumbly.

Pour into a bowl and rub it with your fingers until it starts holding together. Sprinkle evenly on the apples. Gently fold the border over the apples to enclose the dough, pleating it to make a circle.

Bake the pie for 20 to 25 minutes, until the crust is golden and the apples are tender. Allow cooling. Serve warm or at room temperature.
February –

Janet’s Fudge

2 cups white sugar
1 cup milk
½ cup butter (1 stick)
1 7-ounce jar marshmallow cream
1 12-ounce jar peanut butter (creamy or chunky)
1 teaspoon vanilla
West Virginia black walnuts, optional

Cook sugar, milk and butter to a rolling boil, stirring constantly, then to a soft ball on a candy thermometer.

Take off fire; add marshmallow cream, peanut butter, vanilla and black walnuts “if desired.” Pour into an 8-inch square, buttered pan.

Let sit overnight. Cut into squares.

Creamy & Tangy Mashed Potatoes

8 tablespoons unsalted butter, plus more for greasing
5 pounds WV russet potatoes, peeled and halved
1 cup milk
½ cup sour cream
4 ounces cream cheese, room temperature
Kosher salt and freshly ground black pepper
1 cup heavy cream
2 cups grated sharp white cheddar
¼ cup finely grated fresh horseradish

Preheat the oven to 375°F. Grease a 9x13” casserole dish with butter.

Place the potatoes in a large pot and cover completely with water. Bring to a simmer and cook until the potatoes are tender and easily pierced with the tip of a sharp knife, about 20 minutes. Drain and mash the potatoes in a large bowl. Add butter, milk, sour cream, cream cheese and some salt and pepper, then fold to combine. Transfer potatoes to the prepared casserole dish.

In medium bowl, whisk the heavy cream until medium peaks form. Fold in the cheese and horseradish, and season with salt and pepper. Spread the whipped cream over the potatoes evenly to cover. Bake until the potatoes are heated through and the top is light brown, about 1 hour 30 minutes.

Rest the potatoes for 10 minutes, and then serve.
Chicken Butternut Patties

6  West Virginia apples, peeled, cored and ½” diced
1  cup chopped yellow onion
2  tablespoons minced fresh ginger
1  cup freshly squeezed orange juice (2 oranges)
¾  cup good cider vinegar
1  cup light brown sugar, lightly packed
1  teaspoon whole dried mustard seeds
¼  teaspoon hot red pepper flakes
1½ teaspoons kosher salt
¾  cup raisins

Make and form the patties: Place the chicken breasts in the freezer to chill until firm, but not frozen (this will make it easier to chop them). Using a sharp knife, chop the chicken into tiny pieces by cutting the meat crosswise into 1/4-inch strips, then cut the strips crosswise in thin strips, and further chop to make a coarse mixture.

Put in a bowl. Add the grated squash, green onions, garlic, parsley, egg, salt, and pepper. Mix well. Form patties, using 1/4 cup for each patty. Place on a plate or flat pan, cover with plastic wrap, and refrigerate until ready to cook, at least 15 minutes or overnight. Brush a large skillet (preferably cast iron) with olive oil and heat over medium heat.

Cook the patties without crowding until the edges turn white and the bottoms are browned, about 4 minutes. Turn the patties and cook for another 3 to 4 minutes until firm and cooked through. Remove from the pan and keep warm in a low oven while you cook remaining patties.

Make the yogurt sauce: Combine the yogurt, garlic, olive oil, lemon juice, pepper, and parsley in a small bowl. Cover and refrigerate until ready to serve.

Serve with tomatoes and lettuce or shredded cabbage, thinly sliced red onion and herbs with the yogurt sauce on the side, and with pita bread, if desired.

Cooked patties can be refrigerated and make a good take-along for lunch or a snack.
March —

Old Time Potato Candy

2  tablespoons cooked mashed potatoes  
1  tablespoon butter or margarine  
1  teaspoon milk  
½  cup confectioners sugar  
1  cup peanut butter

Mix potatoes, butter or margarine, and milk. Add enough Confectioners sugar to make a dough. Roll out on a flat surface sprinkled with powdered sugar. Spread a thick layer of peanut better and roll up like a jelly roll. Chill and slice.

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Chicken and Dumpling Casserole

½  cup chopped onion  
½  cup chopped celery  
2  cloves garlic  
¼  cup butter  
½  cup plain flour  
2  teaspoons poultry seasoning  
4  cups chicken broth  
1  package frozen peas  
1  large diced carrot  
4  cups cooked cubed chicken (more if you like)

Basic Biscuit Topping:

2  cups self rising flour  
½  cup butter flavored Crisco or lard  
1  teaspoon salt  
   Buttermilk (enough to make a firm dough)

Saute onions, celery, and garlic in butter. Add flour, stirring to incorporate all liquids. Add salt, pepper and broth. Continue to stir until all are mixed together completely. Add chicken, peas and carrots. Cook about 5 minutes. Pour into a greased 9x13” baking dish or pan. For biscuits, mix all ingredients, and roll out on to about ½” floured surface. Top chicken mixture until covered. Bake uncovered at 350°F for about 30 minutes or until biscuits are golden brown, and toothpick comes out clean when checked.
Dutch Apple Pancakes

3 eggs
½ cup all-purpose flour
½ cup milk
2 tablespoons melted butter
½ teaspoon salt

Topping:
1 tablespoon butter
½ cup sugar
¼ teaspoon cinnamon
2½ cups sliced apples
confectioner’s sugar for dusting

Preheat oven to 400°F. Coat two, 9” cake pans with cooking spray. In a medium bowl, mix eggs, flour and milk with mixer, until smooth. Add 2 tablespoons melted butter and salt. Beat well, then pour mixture into prepared cake pans, distributing evenly. Bake 10 minutes and reduce heat to 350°F and bake 5-7 minutes more, until puffy and golden brown. Meanwhile in a medium skillet, melt remaining butter over medium heat. Stir in rest of the ingredients, except for Confections sugar. Cook until apples are tender (about 5 minutes). Remove pancakes to a serving platter or plate, and spoon half the apple mixture over each one. Dust generously with Confections’ sugar, and serve immediately.
White Chocolate Cherry Nut Candy

1  small jar maraschino cherries, drained
1½  cups pecans (more or less)
1  pound confectioners sugar (more or less)
2  tablespoons butter or margarine
2  teaspoons vanilla
2  teaspoons butternut flavoring
½  package white baking chocolate

Finely chop cherries and nuts (I use my food processor). Add Confectioners sugar, butter and flavorings. Using hands, mix until all sugar is incorporated. If it’s a little dry, add very small amount of canned cream. Roll out into 50-cent size balls and place on cookie sheet lined with wax paper. Put into freezer to chill. In a double boiler or bowl over low boiling water, melt chocolate. Using a spoon, dip each candy and drain off excess chocolate. Place on another waxed cookie sheet. When all are done, put into freezer to set. Store in airtight container in a cool place.

Note: Be sure and taste the filling, as you may want to add a little more butternut flavoring. Just don’t over do it, because the longer they sit, the stronger it gets. Great for Easter eggs.
**April —**

**Buckwheat Pancakes**

- ¾ cup buckwheat flour
- ¾ cup all-purpose flour (can substitute with buckwheat flour)
- 3 tablespoons sugar
- ½ teaspoon salt
- 1 teaspoon baking soda
- 3 tablespoons unsalted butter, melted
- 1 egg
- 2 cups buttermilk

vegetable oil for coating the pan

Preheat skillet. Whisk together dry ingredients in a large bowl. Beat egg with a fork and stir it into the buttermilk. Add melted butter and the buttermilk/egg mixture to the dry ingredients. Whisk to get the right consistency for your batter. Stir only until everything is combined – do not overmix. A few lumps are fine.

Put a small amount (½ tsp.) of vegetable oil on the pan or griddle and spread it around with a paper towel to coat. Ladle the batter onto the hot surface, about 4-5 inches wide (¼ cup). Reduce heat to medium-low. Allow the pancake to cook for 2-3 minutes on this first side. Watch for bubbles on the surface of the pancake. When air bubbles start to rise to the surface at the center of the pancake, flip the pancake. Cook for another 1-2 minutes or until nicely browned. Serve with warm WV maple syrup.

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**West Virginia Buttermilk Pancakes**

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups buttermilk
- 4 tablespoons butter, melted
- 2 eggs

Preheat skillet. In a medium size bowl, combine all the dry ingredients and mix well. In a separate bowl, combine buttermilk and eggs and whisk till blended. Stir in the melted butter until fully mixed. Add wet ingredients to the dry ingredients and whisk until well blended but slightly lumpy. Let batter rest for 10 minutes before ladling by ¼ - ½ cups onto a hot griddle. Allow the pancake to cook for 2 minutes on this first side. Watch for bubbles on the surface of the pancake. When air bubbles start to rise to the surface at the center of the pancake, flip the pancake. Cook for another 1-2 minutes or until nicely browned. These are light and fluffy. Serve with warm WV maple syrup.
Hoecakes

1 cup yellow cornmeal
½ cup all-purpose flour
1 teaspoons sugar
¾ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
1 cup buttermilk
1 large egg
2 tablespoons vegetable oil
1 cup maple syrup, warmed

Preheat skillet. In a medium bowl, mix the dry ingredients. In a small bowl, combine the buttermilk, egg and oil.

Stir the buttermilk mixture into the cornmeal mixture, just until well blended. The batter will be slightly lumpy.

Lightly oil a griddle or large skillet. Drop of water will dance across the surface when hot. Ladle ¼ cup of batter onto skillet. Allow the pancake to cook for 2-3 minutes on this first side. Watch for bubbles on the surface of the pancake. When air bubbles start to rise to the surface at the center of the pancake, flip the pancake. Cook for another 1-2 minutes or until nicely browned.

Add more buttermilk to the batter if the first cake does not spread well and adjust the heat if necessary. Serve with warm WV maple syrup.
May —

Thelma’s Macaroni Salad

1 8-ounce box elbow macaroni, cooked according to directions (if you can't find an 8-ounce box, use 12-ounce box). Pour macaroni into colander and hold under cold water until macaroni is cooled. Drain; add 1 large or 2 medium tomatoes (chopped), 1 cucumber (cut into small 1" pieces), ½ green pepper (chopped), ½ medium onion (chopped), 1 stalk celery (sliced thin), 1 carrot (shredded), 2 or 3 chopped radishes, ½ cup shredded cheddar cheese; ½ cup chopped sweet pickle, 1 teaspoon celery seed, 1 cup Miracle Whip salad dressing and ½ cup sweet pickle vinegar.

Mix well and refrigerate several hours.

Corn Pone (Bread)

The night before baking: Combine 4 cups white corn meal (plain), 4 cups boiling water, 1 cup sugar and 1 tablespoon salt. MIX WELL; cover and let sit overnight at room temperature.

Next Morning Add:

1   cup plain flour
1   cup buttermilk
1   egg (slightly beaten)
2   teaspoons baking powder
1   teaspoon baking soda (dissolved in about 2 tablespoons water)
2   tablespoons melted butter

Mix all second-day ingredients well. Pour into a greased heavy Dutch oven. (use one with a lid). Bake in a preheated 450°F oven uncovered for 15 minutes. Reduce heat to 350°F; cover and continue baking for 45 minutes. Put lid in oven at the same time as the pone so the lid will be hot and not slow the baking. When pone is taken from the oven, let it stand for about 1 hour with lid on before cutting. After pone is removed from oven, water will form on underside of lid. Lift the lid very carefully and drain the water off. Dry with paper towel and replace lid. Do this 2 or 3 times while pone is setting. If you cut pone as soon as it is baked, it will fall apart. Keep any leftovers in refrigerator!
**Chow Chow**

1 gallon cabbage, chopped  
12 onions  
12 green peppers (sweet)  
12 red peppers (sweet)  
2 quarts chopped green tomatoes  
½ cup salt  
1½ cups sugar  
4 tablespoons mustard  
1 tablespoon turmeric  
4 tablespoons celery seed  
2 tablespoons whole spice (allspice)  
2½ to 3 quarts of vinegar

Chop onions, sweet peppers, cabbage and tomatoes. Mix all together with ½ cup salt. Let stand overnight or 7-8 hours. Drain; add sugar, spices and vinegar. Simmer 2 minutes or until tender. Put in pint or quart jars; seal. Makes 12 pints.

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**Special Oven-Baked Pancakes**

½ stick butter or margarine  
2 eggs  
½ cup flour  
½ cup milk  
  nutmeg to taste  
  juice of one lemon  
  powdered sugar  
  salt

Use a large cast-iron pan or Corningware. Heat butter in pan. In meantime, slightly beat eggs, add flour, milk, nutmeg and salt to taste. Pour into pan, then put into oven. Bake at 475°F for 15-20 minutes. Dough will rise up. Before serving sprinkle with powdered sugar and lemon juice! Serves 2.
Granny Mann’s Filled Cookies

1 cup granulated sugar
1 cup brown sugar
1 cup butter or Crisco
5 cups flour, sifted
¼ teaspoon nutmeg
2 tablespoons buttermilk
2 teaspoons vanilla
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
3 eggs

Filling:
1 box raisins
2 cups hot water
1 cup brown sugar
2 tablespoons flour or cornstarch

Mix sugar, flour, salt and baking powder and nutmeg thoroughly. Add butter, mix well. Beat eggs, adding vanilla and baking soda dissolved in buttermilk – use more flour if needed to make dough stiff. Use two pieces for each one finished cookie.

Filling: Cook until stiff enough not to run. Use 1 teaspoon for each cookie. Bake at 400°F degrees for 8-10 minutes.
Tomato Pie

1  19-inch frozen deep dish-pie shell
2-3  tomatoes, thinly sliced
2  cups Mozzarella cheese, shredded
2  cups Sharp Cheddar cheese, shredded
1  large onion, cut into rings
½  cup chopped fresh basil, oregano or sage
   salt and pepper to taste

Defrost pie shell according to package instructions. Heat oven to 350°F. Place layer of thinly-sliced tomatoes in bottom of pie shell. On top of tomatoes, place layer of onion rings, salt and pepper, and a sprinkling of herbs over layers. Cover with half Mozzarella-half Cheddar mixture. Repeat layers until cheese is gone. Save a few fresh herbs to sprinkle on top when done baking. Bake for 1 hour; let rest 20 minutes before cutting.

Cheese Cake Pie

2  8-ounce packages cream cheese, softened
2  eggs
2/3  cups plus 2 tablespoons sugar
3  teaspoons vanilla
1  9-inch graham cracker pie crust, uncooked
1  cup sour cream
   nutmeg

Mix together cream cheese, eggs, 2/3 cup sugar and 2 teaspoons vanilla. Pour into pie shell. Bake for 25 minutes at 350°F. Meanwhile, combine sour cream, 2 tablespoons sugar and teaspoon vanilla. When pie is done baking, spread sour cream mixture over the pie. Sprinkle lightly with nutmeg and bake an additional 7 minutes. Chill in refrigerator for 3 hours.
Hawaiian Pineapple Banana Bread

3 cups all-purpose flour
2 cups granulated sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
¾ teaspoon salt
1 cup chopped macadamia nuts
3 eggs, beaten
1 cup vegetable oil
2 cups mashed ripe bananas (about 5)
2 teaspoons vanilla extract
1 8-ounce can crushed pineapple, drained, with 4 teaspoons liquid reserved
½ cup confectioners’ sugar

Preheat oven to 350°F. Coat two 8x4” loaf pans with cooking spray, then dust with flour.

In a large bowl, combine flour, sugar, baking soda, cinnamon, and salt; stir in macadamia nuts. In a separate bowl, combine remaining ingredients; mix well. Pour wet mixture into dry mixture, stirring just until dry ingredients are moistened. Spoon batter into prepared loaf pans.

Bake 1¼ to 1½ hours, or until a wooden toothpick inserted in center of loaf comes out clean. Cool in pans 10 minutes; remove from pans and let cool on wire racks.

In a small bowl, combine confectioners’ sugar and reserved pineapple liquid. Drizzle over cooled breads.
Sausage Gravy

½ pound bulk sausage
¼ cup oil
¾ cup flour
6 cups milk (approximately)
salt and pepper
toasted bread

Brown sausage in an electric skillet. Add oil and then flour. Stir until flour is incorporated into the oil and a thick paste is formed. Mix in milk, a little at a time, stirring constantly until thickened. Add salt and pepper to taste. You can also add extras at this stage, like bacon or chopped green onions. Serve over broken toast or biscuits.

Party Cheeseball

2 8-ounce packages cream cheese, softened
2 cups (8 ounces) sharp Cheddar Cheese, shredded
1 tablespoon chopped Pimento
1 tablespoon chopped onion
1 tablespoon green pepper
2 teaspoons Worcestershire sauce
1 teaspoon lemon juice
dash of ground pepper
dash of salt
finely chopped pecans to coat

Using an electric mixer, combine cream and Cheddar cheeses. Beat at medium speed until well blended. Add all remaining ingredients, except pecans. Mix well. Chill and then shape into ball. Roll in pecans to coat. Makes approximately 2 cups.
Chicken Salad with Bacon, Lettuce and Tomato

5 slices bacon
3 cups diced cooked chicken
1 cup chopped fresh tomato
2 stalks celery, thinly sliced
¾ cup mayonnaise
2 tablespoons minced green onion
1 tablespoon chopped parsley
1 teaspoon lemon juice
1 dash Worcestershire sauce
salt and ground black pepper to taste
12 leaves romaine lettuce
1 large avocado, sliced

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble. Stir chicken, bacon, tomato, and celery together in a bowl. Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat. Refrigerate until chilled, at least 30 minutes. Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices.

Creamy Zucchini

1 tablespoon vegetable oil
½ red onion, sliced
salt and pepper to taste
1 pound zucchini, sliced
1 tablespoon crushed garlic
1 14.5-ounce can diced tomatoes
1 15.25-ounce can whole kernel corn, drained
½ cup heavy cream

Heat oil in a large saucepan over medium heat. Stir in red onion, salt and pepper, and cook about 5 minutes, until onion is tender. Stir in zucchini, and cook 3-5 minutes. Mix in garlic and tomatoes. Continue cooking, stirring occasionally, until the mixture comes to a boil. Stir corn and cream into the mixture. Reduce heat to low, and continue cooking, stirring occasionally until thick and bubbly, 15 to 20 minutes.
**July —**

**Southwestern Roasted Corn Salad**

- 8 ears fresh corn in husks
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 red onion, chopped
- 1 cup chopped fresh cilantro
- ½ cup olive oil
- 4 cloves garlic, peeled and minced
- 3 limes, juiced
- 1 teaspoon white sugar
- Salt and pepper to taste
- 1 tablespoon hot sauce

Place the corn in a large pot with enough water to cover, and soak at least 15 minutes. Preheat grill for high heat. Remove silks from corn, but leave the husks.

Place corn on the preheated grill. Cook, turning occasionally, 20 minutes, or until tender. Remove from heat, cool slightly, and discard husks. Cut the corn kernels from the cob, and place in a medium bowl. Mix in the red bell pepper, green bell pepper, and red onion. In a blender or food processor, mix the cilantro, olive oil, garlic, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth, and stir into the corn salad.

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**Rhubarb-Peach Crisp**

- 5 cups chopped rhubarb
- 1 cup chopped peach
- 1 ½ cups white sugar, or to taste
- ¼ cup all-purpose flour
- 1 cup brown sugar
- 1 cup quick oats
- 1 ½ cups all-purpose flour
- ¾ cup butter

Preheat an oven to 375°F. Lightly grease a 9x13-inch baking dish.

Mix the rhubarb, peach, white sugar, and ¼ cup flour together in a large bowl until evenly combined; pour into the prepared baking dish and spread into an even layer. Stir the brown sugar, quick oats, and 1 ½ cups flour together in a separate bowl. Cut the butter into the flour mixture with a knife or pastry blender until the mixture resembles coarse crumbs; sprinkle evenly over the rhubarb and peach mixture. Bake in the preheated oven until golden brown on top, about 45 minutes.
Creamy Summer Pasta Salad

- 16-ounce package fusilli pasta
- 3 tablespoons extra-virgin olive oil
- 2 cups chopped green onions
- 3 tablespoons minced garlic
- 6 cups chopped kale
- 2 cups cherry tomatoes
- 4 zucchini, cubed
- salt and ground black pepper to taste
- 1 tablespoon chopped fresh rosemary, or more to taste
- 8 ounces mascarpone cheese
- sliced or chopped raw almonds
- 1 cup shaved Parmesan cheese

Cook pasta in salted water according to the package instructions. While pasta is cooking, heat olive oil in a 12-14 inch skillet or sauté pan. Add onions and sauté until soft and glassy, but not brown. Add garlic and cook for a minute stirring constantly. Add kale and cook until it is soft but still bright green and textured, about 2 minutes. Add cherry tomatoes and zucchini, season with salt and pepper. Cook for an additional 1-2 minutes. Remove from heat. Drain pasta into a large bowl, add Mascarpone and rosemary, stir well. Stir in the kale-tomato mixture.

Top with almonds and shaved Parmesan cheese.
August —

Roasted Balsamic Chicken with Baby Tomatoes

½ cup balsamic vinegar
1 tablespoon olive oil
1 tablespoon Dijon mustard, or more to taste
1 clove garlic, or more to taste, minced
salt and freshly ground pepper to taste
4 large skinless, boneless chicken breast halves
1 pint cherry tomatoes, halved
1 lemon, zested and juiced

Mix balsamic vinegar, olive oil, mustard and garlic together in an oven-safe baking dish; season with salt and pepper. Lie chicken breasts in the vinegar mixture. Marinate chicken in the refrigerator for at least 4 hours.

Preheat oven to 400 degrees. Roast chicken for about 30 minutes. Add tomatoes to the baking dish and continue cooking until the chicken is no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted in the center should read at least 165 degrees. Sprinkle lemon zest and drizzle lemon juice over the chicken.
Corn on the Grill

5 cloves garlic, minced, or more to taste
½ cup butter
1 tablespoon sugar
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon ground black pepper
½ lime, juiced
2 tablespoons hot pepper sauce
6 ears fresh corn

Preheat an outdoor grill for medium heat and lightly oil the grate. Heat the garlic and butter in a small saucepan over low heat for 5 minutes to infuse the butter with the flavor of the garlic. Do not let the butter simmer. Stir together the sugar, salt, black pepper and cumin in a small dish. Stir into the butter mixture along with the lime juice and hot sauce until evenly blended. Brush the ears of corn generously with the garlic butter; reserve remaining butter.

Cook the corn on the grill, rotating occasionally until the corn is hot and tender, 10-15 minutes. Brush the corn with the remaining butter as the corn cooks.

Kale Salad

1 bunch kale, stems removed and leaves thinly sliced
1 large carrot, shredded
½ orange, juiced
½ lemon, juiced
½ red onion, very thinly sliced
1 slice cooked bacon, chopped
3 tablespoons mayonnaise
1 tablespoon olive oil
salt and black pepper to taste

Toss kale with carrot, orange juice, lemon juice, salt and black pepper in a large salad bowl, using your hands to rub orange and lemon juice into kale leaves. Let stand a few minutes to absorb flavors.

Fill a bowl with ice water. Bring a saucepan of water to a boil and stir onion into boiling water; cook just until starting to soften, 15-30 seconds. Drain and immediately immerse onion in ice water. Drain ice water, blot onion dry on a paper towel, add to kale. Stir bacon, mayonnaise and olive oil into kale mixture and toss to coat. Can be made several hours ahead of time and refrigerated until serving.
Cheesy Squash and Zucchini Casserole

1 pound yellow squash, sliced
1 pound zucchini, sliced
½ onion, diced
1 cup shredded Cheddar cheese
½ cup biscuit baking
½ cup butter
2 eggs
1 tablespoon sugar
1 teaspoon salt
10 saltine crackers
¼ cup bread crumbs

Preheat oven to 325°F. Fill a large pot with water and bring to a rolling boil. Add yellow squash, zucchini and onion; bring back to a boil and cook vegetables until tender, about 15 minutes. Drain and transfer vegetables to a large bowl.

Mix Cheddar cheese, baking mix, butter, eggs, sugar and salt with the cooked vegetables using a large spoon; stir until butter has melted and baking mix has dissolved. Fold crushed crackers into the mixture until the liquid has been absorbed. Pour mixture into a 1 ½ -quart casserole dish; top with bread crumbs.

Bake until topping is lightly browned and cheese is melted, 30 minutes.
Rhubarb Cobbler

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\frac{3}{4} & \quad \text{cup white sugar} \\
2 & \quad \text{tablespoons cornstarch} \\
4 & \quad \text{cups chopped rhubarb} \\
1 & \quad \text{tablespoon water} \\
1 & \quad \text{tablespoon butter, diced} \\
1 & \quad \text{teaspoon ground cinnamon} \\
1 & \quad \text{cup all-purpose flour} \\
1 & \quad \text{tablespoon white sugar} \\
1 \frac{1}{2} & \quad \text{teaspoons baking powder} \\
\frac{1}{4} & \quad \text{teaspoon salt} \\
\frac{1}{4} & \quad \text{cup butter} \\
\frac{1}{4} & \quad \text{cup milk} \\
1 & \quad \text{egg, beaten} \\
2 & \quad \text{tablespoons white sugar}
\end{align*}
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Preheat oven to 400°F. Lightly grease a 9-inch square baking dish. In a saucepan, mix \(\frac{3}{4}\) cup sugar and cornstarch. Stir in rhubarb and water. Bring to a boil. Cook and stir for 1 minute. Transfer to the prepared baking dish. Dot with butter and sprinkle with cinnamon.

In a medium bowl, sift together flour, 1 tablespoon sugar, baking powder and salt. Cut in the butter until the mixture resembles coarse crumbs.

In a small bowl, mix the milk and eggs. Add all at once to dry ingredients, stirring just to moisten. Drop by teaspoonsful on top of the rhubarb mixture. Sprinkle with sugar.

Bake for 20 minutes until crisp and lightly browned.
Roasted Vegetables

1 small butternut squash, cubed  
2 red bell peppers, seeded and diced  
1 sweet potato, peeled and cubed  
3 yukon gold potatoes, cubed  
1 red onion, cubed  
1 tablespoon chopped fresh thyme  
2 tablespoons chopped fresh rosemary  
¼ cup olive oil  
2 tablespoons balsamic vinegar  
salt and pepper to taste

Preheat oven to 475°F. In a large bowl, combine the squash, red bell peppers, sweet potato and yukon gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.

Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes or until vegetables are cooked through and browned.

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Slow Cooker Pulled Pork

1 (2 pounds) pork tenderloin  
1 (12 fluid ounce) can or bottle of root beer  
1 (18 ounce) bottle barbecue sauce  
8 hamburger buns, lightly toasted

Place the pork tenderloin in a slow cooker; pour the root beer over the meat. Cover and cook on low until well cooked and the pork shreds easily, 6 to 7 hours. Note: the actual length of time may vary according to individual slow cooker. Drain well. Stir in barbecue sauce. Serve over hamburger buns.
Old Fashioned Onion Rings

1 large onion, cut into ¼ inch slices
1 ¼ cups all purpose flour
1 teaspoon baking powder
1 teaspoon salt
1 egg
1 cup milk
¾ cup bread crumbs
   seasoned salt to taste
1 quart oil for frying

Heat the oil in a deep-fryer to 365°F. Separate the onion slices into rings and set aside. In a small bowl, stir together the flour, baking powder and salt.

Dip the onion slices into the flour mixture until they are all coated; set aside. Whisk the egg and milk into the flour mixture using a fork. Dip the floured rings into the batter to coat, then place on a wire rack to drain until the batter stops dripping. The wire rack may be placed over a sheet of aluminum foil for easier clean up. Spread the bread crumbs out on a plate or shallow dish.

Place rings one at a time into the crumbs, and scoop the crumbs up over the ring to coat. Give it a hard tap as you remove it from the crumbs. The coating should cling very well. Repeat with remaining rings.

Deep fry the rings a few at a time for 2 to 3 minutes, or until golden brown. Remove to paper towels to drain. Season with seasoning salt and serve.

Creamy Apple Slaw

¾ cup sour cream
½ cup white sugar
3 tablespoons apple cider vinegar
2 tablespoons dry ranch dressing mix
1 8 ounces shredded cabbage and carrots
3 apples, peeled, cored, diced
2 stalks celery, chopped
3 green onions, thinly sliced
salt and pepper to taste

Whisk sour cream, sugar, vinegar and ranch dressing mix together in a large bowl; fold in cabbage mix, apples, celery and green onion. Toss mixture to coat; season with salt and pepper. Cover bowl tightly with plastic wrap and chill until flavors blend, 20 minutes to 4 hours.
Old Fashioned Apple Dumplings

1 recipe pastry for double-crust pie
6 large crisp apples, peeled and cored
½ cup butter
¾ cup brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
3 cups water
2 cups white sugar
1 teaspoon vanilla extract

Preheat oven to 400°F. Butter a 9x13 inch pan. On a lightly floured surface, roll pastry into a large rectangle, about 24 by 16 inches. Cut into 6 square pieces. Place an apple on each pastry square with the cored opening facing upward. Cut butter into 8 pieces. Place 1 piece of butter in the opening of each apple; reserve remaining butter for sauce. Divide brown sugar between apples, poking some inside each cored opening and the rest around the base of each apple. Sprinkle cinnamon and nutmeg over the apples.

With slightly wet fingertips, bring one corner of pastry square up to the top of the apple, then bring the opposite corner to the top and press together. Bring up the two remaining corners, and seal. Slightly pinch the dough at the sides to completely seal in the apple. Repeat with the remaining apples. Place in prepared baking dish.

In a saucepan, combine water, white sugar, vanilla extract and reserved butter. Place over medium heat and bring to a boil in a large saucepan. Boil for 5 minutes or until sugar is dissolved. Carefully pour over dumplings. Bake for 50 to 60 minutes. Place each apple dumpling in a dessert bowl, and spoon some sauce over the top.
Slow Cooker Creamy Potato Soup

- 6 slices bacon, diced
- 1 onion, finely chopped
- 2 10.5 ounce cans condensed chicken broth
- 2 cups water
- 5 large potatoes, diced
- ½ teaspoon salt
- ½ teaspoon dried dill weed
- ½ teaspoon ground white pepper
- ½ cup all-purpose flour
- 2 cups half-and-half
- 1 12 fluid ounce can evaporated milk

Place bacon and onion in a large, deep skillet. Cook over medium-high heat until bacon is evenly brown and onions are soft. Drain off excess grease.

Transfer the bacon and onion to a slow cooker, and stir in chicken broth, water, potatoes, salt, dill weed and white pepper. Cover and cook on Low 6 to 7 hours, stirring occasionally.

In a small bowl, whisk together the flour and half-and-half. Stir into the soup along with the evaporated milk. Cover and cook another 30 minutes before serving.

Homemade Apple Cider

- 10 apples, quartered
- ¾ cup white sugar
- 1 tablespoon ground cinnamon
- 1 tablespoon ground allspice

Place apples in a large stockpot and add enough water cover by at least 2 inches. Stir in sugar, cinnamon and allspice. Bring to a boil. Boil, uncovered, for 1 hour. Cover pot, reduce heat and simmer for 2 hours.

Strain apple mixture though a fine mesh sieve. Discard solids. Drain cider again though a cheesecloth lined sieve. Refrigerate until cold.
Beet Salad with Goat Cheese

Place beets into a saucepan and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

Spiced Pumpkin Seeds

Combine the margarine, salt, garlic salt, Worcestershire sauce and pumpkin seeds. Mix thoroughly and place in shallow baking dish. Bake for 1 hour, stirring occasionally.
Preheat oven to 425°F.

To Make Pastry: In a large bowl, mix together flour, 1 tablespoon sugar, and 2 teaspoons salt. Cut in shortening until mixture resembles coarse meal.

In a small bowl whisk together vinegar, 1 egg and ice water. Pour into flour mixture and stir until dough forms a ball. Divide into 4 portions. Freeze 3 of them or use for other pies. Reserve one for Pilgrim Pumpkin Pie.

To Make Pumpkin Filling: In a large bowl, combine 2 beaten eggs, pumpkin, 3/4 cup honey or sugar, 1/2 teaspoon salt, cinnamon, 1/2 teaspoon ginger, cloves and evaporated milk. Mix well.

Roll out pastry and fit into a 9 inch pie plate. Pour in pumpkin filling. Bake in preheated oven for 15 minutes, then reduce heat to 350° F. Bake an additional 45 minutes until filling is set.

To Make Honey Ginger Cream: In a large bowl combine whipping cream, 1/4 cup honey and 1/2 teaspoon ginger. Whip until soft peaks form. Chill 1 hour before serving. Place a spoonful on top of each slice of pie.
Apple Chips

2 golden delicious apples, cored and thinly sliced
1 ½ teaspoons white sugar
½ teaspoon ground cinnamon

Preheat oven to 225°F.

Arrange apple slices on a metal baking sheet.

Mix sugar and cinnamon together in a bowl; sprinkle over apple slices.

Bake in the preheated until apples are dried and edges curl up, 45 minutes to 1 hour.

Maple-Garlic Marinated Pork Tenderloin

2 tablespoons dijon mustard
1 teaspoon sesame oil
3 garlic cloves, minced
1 cup maple syrup
1½ pounds pork tenderloin
ground pepper to taste

Combine mustard, sesame oil, garlic, pepper, and maple syrup. Place pork in a shallow dish and coat thoroughly with marinade. Cover, then chill in the refrigerator at least eight hours, or overnight.

Preheat grill for medium-low heat.

Remove pork from marinade, and set aside. Transfer remaining marinade to a small saucepan, and cook on the stove over medium-low heat for 5 minutes.

Brush grate with oil, and place meat on grate. Grill pork, basting with reserved marinade, for approximately 15 to 25 minutes, or until interior is no longer pink. Avoid using high temperatures as marinade will burn.
Butternut Squash Bisque

1 tablespoon canola oil
1 tablespoon unsalted butter
½ cup diced onion
¾ cup diced carrots
4 cups peeled and cubed butternut squash
3 cups vegetable stock
½ cup heavy cream (optional)
salt and ground pepper to taste
ground nutmeg to taste

Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter and oil until tender.

Mix the carrots and squash into the pot. Pour in vegetable stock, and season with salt, pepper, and nutmeg. Bring to a boil, reduce heat, and simmer until vegetables are tender.

In a blender or food processor, puree the soup mixture until smooth.

Return to the pot, and stir in the heavy cream. Heat through, but do not boil.

Serve warm with a dash of nutmeg.
December —

Raspberry and Almond Shortbread Thumbprints

1 cup butter, softened
½ cup white sugar
½ teaspoon almond extract
2 cups all-purpose flour
½ cup seedless raspberry jam
½ cup confectioners’ sugar
¾ teaspoon almond extract
1 teaspoon milk

Preheat oven to 350°F.

In a medium bowl, cream together butter and white sugar until smooth. Mix in 1/2 teaspoon almond extract. Mix in flour until dough comes together. Roll dough into 1 1/2 inch balls, and place on ungreased cookie sheets. Make a small hole in the center of each ball, using your thumb and finger, and fill the hole with preserves.

Bake for 14 to 18 minutes in preheated oven, or until lightly browned. Let cool 1 minute on the cookie sheet.

In a medium bowl, mix together the confectioners’ sugar, 3/4 teaspoon almond extract, and milk until smooth. Drizzle lightly over warm cookies.
Christmas Morning Casserole

1 18 ounce loaf sliced white bread
½ lb. thinly sliced or shaved ham
2 cups shredded cheddar cheese
6 eggs
¼ cup finely chopped onion
¼ cup finely chopped green pepper
½ teaspoon dry mustard
½ teaspoon black pepper
½ teaspoon Worcestershire sauce
3 cups milk
2 tablespoons butter or margarine, melted
dash of Tabasco sauce

Trim crusts from bread; reserve crusts. Cover bottom of greased 13 x 9-inch baking dish with slices of bread, trimming to fit if necessary. Cover with ham, then cheese. Top with another layer of bread.

Whisk eggs. Add onion, green pepper, dry mustard, pepper, Worcestershire sauce and Tabasco; whisk to combine. Whisk in milk. Pour mixture over bread. Cover and refrigerate overnight.

Meanwhile, pulse reserved crusts in food processor until coarsely chopped. Set aside 1-1/2 cups of the bread crumbs. (Remainder can be frozen for another use.)

The next day, stir butter into bread crumbs until moistened. Sprinkle buttered crumbs over top of casserole.

Bake in a preheated 350°F oven until puffed, set and golden brown, about 1 to 1-1/4 hours.
Cranberry Meatballs

2 pounds ground chuck
2 large eggs
½ cup dry breadcrumbs
1 teaspoon salt
½ teaspoon pepper
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon thyme
1 (16-ounce) can cranberry sauce
1 (12-ounce) jar chili sauce
¼ cup orange marmalade
¼ cup water
2 tablespoons soy sauce
2 tablespoons red wine vinegar
1 teaspoon dried red pepper flakes

Combine first 8 ingredients in a large bowl. Shape mixture into about 54 (1-inch) balls.

Cook meatballs, in batches, in a large skillet over medium-high heat until browned (about 5 minutes); remove meatballs from pan, and drain well on paper towels.

Stir together cranberry and chili sauces and next 5 ingredients in a large Dutch oven over medium heat, and cook, whisking occasionally, 5 minutes or until smooth. Add meatballs; reduce heat to low, and cook, stirring occasionally, 15 to 20 minutes or until centers are no longer pink.