What’s Cookin’ 2016

Kent A. Leonhardt, Commissioner
www.agriculture.wv.gov
January

Cranberry-Stuffed Chicken Breasts

1 pound boneless, skinless chicken breasts
1 cup cranberries
3 tablespoons sugar
1 teaspoon grated fresh orange peel
¼ teaspoon salt
¼ teaspoon ground cinnamon
4 slices whole wheat bread, cut into small cubes and toasted in a 350°F oven until dry
2 tablespoons raisins
2 tablespoon water
Paprika

Preheat oven to 350°F. Spray a 10-inch pie pan with nonstick cooking spray.

Combine cranberries, sugar, orange peel, salt and cinnamon in a blender or food processor. Process until cranberries are chopped. Spoon mixture into a bowl and add bread cubes, raisins and water, mixing well. Add a little more water if necessary to moisten stuffing.

Divide stuffing mixture evenly onto the center of each chicken breast. Pull corners together and fold up edges to enclose the stuffing. Turn the chicken over and place, smooth side up, in prepared pan. Sprinkle liberally with paprika and parsley flakes. Cover pan tightly with aluminum foil and bake 40 minutes.

Makes 4 servings.

Per serving: Calories, 262; Total Fat, 2.7g; Cholesterol, 65mg; Sodium, 371mg; Total Carbohydrates, 30.3g; Dietary Fiber 3.6g; Protein, 29.2g

December

Apple Chutney

6 WV apples, peeled, cored and ½” diced
1 cup chopped yellow onion
2 tablespoons minced fresh ginger
1 cup freshly squeezed orange juice (2 oranges)
½ 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

Combine apples, onion, ginger, orange juice, vinegar, brown sugar, mustard seeds, pepper flakes and salt and in large saucepan. Bring the mixture to a boil over medium-high heat, stirring occasionally. Reduce the heat to simmer and continue cooking, stirring occasionally, for 50 minutes to 1 hour, until most of the liquid has evaporated. Take off the heat and add the raisins. Set aside to cool and store covered in the refrigerator for up to 2 weeks.


Maple-Roasted Sweet Potatoes

2½ pounds sweet potatoes (peeled and cut into 1½” pieces, about 8 cups)
1/3 cups pure WV maple syrup
2 tablespoons butter (melted)
1 tablespoon lemon juice
½ teaspoon salt
Freshly ground pepper to taste

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9x13” glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45-50 minutes more.

Make ahead tip: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

http://www.yummly.co/#recipe/Maple-Roasted-Sweet-Potatoes-1914248
Italian Veggie Bake

1 cup zucchini, unpeeled, cut into 1-inch cubes
1 cup mushrooms, quartered
1 cup broccoli, cut into florets
½ cup yellow squash, unpeeled, cut into 1-inch cubes
½ cup cauliflower, cut in florets
½ cup chopped onion
½ medium green bell pepper, sliced
1 lb. can salt-free (or regular) tomatoes, chopped, undrained
1 teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon garlic powder
¼ teaspoon pepper
6 ounces shredded part-skim mozzarella cheese (1½ cups)
2 tablespoons Parmesan cheese, grated
Salt to taste

Preheat oven to 375°F. Spray a 7x11-inch baking pan with nonstick cooking spray. Combine vegetables and spices in a large bowl and mix well. Spoon into prepared pan. Cover tightly and bake 45 minutes, or until vegetables are tender, stirring halfway through cooking time. Uncover vegetables and sprinkle with cheeses. Continue to bake, uncovered, 10 minutes, or until cheese is melted and begins to brown.

Per serving: Calories, 125; Total Fat, 5.3g; Cholesterol, 18mg; Sodium, 186mg; Total Carbohydrates, 9.4g; Dietary Fiber 2.5g; Protein, 9.9g

January

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
WV 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 and vanilla (and black walnuts) if desired. Pour into an 8-inch square, buttered pan. Let set 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, at room temperature
1 cup heavy cream
2 cups grated sharp white Cheddar
¼ cup finely grated fresh horseradish
Kosher salt and freshly ground black pepper

Preheat oven to 375°F. Grease a 9x13” casserole dish with butter. Combine vegetables and spices in a large bowl and mix well. Spoon into prepared pan. Cover tightly and bake 45 minutes. Continue to bake, uncovered, 10 minutes, or until cheese is melted and begins to brown.

Per serving: Calories, 166; Total Fat, 2g; Cholesterol, 69mg; Sodium, 167mg; Total Carbohydrates, 7.1g; Dietary Fiber 0.4g; Protein, 29.9g

December

Rosemary Turkey Cutlets

1 pound turkey breast cutlets
1 cup mushrooms
¾ cup plain nonfat Greek yogurt
1 tablespoon all-purpose flour
½ cup dry white wine
2 teaspoons Dijon mustard
1 teaspoon dried rosemary, crumbled
¼ teaspoon garlic powder
Pepper to taste

Preheat oven to 350°F. Grease a 8-inch square baking pan with nonstick cooking spray. Place turkey in plan. Top with mushrooms. In small bowl, combine remaining ingredients, mixing well. Spread evenly over turkey and mushrooms. Bake, uncovered, 45 minutes.

Makes 4 servings.

Per serving: Calories, 166; Total Fat, 2g; Cholesterol, 69mg; Sodium, 167mg; Total Carbohydrates, 7.1g; Dietary Fiber 0.4g; Protein, 29.9g

Mashed Potatoes

Preheat oven to 375°F. 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.

Stewed Green Beans

2 1/2 pounds fresh green beans, trimmed and cut into 2” pieces
1 quart water
1 medium yellow onion
1/2 pound sliced bacon
3 tablespoons sugar
Kosher salt
Freshly ground black pepper

Cut sliced bacon into 1” pieces and transfer to a large pot. Cook the bacon over medium-high heat, stirring occasionally, until crisp, about 10-12 minutes. Thinly slice the onion and cook covered, stirring occasionally until soft about 8-10 minutes. Add water, sugar, salt and pepper to taste and stir well. Bring to a boil, reduce heat to medium-low, and simmer, covered for 15 minutes. Add green beans and increase heat to medium-high and bring to a boil. Reduce heat to medium-low and cook, covered, stirring occasionally until green beans are very tender, about 1 1/4 hours. Season with additional salt and ground black pepper to taste as needed.

Serves 6-8.

Asparagus Cheese Tart

This elegant no-crust quiche-like pie serves 8 as a side dish or 6 as a light entrée.

1 10-ounce package frozen asparagus spears
1 1/3 cups low-fat (1%) cottage cheese
2/3 cup nonfat dry milk
1/2 cup water
1/4 cup plus 2 tablespoons all-purpose flour
2 teaspoons baking powder
2 tablespoons plus 2 teaspoons reduced-calorie margarine
3/4 cup liquid egg substitute
2 teaspoons minced onion flakes
1 packet low-sodium instant chicken or vegetable-flavored broth mix
3 tablespoons grated Parmesan cheese

Cook asparagus according to package directions. Drain. Preheat oven to 350°F. Spray a 9-inch pie pan with nonstick cooking spray. Cut each asparagus spear into 3 pieces. Arrange pieces in prepared pan. In a blender, combine remaining ingredients, using only half of the Parmesan cheese. Blend until smooth. Pour over asparagus. Sprinkle with remaining Parmesan cheese. Bake 30 minutes, or until set and lightly browned. Cook 5 minutes before serving.

Makes 8 servings.

Per serving: Calories, 241; Total Fat, 4.3g; Cholesterol, 6mg; Sodium, 443mg; Total Carbohydrates, 26.5g; Dietary Fiber 6.9g; Protein, 24.4g

Pumpkin Cake Roll

Cake:
1 teaspoon butter, softened
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
3 eggs
1 cup granulated sugar
2/3 cup canned pumpkin
1 teaspoon fresh lemon juice
1 cup pecans, roughly chopped
1/4 cup confectionery sugar
Pinch of fine salt

Grease a 10”x15” jelly roll pan with butter and dust with 1 tablespoon flour. Tap pan to remove excess flour; set aside. Sift remaining flour, cinnamon, nutmeg and salt into a bowl; set aside. In separate bowl beat eggs with an electric mixer until fluffy and tripled in size, 4-5 minutes. Add sugar in 3 parts, beating after each addition; until thick and creamy, about 2-3 minutes more. Stir in pumpkin and lemon juice and gently fold in flour mixture. Pour batter into prepared pan and spread batter evenly out to edges. Sprinkle pecans evenly over top. Bake until cooked through, about 15 minutes. Meanwhile lay a clean kitchen tea towel on a counter and sprinkle with 1/4 cup confectionery sugar.

Filling:
4 tablespoons butter, softened
6 ounces cream cheese, softened
1 cup confectionery sugar
1 teaspoon vanilla extract

Grease a 10”x15” jelly roll pan with butter and dust with 1 tablespoon flour. Tap pan to remove excess flour; set aside. Sift remaining flour, cinnamon, nutmeg and salt into a bowl; set aside. In separate bowl beat eggs with an electric mixer until fluffy and tripled in size, 4-5 minutes. Add sugar in 3 parts, beating after each addition; until thick and creamy, about 2-3 minutes more. Stir in pumpkin and lemon juice and gently fold in flour mixture. Pour batter into prepared pan and spread batter evenly out to edges. Sprinkle pecans evenly over top. Bake until cooked through, about 15 minutes. Meanwhile lay a clean kitchen tea towel on a counter and sprinkle with 1/4 cup confectionery sugar.

Chocolate Ricotta Spread

This spread makes a great appetizer when served with thin apple or pear slices. It can also be served as a light, refreshing dessert.

1/2 cup part-skim ricotta cheese
1 tablespoon sugar
2 teaspoons unsweetened cocoa
1/2 teaspoon vanilla extract
1/4 teaspoon rum or almond extract

Combine all ingredients in a small bowl. Mix Well. Serve right away or chill for later serving.

Makes 4 servings (2 tablespoons each serving).

Per serving: Calories, 59; Total Fat, 2.5g; Cholesterol, 10mg; Sodium, 38mg; Total Carbohydrates, 5.3g; Dietary Fiber 0.3g; Protein, 3.7g
**Vegetarian French Onion Soup**

| 4 tablespoon butter        | 4 large onions, sliced extremely thin | 4 cloves garlic, chopped |
| 2-3 tablespoon brown sugar | 8 cups vegetable stock (see recipe)   | 1 tablespoon vegetable broth powder |

In large soup pot, sauté onion and garlic in butter. When tender, stir in brown sugar and continue to brown (caramelize) onion. Then add stock and vegetable broth powder, stir and simmer at least 30 minutes. Add soy sauce to taste. Serve in a bowl with dry bread and cheese. Heavenly!

Serves 4-6.

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**Coca-Cola Glazed Country Ham**

1 15-17 pound whole country ham (bone-in)
3 cups (24 ounces) Coca-Cola

Put ham into a large food grade plastic container or plastic bag and cover with cold water. Cover and refrigerate ham until no longer overwhelmingly salty, about 14 - 24 hours (depending on the producer, country hams require different soaking times, see label or ask your purveyor). Heat oven to 350°F. Drain ham and pat dry; remove and discard skin. Transfer ham to a large foil lined roasting pan. Pour 3 cups of Coca-Cola over ham; cover tightly with foil. Roast, basting ham with pan juices every 30 minutes, until liquid is reduced to a thick syrup and a thermometer inserted into the thickest part of the ham registers 150°F, about 3 hours. Uncover ham; continue roasting and basting until ham is crisp and registers 165°F, 20-30 minutes more. Let rest briefly before slicing.

Serves 10-12.

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**Deviled Eggs**

8 eggs
3 tablespoons mayonnaise
1 tablespoon apple cider vinegar
1 tablespoon melted butter
2 teaspoons yellow prepared mustard
2 teaspoons sugar
Kosher salt
Freshly ground black pepper
Paprika

Put eggs into a small pot, cover with water by 2" and bring to a boil. Remove from heat and cover with lid. Let sit for 8 minutes, drain and run eggs under cold water to chill. Gently crack and peel eggs removing the shells under running cold water. Cut each egg in half lengthwise. Remove yolk from each egg half and transfer to a large bowl. Arrange whites on a large platter cover and refrigerate. Mash egg yolks well with a fork, and then add mayonnaise, vinegar, butter, mustard, sugar and salt and pepper to taste. Stir the egg yolk mixture until smooth. Using a small rounded teaspoon, fill each egg white half with a rounded dollop of the egg yolk mixture. Loosely cover with plastic wrap and refrigerate until chilled. When ready to serve, sprinkle with paprika.

Makes 16 eggs.

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**Potato Pesto Soup**

This soup was born one Sunday morning at the café when we had an overabundance of pesto. (Too much pesto? Never!) It's such a delicious, versatile condiment. We love pesto.

2 onions, chopped
4 cloves garlic, minced
1 tablespoon butter
2 ribs celery, chopped
2 carrots, peeled and chopped
6 large potatoes, cubed
8 cups water
2 tablespoons pesto
1 teaspoon salt
½ teaspoon black pepper

In large soup pot, sauté onion and garlic in butter over medium heat. Cook for 2 minutes then add celery and carrots. Pour in water and potatoes. Let soup simmer until potatoes are cooked – about 30 minutes. Then add pesto, salt and pepper. Simmer another 5 minutes, adjust seasonings and serve.

Makes 8 servings.
Black Walnut Cake

½ cup softened butter
½ cup shortening
2 cups sugar
5 eggs, separated
1 cup buttermilk
1 teaspoon baking soda
2 cups flour
1 teaspoon vanilla
1 cup chopped black walnuts
1 3-oz. can flaked coconut
½ teaspoon cream of tartar

Cream butter and shortening; gradually add sugar, beating well. Add egg yolks, one at a time, beating well after each addition. Combine buttermilk and soda; stir until soda dissolves. Add flour to creamed mixture, alternately with buttermilk mixture, beginning and ending with flour. Mix after each addition. Stir in vanilla, walnuts and coconut. Beat egg whites and cream of tartar until stiff peaks; fold into batter. Pour batter into 3 greased and floured 9-inch cake pans. Bake at 350°F, 22 – 25 minutes or until toothpick inserted in center comes out clean.

Cool in pans 10 minutes, then remove from pans and cool completely on racks. For frosting, cream butter and cream cheese; gradually beat in powdered sugar until light and fluffy; stir in vanilla. Spread between layers, on top and sides of cake. Press additional chopped walnuts onto cake sides.

Makes one 3-layer cake.

Making Stock

The key to good soup is a good stock. We make our own. It is easy to make a vegetable stock. Just take any or all of the following and cook for at least 20 minutes in a large pot of water.

Strain and use in your favorite soup:
Scraps of clean vegetable peelings
Spinach stems
Carrot ends and peels
Onion skins and mushroom stems
Stems parsley stems
Celery ends
potato water

(Some vegetables like broccoli and cauliflower make stock bitter and should not be used.)

Curried Sweet Potato Soup

4 yams (the orange sweet potatoes)
2½ cups water or stock
2 tablespoons butter
1 medium onion, chopped
2 cloves garlic, minced
1 teaspoon cinnamon
1 teaspoon ground cumin
¼ teaspoon dry mustard
¾ teaspoon ground ginger
Dash of cayenne pepper
½ teaspoon coriander
1 6-ounce can frozen orange juice concentrate
Juice from 1 lemon

Peel yams and cut into 1-inch cubes. In a soup pot, boil yams in water or stock until cooked. Drain potatoes and save liquid. While potatoes are cooking, sauté onion and garlic in butter until soft, add spices and stir. Puree potatoes and onion/spice mixture in a food processor, return to the pot and add orange juice concentrate and enough potato stock to reach desired thickness. Stir in lemon juice. Let simmer 5-15 minutes before serving. A dollop of yogurt is a superb garnish for this soup.
**Fiesta Chicken Chili**

1 cup chopped onion
2 cloves garlic, minced
1 tablespoon oil
3 cups water
½ cup pearled barley
1 16-ounce can tomatoes, chopped with liquid
1 16-ounce can tomato puree
2-3 cups vegetable or chicken stock
1 cup frozen corn
¼ cup chopped green chilies
1 tablespoon chili powder
½ teaspoon ground cumin
1 teaspoon salt
½ teaspoon black pepper
3 cups cooked chicken (about 1½ pounds)

In a large soup pot, cook onion and garlic in oil until tender. Add remaining ingredients, except for chicken. Bring to a boil, then reduce heat to low and cover. Simmer 40 minutes, stirring occasionally. Add chicken and continue cooking 10 minutes. Add more stock if necessary to thin out.

Serves 4-6.

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**Banana Nut Bread**

½ cup softened butter
1½ cups sugar
2 lightly beaten eggs
1 teaspoon pure vanilla
2¼ cups Swan's Down cake flour, divided
½ teaspoon salt
½ teaspoon baking soda
¼ cup heavy cream
3 medium bananas, mashed
Scant 1 teaspoon lemon juice
1 cup chopped pecans or black walnuts

Preheat the oven to 350°F. Butter and flour a nonstick 9x5” loaf pan. In bowl, cream butter and sugar; add eggs and vanilla, mixing well. Sift 2 cups flour into separate bowl; stir in salt and soda. In small bowl, combine pecans with remaining ¼ cup flour, tossing to coat. Add half the flour mixture to creamed mixture, stir in cream, bananas and lemon juice, mixing well; stir in remaining flour mixture.

Fold in nuts. Spoon batter into prepared pan and bake for 50 minutes or until baked through. Remove from pan and cool completely before cutting. Banana bread will freeze well for up to 3 months covered tightly.

Yield: 1 loaf

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**Black Walnut Pie**

1 cup sugar
½ teaspoon flour
¼ teaspoon salt
2 beaten egg yolks
2 cups milk
1 teaspoon vanilla bean paste*
2 teaspoons unsalted butter
1 cup finely chopped black walnuts
1 graham cracker pie shell, homemade or purchased Meringue topping* (optional)

In bowl, sift together sugar, flour and salt, place yolks in top of double boiler; add sugar mixture to yolks, blending well; stir in milk and cook in double boiler until thick. Add vanilla and butter. Cool; stir in nuts and spoon filling into crust. Cool pie completely. Prepare meringue topping; spread meringue over pie filling, sealing edges. Bake at 350°F 5-7 minutes or until lightly browned. Yield: 1-9” pie.

*Vanilla bean paste can be purchased at a candy supply store. And can be used in any recipe for a more pronounced vanilla taste. Vanilla bean paste is perfect for ice cream bases and dessert sauces.
Salt-Rising Bread

- ½ cup cornmeal (stone-ground or non-degerminated)
- 1½ potatoes, peeled thinly sliced
- 4 cups whole milk, divided (scalded)
- 11 cups all-purpose flour, divided
- 3 tablespoons granulated sugar
- ½ cup solid shortening
- 1 tablespoon non-iodized salt
- Melted butter

**Starter:** In a small mixing bowl (glass or pottery), combine cornmeal, potato slices and 1 cup of scalded milk. Add 1 tablespoon of sugar; mix well. Place in a warm location for about 10-12 hours, check the mixture. It should be smelly and bubbly. If not, throw out and start again. Set aside.

**Bread:** Add salt, shortening and remaining sugar in a large mixing bowl. Cream together until mixture is uniform. Scald the remaining 3 cups of milk and pour into creamed mixture. Mix well and let the shortening mixture soften. Add about half of the flour and mix. Add the fermented starter to the dough mixture and mix well. Cover; let sit in a warm location for about 1-1½ hours until the mixture will again be smelly and bubbly (signs of fermentation). Dough will be ready to use when the surface is covered with bubbles. Add 6 cups of flour and mix well (may have to mix the last part by hand or use a dough hook on a mixer).

Knead until the dough is smooth and elastic. Cut the dough into 3 equal pieces, cover with banana leaves or plastic wrap. Place in a warm oven so that the dough will rise until about doubled in size. Bake in a preheated 375°F oven for 35-40 minutes until golden brown. The tops of the bread will be crisp and hard. Spread the tops with melted butter.

Baked Ginger Soy Chicken with Black Walnut Glaze

**Black walnut glaze:**
- 1 cup chopped black walnuts
- 1 teaspoon ground ginger
- 3 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 1 tsp brown sugar
- 1 bag fresh baby spinach leaves
- 3 tablespoons red wine vinegar

Preheat oven to 350°F. Arrange chicken in a lightly sprayed baking dish. Sprinkle with mustard powder, cumin, coriander and red pepper flakes. Mix onion with 1 tablespoon olive oil and then sprinkle over the chicken. Bake uncovered for about 45 minutes, stirring occasionally to prevent burning. In the meantime, melt butter in a frying pan over medium heat. Add walnuts and cook for about 3 minutes until toasted. Add ginger, sugar and soy sauce. Allow the mixture to reduce to a glaze consistency. Remove glaze from frying pan and set aside. Return the frying pan to the heat. Heat vegetable oil, add baby spinach leaves and red wine vinegar; cook till wilted. To serve, place a bed of wilted spinach leave on a platter. Arrange baked chicken on top of spinach. Drizzle with walnut glaze.
**Our Famous Yeast Rolls**

1½ cups hot water  
½ cup solid shortening (i.e. Crisco)  
½ cup granulated sugar  
½ tablespoon salt  
2 eggs  
1¾ tablespoons instant yeast  
4 cups all-purpose flour  
Extra flour

Place the hot water in a large mixing bowl; add the shortening. Stir or mix with a heavy beater on low speed until shortening is soft. Add sugar and salt; mix well. Add eggs; mix. The mixture should be lukewarm at this point. If it is still hot, let it cool for 5 minutes or until it becomes lukewarm. Add yeast; mix well. Let sit for a few minutes until the yeast begins to “work.” Measure the flour and add approximately half the liquid mixture; mix well. Add the remaining flour; mix. May have to use your hands at this point if you are not using a mixer and dough hook. Cover the bowl and let the dough rise until doubled. (Should take about 35 minutes or so depending on the temperature of the kitchen.)

**Cloverleaf Rolls:** Prepare a muffin pan by spraying liberally with a vegetable oil spray. Punch down and turn the bread dough out on a lightly floured surface. Knead the bread slightly, turning the dough in the flour making it smooth. Divide the dough into 36 balls. If the dough becomes sticky, rub your hands with extra flour. Place 3 small balls in each cup of the muffin pan. (The cup should be filled, but not overflowing.) Place pan in a warm location and let the dough raise until doubled or the rolls are slightly touching each other. Bake in a preheated oven at 375°F until they are golden brown. Remove from the oven and brush with melted butter or margarine.

**Standard Rolls:** Prepare the dough as above. After the dough has risen once, turn out on a floured board, knead lightly and separate into 24 balls. Place the balls of dough about 2 inches apart on a sprayed baking sheet. Let rise until doubled and bake as instructed above.

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**Black Walnut Pie**

This recipe for Black Walnut Pie won first place in the Wild Foods Dessert Competition at North Bend State Park.

Susan Maslowski, Milton, WV

2/3 cup sugar  
½ cup butter, melted  
½ teaspoon salt  
1 cup dark corn syrup  
3 eggs  
1 cup black walnuts  
1 9-inch unbaked pie crust

Preheat oven to 350°F. Beat together sugar, butter, salt, corn syrup and eggs. Stir in walnuts and pour into pie crust. Bake until filling is set and pastry is nicely browned, about 50 minutes. Cool and serve.
Crawfish Cornbread

Don Gartman, Charleston, WV

1 package Teays Valley Cornbread mix (or your favorite cornbread recipe)
1½ cups milk or buttermilk
1½ cups grated cheddar cheese
1 14-ounce can cream style corn
2 jalapeno peppers finely chopped
½ bell pepper finely chopped
1 onion minced or grated
¾ cup chopped green onions
1 package frozen crawfish tails

Preheat oven to 400-435°F. Spray or grease an 8”x8” pan. Sauté onions and bell pepper in a small amount of butter until onions become transparent. Add jalapeno peppers; set aside. In large bowl combine cornbread mix with 1½ cups milk or buttermilk. Stir creamed corn, cheddar cheese and green onions into cornbread mixture. Stir cooked onion and peppers into mixture. Stir in crawfish tails and pour into greased pan. Bake in preheated oven at 400°F for 35-45 minutes. Makes a meal by itself or serve with a side salad, Cajun beans & rice or chili.

Monkey Bread

1 batch bread dough
2 tablespoons ground cinnamon
¼ cup granulated sugar

Prepare yeast dough according to instructions. Let rise until doubled. Turn out onto a lightly floured surface. Turn a few times to completely coat the dough in flour. In a medium saucepan, melt the margarine and stir in the brown sugar, cinnamon and raisins, if used. Stir until it is as smooth as possible. Remove from heat and let cool a little. Cut the dough into chunks, about 1-to 1½-inch cubes. Drop, a chunk at a time, into the margarine mixture. Coat all the pieces on all sides and layer them in a sprayed bundt pan. Stagger the second and third layers, etc. so that the piece on top is directly over the space created by the two pieces below it. Continue with the dropped bread until the pan is at least 2/3 full. Drizzle any remaining sauce over the top of the bread. Let rise in a warm place until the dough is just over the top of the pan. Bake in a preheated 375° F oven until golden brown. Remove from the oven and turn upside down on a serving plate. Serve warm.

Note: May serve this plain or with glaze (see recipe below). Also, I have dipped the pieces of dough in the mixture and then rolled them in extra cinnamon (full strength) for an extra rich cinnamon flavor.

Whole Wheat Bread

2 cups scalded milk
1½ cup molasses
2 teaspoons salt
¾ cup warm water
1 package dry yeast
4½ cups whole wheat flour
Melted butter or margarine
Extra flour

Add the molasses to the hot, scalded milk; mix well and let cool to lukewarm. Add the yeast to the water; stir to blend and let dissolve. Combine the liquids; mix well. Let stand for about 5 minutes to allow the yeast time to “work”. In a large mixing bowl, add the salt and flour; mix well. Make an indentation in the center; add the liquids and mix well. Cover and let rise until doubled in size; punch down. Grease bread pans. Make loaves by emptying the dough into the pans until they are half full. If you wish to make rolls, turn the dough out onto a floured surface; knead. You may have to add extra flour to get the consistency needed to pan the rolls. Allow the bread to rise in a warm place until doubled. Bake at 400°F. The loaves will need about 45-50 minutes and the rolls, about 30-35 minutes. Bake until golden brown. Remove from the oven and butter the tops as soon as removed from the oven.

Note: I have found that using a combination of all-purpose flour and wheat flour make a lighter bread. Experiment with the amount until you are satisfied with the results. I prefer half and half.

Hot Blackberry Jam

1 quart fresh or home canned wild blackberries
1½ cups sugar
3 tablespoons flour or cornstarch

When using fresh blackberries, cook them with a little water until soft and juicy. The canned blackberries are already soft and can be used without additional cooking. Once the berries are soft, dissolve the flour or cornstarch in a little bit of water. Add a small amount of hot juice to the thickening mixture. Finally, stir the thickening mixture into the hot berries and cook until it is of soup consistency. Serve over buttered hot biscuits.
Crappie Chanterelle Patties

Bob Maslowski, Milton, WV

2 cups Crappie fillets, chopped
1 cup frozen chopped chanterelles (2 cups fresh)
2 cups mashed potatoes
1 cup chopped onion
2 eggs
3 cloves garlic
2 tablespoons chopped chives
2 tablespoons chopped parsley
1 tablespoon fish sauce
1 teaspoon Dickinson Kanawha Valley Salt
Freshly ground pepper
Bread Crumbs
Butter
Olive Oil

Sauté chopped onions in butter and olive oil until translucent. Add chanterelles and garlic; cook an additional 5 minutes or until mushrooms are done. Add crappie, mashed potatoes and onion chanterelle mixture to bowl and mix well. Form patties and coat with bread crumbs. Fry patties in mixture of olive oil and butter. Remove to plate and serve.

Pecan-Stuffed Pork Chops

2 bone-in pork chops – 1 inch or more thick
¼ cup Italian seasoned bread crumbs
¼ cup finely chopped onion
¼ cup minced apple
¼ cup chopped pecans
1 small clove garlic, minced
2 tablespoons fresh parsley, minced
1 dash black pepper
¼ teaspoon ground mustard
1 tablespoon vegetable oil
¼ cup chicken broth
¼ cup dry white wine

Preheat oven to 350°F. Trim excess fat from pork chops; make a pocket in each by cutting horizontally through to the bone. Combine bread crumbs, onion, apple, pecans, garlic, parsley, pepper, mustard and oil. Mix well. Divide the mixture and fill each pocket with as much stuffing as possible. Place pork chops in greased baking dish. Pour the broth and wine over chops. If there is any stuffing left over, add it to the dish. Bake at 350°F for at least an hour or until tender, basting occasionally. Serve with rice or potatoes.

Black Walnut Crusted Crappie with Maple Butter Sauce

4 crappie fillets
¼ cup black walnuts, chopped fine
¾ cups crushed corn flakes
1 egg, beaten
Butter

Sauce:
¼ cup pure maple syrup
¼ cup butter
Salt and pepper to taste

Mix black walnuts and corn flakes. Dip fillets into beaten egg and then roll to coat with the black walnut mixture. Pan sauté in butter until done.

Sauce: Bring syrup to a boil. Remove from heat and stir in butter. Add salt and pepper to taste. Serve with fish fillets.
**Grandmother's Baklava**

By Nick Kalos, Governor's Mansion Executive Chef

Preheat oven to 350°F.

**BAKLAVA:** Mix all ingredients (Melba toast, pecans, powdered sugar, and phyllo sheets, one at a time, buttering each sheet until you use one pack of the phyllo dough). Spread the filling over each sheet and repeat the process for the top.

**SYRUP:** Mix the sugar, water and lemon in a heavy sauce pan and bring to a boil. Once boiling add the honey and bring back to a boil. Once boiling, remove from heat and place in the refrigerator to cool down. After the baklava is out of the oven pour over it and let it sit until it is completely cooled down.

**Strawberry Bread**

Mix the eggs, oil and strawberries. Add to dry ingredients and mix well. Pour batter into greased loaf pans. Bake one hour or until wooden pick inserted into loaf comes out clean. Cool before serving.

**Cicada Banana Bread Recipe**

For bread: Mix together all ingredients. Bake in a greased loaf pan at 350°F for about 1 hour or until the bread tests done.

For cicadas: New cicadas make the best eating because their shells have not yet hardened. Mature females are the next best thing. Adult cicadas have a rounded back end, females have pointed back ends. Collect in a paper or plastic bag early in the morning, just after they've emerged but before they've climbed out of reach. Remove all hair, fur, feathers and wriggling. Cook with them immediately or freeze them. Remove any hair, fur, feathers and wriggling. Cook with them immediately and store. Remove any hair, fur, feathers and wriggling. Cook with them immediately and store.
Gorgonzola Polenta

*Bill Sohovich*

1. quart heavy cream
2. quart half and half cream
3. tablespoons minced garlic
4. 1/2 cups fine polenta (cornmeal)
5. 1 cup gorgonzola cheese, crumbled
6. 2 cups fresh spinach
7. 4 ounces mascarpone cheese
8. Salt & pepper to taste

In large sauce pan, sauté garlic in 2 teaspoons olive oil. Add heavy cream and half and half. Bring to a simmer. Slowly add polenta, stirring until it thickens. Continue to stir on a very low simmer for about 15 minutes. Add Gorgonzola cheese and continue to simmer until cheese starts to melt into polenta. Remove from heat. Add mascarpone cheese, stir until fully incorporated. Add spinach into the polenta and mix well. Cover and let sit until ready to use.

Yield: 6 servings.

Peach Mustard Glaze Pork Chops

4 boneless center cut pork chops, 1/8 inch thick
1 16-ounce can peach slices in extra light syrup, undrained.
1 teaspoon Worcestershire sauce
2 tablespoons peach preserves
2 tablespoons Dijon-style mustard
1 teaspoon black pepper

Stir together peaches, Worcestershire sauce, peach preserves and mustard in medium bowl. Set aside. Heat nonstick skillet over medium-high heat. Sprinkle chops with pepper and add to skillet. Brown on one side for 4 minutes; turn. Add peach mixture, reduce heat to low, cover and cook 5 minutes. Serve with peaches and sauce. If desired, use fresh peaches and 1 cup apple or orange juice.

Yield: 4 servings.

Nonfat Fresh Cherry Smoothie

1 cup fresh cherries, pitted
1 cup crushed ice
1 cup nonfat frozen yogurt
3-4 tablespoons honey

In a blender, combine all ingredients, adding ice last. Blend, pour and enjoy. Nonfat and incredibly rich and delicious.

Canaan House Smoked Salmon

*Nemat Odeh*

2 half sides of fresh Atlantic salmon, skin-on (wash and pat dry)

**Dry rub:**
1. 2 teaspoons dill
2. 1 teaspoon allspice
3. 2 teaspoons cumin
4. 1 teaspoon thyme
5. 2 cups brown sugar, packed
6. 1/2 cup BBQ seasoning
7. 1 teaspoon kosher salt
8. 1/2 teaspoon cracked black pepper
9. 1 teaspoon paprika
10. 1 teaspoon garlic powder
11. 1 cup maple syrup

Mix all ingredients in dry rub together. Spread over the salmon; cover with foil. Smoke in a smoker for 3 hours. When ready, let it rest 15 to 20 minutes in the foil. Open the foil and transfer the salmon to a clean container.

Yield: Allow 6 oz person
Active Prep Time: 20 minutes; cook time: 3 hrs.
Fresh Cherry Salsa

Most salsas are eaten raw and are full of intense, fresh flavor. Serve with your favorite tortilla chips or as a topping or a side to baked fish, poultry, or pork. Superb flavor and cherry sweetness can’t be beat.

1 cup fresh pitted cherries, minced
2 jalapeño peppers (seeded and minced)
½ cup fresh lime juice
½ cup minced fresh cilantro
1 bunch green onions - minced
1 teaspoon sugar
Salt and pepper to taste

Pit cherries by using a paring knife and cut full circle around the pit. Simply twist and pick out pit with the tip of a spoon or knife (check your kitchen shop for a cherry pitting tool as well). Using rubber gloves, de-seed and mince jalapeño peppers. In a mixing bowl, toss all ingredients together. Refrigerate to marinate and serve chilled or at room temperature, which ever suits your taste. Aromatic, flavorful and cherry sweet, this salsa will become your next big hit!

Ramp & Apple Cider Dressing

Joy Marr

3 cups apple cider
¼ cup honey
¼ teaspoon coarse salt
¼ teaspoon celery seeds
¼ teaspoon black peppercorns, crushed
8-12 ounces ramps, trimmed and rinsed well
water

Cook apple cider over low heat until reduced by half. Add honey, salt, celery seeds and peppercorns; bring to a boil. Add ramps; return to boil. Reduce heat to low; simmer for 15 minutes. Add up to 1 cup of water if the dressing is becoming more like a sauce instead of a salad dressing consistency. Remove from heat; allow mixture to cool. Store in a jar in the refrigerator for up to two weeks.

Beer Braised Chicken

Michael Brown

2 chicken breasts
12 ounces beer (1 can)
1 tablespoon butter
1 tablespoon olive oil
6 red-skinned potatoes, halved
2 celery stalks, chopped
4 carrots, peeled & quartered
¾ cup onion, chopped
Salt and pepper to taste

Brown chicken in olive oil and butter. Remove chicken and add celery, carrots and onions, sauté until onions have started to caramelize. Add the chicken and beer. Bake in covered casserole at 350° F oven for 45 minutes. (Do not open the oven.)

After the 45 minutes have passed, add potatoes and cook an additional 45 minutes. At this time if more liquid is needed use chicken broth or vegetable broth. (A great sauce can be made from the liquid after cooking by adding roux.)

Yield: 2 Servings
Active Prep Time: 25 minutes
Summer Vegetables with Herbs

This large dish is hearty enough for a supper in August. It too uses the fresh produce most available right now.

½ pound fresh green beans
½ cup onion, chopped
3 tablespoons chopped fresh parsley
1 teaspoon salt
¾ teaspoon fresh sage
½ cup water
2 cups sliced yellow squash
3 tomatoes, cut into wedges
2 tablespoons softened butter
Pepper

Combine the beans, onion, herbs and water in a large skillet and bring to a boil. Cover and reduce heat to a simmer for 10 minutes. Add squash and a little more water to the skillet. Cover and simmer 10 more minutes. Drain, add tomatoes and butter. Stir until the butter is melted and then serve at once.

Uncle Harry’s & Daddy’s Hot Dog Chili

5 pounds ground beef
2 quarts water
3 medium onions, finely minced
¼ cup brown sugar
¼ cup cider vinegar
2 tablespoons prepared mustard
2 tablespoons chili powder
1½ teaspoons garlic powder
1 teaspoon ground celery seed
5 large cans (15.5 oz.) tomato sauce
2 teaspoons salt
1 teaspoon black pepper
1 teaspoon crushed red pepper flakes

In a large stockpot combine the ground beef and water. Bring to a boil over medium high heat, reduce heat to low and simmer for 1 hour. Add the remainder of the ingredients. Continue to cook, stirring often, for 1-2 hours, or until desired consistency.

Serves 100.

Pool Hall Hot Dog Chili

2 pounds ground beef
4 cups water
5 small onions, diced
½ cup prepared mustard
2 tablespoons sugar
1 tablespoon cider vinegar
2 cups catsup
4 teaspoons chili powder
2 teaspoons salt

Put ground beef and water in a 4-quart stockpot. Mix with hands to a smooth consistency. Add the remaining ingredients. Bring to a boil, reduce heat and simmer for 1-1½ hours. Add more water if necessary.

Makes 25-30 servings.
Baked Ripe Tomatoes with Chives

4 large red tomatoes  
⅓ cup bread crumbs  
1 clove garlic, minced  
2 tablespoons chopped chives  
4 tablespoons freshly snipped parsley  
3 tablespoons olive oil  
Salt and pepper  
Butter

Halve tomatoes and scrape out seedy parts. Sprinkle with salt and turn upside-down to drain. Combine the other ingredients and stuff the tomatoes. Place in greased pan, dot with butter and bake at 400°F for 15 minutes. For a real old-timey flavor, serve with a nice rich brown gravy poured over the tomatoes.

June

Corn and Zucchini with Dill Weed

Take advantage of the vegetables from the garden, both at home and at roadside stands and farmers’ markets. They are most delicious right now. Sowing a crop of dill every few weeks all summer will ensure a constant supply of dill weed, one of the true treasures of summer.

¼ cup butter  
4 cups sliced zucchini  
1 ½ cups fresh corn cut from the cob  
½ cup chopped onion  
½ cup chopped green pepper  
½ teaspoon salt  
1 tablespoon minced fresh dill weed

Melt butter in a large skillet, add vegetables and salt. Cover and cook over medium heat for 10 to 12 minutes. Sprinkle on dill weed and serve at once.

Vegetarian Hot Dog Sauce

2 tablespoons canola oil  
1 medium tomato, chopped  
¼ cup chopped onion  
¼ cup chopped green bell pepper  
1 clove garlic, minced  
1 can (10 ¾ oz.) condensed tomato soup  
¼ teaspoon hot pepper sauce  
1 tablespoon vinegar  
½ teaspoon dried thyme

In a two quart saucepan, sauté in oil the tomato, onion, green pepper and garlic over medium heat until vegetables are tender. Stir in soup, hot pepper sauce, vinegar and thyme. Heat to boiling. Reduce heat to low and simmer, uncovered, for 10-15 minutes, stirring occasionally.

Makes about 16 servings.

Basic Hot Dog Sauce

1 pound ground beef  
2 cups water  
1 can (12 oz.) tomato paste  
1 small onion, chopped  
1 tablespoon chili powder  
1 teaspoon pepper  
2 teaspoons salt

Place ground beef and water in a 2 quart saucepan. Work with hands until blended. Place over medium high heat to bring to a boil. Reduce heat and simmer for 30 minutes. Add tomato paste, chopped onion, salt, pepper and chili powder. Simmer for another 30 minutes or until right consistency is reached.

Makes 18-20 servings.
Herb Garden Gazpacho

We feel the urge to gather and use all that green lushness in the herb garden. This cold soup tastes of the essence of summer's end.

- 1½ cups seeded, peeled fresh ripe tomatoes
- 1 cup seeded, peeled cucumber
- ½ cup clear beef broth or bouillon
- 1 clove garlic minced or 2 tablespoons fresh Chinese garlic chives
- 1 large fresh basil leaf, chopped
- 2 tablespoons chopped chives
- Salt and pepper

Blend tomatoes, cucumbers, bouillon, garlic and basil in a blender for two minutes. Add olive oil and blend another 30 seconds. Add salt and pepper to taste. Chill for several hours and serve with a generous amount of chopped chives sprinkled on top.

Freddie’s Hot Chicken Salad with Fresh Dill

Simmer chicken breasts until tender; shred. Place chicken in a large bowl and add hard-boiled eggs, coarsely chopped. Cut olives in half and add to chicken mixture. Add onion, corn, drained pimientos and herbs. Combine the mayonnaise and soup. Add to salad mixture and mix well. Sprinkle potato chips over the top and bake in a 350°F oven for about 20 minutes until the salad is bubbly and the top slightly browned.