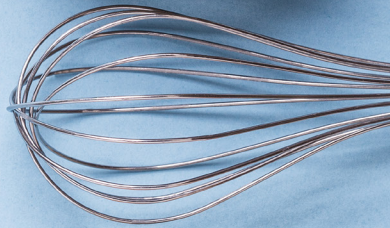


What's Cookin' 2018



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Kent A. Leonhardt, Commissioner of Agriculture

January -

Spinach Salad with Warm Bacon-Mustard

- 1 (10 ounce) bag baby spinach leaves
- 4 hard-cooked eggs, peeled and sliced
- 1 cup sliced mushrooms
- 4 strips crisply cooked bacon, crumbled
- 10 ounces Swiss cheese, shredded
- 1/2 cup toasted sliced almonds
- 1 tablespoon olive oil
- 1 large shallot, minced
- 1 teaspoon garlic, minced
- 1/3 cup white wine vinegar
- 1/3 cup Dijon mustard

Place spinach into a large serving bowl, top with hard-cooked eggs, mushrooms, 4 crumbled strips of bacon, Swiss cheese and almonds.

Heat olive oil in a small skillet over medium heat. Stir in shallots and garlic and cook until softened and translucent, about 2 minutes. Whisk in the vinegar, Dijon mustard, honey and 2 crumbled strips of bacon; season to taste with salt and pepper, then cook until hot.

Pour hot dressing over spinach and toss to coat.

Venison Pot Roast

- 3 onions, chopped
- 5 carrots, cut into 2-inch pieces
- 1 cup chopped portobello mushrooms
- 3 pounds venison rump roast
- 2 garlic cloves, crushed
- 1 tablespoon ground black pepper
- salt to taste (optional)
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.5 ounce) can condensed beef broth
- 1/4 cup water
- 1 (1.25 ounce) envelope dry onion gravy mix

Arrange the onions, carrots and mushrooms in the bottom of a slow cooker. Rub the venison rump roast with garlic, black pepper and salt, then place on top of the vegetables. Mix the cream of mushroom soup, beef broth, water and onion gravy mix in a bowl until gravy mix is dissolved; pour soup mixture over the roast.

Cook on high setting until roast is very tender, 8 to 10 hours. Slice roast before serving with gravy and vegetables.

February —

Maple Salad Dressing

- 1/2 cup pure maple syrup
- 1/4 cup balsamic vinegar
- 1 tablespoon fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 1 cup extra-virgin olive oil

Blend maple syrup, balsamic vinegar, lemon juice, garlic, dry mustard, salt, basil, and black pepper in a blender until smooth; stream olive oil into the mixture while blending and continue blending until dressing is thick and creamy.

Maple Glazed Ribs

- 3 pounds baby back pork ribs
- 3/4 cup maple syrup
- 2 tablespoons packed brown sugar
- 2 tablespoons ketchup
- 1 tablespoon cider vinegar
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon mustard powder

Place ribs in a large pot, and cover with water. Cover, and simmer for 1 hour, or until meat is tender. Drain, and transfer ribs to a shallow dish.

In a small saucepan, stir together the maple syrup, brown sugar, ketchup, vinegar, Worcestershire sauce, salt, and mustard powder. Bring to a low boil, and cook for 5 minutes, stirring frequently. Cool slightly, then pour over ribs, and marinate in the refrigerator for 2 hours.

Prepare grill for cooking with indirect heat. Remove ribs from marinade. Transfer marinade to a small saucepan, and boil for several minutes.

Lightly oil grate. Cook for about 20 minutes, basting with the cooked marinade frequently, until nicely glazed.

Caramelized Maple Apple Pie with Candied Bacon Crumble Dressing

- 3 slices bacon
- 1 tablespoon dark brown sugar
- 1 pastry for a 9-inch double-crust pie
- 10 Granny Smith apples - peeled, cored, and cut into ½-inch wedges
- 1/2 lemon, juiced
- 1/4 cup butter
- 1/2 cup maple syrup
- 1/3 cup dark brown sugar
- 2 tablespoons apple cider vinegar

Crumble:

- 1/4 cup all-purpose flour
- 1/4 cup brown sugar
- 1/4 cup unsalted butter, softened
- 1/2 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1 pinch salt
- 1 tablespoon heavy whipping cream
- 1 tablespoon white sugar

Preheat oven to 400° F. Place bacon on a baking sheet and sprinkle 1 tablespoon brown sugar over the top. Bake in the preheated oven until crisp, 10 to 20 minutes.

Line a 9-inch springform pan with pie crust pastry; refrigerate. Combine apples and lemon juice in a bowl and toss to coat.

Melt ¼ cup butter in a large skillet over medium-low heat; add maple syrup and ⅓ cup brown sugar. Bring to a boil, lower heat, and simmer until mixture is reduced by half, about 5 minutes. Carefully add apples and stir well to coat. Cook until apples just start to soften and get a bit of color on them, about 5 minutes. Return the apples to the bowl leaving behind the sweet syrup.

Stir vinegar into sweet syrup; simmer until syrup is reduced and consistency of maple syrup, about 5 minutes. Carefully pour syrup over the apples. Cool for 10 minutes.

Combine flour, ¼ cup brown sugar, ¼ cup unsalted butter, baking powder, cinnamon, and salt in a food processor; pulse until crumbly. Break bacon into pieces, add to food processor, and pulse until combined with the crumble.

Tip apples into the pie crust in the springform pan. Fold dough over part of the apple filling to form an edge. Crimp the edges between your fingers. Top the apple filling with the crumble. Brush crust with cream and top with white sugar.

Bake pie in the preheated oven until the juices bubble and the crust is deeply golden, about 1 hour. If the crust starts to brown too quickly turn the oven down to 350° F.

March —

Honey Crunch Chicken

- 6 boneless, skinless chicken breast halves
- 1 1/2 ounces Grape Nuts cereal, crushed
- 1 tablespoon + 1 teaspoon West Virginia honey
- 2 tablespoons mayonnaise

Heat oven to 375° F. Spray a 1-quart baking pan with cooking spray.

Rinse chicken and pat dry. Place chicken in the prepared pan. Using a pastry brush, spread the mayonnaise over both sides of the chicken.

Sprinkle the cereal evenly over the top side of the chicken. Drizzle evenly with the honey.

Let the prepared chicken stand at room temperature for 10 minutes, then bake, uncovered, for 35-45 minutes, or until juices run clear. Serve.

Cheesy Corn Grits

- 2 cups chicken broth
- 1 1/2 cups water
- 1/4 teaspoon salt
- 1 cup corn grits
- 4 ounces grated white cheddar cheese
- 1/2 cup chopped tomato, garnish
- 4 teaspoons chopped fresh cilantro

Put broth, water and salt in a medium saucepan. Cover and bring to a boil.

Stir in grits. Reduce heat to simmer. Stirring occasionally, letting the grits cook until they become the consistency of hot cereal.

Stir in cheese. Cover and remove from heat until ready to serve.

Mountaineer Chili

- 1 pound extra-lean ground beef
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 large green pepper, chopped
- 1 (15-ounce) can no-salt-added kidney beans
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup low-sodium, fat-free beef broth or water
- 1 tablespoon vinegar
- 1 (14.5 ounce) can no-salt-added diced tomatoes
- 1/4 cup sliced black olives
- 2 tablespoons Masa Harina
- 2 ears of corn broken into thirds, optional
- 2 zucchini, sliced into large chunks

Brown the beef in a Dutch oven over medium heat, stirring occasionally to break up clumps. Add onion, garlic and green pepper. Cook until softened.

Drain excess fat. Stir in beans, chili powder, cumin, oregano, cayenne, salt, pepper, beef broth, vinegar and tomatoes. Simmer, covered, for 45 minutes.

Add olives and Masa Harina. Simmer an additional 10 minutes until mixture thickens. Put corn and squash on top of the chili and simmer another 15 minutes until vegetables are done.

Make the dish a day ahead of time and refrigerate overnight. The next day remove the hardened layer of fat from the top.

Reheat and serve. Serve the chili in large shallow bowls topped with the corn and zucchini. Corn skewers can be used for the chili-covered corn to make it less messy to eat.

April —

Momma Pearl's Nutmeg Greens

- 1 pound kale, collards, or mustard greens
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3/4 teaspoon ground nutmeg
- 1 tablespoon Bragg Liquid Aminos or soy sauce

Bring 4 cups of water to boil in a medium saucepan.

Chop greens into medium, bite-sized pieces. Add greens to water and cook on medium heat until just tender, about 7-10 minutes. Drain.

Heat olive oil in a large skillet over medium heat and sauté onion until tender, about 7-10 minutes.

Add parboiled greens. Sprinkle greens with nutmeg and Braggs or soy sauce.

Cook, covered, over medium heat until greens are tender, about 20 minutes, or longer to taste.

Add small amounts of water as needed to keep the greens moist.

West Virginia Onion & Ramp Soup

- 1 tablespoon olive oil
- 4 large white onions, sliced thinly
- 4 large yellow onions, sliced thinly
- 1 large red onion
- 1 pound ramp bulbs, trimmed and cut into thin strips
- 6 cups low-sodium beef broth
- 6 cups water
- 2 tablespoons Worcestershire sauce
- 3 ounces Swiss cheese, grated
- pepper to taste

Heat the olive oil in a stock pot over medium heat. Add the onions and ramps and sauté until tender, about 12 minutes. Add the beef broth, water, and Worcestershire sauce.

Bring to a boil, then reduce heat and simmer until broth has reduced slightly and onions are very soft, about 1 hour. Add pepper to taste.

To serve, place 2 tablespoons of the cheese in a soup bowl and ladle the hot soup over the cheese.

Ramp Quiche

- 3 cups uncooked grated potatoes
- 3 tablespoons olive oil
- 3 eggs, beaten
- 1 cup water
- 2/3 cup dry milk powder
- 1/4 tablespoon salt and pepper
- 1 1/2 cups ramps, chopped
- 4 ounces low-fat grated cheddar cheese

Heat oven to 425 degrees.

Mix the grated potatoes and oil together in a bowl. Press the potatoes into the bottom and sides of a 9" pie pan.

Bake until just starting to brown, about 15 minutes.

Meanwhile, in a medium bowl mix the egg, water, dry milk powder, salt and pepper.

Remove the "potato crust" from the oven, fill with the ramps, sprinkle with the cheese and pour the egg mixture over all. Bake for 15 minutes. Reduce heat to 350 degrees and bake until set in the middle, about 25-30 minutes.

May —

Maple Glazed Brussels Sprouts

- 1 pound Brussels sprouts, halved
- 1/2 tablespoon soy sauce
- 1/2 tablespoon dijon mustard
- 3 tablespoons maple syrup
- 1/2 tablespoon olive oil
- 1 small onion, cut into slivers
- 1 small red bell pepper, cut into strips
- salt and pepper to taste

Bring a large pot of water to a boil.

Add Brussels sprouts and cook until just tender, but not overcooked, about 5 minutes. Drain. Rinse under cold water.

Whisk together soy sauce, mustard, maple syrup, salt and pepper in a small bowl.

Heat oil in a heavy skillet over medium heat. Add the onion and red bell pepper. Sauté for 5 minutes. Add the drained Brussels sprouts.

Pour soy sauce mixture over top. Cook until vegetables are coated and glaze is slightly thickened, about 2 minutes.

Serve hot or cold.

Strawberry Rhubarb Soda

- 5 rhubarb stalks, cleaned and chopped
- 1 pound of strawberries, hulled and chopped
- 4 sprigs of thyme
- zest of 1 lemon
- 1/4 cup sugar
- 1/2 cup water
- 6 cups club soda

Combine rhubarb, strawberries, thyme, lemon zest, sugar and water in a saucepan. Cook over medium heat, stirring occasionally, for 25 minutes or until the mixture is a rosy pink syrup with macerated pulp.

Take off the heat and let cool. Strain the mixture into a clean bowl (or the jar for storing the syrup). Do not push contents through the strainer. Discard the pulp left in the strainer.

To serve, put ice in a glass and pour 1/3 cup of the syrup and 1 cup of club soda. Stir gently to mix. Grab a straw and enjoy!

Strawberry Rhubarb Pie

Pie Crust:

- 2 cups flour
- 1 teaspoon salt
- 3/4 cup butter or crisco
- 4 to 8 tablespoons cold water

Filling:

- 2 cups chopped strawberries
- 1 cup chopped rhubarb
- 1 cup sugar
- 4 tablespoons cornstarch
- 3 tablespoons tapioca
- 1 tablespoon orange marmalade
- 1 tablespoon cut up butter
- 2 tablespoons strawberry preserves

Blend flour and salt in a mixing bowl, cut in shortening with a pastry blender, making coarse crumbs, sprinkle water on by tablespoons. Mix with a fork to form a ball. Wrap in wax paper and chill in refrigerator until ready to roll out.

In a bowl, combine strawberries, rhubarb, sugar, cornstarch, tapioca and marmalade. Mix, spread preserves on crust bottom. Add filling and butter. Cover with a top crust. Bake for 40 minutes at 400 degrees until top is golden brown.

June —

Blackberry Barbecue Sauce

- 1 teaspoon olive oil
- 1 shallot, minced
- 3 cups fresh blackberries
- 1/4 cup all-fruit blackberry spread
- 1/4 cup ketchup
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon black pepper

Heat the olive oil in a medium saucepan over medium heat.

Add the minced shallot and cook until translucent, about 5 minutes. Add the blackberries, all-fruit blackberry spread, ketchup, balsamic vinegar, salt and pepper and cook until all ingredients are broken down and mixture is syrupy, about 30-40 minutes.

Strain sauce through a medium mesh strainer to remove the seeds.

Honey Angel Food Cake

- 1 1/2 cups egg whites
- 1/2 teaspoon salt
- 2 teaspoons cream of tartar
- 1/2 cup West Virginia honey
- 1 teaspoon vanilla
- 1 cup sugar, sifted
- 1 cup cake flour, sifted
- 5 pounds fresh strawberries, chopped

Beat egg whites and salt in a deep mixing bowl until frothy. Add cream of tartar and beat until the egg whites stand up in stiff peaks. Gradually add honey, beating continuously. Add vanilla. Fold sugar and cake flour into egg white mixture.

Pour into an ungreased tube pan and place in a cold oven. Set oven to 275 degrees. When oven reaches that temperature, bake for 15 minutes.

Increase temperature to 325 degrees. Bake for additional 45 minutes to 1 hour, or until cake springs back when touched.

Cool completely before removing from pan. With a serrated knife, cut cake into quarters, then slice horizontally, then cut into crouton-shaped cubes. Cubes should be about the size of a sugar cube.

Place 1/3 cup of angel food croutons in a serving cup. Top with 1/3 cup of strawberries.

July —

Lisa's Green Tomato Salsa

- 4 cups chopped green tomatoes
- 2 cups sweet bell peppers
- 1 cup chopped seeded jalapeño peppers
- 1 medium onion
- 2 teaspoons salt
- 1 1/2 cup cider vinegar
- 3 cloves fresh chopped cilantro
- 1 teaspoon ground cumin
- 2 tablespoons cornstarch

Chop tomatoes, sweet bell peppers, jalapeño peppers and onion and place in a saucepan with salt, cider vinegar, garlic, cilantro, cumin and cornstarch. Bring to a boil, then reduce heat and simmer for 10 minutes.

Spoon salsa into hot, sterilized pint jars. Seal in a boiling water bath for 30 minutes.

Follow sterilization and canning procedures.

Seven Spice Peach Fizz

- 1/4 cup sugar
- 1/2 cup water
- 16 ripe peaches, pits removed, peeled, and chopped
- 1/2 inch fresh ginger, thin sliced
- 1 whole clove
- 4 whole allspice seeds
- 1/4 teaspoon cinnamon
- pinch of shaved nutmeg, star anise, thyme

Combine sugar, water and peaches in a saucepan and cook over low heat for 20 minutes. Add ginger, clove, allspice, cinnamon, nutmeg, peppercorns, star anise and thyme to the pan and continue to cook over low heat for 10 more minutes.

Remove from heat and let cool. Strain into a clean bowl (or the jar for storing the syrup). Discard the pulp left in the strainer.

To serve, put ice in a glass and pour 1/2 cup of peach syrup and 1/2 cup club soda. Stir gently to mix. Grab a straw and enjoy!

Farm Fresh Zucchini Boats

- 4 medium zucchini, halved
- olive oil cooking spray
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 medium onion, finely chopped
- 1 bell pepper, finely chopped
- 1 cup fresh (or home frozen) broccoli, chopped
- 1 clove fresh garlic, minced or crushed
- 2 large tomatoes, chopped
- 1 cup low-sodium marinara sauce
- 4 ounces fat-free mozzarella cheese, grated (about 1 cup)

Heat oven to 425 degrees.

Trim ends off zucchini and scrape flesh from center. Save half of zucchini flesh in a bowl. Spray a 9" X 13" baking dish with olive oil cooking spray. Arrange the zucchini "boats" in the pan with the scooped side up. Drizzle with olive oil; sprinkle with salt and pepper.

Spray olive oil cooking spray in a medium skillet over medium heat. Sauté the onion and bell pepper for about 5 minutes or until onion just becomes translucent.

Add broccoli and the reserved zucchini flesh and sauté for 2 minutes. Add minced garlic and sauté for one minute. Add chopped tomatoes. Stir until vegetables are tender.

Remove from heat. Spoon mixture evenly into the 8 zucchini halves.

Top each half of zucchini with marinara sauce and mozzarella cheese.

Bake until zucchini are tender about 20-25 minutes. Serve warm.

August —

Maple Bacon Crack

- 1 tube of crescent rolls
- 1 cup maple syrup
- 3/4 cup of cooked bacon bits

Preheat oven to 325 degrees. Line large baking sheet with parchment paper, unroll crescent dough onto it. Set aside.

In a large saucepan, bring maple syrup to a boil, cooking until it reaches hard ball stage (approx. 265 degrees). Stir in bacon bits and drizzle over crescent dough, using a spatula to completely cover the dough with the maple mixture.

Cook for 20-25 minutes or until golden brown and sticky. Allow to cool. Cut in small pieces with pizza cutter.

Quick & Easy Macaroni Salad

- 1 lb. box elbow macaroni
- 7 hard boiled eggs
- 1 cup sweet pickles- diced
- 1 1/2 cups mayo
- 1/2 cup sweet pickle juice
- 2 tbsps. mustard relish – med. or hot
- 1/4 tsp. of: salt, pepper, onion salt, garlic salt
- Spanish olives and paprika (for garnish)

Boil water, add macaroni, cook until done, drain. Cool macaroni under cold running water, drain well.

Put in a large bowl. Add to macaroni salt, pepper, onion salt, garlic salt, 5 hard boiled eggs diced and diced pickles.

In a medium bowl add Mayo, pickle juice, and mustard relish. Mix until smooth. Pour mixture over macaroni and mix well. Slice remaining 2 hard boiled eggs, place slices on top of salad, add some olives and sprinkle with paprika.

Copperhead Tomato Cream Soup

- 1 can- 28 oz. tomato puree
- 1 can- 28 oz. crushed tomatoes
- 2 cups Appalachian Mountain Specialty Foods Copperhead Bloody Mary Mix
- 4 tbsp. butter
- 2 tsp. minced garlic
- 1 cup heavy whipping cream
- salt and pepper, to taste

In a 4 qt. pot, melt butter and sauté garlic. Add tomato puree, crushed tomatoes, and Copperhead Bloody Mary Mix. Heat thoroughly. Add heavy cream, reduce heat and simmer on low heat for 10 min. Garnish with chopped parsley and shredded parmesan cheese.

September —

Squash Bread

- 1/2 cup sugar
- 1 large egg
- 1/4 cup canola or corn oil
- 1/4 cup unsweetened applesauce
- 1 1/2 cups summer squash, grated
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup unbleached flour
- 1/2 cup whole-wheat flour
- 1 teaspoon baking powder
- 1/4 cup raw rolled oats

Heat oven to 325 degrees. Spray bottom and sides of an 8 x 4" loaf pan with cooking spray.

In a large bowl, combine sugar, egg, oil, applesauce, squash, salt, cinnamon and nutmeg into a large bowl. With a fork, cream the ingredients until they are well combined.

Sift the flours and baking powder over the wet ingredients, then stir until the mixture has formed a bread batter. Pour the mixture into the prepared pan.

Tap the bottom of the pan against the counter a couple of times to release any air bubbles in the mixture and level the top.

Sprinkle the oats over the top and put into the oven. Bake for 50-60 minutes, or until a sharp knife or toothpick inserted into the middle of the bread comes out cleanly.

Cool on a baking rack for at least half an hour before cutting.

Crazy Zucchini Cakes

3 cups grated zucchini
1 egg
1 1/2 tablespoons olive oil
1 cup low-sodium bread crumbs
1/2 cup onion, finely chopped
1 teaspoon Old Bay seasoning
1 teaspoon hot sauce

Sauce:

1/4 cup mayonnaise
2 tablespoons pickle relish
2 teaspoons hot sauce

Combine zucchini, egg, oil, bread crumbs, onion, Old Bay seasoning and hot sauce in a large bowl.

Mix well by hand. Chill mixture for 30 minutes, then form into small patties, 3 or 4 inches wide and 1/2 inch thick.

Spray a large skillet with olive oil cooking spray and cook patties until brown on both sides.

Drain on paper towel and place in a warm oven to keep crisp while cooking remaining patties.

Serve with "Island Sauce".

Island Sauce: In a small bowl, stir together 1/4 cup mayonnaise, 2 tablespoons pickle relish, and 2 teaspoons hot sauce.

Watermelon Feta Gazpacho

4 medium tomatoes, chopped
1 serrano chili
4 cups fresh watermelon, cubed, seeds removed, divided
2 teaspoons red wine vinegar
1/4 cup minced sweet onion
1 medium cucumber, peeled, seeded and minced
1 tablespoon chopped fresh mint
1/2 cup crumbled sheep's milk low-fat feta

Place tomatoes, chili and 2 cups of the watermelon in a blender and puree.

Add the vinegar and olive oil and pulse. Add the onion, cucumber and mint. Puree until smooth.

Chill at least 30 minutes.

To serve, ladle into bowls and sprinkle with feta and remaining watermelon.

October —

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
- 1/2 teaspoon salt
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon ground white pepper
- 1/2 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
- 3/4 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 through a fine mesh sieve. Discard solids. Drain cider again through a cheesecloth lined sieve. Refrigerate until cold.

Beet Salad with Goat Cheese

- 4 medium beets-scrubbed, trimmed, cut in half
- 1/2 cup chopped black walnuts
- 3 tablespoons maple syrup
- 1 10-ounce package mixed baby salad greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 2 ounces 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

- 1 1/2 tablespoons margarine, melted
- 1/2 teaspoon salt
- 1/2 teaspoon garlic salt
- 2 teaspoons Worcestershire sauce
- 2 cups raw, whole pumpkin seeds

Preheat oven to 275°F.

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.

Pilgrim Pumpkin Pie

- 4 cups all-purpose flour
- 1 tablespoon white sugar
- 2 teaspoons salt
- 1 3/4 cups shortening
- 1 tablespoon distilled white vinegar
- 1 egg
- 1/2 cup ice water
- 2 eggs, beaten
- 2 cups pumpkin puree
- 3/4 cup WV honey
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 12 fluid ounce can evaporated milk
- 2 cups heavy whipping cream
- 1/4 cup honey

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.

November —

Apple Chips

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

Preheat oven to 225°F.

Arrange apples 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 djiion mustard
- 1 teaspoon sesame oil
- 3 garlic cloves, minced
- 1 cup maple syrup
- 1 1/2 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
- 1/2 cup diced onion
- 3/4 cup diced carrots
- 4 cups peeled and cubed butternut squash
- 3 cups vegetable stock
- 1/2 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 under 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
- 1/2 cup white sugar
- 1/2 teaspoon almond extract
- 2 cups all-purpose flour
- 1/2 cup seedless raspberry jam
- 1/2 cup confectioners' sugar
- 3/4 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
- 1/2 lb. thinly sliced or shaved ham
- 2 cups shredded cheddar cheese
- 6 eggs
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1/2 teaspoon dry mustard
- 1/2 teaspoon black pepper
- 1/2 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
- 1/2 cup dry breadcrumbs
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon thyme
- 1 (16-ounce) can cranberry sauce
- 1 (12-ounce) jar chili sauce
- 1/4 cup orange marmalade
- 1/4 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.

Cooking Measurement Equivalents

1 tablespoon (tbsp.) = 3 teaspoons (tsp.)

1/16 cup = 1 tbsp.

1/8 cup = 2 tbsps.

1/6 cup = 2 tbsps. + 2 tsp.

1/4 cup = 4 tbsps.

1/3 cup = 5 tbsps. + 1 tsp.

3/8 cup = 6 tbsps.

1/2 cup = 8 tbsps.

2/3 cup = 10 tbsps. + 2 tsp.

3/4 cup = 12 tbsps.

1 cup = 48 tsp.

1 cup = 16 tbsps.

8 fluid ounces (fl oz.) = 1 cup

1 pint (pt.) = 2 cups

1 quart (qt.) = 2 pints

4 cups = 1 quart

1 gallon (gal.) = 4 quarts

16 ounces (oz.) = 1 pound (lb.)

1 milliliter (ml) = 1 cubic centimeter (cc)

1 inch (in.) = 2.54 centimeters (cm)



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