



What's Cookin' 2019



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Kent A. Leonhardt, Commissioner of Agriculture

January —

Dad's Leftover Turkey Pot Pie

2 cups frozen peas and carrots
2 cups frozen green beans
1 cup sliced celery
2/3 cup butter
2/3 cup chopped onion
2/3 cup all-purpose flour
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon celery seed

1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning
1 3/4 cups chicken broth
1 1/3 cups milk
4 cups cubed cooked turkey meat -
light and dark meat mixed
4 (9 inch) unbaked pie crusts

Preheat oven to 425 degrees F.

Place the peas and carrots, green beans and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables in a colander set in the sink and set aside.

Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.

Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before



Tasty Maple Trail Mix

3/4 cup maple syrup	2 cups whole almonds
1/2 teaspoon vanilla extract	1/2 cup raisins
1/2 teaspoon ground cinnamon	1/2 cup dried cranberries
1 cup rolled oats	1/2 cup sunflower seeds
1 cup pecan halves	1 cup chocolate covered peanuts

Preheat oven to 375 degrees F. Lightly grease a baking sheet.

Stir the maple syrup, vanilla extract and cinnamon together in a small saucepan over medium heat until it begins to simmer. Meanwhile, combine the rolled oats, pecans, almonds, raisins, cranberries and sunflower seeds in a large mixing bowl. Pour the hot maple syrup over top, and stir until evenly mixed. Spread onto prepared baking sheet.

Bake in the preheated oven for 15 minutes. Remove from oven, scrape onto a cold baking sheet, and cool to room temperature. Break into clumps and stir in the chocolate covered peanuts once cool.

Slow-Cooker Pepper Steak

2 pounds beef sirloin, cut into 2 inch strips	1/2 cup chopped onion
garlic powder to taste	2 large green bell peppers, roughly chopped
3 tablespoons vegetable oil	1 (14.5 ounce) can stewed tomatoes, with liquid
1 cube beef bouillon	3 tablespoons soy sauce
1/4 cup hot water	1 teaspoon white sugar
1 tablespoon cornstarch	

Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker. Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, tomatoes, soy sauce, sugar and salt.

Cover and cook on low for 6 to 8 hours.

February —

Maple Sweet Potato Pie

1 cup flour	1 can (5.5 ounce) evaporated milk
1/4 cup cornmeal	3 eggs
3/4 teaspoon salt	1/4 margarine, melted
1/3 cup shortening	1 teaspoon vanilla
1 1/2 cups cooked sweet potato	1 teaspoon cinnamon
1/4 cup cold water	1/4 teaspoon nutmeg
3/4 West Virginia maple syrup	1/4 teaspoon ginger

For crust: Heat oven to 450 degrees. In medium bowl, combine flour, cornmeal and 1/4 teaspoon salt. Cut in shortening until mixture forms a ball. On lightly floured surface, roll out pastry to form 13-inch circle. Fit loosely into 9-inch pie plate, trim. Turn edges under; flute. Line pastry with foil; fill with dry beans. Bake 5 minutes. Remove beans and foil; continue baking about 5 minutes. Remove from oven.

For filling: Reduce heat to 350 degrees. In a large bowl, combine sweet potatoes, syrup, milk, eggs, margarine, vanilla, cinnamon, salt, nutmeg and ginger. Mix until smooth. Place partly baked pie shell on oven rack; pour in filling. Bake about 50 minutes or until knife inserted in center comes out clean. Garnish with orange slice.



Maple Johnny Cakes

1 1/3 cups flour
2/3 cup corn meal
3 teaspoons baking powder
1/2 teaspoon salt

2 eggs
1/3 cup West Virginia maple syrup
2/3 cup milk
1/2 cup melted shortening

Sift flour, corn meal, baking powder and salt together. Beat eggs. Add milk and maple syrup. Add dry ingredients, then melted shortening.
Bake in greased pan (12 muffins) at 425 degrees for 20-30 minutes.

Apple Maple Stuffing

1 stalk celery, chopped
1 medium onion
6 tablespoons butter or margarine
3 apples, chopped

1/4 cup West Virginia maple syrup
3/4 water
4 cups herb-seasoned stuffing mix

Simmer celery and onion in 4 tablespoons butter for 2 minutes. Add apples and remaining 2 tablespoons butter and simmer another 2 minutes. Add syrup and water and bring to a boil. Measure 4 cups stuffing mix into large bowl. Add hot mixture, stirring well. Enough for 6-10 pound bird. Great for crown roast of pork or goose.



March —

Whole Wheat Soda Bread

1 1/2 cups all purpose flour
1/2 cup whole wheat flour
1 teaspoon baking soda
1/2 teaspoon salt

1 tablespoon sugar
6 tablespoons cold shortening
1 cup buttermilk

Place flours, baking soda, salt and sugar in a large bowl. Cut shortening into flour mixture until it resembles coarse crumbs. Gradually add buttermilk (add a bit more if needed). Knead briefly and shape into a round loaf. Place on a greased pan. With a sharp knife, cut a cross on top extending down the sides. Beat one egg yolk with one tablespoon water and brush it over the bread dough loaf. Bake at 350 degrees for 30-35 minutes. Slice before serving.



Black Bean and Corn Salad

1/3 cup fresh lime juice	1 1/2 cups frozen corn kernels
1/2 cup olive oil	1 avocado peeled, pitted, diced
1 clove garlic, minced	1 red bell pepper, chopped
1 teaspoon salt	2 tomatoes, chopped
1/8 teaspoon ground cayenne pepper	6 green onions, thinly sliced
2 (15 ounce) cans black beans, rinsed and drained	1/2 cup chopped fresh cilantro (optional)

Place lime juice, olive oil, garlic, salt and cayenne pepper in a small jar. Cover with lid and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions and cilantro. Shake lime dressing and pour it over the salad. Stir salad to coat vegetables and beans with dressing and serve.

Unstuffed Cabbage Roll

2 pounds ground beef	1/2 cup water
1 large onion, chopped	2 cloves garlic, minced
1 small head cabbage, chopped	2 teaspoons salt
2 (14.5 ounce) cans diced tomatoes	1 teaspoon ground black pepper
1 (8 ounce) can tomato sauce	

Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes. Drain and discard grease. Add cabbage, tomatoes, tomato sauce, water, garlic, salt and pepper and bring to a boil. Cover Dutch oven, reduce heat and simmer until cabbage is tender, about 30 minutes.

April —

Buttermilk Fried Ramps

8 ounces ramp greens
2 cups buttermilk
1 cup all-purpose flour
1 tablespoon kosher salt
1 teaspoon black pepper

1/2 teaspoon cayenne pepper
vegetable oil for frying
salt
lemon wedges for garnish

Trim ramp greens, set aside. Place buttermilk in a shallow dish. Combine all-purpose flour, kosher salt, black pepper and cayenne pepper in an additional shallow dish. Coat ramps first in flour mixture, followed by buttermilk mixture, finishing with an additional coat of flour mixture.

Pour two inches of vegetable oil into a large pot over medium-high heat until thermometer registers 350 degrees. Fry until golden and crisp, about two minutes. Drain excess oil on paper towel; season with salt. Serve with lemon wedges.



Ramp Dip

16 ounces cream cheese
1 cup sour cream
1/2 cup mayonnaise
8 ounces sharp cheddar cheese
1 teaspoon celery salt
1 teaspoon black pepper
1 teaspoon onion powder
1 teaspoon seasoning salt
1 cup diced ramps
1/2 cup ramp leaves diced

Whip the cream cheese, sour cream, mayonnaise, cheddar cheese, celery salt, black pepper, onion powder and seasoning salt together.
Stir in diced ramps and ramp leaves until well mixed and refrigerate.

Ramp Potatoes

5 large potatoes, peeled and sliced
2 tablespoons bacon drippings
6 ramps, thinly sliced
5 slices cooked bacon, chopped
salt and black pepper to taste

Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until beginning to soften, about 10 minutes; drain. Heat bacon drippings in a large skillet over medium-high heat; cook and stir potatoes in the hot drippings until golden brown, about 15 minutes. Stir ramps and bacon with the potatoes; season with salt and black pepper. Continue cooking until the ramps are soft, about 5 minutes.

May —

Jalapeno Strawberry Jam

4 cups crushed strawberries
1 cup minced jalapeno peppers
1/4 cup lemon juice
1 (2 ounce) package powdered fruit pectin

7 cups white sugar
8 half pint canning jars with lids and rings

Place the crushed strawberries, minced jalapeno pepper, lemon juice and pectin into a large saucepan and bring to a boil over high heat. Once simmering, stir in the sugar until dissolved, return to a boil and cook for 1 minute.

Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the jam into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.

Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot and process for 10 minutes.

Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart. Allow to cool overnight. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.



Strawberry Spinach Salad

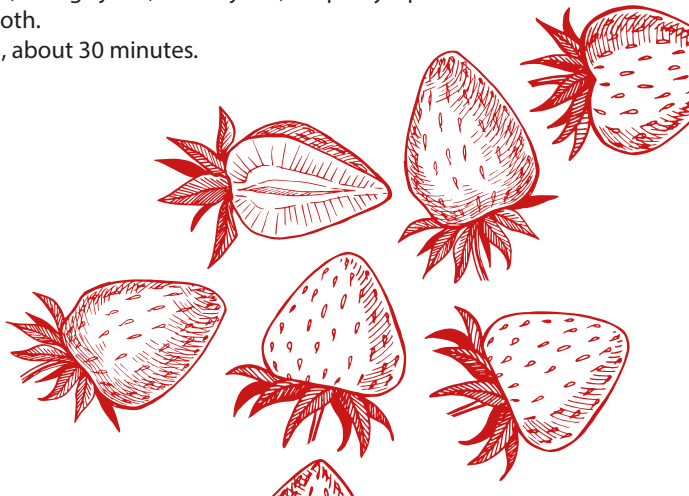
2 tablespoons sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
1/2 cup olive oil
1/4 cup distilled white vinegar
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce
1 tablespoon minced onion
10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
1 quart strawberries - cleaned, hulled and sliced
1/4 cup almonds, blanched and slivered

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad and toss. Refrigerate 10 to 15 minutes before serving.

Spring Strawberry Soup

2 pints hulled strawberries
1/2 cup plain yogurt
1/4 cup freshly squeezed orange juice
1/2 lemon, juiced
2 tablespoons simple syrup, or more to taste
1/2 teaspoon vanilla extract

Combine strawberries, yogurt, orange juice, lemon juice, simple syrup and vanilla extract in a blender; blend until smooth. Refrigerate soup until chilled, about 30 minutes.



June —

Spinach Pasta Salad

1 12-ounce package farfalle pasta
10 ounces baby spinach, rinsed and torn into bite-size pieces
2 ounces crumbled feta cheese with basil and tomato
1 red onion, chopped

1 15-ounce can black olives, drained and chopped
1 cup Italian-style salad dressing
4 cloves garlic, minced
1 lemon, juiced
½ teaspoon garlic salt

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain. In a large bowl, combine the pasta, spinach, cheese, red onion and olives. Whisk together the salad dressing, garlic, lemon juice, garlic salt and pepper. Pour over salad and toss. Refrigerate for 2 hours and serve chilled.

Rhubarb Crunch

3 cups diced rhubarb
1 cup white sugar
3 tablespoons all-purpose flour
1 cup packed light brown sugar
1 cup quick cooking oats
1½ cups all-purpose flour
1 cup butter

Preheat oven to 375F. Lightly grease a 9x13" baking dish.

In a large mixing bowl combine rhubarb, white sugar, and 3 tablespoons flour. Stir well and spread evenly into baking dish. Set aside.

In a large mixing bowl combine brown sugar, oats and 1½ cups flour. Stir well then cut in butter or margarine until mixture is crumbly.

Sprinkle mixture over rhubarb layer. Bake in preheated oven for 40 minutes. Serve hot or cold.

Oven-Roasted Asparagus

1 bunch thin asparagus, trimmed
3 tablespoons olive oil
1½ tablespoons grated Parmesan cheese
(optional)
1 clove garlic, minced (optional)

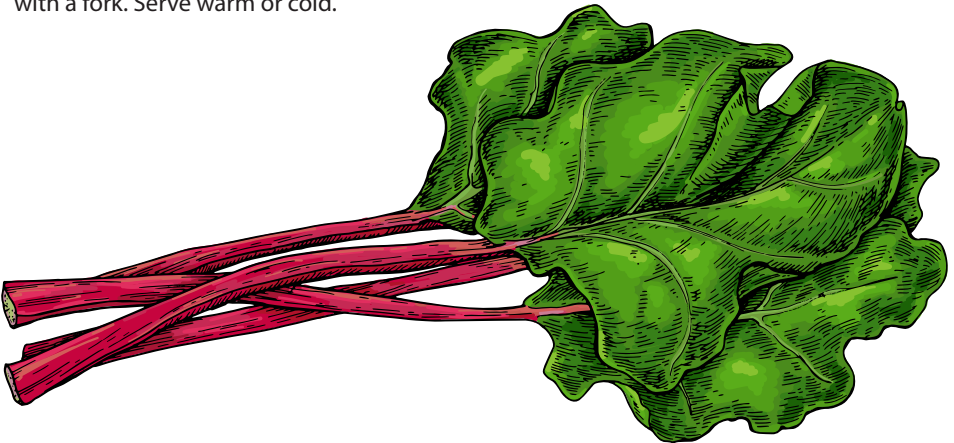
1 teaspoon sea salt
½ teaspoon ground black pepper
1 tablespoon lemon juice (optional)

Preheat oven to 425F. Place asparagus into mixing bowl; drizzle with olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic salt and pepper. Arrange asparagus onto a baking sheet in a single layer. Bake in preheated oven until just tender, 12-15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Strawberry Rhubarb Sauce

2/3 cup white sugar
½ cup orange juice
5 teaspoons cornstarch
1½ teaspoons vanilla extract
4 cups sliced fresh strawberries
1 cup sliced rhubarb

Combine sugar, orange juice, corn-starch and vanilla in a large sauce pan. Bring to a boil over medium heat. Add strawberries and rhubarb; reduce heat and cook, stirring occasionally, until tender, 5-10 minutes. Remove from heat and mash the cooked berries with a fork. Serve warm or cold.



July —

Southern Coleslaw

1 head cabbage, finely shredded
2 carrots, finely chopped
2 tablespoons finely chopped onion
1/2 cup mayonnaise
1/3 cup white sugar
1/4 cup milk

1/4 cup buttermilk
2 tablespoons lemon juice
2 tablespoons distilled white vinegar
1/2 teaspoon salt
1/8 teaspoon ground black pepper

Mix cabbage, carrots and onion in a large salad bowl. Whisk mayonnaise, sugar, milk, buttermilk, lemon juice, vinegar, salt and black pepper in a separate bowl until smooth and sugar dissolves.

Pour dressing over cabbage mixture and mix thoroughly. Cover bowl and refrigerate slaw at least 2 hours (the longer the better). Mix before serving.



Fried Green Tomatoes

4 firm green tomatoes, cut in 1/4-inch slices
1 quart ice water, or as needed
4 cups canola oil, or as needed
2 cups self-rising cornmeal
2 cups all-purpose flour
salt to taste

Place tomato slices in a bowl of ice water; soak for five minutes. Heat 1/2 inch of canola oil in a large skillet over medium-low heat. Combine cornmeal and flour in a bowl. Remove tomato slices from ice water one at a time, coat lightly in the cornmeal mixture. Shake off any excess and place in hot oil. Cook tomato slices, working in batches, until the edges are golden brown (about four minutes per side). Remove with a slotted spoon and place on a paper towel-lined plate. Salt to taste.

Cucumber Salad

2 large cucumbers, peeled and sliced
2 large carrots, shredded
1 large yellow bell pepper in strips
1 large red bell pepper in strips
1/4 red onion, minced (optional)
2 teaspoons lemon zest
1 large lemon, juiced

Toss all the vegetables together in a bowl. Scatter lemon zest over the mixture. Squeeze lemon juice over the salad; toss to coat. Chill completely in the fridge and serve.

August —

Zucchini Pizza Bake

4 cups shredded unpeeled zucchini
1/2 teaspoons salt
2 eggs, lightly beaten
1/2 cup grated Parmesan cheese
2 cups shredded mozzarella cheese
1 cup shredded Monterey Jack
cheese
1 pound ground beef

1/2 cup chopped onion
1 (15oz) can Italian-style tomato
sauce
1 teaspoon Italian seasoning
1 green bell pepper, chopped
1/2 cup sliced fresh mushrooms
1/2 cup sliced black olives

Preheat oven to 400 degrees. Place the zucchini in a colander and sprinkle with salt; let drain for 15 minutes then squeeze out the moisture. Combine the zucchini, eggs, Parmesan, 1 cup mozzarella and 1/2 cup Monterey Jack in a large bowl. Press the mixture into a greased 9x13 inch baking dish. Bake, uncovered, in oven for 20 minutes. While zucchini crust is baking, heat a large skillet over medium-high heat and stir in ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in tomato sauce and Italian seasoning. Spoon sauce mixture over baked zucchini crust. Top with the bell pepper, mushrooms, black olives, and the remaining mozzarella and Monterey Jack cheeses. Return to oven and bake for 20 minutes or until heated through. Let sit 5 minutes before serving.



Black Bean and Corn Salad

1/3 cup fresh lime juice
1/2 cup olive oil
1 clove garlic, minced
1 teaspoon salt
1/3 teaspoon ground cayenne pepper
2 (15oz) cans black beans, rinsed and drained
1 1/2 cups corn kernels
1 avocado, peeled, pitted and diced
1 red bell pepper, chopped
2 tomatoes, chopped
6 green onions, thinly sliced
1/2 cup chopped fresh cilantro (optional)

Place lime juice, olive oil, garlic, salt and cayenne pepper in a small jar. Cover with lid and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions and cilantro. Shake lime dressing and pour it over the salad. Stir salad to coat vegetables and beans with dressing and serve.

Roasted Tomato Salad

3 tomatoes, cut into wedges
1 onion, thinly sliced
3 cloves garlic, minced
3 tablespoons very thinly sliced fresh basil leaves
1/2 teaspoon dried oregano
1/2 teaspoon dried marjoram
kosher salt and ground black pepper to taste

3 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 head Boston lettuce, leaves separated
4 romaine lettuce leaves, thinly sliced
3 ounces freshly shaved Parmesan cheese

Preheat oven to 350 degrees. Mix tomatoes, onion, garlic, basil leaves, oregano and marjoram in an 8x8-inch baking dish; sprinkle with salt and pepper. Drizzle with olive oil and balsamic vinegar and toss to combine. Roast in oven until tomatoes and onion are soft and the juices turn brown and sticky (about 20 to 30 minutes.) Set aside to cool. Place a Boston lettuce leaf onto 6 serving plates and sprinkle romaine lettuce over each leaf. Divide the warm roasted tomato mixture among each salad; top salads with shaved Parmesan cheese. If any caramelized tomato juices remain in the pan, spoon over the salads.

September —

Grilled Potato Salad

2 pounds red potatoes
2 tablespoons extra-virgin olive oil

Dressing:

1/2 cup extra-virgin olive oil
1 tablespoon apple cider vinegar
1 teaspoon kosher salt

1 teaspoon ground black pepper
1 clove garlic, chopped
1/2 teaspoon white sugar
6 slices cooked bacon, chopped
4 green onions, chopped
2 tablespoons minced fresh parsley

Preheat grill for medium heat and lightly oil the grate. Place potatoes in a bowl; add 2 tablespoons olive oil and toss to coat. Cook on preheated grill until tender, about 30 minutes. Cool potatoes, about 10 to 15 minutes; cut into quarters.

Whisk 1/2 cup olive oil, vinegar, salt, black pepper, garlic and sugar together in a bowl until dressing is smooth. Toss potatoes, bacon, green onions and parsley with dressing in a bowl until evenly coated.



Honey Chicken Kabobs

1/4 cup vegetable oil
1/3 cup honey
1/3 cup soy sauce
1/4 teaspoon ground black pepper
8 skinless, boneless chicken breast halves, cut into 1 inch cubes
2 cloves garlic
5 small onions, cut into 2 inch pieces
2 red bell peppers, cut into 2 inch pieces
skewers

In a large bowl, whisk together oil, honey, soy sauce and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place chicken, garlic, onions and peppers in the bowl and marinate in the refrigerator at least two hours. (The longer the better.)

Preheat the grill for high heat. Drain marinate from chicken and vegetables and discard marinade. Thread chicken and vegetables alternately onto the skewers. Lightly oil grill grate and place skewers on the grill. Cook for 12 to 15 minutes until chicken juices run clear.

Turn and brush with reserved marinade frequently.

Apple Maple Crumble Pie

5 apples, peeled, cored and sliced
2/3 cup maple syrup
1/2 cup butter
1/2 cup brown sugar
3/4 cup all-purpose flour
1 pinch salt
3/4 cup rolled oats

Preheat oven to 375 degrees. Place apples in an 8x8 inch baking dish. Pour maple syrup over the apples. In a bowl, cream together the butter and brown sugar. Stir in the flour, salt and oats. Sprinkle the oat mixture over apples.

Bake in preheated oven for 35 minutes, until golden and bubbly and apples are tender.

October —

Apple Stack Cake

2 1/2 cups sifted cake flour
1 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 teaspoon salt
1/4 teaspoon soda

1/4 teaspoon mace
1/4 teaspoon cloves
1/2 cup brown sugar
1/2 cup shortening
2 unbeaten eggs
1 teaspoon rum flavoring
1 1/4 cups milk

Sift dry ingredients, except brown sugar, into large bowl or mixer. Add brown sugar, shortening, eggs, flavoring and 1 cup of milk and mix thoroughly. Then add 1/4 cup milk and beat 2 minutes or until batter is smooth and light.

Pour batter 1/4 inch thick into 8 inch layer cake pans which have been greased, floured and lined with waxed paper. Spread evenly. Bake in preheated oven, 400 degrees, about 13 minutes or until brown. Turn out on plate and spread each layer with applesauce which has been sweetened and flavored with desired flavoring. Leave top layer plain. If decoration is desired, use maraschino cherries.



Chicken Scrapple

1/2 stewing hen cooked and boned
3 cups water
2 teaspoons salt
1 teaspoon onion salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1 cup corn meal
2 eggs
1/4 cup shortening or salad oil
1/4 cup butter or margarine

Cook in saucepan to boiling point, chicken, salt, onion, pepper and thyme. Reduce heat and cook mixture slowly for 5 minutes, breaking the chicken into small pieces with fork. Mix corn meal with 1 cup water until smooth. Stir into chicken mixture. Cook until thick, stirring constantly. Lower heat and continue cooking 10 minutes longer. Transfer the mixture to a large rectangular tray and level the surface. Chill and cut into 2 inch squares. Dip each square into slightly beaten eggs and fry in hot melted fat until brown. Serves 6-8.

Pumpkin Butter

4 pumpkins
Sugar, to taste
Salt, to taste
Desired spices, to taste

Pare a pumpkin, remove seeds and soft spots, cut in small pieces and steam until tender. Cut 3 other pumpkins and cook. When quite soft, put into cheese cloth bag and press out the juice. (If pumpkins are not plentiful, this pulp may be used for pies.) Add the juice to the first pumpkin. Simmer on the back of the stove or set the kettle on bricks. Reduce to the consistency of apple butter. When half done, add a little sugar, salt and spices to taste.

November —

Pumpkin Bread Pudding

1/2 cup packed light brown sugar	2 large egg yolks
1/2 cup granulated sugar	1 1/2 cups half and half
2 tsp ground cinnamon	1 cup whole milk
1/2 tsp ground nutmeg	1 (15oz) can pumpkin
1/2 tsp ground ginger	1 tsp vanilla extract
1/8 tsp ground cloves	1 (16oz) loaf hearty crusty french bread
1/4 tsp salt	
4 large eggs	

Preheat oven to 350 degrees. In a mixing bowl, whisk together brown sugar, granulated sugar, cinnamon, nutmeg, ginger, cloves and salt. Whisk in eggs and egg yolks. Stir in half and half, milk, pumpkin and vanilla. Place bread cubes in an extra large mixing bowl. Pour half and half mixture evenly over bread cubes then gently toss to coat. Let rest 10 minutes. Spoon mixture into buttered 12" x 8" or 13" x 9" baking dish and lightly press down to even it. Bake in preheated oven until set, about 45 - 50 minutes. Let cool a few minutes then cut and serve with caramel sauce, pecans and sweetened whipped cream.

Recipe by: Mary L. McClure
Barboursville, WV

Non-Traditional Pumpkin Pie

Brownie Batter Crust:

1 cup flour
1/3 cup sugar
1 stick butter
1/4 cup white chocolate chips
2 eggs
1/2 cup pumpkin puree

Pie Filling:

1 can 100% pure pumpkin
1 can evaporated milk
2 eggs
1/2 cup brown sugar
1/2 cup sugar
2 1/2 tsp pumpkin pie spice
1 tsp. vanilla

Combine batter for crust in a bowl. In a separate bowl, combine pie filling. Pour brownie batter into greased 9-inch round baking pan. Then pour in pie filling. Bake for 25 minutes at 350 degrees.

Recipe by: Zach Davis
Kenova, WV

Pumpkin Cinnamon Rolls

5 cups all purpose flour
1/4 cup dry milk
1/2 cup sugar
1/4 cup yeast
1/2 tsp salt
3 tablespoons oil
1 cup hot tap water
1 cup pumpkin
2 tsp pumpkin pie spice
2 tbsps melted butter

Glaze:
8 ounces cream cheese
1 cup butter
2 teaspoons vanilla
3 cups confectioners sugar

Mix pumpkin, pumpkin pie spice, butter and oil together in mixer bowl. In separate bowl mix flour, dry milk, yeast, salt and sugar together. Add to the pumpkin mixture. Mix and then add hot tap water. Add 1 tablespoon at a time if more water is needed. Mix on medium to high speed with dough hook for about 6 minutes or until dough pulls away from mixer bowl. When dough is finished, let rise in warm place until doubled in size. Spray flat surface with cooking spray and pat out dough until about 1 inch thick. Melt and spread desired amount of butter on dough, about a cup. Sprinkle 2 1/2 cups brown sugar on the butter. Sprinkle desired amount of ground cinnamon on the sugar and roll length ways. Cut in 1 inch slice and place in greased baking dish. Let rise again for 10 - 15 minutes. Bake at 350 degrees until golden brown and dough is done. For glaze, mix softened butter and cream cheese together. After it is smooth, add vanilla and mix. Add sugar and mix until smooth. Drizzle on cooked cinnamon rolls.

Recipe by: Michelle Chapman
Milton, WV



December —

Apple Cinnamon French Toast

3/4 cup butter, melted

1 cup brown sugar

1 teaspoon ground cinnamon

2 (21 ounce) cans apple pie filling

20 slices white bread

6 eggs

1 1/2 cups milk

1 teaspoon vanilla extract

1/2 cup maple syrup

Grease a 9x13 inch baking pan. In a small bowl, stir together the melted butter, brown sugar and cinnamon. Spread the sugar mixture into the bottom of the prepared pan. Spread the apple pie filling evenly over the sugar mixture. Layer the bread slices on top of the filling, pressing down as you go. In a medium bowl, beat the eggs with the milk and vanilla. Slowly pour this mixture over the bread, making sure that it is completely absorbed. Cover the pan with aluminum foil and refrigerate overnight.

In the morning, preheat oven to 350 degrees. Place covered pan into the oven and bake for 60 to 75 minutes. When done, remove from oven and turn on broiler. Remove foil and drizzle maple syrup on top of the egg topping; broil for 2 minutes, or until the syrup begins to caramelize. Remove from the oven and let stand for 10 minutes, then cut into squares. Invert the pan onto a serving tray or baking sheet. Serve hot.



Maple Snickerdoodles

2 cups all-purpose flour	3 tablespoons real maple syrup
1 1/2 teaspoons baking powder	1 egg
1/4 teaspoon baking soda	1/2 cup white sugar
1 1/2 teaspoons ground cinnamon	1/4 cup maple sugar
1/2 cup margarine, softened	
1 cup white sugar	

Preheat oven to 350 degrees. Stir together the flour, baking powder, baking soda and cinnamon. Set aside. In a large bowl, cream together the margarine and 1 cup of white sugar until light and fluffy. Beat in the egg and maple syrup. Gradually blend in the dry ingredients until just mixed. In a small dish, mix together the remaining 1/2 cup white sugar and the maple sugar. Roll dough into 1 inch balls, and roll the balls in the sugar mixture. Place cookies 2 inches apart on ungreased cookie sheets. Bake 8 to 10 minutes in the preheated oven. Cookies will be crackly on top and look wet in the middle. Cool on wire racks.

Roasted Root Vegetables

1 cup diced, raw beet	2 tablespoons olive oil
4 carrots, diced	1 tablespoon dried thyme leaves
1 onion, diced	salt and pepper to taste
2 cups diced potatoes	1/3 cup dry white wine
4 cloves garlic, minced	
1/4 cup canned garbanzo beans (chick peas), drained	

Preheat an oven to 400 degrees. Place the beet, carrot, onion, potatoes, garlic and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well. Bake uncovered for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven and stir in the wine. Return to the oven and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

Cooking Measurement Equivalents

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

$\frac{1}{16}$ cup = 1 tbsp.

$\frac{1}{8}$ cup = 2 tbsps.

$\frac{1}{6}$ cup = 2 tbsps. + 2 tsp.

$\frac{1}{4}$ cup = 4 tbsps.

$\frac{1}{3}$ cup = 5 tbsps. + 1 tsp.

$\frac{3}{8}$ cup = 6 tbsps.

$\frac{1}{2}$ cup = 8 tbsps.

$\frac{2}{3}$ cup = 10 tbsps. + 2 tsp.

$\frac{3}{4}$ 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)



West Virginia Department of Agriculture
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