



*This edition of the family cookbook
is in honor of the 100th birthday
of Beverly Lucille Glade Wessman,
who was born 21 April 1924*

All images of recipes are from Beverly's recipe box

*Enjoy Cooking It's worth it!
Love always, Grandmother
and Grandfather Wessman*

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Check out our blog for photos and additional recipes at heritagerecipes.blogspot.com

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Appetizers, Dips, Spreads, Salsas, and Sauces

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Cooking Notes

Dips, salsas, and sauces are essential parts of everyday meals. You can make appetizers from many different dinner items by serving them in small portions. One key ingredient that is often forgotten is the presentation of your food. A nice presentation can change everyday food into a special occasion dish.

Baja Sauce

- 2 (8 ounce) packages cream cheese
- ¼ cup milk
- 1 (4 ounce) can diced green chiles
- Dash of salt

In a blender, puree the milk and undrained chiles well, until smooth. Pour into a medium saucepan. Add the cream cheese, and warm up on medium heat, stirring occasionally until the cream cheese melts, and the mixture is smooth. This can take about 15 minutes. Try not to let the mixture boil. Add a dash of salt. Serve over green corn tamales. Also works as a sauce for other Mexican food, like enchiladas.

Barbecue Sauce

- 2 tablespoons vegetable oil
- 1 onion, minced
- 1 garlic clove, minced
- 1 teaspoon chili powder
- ¼ teaspoon cayenne pepper, optional
- 1 cup ketchup
- 5 tablespoons light or dark molasses
- 2 tablespoons cider vinegar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons mustard
- 1 teaspoon Tabasco, optional
- Salt and pepper to taste

In a deep saucepan, heat the oil and add the onion. Saute the onion until softened, about 5 minutes. Scrape the onion into the blender. Add the rest of

the ingredients and blend until smooth. Return to the pan and simmer until the sauce is thickened, about 25 minutes. Season with salt and pepper. Cool to room temperature before serving. This sauce can be refrigerated for up to a week or frozen for 2 months.

Bean Dip

Layer on a dish or tray:

- 2 cans refried beans
- 4 avocados mashed with 2 tablespoon lemon juice, ½ teaspoon salt, and ¼ teaspoon pepper
- 1 cup sour cream mixed with ½ cup mayonnaise, and ½ package taco seasoning or taco spices to taste or 1½ cups sour cream mixed with 2 tablespoons salsa

Sprinkle with your choice of grated cheese, sliced olives, diced tomato, sliced green onions, and diced multi-color bell peppers.

You can customize the layers to your taste. Refrigerate. Serve with tortilla chips.

James and Ann Tanner

At some point when we were growing up, Mom decided that we should use her fancy china for dinners. On Sundays we would set the table with a tablecloth, cloth napkins, china, and sometimes even the silver. Dad bought Mom some books on how to fold napkins, so all the girls learned how to make fancy napkin folds.

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Bread Dipping Spices

- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon ground black pepper
- ½ teaspoon fresh or dried rosemary
- ¼ teaspoon crushed red pepper
- 1 tablespoon water
- ½ teaspoon kosher salt

Combine all the spices except the salt in a small bowl. Add the water and let it sit for about 5 minutes to rehydrate the spices. Stir well, then add the salt. Put a small spoonful of the spice mixture on a plate, pour a little olive oil on top, and use it as a dip for crusty bread. Makes a nice appetizer.

Chili Sauce (Heritage Recipe)

- 2 quarts tomatoes (about 12 large)
- 2 cups onions, diced
- ¾ cup sugar
- 3 tablespoons salt
- 3 cups white or amber (malt) vinegar
- 1 green pepper, diced

Tie into a cloth bag:

- ¾ teaspoon cloves
- ¾ teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- 1 red pepper, hot, little

Boil 3 hours or until desired consistency. Fish out the spice bag and ladle mixture into sterilized jars. Seal. Makes 4 pints. If you double the recipe do not double the salt. When canning, use recent guidelines from your university extension for processing times and safety guidelines. This recipe is from Lucile Green Glade's step-mother, Eliza Turner Green.

Butter—Compound

Compound butters can be used to add flavoring to vegetables, baked potatoes, or other foods.

- ½ cup softened butter

Use a mixer to beat until light and fluffy.

Add one of these flavor variations:

- Garlic-herb: 1½ teaspoons dried sage, 1 tablespoon minced fresh parsley, ¾ teaspoon thyme, 2 minced garlic cloves, salt and pepper to taste

- Parsley-lemon: ¼ cup minced fresh parsley, 4 teaspoons lemon zest

- Rosemary-Parmesan: 6 tablespoons grated Parmesan cheese, 1 teaspoon rosemary, 2 minced garlic cloves

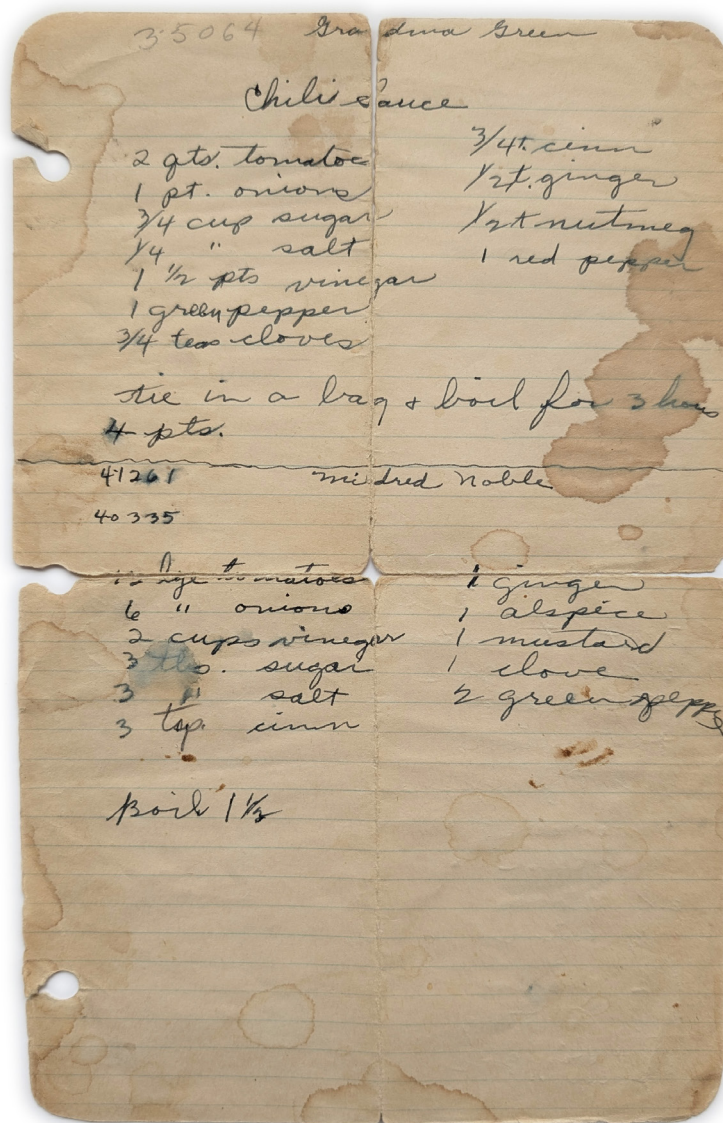
Wrap the butter in plastic and let rest to blend the flavors, about 10 minutes. You can also roll the butter into a log and refrigerate for 1 week or freeze for up to 2 months.

Butter—Honey

- 1 cup butter, room temperature
- ⅔ cup honey
- ¾ cup powdered sugar

Mix butter, honey, and powdered sugar together with an electric hand mixer for 2–3 minutes. Serve at room temperature. Store in the refrigerator.

Flavor variations: Add ¼ teaspoon cinnamon or ¼ teaspoon vanilla, or to taste.



Butter—Soft

- ½ cup butter, softened
- ¼ cup oil
- Pinch salt

Beat butter until smooth. While beating, slowly add oil. Add salt, and mix, scraping the sides of the bowl. Beat the butter until light and airy. Pour into a container and refrigerate.

Cream Cheese Dip

- 1 (8 ounce) package cream cheese
- 2 tablespoons milk
- Desired flavorings

Microwave the cream cheese on high until soft. Stir in the milk and other ingredients; or beat with a mixer if you want it fluffier. Chill for 1 hour before serving. This spread will last for about a week.

Flavor variation:

- Ranch: 1–2 tablespoons buttermilk or ranch dressing mix

- Cheese-Pepper: 1½ cups finely shredded cheddar cheese and ¼ cup diced, roasted red peppers

- Chipotle-Lime: ½ teaspoon chipotle powder or minced peppers, 2 thinly-sliced scallions, and 1 tablespoon lime juice

- Strawberry: 2–4 tablespoons strawberry jam and ¼ teaspoon vanilla

Ann Prior Jarvis (1829-1913)

[My husband George Jarvis'] wages were very small, scarcely enough to enable us to obtain the necessities of life... we were obliged to cease using sugar and we would do with bread and water for months. I felt rather ill at times as I was always dainty and wanted a relish.

Dill Dip

Mix together:

- 2 cups sour cream
- 4 tablespoons dill weed
- Some dill juice from pickles
- Garlic salt to taste

Refrigerate for 30 minutes. Good served with vegetables.

Enchilada Sauce

- 2 tablespoons olive oil
- ¼ cup all-purpose flour or masa harina
- 1 (6 ounce) can tomato paste (¼ cup)
- 2 teaspoons cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 4 teaspoons chili powder (can use less if you like less spiciness)
- 1 teaspoon cocoa powder
- 1 teaspoon oregano, optional
- 3 cups chicken or vegetable broth
- 1 teaspoon salt

In a saucepan, heat the olive oil over medium heat. Add flour and whisk with the heated oil. Add tomato paste and whisk well. Add spices and whisk until well mixed. Add chicken broth and whisk until sauce is smooth. Bring sauce to a boil over medium heat, turn the heat down and simmer for at least 10 minutes. Taste the sauce and add salt or more chili powder if desired.

Quick method: Whisk all ingredients together or mix in a blender and blend as if you are making soup. Since the sauce bakes in the oven with the enchiladas, you don't have to simmer it beforehand.

Flour Tortilla Hors D'oeuvres

- 1 pint sour cream
- 1 (4 ounce) can green chiles
- 1 (8 ounce) package cream cheese, softened
- ½–1 teaspoon garlic powder
- 1 bunch sliced green onions
- Medium-sized flour tortillas, room temperature

Mix all ingredients and spread thinly on flour tortillas. Roll up tortillas and chill for 30 minutes. Cut in 1-inch pieces. Before serving, pierce with a toothpick to hold them together. Serve with salsa and guacamole.

Variation: Substitute 2 tablespoons salad dressing base (ranch, buttermilk, Fox Point) for the green chiles and garlic. Also try with minced bell peppers.

Fry Sauce

- 1 cup mayonnaise
- ¼ cup sugar
- ½ teaspoon salt
- ⅛ teaspoon paprika
- ¼ teaspoon ground mustard
- ½ teaspoon onion powder
- ½ cup ketchup
- 2 tablespoons red wine vinegar
- 1½ teaspoons Worcestershire sauce

Whisk all the ingredients together until smooth. Cover and refrigerate until chilled, about 30 minutes.

Henry Green (1867-1941)

Around 1912, he [Henry Green] bought the Riverside Dairy and Stock Farm in Jordan, south of 33rd South and east of Redwood Road, by the Jordan River. Harry obtained many expensive pure-bred Guernsey cattle from the Isle of Guernsey. He had the largest and only silo in the county. Part of the dairy was a big long barn and a milk house where milk was strained through cheese cloths. They were delivered to most of the hospitals in the city and were the first to have metal caps over their bottles.

Fry Sauce with Pickle Juice

- ¾ cup mayonnaise
- ⅓ cup ketchup
- 1 tablespoon dill pickle juice
- ½ teaspoon smoked paprika, optional
- ½ teaspoon Worcestershire sauce, optional
- ½ teaspoon garlic powder, optional
- ½ teaspoon onion powder, optional
- Salt and pepper to taste

Mix together and refrigerate until needed. Note that the proportions are variable. However, these suggestions are a good starting place.

Garlic Aioli

- ½ cup mayonnaise
- 1 teaspoon fresh lemon juice
- ¼ teaspoon garlic powder
- ¾ teaspoon smoked paprika or paprika

Mix all ingredients together and refrigerate for at least ½ hour. This tastes better after a couple of hours. This also makes a nice spread for sandwiches.

Grammy Jenna's Cheese Ball

- 2 (8 ounce) packages cream cheese
- 2 tablespoons pimiento cheese spread, optional
- 1 tablespoon Miracle Whip
- 1 tablespoon Accent (MSG), optional, or a bit of salt instead
- ¾ teaspoon dry mustard
- ¼ cup finely diced green pepper
- 2 tablespoons finely diced green onion

Blend thoroughly. Form into a ball. To do this, line a small bowl with plastic wrap and put the spread in the bowl. Pull up the plastic wrap to form a ball. Refrigerate 4 hours or overnight. Take it out of the plastic and roll in sliced almonds or chopped pecans. Use as a cracker dip. This is from Marcelaine. It is called Grammy Jenna's Cheese Ball because it's one of the two cheese ball recipes her grandmother would make during the holidays. Her mother has continued the tradition, and now she does, too.

Gravy

- 4 tablespoons butter
- 4 tablespoons flour
- 2–3 cups liquid (combination of pan drippings and broth)
- Salt and pepper to taste

Additional flavor agents: fresh herbs, seasonings, garlic powder, etc. Melt butter in a medium-sized saucepan. Add flour and whisk constantly for about 3–5 minutes until the mixture is a golden caramel color and smells fragrant. Slowly whisk in liquids until the mixture is smooth. Bring to a simmer and cook until thickened and bubbly, 5 minutes or longer.

Taste, and then season with salt and pepper to taste, and add any other flavorings like bouillon or fresh herbs. You can also add 1–2 teaspoons of Worcestershire, soy sauce, or apple cider vinegar for additional flavor.

4 — Appetizers, Dips, Spreads, Salsas, and Sauces

Beverly Lucille Glade Wessman (1924-2008)

January 4 Sat 1941: Up at 8:30 got the work done and made some co-coa for going ice skating... The ice was smooth and plenty of it. We had more fun. Le Mar fell in dripping wet up to his neck. So we came home. Le Mar and Bob and Elva came over and played Monte Carlo Whist they beat us by 1 point. I served fruit cake and grape juice that I put up. On Le Mar's last cup I stuck in a teas. 1933 wine. He had a headache the next day.

Guacamole

Avocados, cut, pit removed, insides spooned out and mashed
Lemon or lime juice, about 1 teaspoon per avocado
Salt and pepper to taste

Can add the following: garlic powder, Adobo or chili seasoning, pepper, onion powder or finely diced onions, finely diced or mashed chiles, diced bell peppers, diced tomatoes, or sour cream. In South America, they often add in a few tablespoons of oil to make it smooth.

Ham Roll-ups

1 (8 ounce) package softened cream cheese
Ham, thinly sliced
1–2 bunches green onions, washed and trimmed

Separate ham slices and pat dry. Spread cream cheese on ham slices. Place a green onion on a ham slice and roll up. Cut into bite size pieces. You can also mix sliced green onions into the cream cheese and then spread the cream cheese on the ham.

Holiday Cheese Ball

2 (8 ounce) packages cream cheese at room temperature
1 (14 ounce) jar maraschino cherries, well drained and diced, optional
½ cup finely diced red pepper, optional (instead of cherries)
½ cup finely diced green pepper
2 tablespoons dry minced onion
1 cup well-drained crushed pineapple
¼ teaspoon seasoning salt
¾ cup finely chopped pecans

Drain the pineapple and press with a spoon to help drain the extra juice. Line a small bowl with plastic wrap. In a separate bowl, combine all the ingredients except the pecans. Put into the plastic-wrap lined bowl. Pull up the plastic wrap to form a ball. Refrigerate for 4 hours or overnight. Take it out of the plastic and roll it in the finely chopped pecans.

Hummus

1 clove garlic
¾ cup water
¾ cup tahini
¼ cup lemon juice
2 (15 ounce) cans chickpeas, drained and rinsed
½ teaspoon cumin
1 teaspoon salt

Place all ingredients in a good blender or food processor and blend until smooth. Refrigerate until needed. Serve with pita bread, chips, or vegetables. You can customize this to create different flavors you like, such as adding ¼ cup roasted red peppers for red pepper hummus or 1 teaspoon chipotle sauce for spicy hummus. If you cook your own chickpeas or garbanzo beans, the hummus will turn out better. This recipe uses 1 cup dry beans or 3 cups cooked beans.

Mandarin Sauce

8 cups tomatoes
4 cups onions
4 cups green peppers
2 (20 ounce) cans undrained pineapple chunks
6 cups sugar
½ cup soy sauce
3 cups vinegar
1 cup water
1½ cups ultra gel or cornstarch

Peel tomatoes and remove stems. Coarsely chop tomatoes, onion, and green pepper. Add all ingredients except ultra gel to a sauce pan and bring to a boil. Gradually add ultra gel, stirring constantly until thickened. If using cornstarch, reserve some of the pineapple juice and mix cornstarch and juice first. Cornstarch is not recommended for use if you are going to bottle the sauce. Bottle, using recent guidelines from your university extension to avoid safety hazards when canning. Yield 24 cups. There are many serving suggestions: Serve as a sauce over chicken and rice. Cook the chicken in the crockpot in the sauce. Use for a dip for orange chicken. Use in place of any sweet and sour sauce. You can chop the vegetables into your preferred size or puree for sensitive eaters.

Mango Salsa

2 medium mangoes, peeled and diced
½ red onion, diced
¼ to ½ red bell pepper, diced
½ to 1 serrano pepper, very finely diced
¼ bunch cilantro, minced
1 tablespoon lime juice, or juice from 1 lime
½ teaspoon salt

Mix everything together in a bowl and serve. (Hint: watch a video online to see the best way to slice and dice a mango). Consider using gloves when dicing the serrano, or take care to wash your hands with dish soap after handling the hot peppers.

Marshmallow Creme Fruit Dip

1 jar (7 ounce) marshmallow creme
1 (8 ounce) package cream cheese
Beat cream cheese. Mix in marshmallow creme. Thin with fruit juice as necessary. Use it as a dip with fresh fruit.

Miniature Taco Shells

1 package round or square wonton skins
Lightly coat each wonton skin with oil and place into mini muffin tins, forming tiny taco shells. Bake in a 350° oven for about 5 minutes, or until browned. Watch carefully to make sure they don't burn. When you remove the shells from the oven, you can reshape them as necessary while the wonton skins are still warm. Let the shells cool and then remove them from the muffin tins. Fill the shells with your favorite toppings, such as beans, salsa, guacamole, cheese, or seasoned meat. Place the miniature taco shells on a cookie sheet and return them to the oven under the broiler to melt cheese, if desired.

Mrs. Child's Pickles (Heritage Recipe)

Dice or slice extra produce from the garden including: green tomatoes, garlic, onions, cucumbers, carrots, dill, cauliflower, green peppers, string beans, and celery. Place in jars and pour a solution of 2 quarts of water, 1 quart of white vinegar, and 1 cup of salt over the vegetables. Seal jars. Cook in a cold pack cooker for 10 minutes. When canning, use recent guidelines from your university extension for processing times and safety guidelines. .

Ann Glade Wessman Tanner

The Mrs. Child's Pickles recipe is from my friend Diana Child's mother. She lived in Castle Dale, Utah, and made these pickles from her garden veggies harvested just before the first frost—including green cherry tomatoes. Diana, Carolyn Walker, and I rode the train to Castle Dale after Christmas and stayed there for a week and ate these wonderful pickles and freezer strawberry jam, the first time I knew it existed. We rode the train back after New Year's Day in 1967 and James picked us up at the train depot in Salt Lake City. He was frozen because the train was so late and he was only wearing cowboy boots on his feet. The next evening we went out to dinner at Finn's and then went to my home, 1839 Bryan Ave., and exchanged Christmas gifts. I gave him an Irish Fisherman knit sweater I made and he gave me a diamond engagement ring and asked me to marry him! He was very nervous.

Onion Chip Dip

- 2 cups sour cream
- ½–1 envelope of onion soup mix

Stir together the onion soup mix and the sour cream. Return to the fridge to chill for at least a few hours. Stir before serving. Serve with potato chips.

Onion Dip, homemade

- 1 tablespoon minced, dried onions, preferably toasted
- 1 teaspoon beef bouillon powder
- ½ teaspoon onion powder
- ½ teaspoon celery salt
- ⅛ teaspoon paprika, optional
- ⅛ teaspoon black pepper, optional
- 2 cups sour cream

Mix all the ingredients together. Refrigerate at least half an hour before serving. Toasted dried onions taste better if you have them. The spices are a substitute for packaged Onion Soup Mix and is the equivalent of half a package.

Pesto

- 3 garlic cloves, unpeeled
- 3 cups packed fresh basil
- ½ cup olive oil
- ¼ cup pine nuts or almonds, toasted
- ¼ cup grated Parmesan cheese
- 2 tablespoons fresh parsley, optional
- Salt and pepper to taste

Toast the garlic in a small skillet over medium heat until softened and brown. Let cool and then peel. You can toast the nuts in the same skillet, but be careful because pine nuts burn easily. Process the garlic, basil, oil, nuts, Parmesan, and parsley in a food processor or blender until smooth. Season with salt and pepper to taste. You can freeze this in small containers and then use during the winter when you don't have fresh basil.

Pickled Beets (Harvard Beets) (Heritage Recipe)

- 1 quart water
- 1 quart vinegar
- 1 quart brown sugar

Cook syrup until brown sugar is dissolved. Put cooked, cut-up beets in and heat. Put beets and syrup in sterilized jars. Seal. When canning, use recent guidelines from your university extension for processing times and safety guidelines.

You can also put the beets and syrup in a container and let sit in the refrigerator for a few days before eating. In this case, you will reduce the amounts to 1 cup each of water, vinegar, and brown sugar. Mildred Green Noble Harrison, who was Grandma Glade's youngest sister.

Jessie Christensen Morgan (1893-1980)

They had an apple tree out just by my door, [where] I lived...so I would take those apples that fell on the ground and peeled them and dried them and I had a flour sack half full of dried apples and then I took some of the crabapples and made jelly and bottled them whole...

Pigs in a Blanket

- 1 recipe dinner roll dough, made and raised once
- Hot dogs

Pull off clementine-sized pieces of dough. Wrap the dough around the hot dogs, covering the hot dog completely. Place on a parchment-lined baking sheet. Let the dough rise for about an hour. Bake in a 350° oven for 15–20 minutes, or until golden brown.

Pizza Sauce and Toppings

Sauté:

- 2 tablespoons oil
- ¼ cup minced onion

Add:

- 1 (8 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon garlic powder
- ⅛ teaspoon Italian seasoning or oregano
- Shake of red chili peppers, optional
- ¼ cup Parmesan cheese, optional

Simmer until ready to use. Make crust. Top with your choice of mozzarella cheese, Italian sausage, sliced pepperoni, ham and pineapple, olives, green pepper, green or white onions, mushrooms, sliced and deseeded tomatoes, thinly sliced steamed summer squash, Parmesan cheese, and parsley.

Pizza Sauce—Thick

- 1 (28 ounce) can crushed tomatoes
- 2 (8 ounce) cans tomato sauce
- 1 (6 ounce) can tomato paste
- 3 cloves garlic, minced
- 1 tablespoon sugar
- 2 tablespoons vinegar
- 2 teaspoons dried oregano
- 1 pinch crushed red pepper flakes

Combine all the ingredients in a saucepan. Simmer over low heat for at least 30 minutes for the best flavor, stirring occasionally.

PICKLED BEETS AUNT MILDRED HARRISON

Wash beets really clean, cut off tops and root end. Cover with water and boil until tender. Add a little salt while cooking. Do not over-cook. When done, pour off juice and save. Peel skins off beets and cut up.

In a large kettle put:

- 1 qt of beet juice (juice they were cooked in).
- 1 qt vinegar-not cider vinegar
- 1 qt. brown sugar

Put beets in juice and bring to boil and bottle. Seal.

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Salsa—Corn

Mix to taste:

- 1 avocado, diced
- 1 tomato, diced
- 1 green onion, sliced
- 1 cup fresh or frozen cooked corn
- ½ cup cooked black beans, rinsed well, optional
- 1 tablespoon lemon juice
- 1 teaspoon Adobo or chili powder seasoning
- 1 tablespoon oil, optional
- ¼ teaspoon cumin
- ¼ teaspoon oregano
- Salt and pepper

Serve with chips or tortillas.

Salsa Fresca—Pico de Gallo

- 2 medium ripe tomatoes, or 4–5 Roma
- 3 green chiles, stemmed and seeded
- 12 large sprigs of cilantro, optional
- 1 garlic clove, peeled and finely minced, optional
- 1 small white onion
- 1½ teaspoons fresh lime juice
- Salt to taste, about ¾ teaspoon

Seed and dice the tomatoes and put them in a medium-sized bowl. Cut the chiles in half lengthwise. Remove the seeds for a milder salsa or leave them for a hotter salsa.

Dice the chiles finely, then add them to the tomatoes. Bunch up the cilantro sprigs, and, with a sharp knife, slice the leafy portions up. Add the minced cilantro to the tomato mixture. Finely mince and add the optional garlic. Dice the onion, scoop it into a small strainer, then rinse it under cold water. Shake to remove the excess water and add to the tomato mixture.

Taste and season with lime juice and salt, and let stand for the flavors to meld before using or scooping into a salsa dish and serving. Knives or choppers work better than a food processor. You can substitute lemon juice or vinegar, and leave out the cilantro.

Salsa Rojo

- ½ bunch fresh cilantro
- 1 (10 ounce) can Rotel diced tomatoes and green chiles, mild
- 1 (14 ounce) can fire-roasted diced tomatoes
- 1 serrano pepper cut in half lengthwise and seeded
- ½ onion, roughly chopped
- ¼ teaspoon sugar
- ½ teaspoon cumin
- ¾ teaspoon garlic salt
- 1 teaspoon kosher salt
- 2–3 tablespoons lime juice

Add cilantro to the blender, then add the Rotel and diced tomatoes. If Rotel is not available, substitute another can of tomatoes, and a 4 ounce can of green chiles.

Add half of the hot pepper for mild salsa, and more for medium or hot salsa. You can always toss in the other half of the pepper after tasting the salsa if you want more heat.

Add the rest of the ingredients, and blend well for smooth salsa, or pulse the salsa for a chunkier texture.

Taste the salsa, and adjust the flavor by adding more of the hot pepper, lime juice, sugar, or salt. For best flavor, chill for at least 15–20 minutes before eating. You can substitute a jalapeño for the serrano pepper. From Johanna Bowers.

James and Ann Tanner

The zucchini relish recipe came about because one year we planted dozens of zucchini plants and had to find something to do with all the massive zucchini from the garden.

Salsa—Tomatillo

- 2 pounds green tomatillos
- 2 fresh jalapeños
- ¼ cup chicken broth
- 1 medium sweet onion, cut into fourths
- 1 bunch fresh cilantro, leaves only
- 2 garlic cloves
- 1 teaspoon sugar
- 1 tablespoon sea salt or 2½ teaspoons regular salt

Remove husks and stems from tomatillos and rinse. Cut stems off jalapeños. For a milder salsa, remove the seeds as well. Place tomatillos, jalapeños, and chicken broth in a pan, cover, and cook for about 10–15 minutes or until the tomatillos are soft and tender when poked with a fork. Don't let the pan boil dry. Add a little more water as needed, but the object is to steam more than boil. When the tomatillos and peppers are done, get out the blender. Place the cilantro into the blender first. If you put the cilantro in last, it can float and not be blended in. Add all the other ingredients, including the contents of the pan with cooked tomatillos and pepper, but only add about half of the salt. Blend all ingredients together until the desired consistency is reached, usually fairly smooth. Taste the salsa, and perhaps add the rest of the salt, if desired.

Salsa Verde

- 1 (28 ounce) can of whole green tomatillos, drained
- ½ cup sugar
- ½ bunch cilantro
- 3 strips or 7 slices of pickled jalapeños

Add all ingredients to a blender, and mix until smooth. To use fresh tomatillos, roast about 10–16 tomatillos on a baking sheet under the broiler for about 6 minutes. Then turn them over and cook them for about 4 more minutes, until the tomatillos have brown spots, and are soft. Add a little salt to the salsa when using fresh tomatillos. You can also toss all the tomatillos into a frying pan and cook them until they are very soft. Add more jalapeños for spicier salsa. From Melinda Bowers.

Salsa Verde Cruda

- 860g small tomatillos (about 25 medium tomatillos)
- 200g white onion, roughly chopped (about half a small onion)
- 35g cilantro leaves (about half a bunch)
- 2g garlic cloves, cut in half (about 1 clove)
- 20g chiles serranos, destemmed and deseeded (about ½ pepper)
- 20g little gem lettuce (about one head. Can substitute romaine)
- 300g avocado (about 1)
- 140ml water
- 1 teaspoon salt, or to taste
- 1 tablespoon sugar, if needed

Add all ingredients to a blender and blend on high speed until smooth and combined. Taste for seasoning and add more salt or sugar if necessary. Add more avocado to make it creamier. Serve immediately.

Stir Fry Sauce

- ½ cup chicken broth or water
- 2 teaspoons soy sauce
- 1 tablespoon cornstarch

Mix together and pour over stir fry for the last few minutes of cooking time.

Sweet and Sour Sauce

Combine and set aside:

- 2 tablespoons cornstarch
- ½ cup water

In a saucepan combine:

- ½ cup sugar
- 1 tablespoon soy sauce
- 3 tablespoons vinegar
- 3 tablespoons ketchup
- ¾ cup pineapple juice

Heat until boiling. Add the cornstarch mixture. Cook and stir until thickened. Serve over chicken, rice, or stir fry. You can also mix the ingredients together and then pour over a stir fry for the last few minutes of cooking.

Taco Shell Bowls—Baked

- 10-inch flour tortillas
- Warm water
- Olive oil

Place warm water with a few drops of olive oil in a shallow dish. Create some forms by putting aluminum foil over shallow dishes or bowls. Two-cup ramekins work well. Place the foil covered bowls upside down on a parchment-lined baking sheet. Dip tortillas in the water and drape over the forms. You can wrap them with aluminum foil strips to hold them in their shapes. Bake at 425° for 5–7 minutes. Carefully remove, turn right-side up, return to baking sheet, and bake another 3–5 minutes until crisp. Let cool on a rack.

Tahini-Yogurt Sauce

- 1 cup plain yogurt
- 2 tablespoons tahini
- ¼ teaspoon minced garlic
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon minced, fresh dill, optional
- 1 tablespoon minced, fresh mint, optional

Mix until combined. You can make this the day before you need it.

Tzatziki variation: replace the tahini with about 1 cup of grated cucumber.

Thai Sweet Chili Sauce

Blend together:

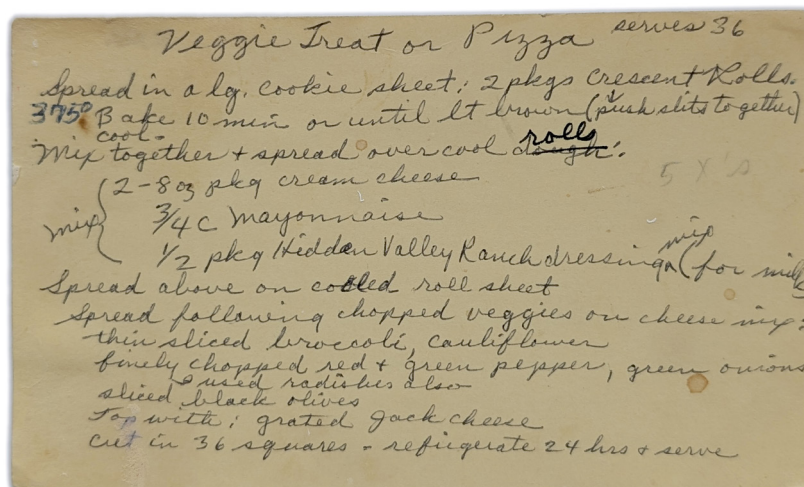
- 3 large garlic cloves, peeled
- 2 red jalapeño or serrano peppers, deseeded
- ¼ cup white distilled vinegar
- ½ cup sugar
- ¾ cup water
- ½ teaspoon salt

Transfer the mixture to a saucepan and bring to a boil. Lower the heat and simmer until the mixture thickens up a bit, about 3 minutes.

In a separate bowl, combine:

- 1 tablespoon cornstarch or potato starch
- 2 tablespoons water

Whisk in the cornstarch mixture and continue to simmer for about 1 more minute. Let sauce cool completely and then store in a glass jar and refrigerate. This sauce lasts a long time. If you want it to last for a long time, use a thickener that works for canning.



Tuscan Bean Dip

- 2 Roma tomatoes, washed
- 2 tablespoons lemon juice
- 2 (15 ounce) cans great northern white beans, drained and rinsed
- ¼–½ teaspoon garlic
- 2 tablespoons fresh parsley
- ½ cup fresh basil leaves
- ½ teaspoon black pepper
- Salt to taste

Place all items in a good blender or food processor and blend until smooth. Chill and serve with chips or vegetables.

Yogurt Dip

- 1½ cups plain yogurt
- 2 tablespoons lemon juice
- ½ teaspoon minced garlic
- ½ teaspoon salt

Mix all ingredients and chill.

Zucchini Relish

- 5 pounds zucchini, washed and tipped
- 6 large onions, peeled
- 6 fresh pimientos, seeded or 2 (4 ounce) jars, diced
- ½ cup salt
- Cold water
- 2 cups white vinegar
- 1 cup sugar
- 1 teaspoon dry mustard
- 2 teaspoons celery seed
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon pepper

Chop the zucchini, onions, and pimientos, then mix with salt in a bowl. Cover with cold water. Cover and refrigerate overnight. The next morning, drain, then rinse, and drain again. Combine with the remaining ingredients in a 6-quart pan. Bring to a boil quickly, stirring constantly. Reduce and simmer, uncovered, for 15 minutes. Pour into sterilized jars, seal and process, using recent guidelines from your university extension for processing times and safety guidelines. Makes 12 half pints. This is good on hamburgers or hot dogs, or substitute for sweet relish in a recipe.

Syrups, Jams, Jellies, and Dessert Sauces

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Cooking Notes

Although it takes more time to make your own syrups, jams, and jellies, your family will appreciate the result. You can also have more control over the ingredients, such as avoiding high fructose corn syrup. This section includes all the sweet sauces or syrups, especially those used for desserts or on ice cream or cakes.

Beverly Lucille Glade Wessman (1924-2008)

Grandma Beverly Wessman would pick wild currants or elderberries in the mountains with her friends and then make small jars of jelly. She would seal the jars with a layer of paraffin wax.

Apple Cider Syrup

- 1 cup sugar
- 3 tablespoons flour or Bisquick
- 1 teaspoon cinnamon
- 2 cups apple cider (not apple juice)
- 2 tablespoons lemon juice
- 4 tablespoons butter (can reduce to 2 tablespoons)

Mix dry ingredients together in a saucepan. Add cider and lemon juice. Cook on the stove until mixture thickens and boils. Boil for 1 minute. Turn off heat. Stir in butter until melted. Serve over hot pancakes or waffles. Refrigerate leftovers, which will last for about a week. From Emily Wessman.

Blueberry Compote

- 2 cups fresh or frozen blueberries (about 7 ounces)
- 1 tablespoon sugar
- 1 teaspoon balsamic vinegar
- Dash of ground cinnamon
- Dash of ground cloves

Put all ingredients in a small saucepan. Poach for about 5 minutes until soft and blueberries have released some liquid. Bring to a boil and cook for 4 minutes or until liquid has reduced and compote has thickened. You can also put all the ingredients in a large glass bowl and microwave for about 6 minutes. Serve warm over waffles or pancakes. From Emily Wessman.

Blueberry Syrup

- ½ cup sugar
- 1 tablespoon cornstarch
- ⅛ teaspoon salt
- 2 cups blueberries
- ½ cup water
- 1 tablespoon lemon juice

Combine dry ingredients in a saucepan and mix well. Add water and blueberries and bring to a boil. Turn down heat and simmer until thick. Remove from heat and stir in lemon juice. Chill and serve over ice cream, cheesecake, waffles, pancakes, etc.

Blueberry-Apple Sauce

- 1½ cups Granny Smith or other tart apple, peeled, medium diced, about one apple
- 12 ounces blueberries (about 3 cups)
- ¾–1 cup sugar
- 2 teaspoons cinnamon
- ⅛ teaspoon nutmeg
- 1 can (12 ounce) frozen apple juice concentrate or 1¼ cups apple juice
- 2 tablespoons cornstarch or Ultra Gel

Prepare the apple and blueberries. You need about four cups of fruit, total. In a saucepan, combine one cup of the apple juice concentrate, sugar, cinnamon, nutmeg, and apples. Cook over medium heat for 5 minutes, then add blueberries and cook 5 minutes more. In a separate bowl, combine the remainder of concentrate with cornstarch, mix to remove all lumps. Bring the first mixture to a boil. Add the cornstarch mixture, stirring constantly. If you use Ultra Gel you can cook all the ingredients and then whisk the Ultra Gel directly into the boiling syrup. Bring to a boil then remove from heat. It is now ready to serve. Yields 4 cups. This is a wonderful sauce, especially served with waffles and cream. You can bottle this sauce if you use a canning-compatible cornstarch product, such as Ultra Gel. When canning, use recent guidelines from your university extension for processing times and safety guidelines.

Buttermilk Syrup

- ½ cup butter [¼ cup]
- 1 cup buttermilk [½ cup]
- 2 cups sugar [1 cup]
- 1 teaspoon baking soda [½ teaspoon baking soda]
- 1 teaspoon vanilla [½ teaspoon vanilla]

[Amounts in brackets are a half batch.] Bring butter, buttermilk and sugar to a boil in a saucepan. The syrup will foam, so use a saucepan with lots of room to spare. Boil for 2 minutes. Remove from heat and add baking soda and vanilla. .

Caramel Sauce

- ½ cup butter
- 1 cup brown sugar
- ½ teaspoon salt
- 1 teaspoon vanilla
- ½ cup evaporated milk

Bring butter, sugar and salt to boil in a saucepan, stirring with whisk. Remove from heat and stir in vanilla and milk.

10 — Syrups, Jams, Jellies, and Dessert Sauces

Caramel Sauce—Thick

- ½ cup butter
- 1 cup brown sugar
- ½ cup evaporated milk
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1–2 teaspoons cornstarch

Stir together and cook until mixture thickens. You can use the microwave or the stovetop. This tastes good on apple cakes.

Carlene's Chocolate Caramel Fudge Topping

- 1 pound caramels
- 1 cup butter
- 2 cups chocolate chips
- 1 large can evaporated milk

Mix in a glass bowl and microwave for 4–8 minutes. Stir every 2 minutes.

Chocolate Sauce

- 1 square baking chocolate
- 1 can sweetened condensed milk

Melt chocolate. Stir into milk until dissolved.

Cranberry Sauce

- 12 ounces fresh or frozen cranberries
- 1 cup sugar
- 1 cup water

Combine all in a medium saucepan and bring to a boil. Simmer 10 minutes. Cool to room temperature. Chill until ready to serve.

Crème fraîche

- ½ cup heavy whipping cream
- ½ cup crème fraîche, Greek or regular whole-milk yogurt, or sour cream with live cultures

Put the cream in a glass jar and add the yogurt or cream. Let it sit on the counter, with the lid slightly off, for 4–24 hours until thickened. Refrigerate, tightly covered. You can whip it, like whipped cream, if you want, but it isn't necessary. This is an adult version of sour cream that tastes good on berries or other fruit. You can sprinkle brown sugar or cinnamon sugar on top of the cream, or drizzle with a little bit of honey or maple syrup, for a fancy fruit dessert.

Ann Glade Wessman Tanner

I love having home bottled produce and jams and jellies. They look beautiful and they taste even better. My Grandmother Glade would come over and spend the day helping my mother do fruit. I would help when I wasn't in school.

Fresh Berry Syrup

- 1 cup crushed berries
- ¾ cup water
- 1 cup sugar
- 2 teaspoons lemon juice, optional
- ¼ cup cold water
- 2–3 tablespoons cornstarch

Use raspberries or strawberries, or any other berry. Bring 1 cup fruit and ½ cup water to a boil and boil about 5 minutes until the fruit is soft. Press the fruit through a strainer to remove all the seeds. Stir in the sugar and lemon juice. You can adjust the amount of sugar, using more or less depending on how sweet your fruit is. Stir together ¼ cup cold water and cornstarch until all lumps are gone. Add cornstarch mixture gradually to the hot fruit mixture while stirring. Bring to a boil and cook until the syrup thickens. Serve hot or cold. Use the optional lemon juice to maintain the color if you will be storing the syrup for a few days in the fridge. You can substitute orange juice for the water and add a little orange zest with strawberries.

Fruit jellies and jams: Master Jam Recipe

(From the University of Wisconsin Extension) The master jam formula is the same for any fruit: 4 cups fruit, 2 tablespoons bottled lemon juice, 4 cups sugar and ⅓ cup pectin, the amount in one box. Bring the fruit to a boil with the lemon juice, then add the sugar and return to a boil, then finally, add the pectin and boil the mixture hard for exactly 1 minute. If you boil for longer, it won't set up. Raspberry and blackberry jams are better if you strain out the seeds; using a food grinder with a strainer on it works best. 1 pound of strawberries makes about 2 cups of crushed fruit. Use a steam juicer for jellies rather than boiling fruit and letting the juice drip out through layers of cheesecloth. Most jelly recipes make good fruit syrup if you add more liquid, or if the jelly doesn't set up.

You can make a double batch of jam and use 3 packages of pectin if you want more firm freezer jam.

Homemade Syrup

- 2 cups brown or white sugar, or a mix
- 1 cup water
- ½ teaspoon Mapleine or maple extract
- 1 teaspoon vanilla, optional

Simmer sugar and water until sugar is dissolved. Add extract and vanilla.

Hot Fudge Sauce 1

- 4 ounces semisweet or bitter-sweet baking chocolate
- ¼ cup butter
- 1 (14 ounce) can sweetened condensed milk
- Dash salt, optional

In a small saucepan, over medium heat, melt the butter, chocolate and sweetened condensed milk until smooth and all the chocolate has melted. Do not boil. Serve warm. You can substitute ½ cup bittersweet chocolate chips for the baking chocolate.

ADDITIONAL RECIPES

*Golden Table Syrup
Recipe (Pafflus)*
For a delicious yet, inexpensive, table syrup, mix the contents of a 1 lb. carton of C & H Brown sugar with 1 cup water and ½ teaspoon cream of Tartar, and boil gently for 10 min. in a covered saucepan. This makes one pint of thick, delightful golden syrup which will not crystallize.

Tanner Family

For several years, when the children were older, the Tanner family would go out to the desert and pick prickly pear fruit at the end of the summer. The fruit was not good to eat raw, but would be used to make prickly pear jelly. When we first made jelly, we would burn the spines off of the prickly pears over an open flame. Later, we gave up singeing off spines and glochids. Instead, we put the well-rinsed fruit in the steam juice extractor that was lined with a piece of well-laundered old sheet. As the fruit steamed, we cut the fruit with a sharp knife and mashed it a bit with a potato masher to help get all the juice. This took about 3 hours.

Hot Fudge Sauce 2

- 1 can evaporated milk
- 2½ cups powdered sugar
- ½ cup butter
- 8 ounces semisweet chocolate chips
- 1 teaspoon vanilla

Combine ingredients in a medium saucepan and bring to a boil, stirring constantly. Boil for 3–4 minutes. Serve immediately or cool and store in the refrigerator. Reheat before serving.

Manjar or Dulce de Leche

Place 1 or 2 cans of sweetened condensed milk in a pressure cooker basket. Make sure to remove the paper label. Fill the pressure cooker with water until the cans are completely covered. Cook on high pressure for 15 minutes. Use natural pressure release.

Maple Pecan Glaze

- ¾ cup pure maple syrup
- 1 cup whipping cream
- ½ cup chopped pecans

Combine maple syrup and whipping cream in a medium saucepan. Bring to a boil and boil rapidly for 15–20 minutes or until thickened. Add ½ cup chopped pecans. Cover and chill until served. Stir before serving. Use as a glaze for cheesecakes or as an ice-cream topping.

Prickly Pear Jelly (Heritage Recipe)

Burn spines off prickly pears over an open flame or cut up and put in a steam juice extractor well-lined with cheesecloth. Cut up fruit and boil in juicer, press, and extract juice. Strain juice through several layers of cheesecloth to get out all impurities and spines. Just to clarify, you use the red oblong shape fruits, not the pads of the prickly pear plant.

Bring to boil and dissolve:

- 2½ cups juice
- 2 tablespoons lemon juice
- 1 package pectin

Stir well and bring juices and pectin to boil to dissolve pectin.

Add:

- 3½ cups sugar
- ½ teaspoon citric acid

Bring to a rolling boil (one that cannot be stirred down) and boil for 3 minutes, stirring constantly. Remove from heat and cool slightly, stirring occasionally. Skim off all bubbles from jelly. Spoon into sterile jars and seal. At this point current guidelines suggest processing in a boiling water bath for 10 minutes. When canning, use recent guidelines from your university extension for processing times and safety guidelines. If this does not set up, you have a lot of delicious prickly pear syrup which is great on pancakes and waffles.

Ann and James Tanner

Ann and James took the children to pick fruits and vegetables from nearby farms or harvest food from the garden. Who can forget the screens full of drying raisins, the prickly pear jelly, the extra abundant crop of onions one year (that were all made into dehydrated onions, leaving our hands smelling for days), too many peas another year, and many types of jams and preserves in the pantry. In 1982, a reporter and photographer from the local Mesa, Arizona, paper came and wrote an article on how we canned peaches. All the children appeared in a large photo in the paper showing them helping to can the fruit.

83 The Tribune, Saturday, August 14, 1982

RELIGION



The Tanner children lend a hand preparing peaches for canning.

A year's supply

Ann Tanner figures she has enough food in her basement and garage to feed her family of eight for a year. Just in case.

She's not planning on her husband, James, an attorney, losing his job or becoming disabled or dying.

She's not getting ready for an earthquake or nuclear holocaust.

But if it happens, the Tanners will be ready. As members of the Church of Jesus Christ of Latter-day Saints, they are encouraged to store a "year's supply" of food, clothing, toiletries, first aid supplies and, where possible, cash.

It might be hard to imagine putting away 12 months worth of food at a time when most families barely get by from paycheck to paycheck. But the state of the economy today bears justification to the storage plan, said L. Kim Garvey, area spokesman for the church.

"We're not hoarding food for doomsday," he said. "It's not that the world is going to end tomorrow. Frankly, in these economic times, you really need to be prepared for a time when you might not have work."

Family preparedness is more than just stockpiling a year's worth of food, Ann Tanner said. "It's a total lifestyle."

"We're encouraged to be prepared economically, emotionally and socially."

That includes staying out of debt, being able to cope with problems, furthering one's education and staying physically fit.

"Food is for the body only," she said. "The spirit or soul and the intellect need to be fed and developed, too."

The children are learning to work with a home computer, a skill their parents think will help them find jobs later. The family stays in shape by taking long walks or bicycle rides.

"Really everything is so related. If you're down physically, how can you hold a job or take care of family?" she said. "If you don't like yourself and take care of yourself, how can anything else matter?"

Job flexibility is as much a part of family preparedness as food storage, Garvey said.

"We believe with the economy being what it is today, the wage earner ought to know more than one skill," he said. "If you lose your job and all you've been doing is making widgets all your life, how are you going to get another job?"

The Tanners built up their storage over several years and are determined to maintain it.

"When we moved in 3½ years ago, the first thing we did was put in fruit trees — lime, lemon, orange, pomegranate, peach, plum and pecan," Tanner said.

The family also has a garden that produces squash, corn, tomatoes, beets, carrots, peas — "You name it, we've tried it."

The children — Eliza, 12; Amy, 10; Mindy, 9; Tiffany, 8; Becky, 5; and Jared, 2 — help their mother bake whole wheat bread, can jams and preserves and freeze fresh produce.

They also pick, clean and stem home-grown grapes and dry them into raisins in the back yard.

Bulk quantities of staples — such as dried milk, honey, sugar, wheat, beans, salt and vitamins — are constantly rotated. The shelves are refilled as the items are used.

Families who already have felt the bite of recession are beginning to depend on their storage, said W. Dea Montague, president of the Mesa Maricopa LDS Stake.

"In the last six months, times have been difficult, and many people have fallen back on the cushion they have."

"There are many times we might need to use it," he said. "There's a much higher probability of a personal emergency than of having a bomb drop."

"In a personal tragedy such as illness or unemployment, you can survive with minimal assistance if you are prepared."

He said one LDS member, who was laid off from Motorola in 1973, was able to support his family for 10 months without assistance.

"He even used that time to go back to school and get his Master's degree. He upgraded his ability during a time that

Drinks

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Cooking Notes

Most of the drink recipes in this section are used for parties and special occasions. However, there are a few recipes for everyday drinks, such as lemonade, milkshakes, and smoothies.

Beverly Lucille Glade Wessman (1924-2008)

August 3 Sun. 1941: I got up at 6:45 without the aid of an alarm clock! By 7:15 I was all ready to go up Provo canyon with Hampton Carlson, Dorothy Marshall, and Richard Pettit. It was a grand ride so early in the morning. We got horses at Vivian Park (50 cents hr.) and rode for 2 hours. Had brunch at Richard's grandfather's cabin had creamed cod fish on toast. Then we went wading in the Provo River. Bought drinks at the store and left for home but when we got to Bridal Veil Falls we decided to climb up to them...It was grand but we were glad to get back and were we tired oh. On the way home we stopped and got some donuts and root beer. After we went to Dorothy's and had steak and mushrooms. Then after dishes we laid on the lawn in blankets and talked. I got home at 11:00 and no one was home so to bed. [Hampton William Carlson (1923-1990), Dorothy Marshall (1924-2017), Richard Pettit (1923-?)]

Banana Milkshake

- 1 banana
- 2–3 scoops ice cream, any flavor
- 1 cup milk

Peel the banana, discard the peel, and put all ingredients in a blender. Mix well. Can add any fruit or use less milk for a thicker shake.

Grapefruit Punch

- 6 cups grapefruit
- 1 cup sugar
- 1 cup water
- 2 liter bottle lemon-lime soda, chilled

You will need 8 small grapefruit, 6 regular grapefruit, or 5 Arizona-size grapefruit to get about 6 cups of grapefruit sections and juice. Stir together your sugar and water until the sugar is dissolved. Use more sugar if your grapefruit is sour.

Cut and section each grapefruit into a large bowl and then squeeze the juice from the empty grapefruit halves into the bowl as well. Try not to get seeds in the bowl. Stir the sugar-water into the grapefruit sections and juice.

Freeze in a freezer-safe bowl, or pour mixture into a Ziploc bag and close tightly. You can use a blender on the grapefruit mixture before freezing if you

want a smooth texture for the punch.

Let thaw for 45 minutes to an hour before needed. You can mash it in the bag. Mash it enough to get out all the large lumps and break up the grapefruit sections. Add lemon-lime soda and serve. Garnish with a cherry, if desired.

Green Smoothie

- 2 cups leafy greens
- 2 cups liquid base
- 3 cups ripe fruit

Blend leafy greens and liquid base together first. Add fruits and blend again. Use at least one frozen fruit to chill the smoothie. This formula yields about 32 ounces and serves 2.

Leafy greens: spinach, kale, romaine, bok choy, swiss chard, collards, etc.

Liquid: water, coconut water, coconut milk, almond milk, milk, apple juice, juice, etc.

Fruit: banana, mango, berries, orange, avocado, peach, pear, apple, pineapple, grapes, etc.

Holiday Punch

- 1 (20 ounce) package frozen strawberries
- 1 can limeade
- 2 cans water

Put in a blender. Add crushed ice. Pour in a punch bowl and add as much 7-Up as desired.

Homemade Root Beer

- 3 cups white sugar
- 26½ cups cold water
- 2 tablespoons root beer extract
- 4 pounds dry ice

In a large cooler or huge plastic punch bowl, mix together the sugar and water, stirring to dissolve the sugar completely. Stir in the root beer extract. If you are using a plastic bowl, place it on a towel for insulation. Using a hammer or something similar, break the dry ice into several large chunks. Make sure that you don't touch the dry ice with your bare hands. It will burn you. Using tongs, place the dry ice pieces into the cooler or bowl. Let the mixture bubble for about an hour before serving. If using a cooler, just place the lid on top. Do not tighten the lid down, or your cooler could explode! Check to make sure that you don't serve any small pieces of dry ice in the cups of root beer. Makes about 27 cups.

Ove Overson (1840-1924)

March 1867—Worked in town one day. I prepared to get married to Mary Kjerstine on the sixth of March. The sixth came but the bishop Canute Peterson wanted to have us go to Salt Lake City to the Endowment House to get married which we consented to do, but Bishop Peterson came and we had a good supper and satisfied the boys by giving them beer and cakes. [A traditional Danish non-fermented “beer” is Hvidtøl uden gæring or white beer without fermentation. Historically, in Denmark and other Scandinavian countries, non-fermented or lightly fermented malt drinks were common]

Hot Apple Cider

- 6 cups apple cider
- ¼ cup real maple syrup
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice berries
- 1 orange peel, cut into strips
- 1 lemon peel, cut into strips

Pour apple cider and maple syrup into a large saucepan. Place the spices in a square of clean cheesecloth and tie with a length of kitchen string to form a bundle. Put the spice bundle into the cider mixture.

Cook 5–10 minutes over low or medium heat until the cider is hot, but not boiling. Remove cider from the heat and discard the spice bundle. Serve.

Hot Cocoa—European style

Whisk together and heat over medium heat:

- 1 cup milk
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon granulated sugar

When the milk is warm, add:

- 2 tablespoons semi-sweet or dark chocolate chips or ½ ounce semi-sweet or dark chocolate (Lindt chocolate bars work very well)
- ¼ teaspoon vanilla extract or vanilla powder

Stir and mix until the chocolate chips (or chocolate) are melted. For the best results, use an immersion blender and whip it up well.

Serve warm with your favorite garnishes—marshmallows, crushed candy cane, cream, or caramel. Makes 1 serving. This recipe is easily scaled.

Hot Chocolate Mix

- 3 cups powdered sugar
- ½ cup vanilla sugar or plain sugar
- 1 cup cocoa powder
- 3 cups powdered nonfat instant milk
- ½ teaspoon salt

Mix all ingredients together and store in a tightly-closed container. Be careful, since it is messy. Add 2 or more tablespoons of hot chocolate mix to 8 ounces hot water and stir to make instant hot chocolate.

Variations: Mexican hot chocolate: add 1–2 teaspoons of cinnamon. Candy Cane chocolate: replace ½ cup sugar with ½ cup finely ground candy canes. Extra creamy: Add 1 cup powdered creamer. Chocolate chip: add 1 cup mini chocolate chips.

Ann Glade Wessman Tanner

At our first home, 1134 Centennial Circle, in Rose Park—a suburb of Salt Lake City—my parents had a compost heap in the corner of the back yard, which was long before recycling was fashionable. Dad [John Wessman] built a wood fence around it and my mother [Beverly] planted concord grapes to camouflage the enclosure. She picked the ripe, sour purple grapes and turned them into bottled grape juice. As part of the process she would hang big muslin bags of grapes from the kitchen cupboard doors and let the juice drip down into bowls. She would use a wood spoon to twist the bags and express all the juice from the pulp. You can only imagine the mess and the deep purple stains on everything. How she would have loved the steam juice extractor!

Grapefruit Strawberry Juice

- 1 cup ice
- 5–8 strawberries, hulled
- 2 grapefruit, juiced, seeds strained
- ¼ cup sugar, more or less depending on the sweetness of the fruit

Blend all together and top with whipped cream, if desired.

Lemonade

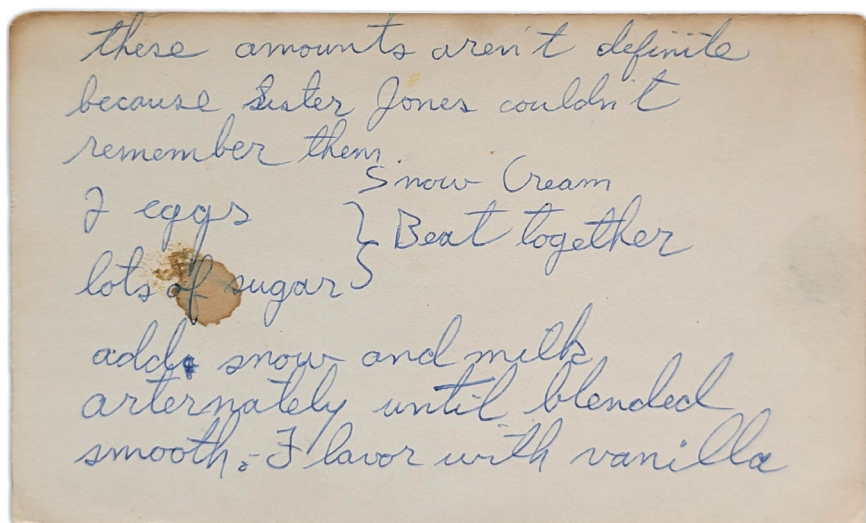
- 1 cup lemon juice
- 1 cup sugar
- 8 cups water, or ice and water to make ½ gallon
- 1 (12 ounce) can lemon-lime or strawberry soda pop, optional

Mix together and chill. Adjust the amount of lemon or lime juice according to the strength of the flavor. If it's too strong, add more water. Lemon or limeade tastes better after it chills for a couple hours. You can also use carbonated water instead of plain water for an authentic Latin American drink. For a stronger flavor, add ½ tablespoon lemon zest.

Use Moreno or turbinado sugar for a richer flavor. It's faster to make the lemonade if you use 2 cups of hot water to dissolve the sugar before adding the rest of the water.

Milkshakes—Licuado

In a blender, mix milk and fruit such as bananas, peaches, or berries. Add sugar or syrup to sweeten as necessary. For a richer shake, add yogurt ice cream or cream. Bananas give a smoother texture to an ice cream shake; without the banana, the milkshake tends to be icy. In Latin America, people will make “milkshakes” with almost any kind of fruit, including melon and avocado.



Alexander Hill (1779-1867)

He sailed many times around the world. On one of his return trips from the West Indies he brought home to his good wife, Elizabeth Currie, a pound of tea, the first that she had ever seen. She prepared the tea for lunch by stewing it for greens.

Orange Creamy

- 6 ounces frozen orange juice concentrate
- 1 cup milk
- 1 cup water
- ½ cup granulated sugar
- 1 teaspoon vanilla extract or vanilla powder
- 10–12 ice cubes

Combine all ingredients in a blender. Cover and blend until smooth, about 30 seconds. You can substitute 1½ cups fresh orange juice for the frozen concentrate and water.

Raspberry Slush

Boil and cool:

- 1½ cups sugar
- 3 cups water

Mix the following and add to syrup:

- 1 can frozen orange juice concentrate
- 1 can frozen lemonade concentrate
- 1 (20 ounce) can crushed pineapple, undrained
- 1 (10 ounce) package frozen raspberries

Stir and freeze in gallon Ziploc bags. Thaw for 15–20 minutes before using, then mash up or squish the frozen mixture into slush. Pour into a container and add two or three liters of 7-Up.

Raspberry White Grape Punch

- 1 (48 ounce) bottle white grape juice
- 1 (2 liter) bottle of lemon lime soda, such as Shasta
- 2 tablespoons raspberry extract (not oil-based flavoring) or ¼ cup raspberry syrup

Chill everything ahead of time and then pour everything together into a serving bowl or pitcher, with some ice and serve. Great for a wedding reception. From Melinda Bowers.

Smoothies

Mix any combination of fruit, fresh or frozen; any flavor of yogurt, fruit juices, and/or milk. Blend until smooth. You can add ice cubes if you don't have frozen ingredients. Cottage cheese added with the frozen fruit instead of yogurt gives a nice ice-cream like texture. Top with whipped cream for a treat.

Sprineapple or The Special Drink

- Crushed pineapple
- 7-up or other lemon lime soda

Freeze crushed pineapple ahead of time. Break up the frozen pineapple into chunks and pour 7-up over it in a punch bowl to make a slushy punch. This is Ryan Tanner's family's traditional Thanksgiving drink.

Watermelon Lemonade

- 8 cups cubed seedless watermelon
- 1 (12 ounce) can frozen lemonade concentrate
- 4 cups water or to taste

Blend watermelon until smooth. Mix lemonade concentrate, water, and watermelon in a large pitcher or punch bowl. Garnish with additional watermelon if desired. You can alternately add the juice left over from cutting up a watermelon to a pitcher of lemonade. A great summer drink.

James Parkinson (1808-1870) and Elizabeth Chattle Parkinson (1806-1872)

When the Parkinsons traveled to Australia by ship to colonize they went under the 1840 Act of Parliament which provided certain rations for steerage passengers on ships. ...

A loaf of bread, between 2 to 3 lbs. each day. One pound preserved meat per week, usually served in ½ lb. lots twice a week, 1 lb. preserved salt pork each week, 1 lb. salted beef served the same way. Half lb. picked fish per week, 3 lbs. flour per week, 6 oz. suet, 1 oz. tea and ½ ozs. Coffee, a little mustard, pint of oatmeal, ½ pint preserved cabbage or vinegar, and three quarts of water daily. ...

One person from each family would prepare the food in the galley. Most of the food was suitable only for converting into a pie or pudding which was tied in a strong cloth and boiled under the supervision of the ship's cook.

Wedding Reception Slushy Punch

Boil together and then set aside to cool:

- 6 cups water
- 4 cups sugar

Mix together:

- 1 large (46 ounce) can pineapple juice
- 1 (12 ounce) can frozen orange juice concentrate
- Juice of 2 lemons
- 1 (20 ounce) can crushed pineapple, undrained
- 5–9 large bananas, mashed
- Diced maraschino cherries, optional

Put into gallon Ziploc bags or large containers, such as ice cream buckets, and freeze for at least 12 hours. If you use containers, then stir while freezing to keep the ingredients distributed equally. Take it out of the freezer 3 hours before serving. Add 2 or more liters Sprite or 7-Up per gallon bag or 5-quart container. Serves 30–40 people in 5 ounce punch cups.

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Cooking Notes

Quick Breads

Quick breads differ from cakes in that they are less sweet and more moist. They freeze well and generally fall into two categories: those made by mixing dry and wet ingredients separately and quickly combining them, or by creaming butter with sugar and eggs before adding the rest. Some recipes work fine with less sugar. Most quick bread recipes can also be made as muffins—just bake them for 15-20 minutes instead of an hour or more. A few can be made into sheet cakes and decorated for dessert. Nuts, fruit, raisins, chocolate chips, or other additions should be cut into small pieces to prevent sinking in the batter. For berries and nuts like blueberries or dried cranberries, mixing them with dry ingredients before adding wet ingredients helps.

Muffins

Muffins are easy to make and can be modified to suit your tastes—adjusting sugar, experimenting with juices or milks, mixing in spices, nuts, or fruit, using different flours (whole wheat, white, bran), or adding toppings. Muffin recipes here that are especially adaptable include modification notes. Sifting dry ingredients helps improve texture, especially when using whole wheat flour.

You can use paper liners or spray/grease muffin tins. If muffins stick to the papers, spray them as well. Avoid cheaper sprays like generic brands or Baker's Joy, which may leave a funny taste or sticky residue.

Flat muffin tops indicate the oven temperature was too low; irregular peaks mean it was too high. You may need to adjust the baking temperature for your oven.

Let muffins cool in the pans for a few minutes to make them easier to remove. If they don't come out, use more grease/spray or wait longer. For muffins with sugary toppings, remove them quickly before the sugar solidifies. Muffins are best eaten the day they are made or frozen for later.

18 — Quick Breads and Cereals

Banana Bread (Heritage Recipe)

- ½ cup oil
- 1 cup sugar
- 1 egg
- 4 ripe bananas
- 2 cups flour
- 1 teaspoon soda
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 cup nuts, optional

Mix together. Grease small bread pans and fill half full. Bake for 1 hour at 350°. Or, make muffins and bake for about 15 minutes. This is a good dairy free recipe and can be easily adapted to be egg-free as well.

Banana Bread—Buttermilk

- ½ cup margarine or butter
- 1¼ cups sugar
- 2 eggs
- 1½ cups mashed ripe bananas, about 3–4 medium
- ½ cup buttermilk
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- ⅛ teaspoon ground cloves, optional
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2½ cups all-purpose flour, or 2 cups of white flour and ½ cup wheat flour
- 1 cup chopped nuts, optional
- 1 cup semi-sweet chocolate chips, optional

Grease and flour one large loaf pan, or two smaller bread pans. Preheat the oven to 350°. Cream together margarine and sugar in a large bowl. Stir in eggs and vanilla. Add bananas and buttermilk. Blend until smooth. Add cinnamon, baking soda, and salt, and stir well. Fold in flour just until the batter is smooth. Pour into pans. Bake in 8-inch pans for 40–50 minutes or 9-inch pans for about 1 hour at 350°. Bread is done when a wooden pick inserted in the middle comes out clean. Cool in pans for 5 minutes, then remove from pans and cool on a wire rack. Cool completely before slicing. You can reduce the sugar to 1 cup.

Banana Bread—Chocolate Chip

- 3 ripe mashed bananas
- ⅓ cup canola oil
- 2 eggs
- 3 tablespoons sour milk or buttermilk
- 1 teaspoon vanilla
- 2 cups flour
- ½ cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup mini chocolate chips
- 1½ cup chopped nuts, optional

Make sour milk by combining 1 tablespoon vinegar and 2 tablespoons milk, or use 3 tablespoons of buttermilk. Mash bananas. Mix bananas, oil, eggs, sour milk, and vanilla well. Combine dry ingredients and add to the banana mixture. Mix for two minutes on medium, like a cake. Bake in a loaf pan for 1 hour at 350° or as muffins for 15–20 minutes at 375°.

Wallace Tanner (1924-2008)

I have memories of Grandma [Margaret Jarvis Overson (1878-1968)] baking huge loaves of bread, making cottage cheese and butter and delicious preserves, and the sweet smell of spice cake in the pantry.

Banana Bread—Jake's Vegan

- 2 medium bananas, very ripe
- 8 tablespoons vegan butter replacement, softened
- ½ cup brown sugar
- ½ cup white sugar
- Egg substitute equivalent for 2 eggs
- ¼ cup nondairy milk like oat or coconut
- 1 teaspoon vanilla
- 1 cup white flour
- 1 cup wheat flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup chocolate chips (optional)

Prepare egg substitute, set aside to thicken. Preheat the oven to 350°F and prepare two small loaf pans (4 x 7 ½ inches) by spraying them with nonstick spray. In a medium bowl, mash the ripe bananas with a pastry blender or fork. Using a handheld mixer, beat in the softened vegan butter and both sugars until well combined. Add the egg substitute, nondairy milk, and vanilla, mixing until smooth.

In a separate bowl, whisk together the white flour, wheat flour, baking soda, and salt. Gently fold the dry ingredients into the banana mixture, stopping when streaks of flour are still visible. If using chocolate chips, fold them in just until incorporated.

Evenly divide the batter between the prepared loaf pans and bake for 50 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the loaves cool in the pans for 5 to 8 minutes before transferring them to a wire rack to cool completely. Once cooled, slice and enjoy. This bread freezes well—slice before freezing for easy thawing. Use the bagel or defrost setting on a toaster to warm frozen slices.

For 24 mini muffins, use a mini muffin tin and bake for about 15 minutes, or until a toothpick inserted into the center comes out clean. For mini loaves (2 x 4 inch pans), bake for 25 to 30 minutes.

Beignets

- 1 cup water
- ½ cup butter or margarine
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1 cup flour
- 4 eggs
- 1 teaspoon vanilla
- 1½ cups salad oil
- Powdered sugar

In a 2-quart saucepan over medium heat, heat water, butter, sugar, and salt until boiling. Remove from heat, add flour all at once, and stir vigorously until the mixture pulls away from the pan and forms a ball. Beat in eggs one at a time, mixing well after each addition until smooth and glossy. Stir in vanilla.

In another 2-quart saucepan, heat 1½ cups of oil to 375°. Drop heaping teaspoonfuls of dough into hot oil, frying a few at a time until golden. Drain on paper towels and sprinkle with powdered sugar. Serve warm.

For a more traditional shape, roll out the dough on a floured surface, cut into 2-inch squares, and fry.

Henry Tanner (1852-1935)

A group going out camping persuaded one of its members to do the cooking. He consented with the understanding that anyone who complained about the food would take his place as cook. His first batch of biscuits were pretty bad. A member of the group exclaimed, "These biscuits are burned black on the outside, and are dough in the middle." Then he remembered the cooking arrangement, and quickly added, "But it's just the way I like 'em."

Biscuits

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ⅓ cup shortening or butter
- ¾ cup milk
- 1 tablespoon sugar, optional

Mix dry ingredients and cut in shortening. If you substitute margarine for shortening, omit the salt. Stir in milk with a fork. Knead 10–12 times, just until the dough sticks together. Do not handle too much. Roll out ½-inch thick. Cut out circles. Bake for 10–12 minutes at 450°. Makes 9–12 biscuits.

Biscuits—Bakery Style Buttermilk

- 5 cups (588 grams) sifted unbleached all-purpose flour, measured after sifting (If you weigh the flour before sifting, it is closer to 4 cups.)
- 1½ tablespoons baking powder
- 1 tablespoon kosher flake salt or 2½ teaspoons table salt
- ½ cup plus 2 tablespoons packed shortening or butter, chilled (143 grams)
- 2 cups chilled buttermilk
- 1–2 tablespoons unsalted butter, melted, optional

Heat oven to 500°. Sift flour and measure out 5 cups. In a large bowl whisk together flour, baking powder, and salt. Add shortening or butter, coating in flour. Cut the butter or shortening into the flour until the butter is coarsely blended leaving pea-sized pieces. Make a well in the center of the flour mixture. Add buttermilk all at once. With a large spoon or fork, stir mixture quickly, just until it is blended and begins to form a sticky dough. If the dough appears dry, add up to ¼ cup more buttermilk.

Turn dough onto a floured surface. Using floured hands, knead briskly 8–10 times until a cohesive ball of dough forms. Don't handle the dough too much. Gently flatten the dough with your hands to an even thickness. Using a floured rolling pin, lightly roll dough to an 1-inch thickness. Using a fork dipped in flour, pierce the dough completely through at ½-inch intervals, like you would with a pie crust. Flour a 2½ or 3-inch biscuit cutter. Cut biscuits without twisting the cutter, and arrange biscuits barely touching each other on a baking sheet. You can gather the scraps and roll them out again, but the second batch of cutouts will be slightly tougher. Place the baking sheet on a rack in the upper third of the oven. Bake at 500° for 9–12 minutes until crusty and golden brown. Remove. Brush with melted butter, optional. Serve hot.

Biscuits—Buttermilk

- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- ¼ teaspoon baking soda
- ⅓ cup shortening or butter
- ¾–1 cup buttermilk
- 1 tablespoon sugar, optional

Mix dry ingredients and cut in shortening. Stir in ¾ cup buttermilk. Knead 10–12 times, just until the dough sticks together. Add up to ¼ cup more buttermilk, if needed. Do not handle too much. Roll out ½–1 inch thick. Cut out circles. Bake for 10–12 minutes at 450°. Makes 9–12 biscuits.

Biscuits—Cinnamon Pull-Apart

Make one recipe of biscuits. Divide the biscuit dough into 1-inch balls. Roll the balls in melted butter and then cinnamon sugar. Place about 5 or 6 balls into each cup of a well-greased muffin tin (12 muffins). Bake at 425° for 15–18 minutes. Let cool for about 10 minutes before serving.

Biscuits—Cinnamon

- Double recipe of biscuit dough, homemade or 2 cans of prepared biscuits
- ½ cup melted butter or margarine
- ½ cup brown sugar, or more
- ½ teaspoon cinnamon, or more

Part of a package of cook and serve butterscotch pudding mix, optional. Preheat the oven to 450°. Make the biscuit dough. A double recipe uses 4 cups of flour. Either use the dough drop-biscuit style or roll it out and cut it into a quick grid of small squares. Melt the butter and pour it into a 9x13-inch glass pan. Add the sugar, cinnamon, and butterscotch pudding mix and stir to combine. Add small biscuits or spoonfuls of biscuit dough to the pan. Turn each of the biscuits over once to coat with the cinnamon sugar mixture. Bake for 12–15 minutes or until the biscuits are done.

Butter Swim Biscuits

- 8 tablespoons (1 stick/113 grams) unsalted butter
- 2¾ cups (345 grams) all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon granulated sugar
- 1 teaspoon salt
- 2 cups (480 milliliters) well-shaken whole or low-fat buttermilk

Preheat the oven to 425° and place a 9x9 glass pan in the oven to get hot. Melt the butter in the microwave. Mix together the rest of the ingredients. When the oven is ready, take out the hot pan and carefully pour the butter into it. Be careful because the butter will splatter. Then pour or spread the dough in the pan. Use a knife or dough cutter to cut the dough into 9 pieces, letting the butter seep up into all the cracks. Bake for 25 minutes, or until browned. Note: The butter may splatter as the dough is cooking in the oven.

Coffee Cake

- 1½ cups flour
- ¾ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ cup oil
- ½ cup milk
- 1 egg, beaten

Combine dry ingredients. Add wet ingredients and stir until just mixed. Spread in a greased 9-inch pan.

Combine streusel topping and sprinkle over batter:

- ⅓ cup brown sugar
- ¼ cup flour
- 1 teaspoon cinnamon
- 2 tablespoons butter
- ½ cup chopped nuts, optional

Bake at 375° for 25–30 minutes until a toothpick inserted in the middle of the cake comes out clean.

Variations: add ¾ cup raisins, semi-sweet chocolate chips, diced apples, or drained mandarin oranges. Cook in a Bundt pan for a fancy breakfast. To use a Bundt pan, grease the pan well, and sprinkle the topping evenly around the bottom of the pan. Pour the batter on top, covering the topping. When baked, invert as soon as it comes out of the oven, before the sugar makes the cake stick to the pan.

20 — Quick Breads and Cereals

Coffee Cake—Blueberry Sour Cream

Batter:

- 1 cup butter, softened
- 2 cups white sugar
- 2 eggs
- 1 cup sour cream
- 1 teaspoon vanilla extract
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup fresh or frozen blueberries

Cinnamon Swirl Topping:

- ½ cup brown sugar
- ½ cup chopped pecans
- 1 teaspoon ground cinnamon
- 1 tablespoon powdered sugar for dusting

Preheat the oven to 350° and grease a 9-inch Bundt pan. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs one at a time, then stir in sour cream and vanilla. Combine flour, baking powder, and salt, then mix into the batter until just blended. Fold in blueberries. Spoon half the batter into the pan. In a small bowl, mix brown sugar, cinnamon, and pecans. Sprinkle half over the batter, then repeat with remaining batter and topping. Swirl with a knife. Bake for 55–60 minutes or until a knife inserted in the center comes out clean. Cool in the pan, then invert onto a plate. Dust with powdered sugar before serving.

Coffee Cake—Buttermilk

- 2½ cups all-purpose flour, substituting in up to 1 cup whole wheat flour
- 1½ cups packed brown sugar
- ½ teaspoon salt
- ⅔ cup butter, softened
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 eggs, beaten
- 1½ cups buttermilk or sour milk
- ½ cup chopped pecans, walnuts, or almonds

Preheat the oven to 350°. Grease the bottom and ½-inch up the sides of a 9x13x2-inch baking pan; set aside. In a large bowl combine flour, brown sugar, and salt. Cut in butter until the mixture resembles coarse crumbs; set aside ¾ cup. Stir baking powder, baking soda, cinnamon, and nutmeg into the remaining crumb mixture. In a medium bowl combine eggs and buttermilk. Add egg mixture all at once to flour mixture, stirring just until moistened. Spoon batter into prepared pan. Stir together reserved crumb mixture and nuts; sprinkle over batter. Bake for 35–40 minutes or until a wooden toothpick inserted near the center comes out clean. Serve warm.

Cornbread

- 1 cup cornmeal (155g)
- 1 cup flour (145g)
- ¼–½ cup sugar (58g–115g)
- 1 tablespoon baking powder (15g)
- 1 teaspoon salt (5g)
- ⅓ cup vegetable oil or butter, melted (75g)
- 1 egg, lightly beaten
- 1 cup milk

Combine cornmeal, flour, sugar, baking powder, and salt. Combine oil, egg and milk in a small bowl; mix well. Add milk mixture to flour mixture.

Bake in a greased 8-inch pan for 25 minutes at 400°. For muffins: bake for 15 minutes at 400°.

Ann Glade Wessman Tanner

My grandfather, William Lester Glade (1894-1952), put a pat of butter on his Cream of Wheat. As a young child I couldn't imagine why you would do that instead of having milk on the cereal. As an older adult, I still don't think that sounds appetizing!

Cornbread—Buttermilk

- 1 cup cornmeal
- 1 cup flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 2 tablespoons sugar
- ½ teaspoon salt
- 2 eggs, beaten
- ⅔ cup buttermilk
- ⅔ cup milk or powdered milk
- 2 tablespoons butter, melted

Mix the dry ingredients and add the liquids. Don't stir the batter too much. Pour into a 9x9-inch baking dish and cook for 20–25 minutes at 400°. You can grease the pan and put it in the oven for about 10 minutes to get hot before you pour in the batter. This makes a nice crust on the edge of the cornbread. For cornbread muffins, bake for about 15 minutes at 400°.

Crepes

- ½ cup sifted all-purpose flour
- 1 cup milk
- ½ teaspoon salt
- 4 eggs
- 1 teaspoon sugar, if not a dessert crepe

Beat ingredients well until smooth. Let rest for 1 hour or overnight. Pour just enough batter into a hot pan to barely cover the bottom. Cook until set on top.

You can flip the crepe over to brown the other side, if you want, but it isn't necessary. Makes about 12 smallish crepes.

Crepe Fillings

Fold crepes in quarters, fill one pocket.

Pudding:

- Vanilla or chocolate pudding with fruit

Egg:

- Scrambled eggs and cheese

Chicken:

- 1–2 cups cooked and cubed chicken
- 1 can cream of mushroom soup
- 1 can diced chiles
- ½ cup sour cream
- Olives
- Grated cheese

Cream Cheese:

- 1 (8 ounce) package regular or light cream cheese, softened
- 1 cup powdered sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest, optional
- ½ teaspoon vanilla extract
- 1 cup whipping cream
- Fresh fruit, sliced for topping (strawberries, raspberries, blackberries, or peaches)

Whip cream until stiff peaks form. Blend the cream cheese, sugar, lemon juice and vanilla with a mixer until smooth. Gently fold in the whipped cream. Spoon onto a crepe, roll up and top with more topping and fresh fruit.

Rebecca Hood Hill Pettit (1844–1922)

[Rebecca Hill Pettit's] oldest daughter Mary died giving birth... and Mother took the baby Mildred Green to raise. This was an arduous task for a woman sixty years old. Food formulas for babies were still of a primitive home made nature. There was no such thing as the modern balanced dried formulas or the additives that are available today. Mother prepared Mildred's food by baking graham bread. This was dried, then powdered and again baked into bread. This process was repeated several times, then the resultant ground material was added to scalded cow's milk. This was fed [to] the baby. Later a condensed milk was put on the market. Since this contained a high percentage of sugar the babies usually became quite fat. Mother always worried about excessive amounts of sugar in a baby's diet. A common pacifier for a baby was made by placing granulated sugar in a piece of cloth. This "sugar rag" was readily accepted by the baby but often caused gastro-intestinal upsets.

Donuts

- 2 cups milk, warm
- 1 tablespoon yeast
- ½ cup shortening or butter, softened
- ½ cup sugar
- 1 teaspoon salt
- 2 eggs
- ½ teaspoon lemon extract
- ¼ teaspoon ground mace
- 6 cups flour

Mix all the ingredients together. The dough should be soft, but not sticky. Raise until doubled. Roll out to ½-inch thick. Cut out doughnuts. Let rise again until doubled. Fry in 350° oil for about a minute on each side. Drain. Glaze or frost. Dip in sprinkles. Put powdered sugar or cinnamon sugar in a bag and drop the donuts in. Shake the bag to cover them in sugar. From Shauna Saunders.

Donut Glaze

Vanilla:

- 2½ cups confectioners' sugar
- 3 tablespoons heavy cream
- 2 tablespoons whole milk, or more as needed
- 1½ teaspoons vanilla extract (or 1 teaspoon vanilla bean paste)
- 1 pinch fine sea salt

Chocolate:

- 2 cups confectioners' sugar
- 3 tablespoons unsweetened cocoa powder (preferably dark cocoa)
- 3 tablespoons heavy cream
- 2 tablespoons whole milk, or more as needed
- 1 teaspoon vanilla extract
- 1 pinch fine sea salt

Maple:

- 2½ cups confectioners' sugar
- ⅓ cup real maple syrup
- 2 tablespoons whole milk, if needed
- 1 teaspoon vanilla extract
- 1 pinch fine sea salt

In a medium bowl, whisk together the ingredients for one flavor until combined well. You want the mixture to be thick enough to hold a line when you drizzle it, but thin enough that it's easy to dip into. To adjust the texture, whisk in additional milk, 1 teaspoon at a time, until the desired consistency is achieved. Transfer the glaze to an airtight container and cover with plastic wrap until ready to use. Make sure the wrap touches the surface of the glaze.

Thomas Parkinson (1830-1906)

Before leaving Beaver, Thomas Parkinson had mixed a large quantity of flour with soda and probably cream of tartar so that all that was necessary in making bread [biscuits?] was to add salt and water. The company left Beaver February 21, 1877, accompanied by Father Sidney Tanner who went one day's journey with them and hauled feed for their animals.

Donuts—Betsy's Potato

- ½ cup freshly mashed potatoes or ¼ cup potato flakes in ¼ cup water
- 1½–2 cups flour
- 6 tablespoons sugar
- 1½ teaspoons baking powder
- ½ teaspoon kosher salt or ¼ teaspoon table salt
- ¼ teaspoon ground ginger
- ⅛ teaspoon nutmeg
- 1½ tablespoons butter or margarine, diced
- 1 egg or equivalent egg substitute
- ½ cup coconut milk (can use regular milk)
- ¼ teaspoon vanilla
- Vegetable oil for frying

Mash the potatoes well so there are no lumps. In a large bowl, mix together the potatoes and 1½ cups of flour. Add the sugar, baking powder, salt, and spices. Stir. Cut in the butter until it is well incorporated. Stir in the eggs and milk. The dough will be sticky. Add a little flour at a time as needed, mixing well, until the dough resembles soft biscuit dough. Mix just until smooth.

Turn the dough onto a floured surface, and roll out to a 9 inch circle, about ⅓ inch thick. Cut out rings using a floured donut cutter, or use a small 1 to 1½ inch circle to cut out donut holes. Gather the scraps and roll the dough out again, cutting more donuts or donut holes. Repeat until the dough is gone.

Heat about three inches of oil in a deep pan to 360° F. Use a slotted metal spoon or fry basket to carefully lower the donuts into the hot oil. Cook 3 to 5 donuts at a time. Fry the donuts for about 5 minutes, turning frequently to ensure even browning, until they are a beautiful golden color. Remove from oil and place them on paper towels to drain and cool.

Top with cinnamon sugar immediately or dip in a glaze made from melted butter, powdered sugar, and hot water. Makes about 10 donuts or 25 donut holes. Best eaten the same day. If storing, freeze them as soon as possible to keep them tasting fresh when thawed. You can use regular milk, but using coconut milk makes these donuts exceptional.

Donuts—Cast Iron Drop

- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon ground mace
- ¼ teaspoon salt
- ½ cup sugar
- 2 large eggs
- ½ cup whole milk
- 2 tablespoons unsalted butter, melted and cooled
- ½ teaspoon vanilla extract
- Oil for frying

Whisk flour, baking powder, mace, and salt together in a medium bowl. In a separate bowl, whisk sugar and eggs together until smooth, then whisk in milk, melted butter, and vanilla until incorporated. Stir egg mixture into flour mixture until combined. Heat oil to 375° in a cast iron skillet with high sides. Carefully drop the batter, 1 tablespoon at a time, into the hot oil. Fry until deep golden brown, about 2–3 minutes.

Donuts—Old Fashioned Cake

- 2½ cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- ¼ teaspoon ground mace
- ⅔ cup granulated sugar
- 4 tablespoons butter room temperature
- 3 large egg yolks
- 1 cup sour cream
- Canola oil for frying

Combine the butter and sugar and beat together on medium speed for about 1 minute. Add the egg yolks. Beat on medium speed until light and fluffy, about 2 minutes. Scrape down the bowl. Add the sour cream and beat until well combined. Add the flour, baking powder, salt, and mace. Beat on low speed until well combined.

Cover the dough and refrigerate for at least 1 hour or until firm, and up to 1 day.

Fill a large heavy-bottomed pot with oil 2 inches deep. Place over medium heat until a deep-fry thermometer registers 335°. Line a large baking sheet with a paper bag or paper towels.

While the oil is heating, invert the chilled dough onto a well-floured surface. Dust the dough well with flour. Roll to ½-inch thickness. Cut the donuts (about a 3-inch round is great). Carefully place 2 to 3 donuts in the hot oil at a time. Fry for 2 minutes. (They will sink to the bottom at first but should float in about 5 to 10 seconds.) Flip and fry for another 2 minutes. Flip one more time and fry for 30 to 60 seconds or until golden brown. Remove the donuts with a slotted spoon or strainer and let drain on the paper. Adjust the heat as necessary to keep the oil between 330° and 340°. Glaze while still hot.

Dumplings

- 1½ cups flour
- 2 teaspoons baking powder
- ¾ teaspoon salt
- 3 tablespoons shortening or butter
- ¾ cup milk

Mix dry ingredients well. Cut in shortening. Stir in milk. Drop dough by spoonful onto hot meat or vegetables in boiling stew. Do not drop directly into liquid. Cook uncovered for 10 minutes. Cover; leave cover on without lifting, and cook about 10 minutes longer or until dumplings are fluffy.

French Toast

- 3 eggs
- ¾ cups milk
- ¼ cup flour
- ¼ teaspoon vanilla
- ⅛ teaspoon salt
- 1 tablespoon sugar
- Cinnamon, optional
- 6–8 slices of bread

Beat together eggs, milk, flour, vanilla, salt and sugar. Add any flavorings you want. Dip the bread in the egg mixture and cook on a medium-hot (375°) non-stick skillet. You will only need to oil the skillet if it is not a non-stick pan. Cook until brown on one side. Turn and cook on the other side. Serve with powdered sugar, whipped cream, honey, jam, or syrup.

French toast is a good way to use up bread that is starting to go stale. For better French toast, use a baguette or artisan bread with a firmer texture.

French Toast—Baked

- 3 loaves chunky cinnamon bakery bread
- 8 eggs
- 3 cups milk
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1 tablespoon vanilla
- 4 tablespoons butter

Use a large cookie sheet with edges. Line the cookie sheet with parchment paper. This is key, otherwise the recipe sticks to the pan. Cut each loaf into 8 even slices about an inch thick. Cut the bread just before dipping so it doesn't dry out.

Mix all ingredients except butter. Quickly dip each slice of bread in the mixture. Do not pour the mixture over the top. Lay each piece of bread flat on your cookie sheet. You can squish 12 pieces on one large cookie sheet.

Dab each piece of bread with butter. Refrigerate overnight, covered with foil.

Bake uncovered at 350° for 20–22 minutes or until starting to brown.

You can cover the toast with foil after baking and keep it warm in the oven until you are ready to serve. Serve with buttermilk syrup, strawberries, and cream.

French Toast—Baked (modified America's Test Kitchen)

- 8 slices of bread – your favorite
- 3 eggs
- 2 teaspoons brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 tablespoon vanilla
- ¼ teaspoon salt
- 2 tablespoons butter, melted
- 1 cup milk

Beat together eggs, brown sugar, cinnamon, nutmeg, vanilla, and salt until smooth. Stir in melted butter. Stir in milk.

Spray a rimmed cookie sheet with non-stick spray. Pour the egg mixture into the cookie sheet. Distribute the slices of bread in the egg mixture on the cookie sheet, then flip them over. Almost all of the egg mixture will be absorbed by the bread.

Bake at 425° for 10 minutes or until the bottom side is golden. Flip and bake for 5–7 more minutes. This method is nice because the egg mixture is distributed more evenly, you don't have to dip the bread, and you don't have to stand and watch a griddle or frying pan.

Fry Bread

- 4 cups sifted flour
- 1½ teaspoons salt
- 3 teaspoons baking powder
- 3 tablespoons sugar
- 1¼ cups milk
- 2 tablespoons shortening

Combine dry ingredients. Mix in shortening and add milk. Knead until smooth and elastic. Roll into 8 thin circles. Deep fry.

Eat with butter and jam. In Arizona, these are called Navajo tacos and are eaten with meat, cheese, salsa, and other toppings. In Hungary, fry bread is called lángos and is served with sour cream and shredded cheese (and sometimes garlic oil).

Henry Tanner (1852-1935)

Two of Henry Tanner's sons took him to a railroad restaurant in Holbrook to try corn flakes—a new item on the market. He ate them without a word. After they were done he got in the wagon without a word. His sons were dying to hear his opinion and finally asked, "Well, what did you think?" Henry replied, "The cream would have been better by itself!"

Annie Harris Hamilton Glade (1873-1957)

Mother [Annie Harris Hamilton Glade] was always the first one up in the morning. She would always start the fire in the coal stove. It was the boy's chore to see that there was plenty of coal and wood for her. She would cook cereal and often pancakes and eggs. She baked thirteen loaves of bread every other day. We girls would help make sack lunches for all those who could not come home at noon.

Fry Bread—Yeast Version

- 1 tablespoon yeast
- ½ cup warm water
- 2 tablespoons sugar
- 1 egg
- 1 cup warm milk
- 2 tablespoons shortening
- 4 cups flour
- 1 teaspoon salt

Dissolve the yeast in the warm water, add sugar. Melt shortening in the milk as you warm it up. Combine all liquids and add the beaten egg. Add 1 cup flour and salt. Gradually add more flour until a soft dough forms. Knead. Let rise. Divide the dough into 8–10 pieces and roll out into circles on a floured counter. Heat an inch or two of oil in a pan and fry. When one side is done, carefully turn it over with tongs and cook the other side. Drain cooked fry bread on a paper towel lined plate.

German Pancakes (Heritage Recipe)

- 6 eggs or 1¼ cups of eggs
- ½ teaspoon salt
- 1 cup milk
- 1 cup flour
- 3 tablespoons butter

Preheat the oven to 400°. Melt the butter by putting it in a 9x13-inch baking dish, then put the dish in the oven. Watch that it doesn't burn while you mix the eggs. Beat eggs with an electric mixer or in a blender until foamy. Add salt into the mixture. Add milk and flour alternately. If you overbeat the mixture, the pancakes will not puff up much. Alternately, put all the ingredients into a blender and mix, taking care not to overbeat. If you let the batter rest for at least 15 minutes, the pancake will puff up even more.

Remove the baking pan from the oven. Tip the pan back and forth to coat the bottom with the melted butter. Pour the egg mixture on top of melted butter. Bake for 15–20 minutes at 400°. (Some ovens cook it in 15 minutes at 375°.) Top with powdered sugar, or serve with jam, syrup, or fresh fruit. Serves 6. If you want a smaller batch to feed two people, make a two-egg version with 2 eggs, pinch salt, ½ cup milk, and ½ cup flour. Cook the smaller recipe in a large bread pan or another small baking pan.

If your butter has a tendency to splatter, don't put the butter into the pan in the oven unless you don't mind butter smoke all over your kitchen. Instead, let the pan heat up in the oven. Melt the butter in the microwave and pour it into the pan after you remove it from the oven. Then pour in the pancake batter.

Yorkshire Pudding note: Yorkshire pudding is basically German pancakes baked in beef drippings. The ratio is 4 eggs: 1 cup milk: 1 cup flour (or equal parts eggs, milk, and flour) with a pinch of salt. Bake the pudding in 2 tablespoons of beef drippings or lard.

Popover note: Poppers are the same recipe as German pancakes, but baked in butter-covered muffin tins until crusty on top.

Granola Bars—Baked

Preheat the oven to 350°. Grease or line with parchment paper a 9x9-inch baking dish. If you want the granola bars to be thin, about ½-inch thick, more like the kind you buy, use a 9x13-inch dish.

Mix:

- 2 cups rolled oats
- ½ cup sunflower seeds, raw
- 1 cup nuts, chopped (almonds, pecans, cashews, or a mix)
- ½ cup wheat germ

Toast oat and nut mixture in the oven for about 15 minutes. This step really is optional, but it makes the product taste much better. Reduce the oven temperature to 300°. Put the toasted mix into a bowl and stir in 1 cup diced, dried fruit.

In a microwave-safe bowl, mix:

- ½ cup honey
- ¼ cup brown sugar
- 1 tablespoon butter, unsalted
- 2 teaspoons vanilla extract
- ¼ teaspoon salt

Warm the ingredients in the microwave for 1–2 minutes and stir until all the brown sugar is dissolved. Pour liquid ingredients over the oat and fruit mixture and stir until combined. Press into the baking dish. Bake for about 20 minutes, or less if you are using a 9x13-inch pan. Remove from the oven and let cool completely before cutting into bars or squares. You can store these in the freezer or in an airtight container, if people don't eat them all quickly.

Granola Bars—Energy Bars

- 1¾ cups old fashioned oats
- 1 cup almond flour or oat flour or protein powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅔ cup raw pecans, chopped
- ⅔ cup raw almonds, chopped
- 1 cup coconut
- 1 cup mini-chocolate chips
- ½ cup melted butter
- 3 tablespoons honey
- 3 tablespoons maple syrup
- 2 tablespoons molasses
- 1 large egg
- ½ teaspoon vanilla extract

Heat oven to 325°. Prepare a 9x13-inch pan by lining with parchment paper that extends up the sides. In a large bowl, combine the dry ingredients—oats, flour/or protein powder, cinnamon, salt. Add chopped nuts, coconut, and chocolate chips. Mix well to combine. In a microwave safe bowl melt the butter. Add honey, maple syrup, molasses, egg, and vanilla. Stir to combine. Pour into dry ingredients and combine until everything is well-mixed and moist. (Food service gloves can make this easier.) Put the mixture into the parchment-lined pan. Spread in an even layer and press it down well. Bake for 25 minutes until it is golden brown. Cool. Cut into squares or rectangles. Wrap in plastic wrap. You can use any kind of nut. If you want additional chocolate, you can melt chocolate chips and spread them on top of the bars.

24 — Quick Breads and Cereals

Granola—Cinnamon-Raisin

4 cups old-fashioned oats
1 cup shredded coconut
¼ cup packed brown sugar
¼ cup vegetable oil
¼ cup honey
1 teaspoon ground cinnamon
1½ teaspoons vanilla extract
1 cup raisins
½ teaspoon salt, optional

In a large bowl, combine oats and coconut. In a saucepan, combine sugar, oil, honey and cinnamon; bring to a boil. Remove from the heat and stir in vanilla. Pour over oat mixture; stir to coat. Spread in a large, shallow baking pan. Bake at 350° for 15–20 minutes, stirring occasionally. Cool. Add raisins.

Granola—Plain

8 cups old fashioned, rolled oats
1–2 cups shredded coconut, optional
1½ cups wheat germ or wheat bran
1 cup brown sugar
2 teaspoons cinnamon
2 cups nuts, chopped (pecans, almonds)
½ cup sunflower seeds
2 tablespoons sesame seeds, optional
½ cup water
½ cup oil
½ cup peanut butter
½ cup honey
1 teaspoon vanilla, optional

Mix dry ingredients in a large bowl. Combine the water, oil, peanut butter, honey, and vanilla in another bowl or measuring cup. Heat in the microwave for 1–2 minutes until warm and easily mixed together. Pour liquid over the dry ingredients and stir until everything is well mixed. Spread granola on two greased baking sheets. Bake for 40–60 minutes at 250°. Stir if desired and switch location of baking sheets. If you don't stir your granola until it is cool, you end up with granola clusters. Add dried fruit or other items as desired.

Hot Cereal

Refer to chart for ingredients. Heat water and salt to boiling.

For quick oats, sprinkle them onto the boiling water and shake the pot a little bit to mix in the oatmeal. Lower the temperature. Don't stir. After a minute and a half remove from heat, cover, and let sit for about five minutes. This makes the oatmeal a nice consistency.

For old-fashioned oats, you can bring water and salt to a boil and then add oats, or you can mix all ingredients together and bring to a boil, cooking for at least 5 minutes.

For cream of wheat, quickly stir into boiling water with a wire whisk so it doesn't form lumps. Stir frequently for up to 10 minutes or until thickened but not too thick.

For cracked wheat and steel cut oats, add cereal to boiling water, reduce heat, cover and simmer for 30 minutes, stirring occasionally. Or, make the night before: pour boiling water over the wheat or oats, cover, and leave overnight. This won't go bad or ferment overnight, and it sure makes a nice breakfast, reheated in the microwave.

For steel cut oats in the pressure cooker: spray the inside of the pressure cooker with a cooking spray. Wipe the top edge of the pot with a paper towel to remove any excess spray. Toast the oats in 2 tablespoons butter on the sauté setting. Then add the water and salt. You can cook 1½ cups of oats in 4 cups of water and then mix in extra liquid, such as milk. Cook for 10 minutes on high pressure. Turn off the cooker and let it release pressure naturally for about 10 minutes.

Hot Cereal Cooking Chart

	Servings	Water	Salt	Cereal
Quick Oats				
	2	1-¾ cups	⅛ tsp	1 cup
	3	3 cups	¼ tsp	1-½ cups
	4	3¾ cups	¼ tsp	2 cups
Old-fashioned, rolled oats				
	1	1 cup	¼-½ tsp	½ cup
Cream of Wheat				
	1	1-½ cups	⅛ tsp	3 Tb
	3	3 cups	⅜ tsp	½ cup
	4	4½ cups	½ tsp	¾ cup
Cracked Wheat				
	2	1-½ cups	¼ tsp	½ cup
	3	2¼ cups	¼ tsp	¾ cup
Steel Cut Oats (not instant kind)				
	4	3 cups	¼ teaspoon	1 cup

Hot Cereal Mix-Ins

Here are some ideas to make your hot cereal fancier.

Substitute milk or juice (apple, peach, and so on) for up to half of the water. If you use milk, you will need to stir the cereal constantly to avoid burning the milk. Powdered milk works fine and doesn't need to be mixed beforehand if it is the instant kind; just add ⅓ cup powdered milk for every cup of water. Non-instant powdered milk (cannery milk) should be mixed beforehand at the ratio of 3 tablespoons of milk to 1 cup water.

Add ¼–½ cup chopped fruit, raisins, dried cranberries, etc., and 1–2 tablespoons white sugar, brown sugar, syrup, or jam per serving to the cereal as it cooks. Some fruit does better if cooked longer, such as apples.

Chop up nuts, raisins, and craisins and let people sprinkle this on top. Or, stir in a spoonful of Nutella or sprinkle on colored sugar or sprinkles.

Add a dash of cinnamon or other spice per serving.

Some add-in combinations are as follows (given in amounts per serving). Most of these add-ins should be cooked with the cereal, unless you don't like the taste of cooked fruit. In that case, stir them in after the cereal is done.

Chocolate-strawberry: ½ cup strawberries, 1 tablespoon mini chocolate chips, 2 tablespoons sugar or other sweetener

Apple-cinnamon: ½ cup diced apples, 2 tablespoons raisins, ½ teaspoon cinnamon, 2 tablespoons sugar or other sweetener

Cherry-almond pie: ½ cup diced cherries, 2 tablespoons sliced almonds, ¼ teaspoon almond extract, 2 tablespoons sugar or other sweetener

Carrot-cake: ½ cup finely shredded carrots, 2 tablespoons raisins, ½ teaspoon cinnamon, ⅛ teaspoon nutmeg, 2 tablespoons sugar

Lemon-blueberry: ½ teaspoon lemon zest, 2 tablespoons lemon juice, ½ cup blueberries, 2 tablespoons sugar or other sweetener

Peanut butter-banana: ½ cup diced bananas, 1 tablespoon peanut butter, 2 tablespoons honey

Almond-apricot: ½ cup diced apricots, 2 tablespoons sliced almond, ½ teaspoon orange zest, ½ teaspoon cinnamon, 2 tablespoons maple syrup

Bacon-cheese: 1 slice bacon crumbled, ¼ cup shredded cheese (you probably don't want to add a sweetener to this one or other savory mix-ins)

Egg-cheese: 1 fried or cooked egg, ¼ cup shredded cheese

Margaret Jarvis (1857-1934)

Margaret was still a small, delicate child when the family arrived in St. George [Utah]. ... They did not have enough food to satisfy their hunger, even the coarser kind, for part of the first years. Margaret told of the first time she remembered tasting a cookie. It was given her by a neighbor—she thought she had never eaten anything so good. She says that during her early years she was often hungry and cold, and many times her stomach turned at the things offered her to eat: bread made of cane seed, or corn bread.

Lemon Bread

- ¾ cups margarine or butter
- 1½ cups sugar
- 3 eggs
- 1 teaspoon lemon extract
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ¾ cup buttermilk
- 2½ cups flour
- 1 grated lemon rind
- 2 to 3 drops yellow food coloring, optional

Glaze:

- 1 cup powdered sugar
- 1 to 2 tablespoons lemon juice

Grease and flour your pans, and preheat the oven to 325°. Cream margarine, sugar, and eggs. Add salt, soda, and lemon extract. Stir well. Add flour alternately with buttermilk. Stir in lemon rind. Bake in two large greased and floured loaf pans at 325° for 45–55 minutes, or until a toothpick comes out clean. Bake 4 small loaves for about 40 minutes, or bake about 5 dozen mini muffins for 15–17 minutes. Allow to cool for 10 minutes. Remove from pans. Top with glaze while still warm. For glaze, mix powdered sugar with lemon juice. Stir until smooth. Spoon glaze over warm bread. Cool before slicing.

Lemon Bread—Quick

- 1 lemon cake mix
- 1 small package lemon or vanilla instant pudding
- 4 eggs
- 1 cup water
- ½ cup oil

Bake in greased loaf pans at 350°. While the bread is still hot, pour a glaze made of lemon juice and powdered sugar over the loaves.

Muesli or Overnight Oats

- 1 cup rolled oats, toasted if desired
- 1 cup milk or water
- 2 tablespoons apple juice or orange juice
- 1 apple finely diced or grated, with or without peel
- 1 cup yogurt, plain or flavored
- 2 to 4 tablespoons honey or brown sugar, if the yogurt is plain, optional
- Dash of cinnamon, optional
- Toppings: fresh or dried fruit, nuts

Combine all the ingredients except the toppings and let sit overnight in the refrigerator. In the morning, dish it into bowls and serve it with the optional toppings. Muesli keeps for several days in the fridge. The acid in the juice and yogurt keeps the apples from going brown.

This is a recipe that is easily changed. You can make it without apples, and then stir in other fruit in the morning. You can make it with as much sugar or fat as you want, use non-fat plain yogurt and fruit for your sweetener, or make it with the flavored yogurt. Some packaged mueslis have chocolate flakes or chips in them. You can add 1–2 tablespoons of different flaked grains such as rye or wheat into this recipe, and toast the grains before soaking them.

Muffins—Bakery Style Blueberry

- 1½ cups flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup oil
- 1 egg
- Milk to fill to 1 cup (about ⅓ cup)
- ½ teaspoon vanilla
- 1 cup blueberries, fresh or frozen

Preheat the oven to 400°. Grease or spray a muffin tin, or use muffin papers. Mix a streusel topping and set aside, if using. Stir together all dry ingredients. Pour ⅓ cup oil into a 1-cup measuring cup. Add the egg to the oil, and stir well with a fork until the egg is well mixed into the oil. Then add milk to the oil/egg mixture until you have one cup of liquid. Add the vanilla to the liquid mixture. Pour the liquid into the flour mixture and stir until just barely mixed. The batter will be thick. This keeps the berries from sinking to the bottom of the tins. Lightly fold in the blueberries. You can also mix the blueberries with the dry ingredients before adding the liquids. Spoon the batter into the tin to make 12 muffins. Sprinkle a streusel topping on each muffin, if desired. You can also sprinkle them with sugar or sugar crystals. Bake for 15–20 minutes until done.

Variation: You can substitute other berries or a (10 ounce) can drained mandarin oranges (in syrup). If you use oranges, add ½ teaspoon orange extract with the vanilla. If you use frozen berries, you can crush the raspberries a bit, or chop blackberries into smaller pieces. You can cut the sugar to ½ cup if you want. High altitude may require 2 to 4 tablespoons more milk.

Muffins—Banana

- 1¾ cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 5 ripe bananas
- ½ cup butter, melted and cooled
- 2 large eggs
- ¾ cup brown sugar
- 1 teaspoon vanilla
- ½ cup nuts, chopped, optional

Peel bananas and put them in a heatproof bowl. Cover the bowl and cook in the microwave for 5 minutes. Be careful that the contents don't bubble out of the bowl. Place the bananas in a strainer and let them drain for a few minutes. Sift the dry ingredients together. Mix the bananas, butter, eggs, brown sugar, and vanilla together. Add the dry ingredients and nuts and mix carefully. Sprinkle with streusel topping, if you want. Put in the muffin tins and bake at 350° for 12–15 minutes, or until done. You can also bake this as a banana bread loaf. Bake for 50–60 minutes at 350°, or until done.

Muffins—Basic

- 3 cups flour (can substitute up to 2 cups whole wheat flour) (420g)
- 1 cup sugar (200g)
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups plain yogurt (if the yogurt is thick, add ½ cup milk or buttermilk) or 2 cups buttermilk
- 2 large eggs
- ½ cup butter, melted and cooled (115g)

Mix dry ingredients. Mix yogurt and eggs. Stir yogurt mixture into the dry ingredients. Stir in melted butter. Cook at 350° convection oven or 375° regular oven for 10–15 minutes, or until done.

Lemon-poppseed variation: Add 2–3 tablespoons of poppy seeds to the flour mixture. Add 1 tablespoon grated lemon zest to the yogurt mixture.

Rebecca Tanner Seamons

I remember watching my Mom throw the ingredients into a batch of pancakes without following the recipe. I thought she was amazing (she is!) because she had the whole recipe memorized! Now I find myself doing the same thing. Except this morning I had to up my amounts to a triple batch- we were running out of pancakes with a double batch (ahem, 12 year old son). So out came the recipe to make sure I really remembered the proportions correctly. I love the simplicity of this recipe. [Pancakes (Heritage Recipe)]

Muffins—Basic Fruit or Nut

Sift together in a large bowl:

- 2 cups flour (290g)
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon cinnamon, optional
- ½ to ¾ cup sugar, depending on how sweet you want them

Mix in:

- 2 cups diced fruit, nuts, chocolate chips, etc.
- Mix together and then pour over the dry ingredients:
- 6 tablespoons butter, melted (84g)
- 1 egg
- ½ cup + 2 tablespoons milk
- ½ teaspoon vanilla

Mix together and put in the greased muffin tins. Sprinkle on streusel topping or sugar crystals, if desired. Bake for 12–18 minutes at 350°. If the fruit adds a lot of moisture, you may need to increase the baking time.

Fruit combinations ideas: peach-blueberry, apple-cranberry, mango-banana-chocolate chip, peach-pecan, pear-chocolate chip-almond, pumpkin-apple, pumpkin-pecan-chocolate chip, and strawberry-chocolate chip-almond.

Muffins—Chocolate Chip Cheesecake Pumpkin

Cream cheese filling:

- 1 (8 ounce) package cream cheese
- ½ cup sugar
- 1 egg
- ⅛ teaspoon salt
- 1 cup mini chocolate chips

Soften the cream cheese and beat it with the other ingredients until you have a fluffy filling. Set this aside while you make the batter.

Batter:

- 1 (15 ounce) can pumpkin (1½ cups)
- ½ cup water
- 3 eggs
- ¾ cup oil
- 2¼ cups sugar
- ¾ teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1½ teaspoons baking soda
- 2¼ cup + 2 tablespoons flour

Mix wet, then dry ingredients. Fill the paper lined muffin tins halfway with a small scoop of batter. Place a small teaspoon of cream cheese filling in each cup. Bake at 350° for about 19–20 minutes. Remove and cool on a wire rack. The filling doesn't sink to the middle of the muffins; it basically covers the top like a frosting or cheesecake layer. If you wanted it more in the middle you could layer it into your muffin tins: a bit of batter, a small spoonful of filling, and a bit more batter.

Muffins—Jam Filled

- 6 tablespoons butter, melted
- 2 eggs
- 1¼ cups sour cream or plain Greek yogurt
- 1 teaspoon vanilla extract
- 2 cups white wheat flour
- ¾ cup sugar
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼–½ cup jam or jelly (raspberry is good)

Preheat the oven to 375°. Grease a muffin tin. In a large bowl, combine butter, eggs, sour cream, and extracts. As dry ingredients and mix. The batter will be quite thick.

Fill each muffin cup about half full. Add a teaspoon of jam, then cover the jam with more batter. Makes about 15 muffins. Bake until muffins are golden on top, about 15 minutes.

Muffin Streusel Topping

- 6–7 tablespoons butter
- 1 cup flour
- ½ cup white or brown sugar
- ¼ teaspoon baking powder
- ¼ teaspoon salt, if using unsalted butter
- ½ teaspoon cinnamon, optional
- ¼ cup pecans or other nuts, finely chopped, optional

Melt the butter. While the butter is cooling a bit, mix dry ingredients. Add the butter to the dry ingredients and stir until blended and the mixture begins to stick together. Squeeze the mixture together into larger balls and then break the large clumps apart into small crumbs. Sprinkle over muffins or cakes. You can freeze leftover streusel for later use.

Note: This is probably the best streusel topping recipe for quick breads and muffins. Make a large batch and keep some in the freezer so you can quickly add it to muffins or other baked goods.

Muffins—Wheat (Heritage Recipe)

Mix:

- 1 cup white flour
- 1 cup whole wheat flour
- ½ cup brown sugar
- 4 teaspoons baking powder
- ½ teaspoon salt

Add:

- 1 cup milk [for lighter muffins, add ¼ cup more milk]
- 2 eggs, beaten
- ⅓ cup cooking oil

Bake in greased tins or in tins lined with muffin papers for 15 minutes at 425° for low altitude, and 375° for high altitude.

Note: even though it isn't part of the original recipe, this recipe can be modified to make a number of different kinds of muffins. If you do modify the ingredients, you may have to reduce the oven temperature or cook the muffins for longer. For example, Ann Tanner would sometimes put in ½ cup sprouted wheat. Some additional suggestions are ½–1 teaspoon cinnamon, nutmeg, or mace; ½ –1 cup nuts, diced peaches, diced apples, blueberries, dried cranberries, coconut, or wheat sprouts; or 1 tablespoon poppy seeds and 1 teaspoon almond extract. You can even sprinkle cinnamon sugar, streusel, or nuts on top of the muffins before baking.

Lucy Lucile Green Glade (1898-1980) to Roger Wessman

November 1, 1967: Yes, I canned one bushel of peaches for myself and I had twenty four quarts left from last year. Peaches are my favorite. I also helped your mother [Beverly Lucille Glade Wessman (1924-2008)] and also Aunt Marjorie [Marjorie Ann Glade Dalgleish (1929-2013)] do their canning of peaches & pears.

Oatmeal—Baked

You should use regular rolled oats since quick and instant oats don't work. Remember the basic rolled oats to liquid ratio is 1:2. You can estimate ½ cup dry rolled oats per serving, though if you have children, 2 cups of dry oats makes at least 6 servings. If you are using steel cut oats, the oats to liquid ratio is about 1:4, although some recipes recommend 1:3. You can generally estimate about ¼ cup steel cut oats per serving.

The night before, mix:

- 1 cup rolled oats
- 2 cups milk or juice, or a combination of the two
- ¼ teaspoon salt
- 2–4 tablespoons brown sugar, or to taste
- Any spices or fruit you might want to add, such as cinnamon, raisins (if you like them rehydrated), peaches, or berries.

Let the mixture sit in the refrigerator overnight. In the morning, preheat the oven to 350°. Pour the oatmeal mixture into an oven-safe container or pan that has been lightly greased. (If you are planning ahead, you can mix it in the oven-safe pan the night before.) Bake for 25–30 minutes. If you are using steel-cut oats, bake for 45–60 minutes. Pull out of the oven and serve. Oatmeal will thicken as it cools.

If you use rolled oats, you can mix all the ingredients and put it in the oven without letting it soak overnight. The overnight soak makes the oatmeal more creamy. Some baked oatmeal recipes put in a little bit of melted butter and an egg, but still maintain the basic 1:2 ratio. If you want to try that, though the taste isn't any different, put a beaten egg and 2 tablespoons of melted butter in a 2-cup measuring cup. Then fill up to the 2-cup mark with milk. Mix the liquid with the oats and continue with the recipe.

Oatmeal—Homemade Instant Packets

- 2½ cups quick cooking steel-cut oats
- 2 cups quick oats
- 2 cups quick oats, blended into powder
- 1 cup brown sugar
- 2 teaspoons cinnamon
- 1 teaspoon vanilla powder
- 1 cup instant powdered milk

Mix all ingredients in a large bowl. You can portion the oatmeal into ½ cup packets by putting ½ cup mix into a small Ziploc bag. To make the oatmeal, measure ½ cup dry mix into a bowl and add ½–¾ cup boiling water. Stir and let sit for a few minutes.

Alternately, measure ½ cup dry mix, add ½–¾ cup water, and heat in the microwave for about a minute.

To make different flavors like you see in the store, mix in dried fruit, chopped nuts, mini chocolate chips, sprinkles, or whatever you want. You can also top the oatmeal with fresh fruit. Some people like to add in chia seeds or flax seeds or other things.

If you don't have or don't want the steel-cut oats, use 3 cups quick oats and 3½ cups quick oats blended into powder. This recipe is good for backpacking or camping.

Oatmeal—Overnight Steel Cut

- 1 cup steel-cut oats
- 1 tablespoon butter, optional
- 2 cups milk or 1½ cups milk and ½ cup buttermilk
- 1–2 cups water
- Pinch kosher salt
- 1 teaspoon vanilla
- ⅓ cup dried currants or raisins, optional
- 3–5 tablespoons packed dark brown sugar

In a medium heavy-bottomed saucepan, melt butter and add oats. Stir for 2 minutes to toast until they give off a mild butterscotch/toast aroma. Remove from heat. Add milk and water. Cover and let soak in the refrigerator overnight. In the morning, remove from the refrigerator and add salt. Bring to almost boil over medium-high heat. As soon as it starts to bubble, turn down and gently simmer, stirring frequently, uncovered about 10 minutes or until the oats soften. Stir in vanilla, currants and brown sugar. Simmer for 5 more minutes, stirring frequently, and remove from heat. The oatmeal may look thin, but it will thicken as it cools. Serve with toppings of your choice. You can also bake at 350° for 30–45 minutes, or don't soak overnight and cook it in an electric pressure cooker for 10 minutes with 10 minutes of natural pressure release. If you cook it in a pressure cooker, do not use milk. Use 3 cups of water instead. When done, stir in 1 cup of milk or half-and-half (or cream).

Old Fruit Cake (Heritage Recipe)

- 1 quart old bottled fruit (fruit and juice together)
- 4 cups flour
- 2 cups sugar
- 1 cup oil
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon cloves
- 2 eggs
- 4 teaspoons baking soda
- 1½ teaspoons salt
- Chocolate chips, nuts, or raisins, optional

Stir everything together until smooth. Pour into a greased 9x13-inch pan and cook at 350° for 25–30 minutes, or until done. You can also make this as muffins and cook for 15 minutes.

Pancakes (Heritage Recipe)

- ¼ cups flour (white or whole wheat)
- 1 tablespoon baking powder
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil

Sift dry ingredients. Add liquids. Stir until moist. Leave small lumps. Cook.

Pancakes—Buttermilk

- 2½ cups flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 eggs, slightly beaten
- 2½ cups buttermilk
- 2 tablespoons butter or margarine, melted
- 1 teaspoon vanilla, optional

Mix dry ingredients and then add wet ingredients. Don't over-mix. Cook on a hot griddle. You can also make the recipe with sour milk if you don't have buttermilk: pour about 3 tablespoons of vinegar into a measuring cup and then add milk to 2½ cups. Let stand for about five minutes before using.

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Pancakes—Buttermilk and Eggs Chart

Eggs	2	3	4	6
Buttermilk	1½ cups	2 cups	3 cups	4 cups
Milk	2 tablespoons	¼ cup	6 tablespoons	½ cup
Oil	1½ tablespoons	2 tablespoons	3 tablespoons	¼ cup
Baking soda	½ teaspoon	½ teaspoon	¾ teaspoon	1 teaspoon
Baking powder	1 teaspoon	1-½ teaspoons	2 teaspoons	3 teaspoons
Flour	1 cup	1-½ cups	2 cups	3 cups
Sugar	1 tablespoon	1 tablespoon	1 tablespoon	1½ tablespoons
Salt	dash	pinch	¼ teaspoon	½ teaspoon

Pancakes—Buttermilk and Eggs

Refer to chart for ingredients and amounts.

Beat eggs but not too fluffy. Add buttermilk, milk and oil. Sift dry ingredients. Mix gently all together. Do not overbeat. Bake on a grill.

The recipe chart has four different proportions depending on how many you are feeding. The 3 egg column feeds four. The 6 egg column feeds 8–10.

Pancakes—Grandma Glade's (Heritage Recipe)

- 1 cup flour (white or whole wheat or a mixture of the two)
- 1 tablespoon sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 egg, beaten
- 1 cup buttermilk
- 2 tablespoons vegetable oil

Sift dry ingredients. Add liquids. Stir until moist. Leave small lumps. Cook. Grandma Glade's recipe. Can add up to ½ cup more buttermilk, if needed.

Pancake mix: mix together dry ingredients and store. 1¼ cups mix makes 1 recipe (add egg, buttermilk, and oil).

Pancakes—Sourdough

Mix:

- 1 cup flour
- 1 tablespoon sugar
- ½ cup sourdough discard
- 1 cup buttermilk

Let sit overnight or for about 8 hours on the counter.

Add:

- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 egg
- 2 tablespoons oil
- More buttermilk if needed

Cook on a griddle.

Mary Watson McNair Hamilton (1836-1922)

When grandmother was a young child, in company with her other brothers and sisters, a visit to her grandmother's farm in Paisley, Scotland, was made once each week. Upon entering the home, they were lifted upon a window bench. Grandfather indicated the chapters to be read. After the reading was finished a quarter of a scone was given to each child as a reward. This was served with butter and preserve. This was conducted with the same sobriety as the Bible reading, lest the house should be mussed. The children were then escorted to the gate to merrily wend their way home. Care was exercised to have them taken beyond the gate, lest any flowers be plucked on the way out.

Pancakes and Waffle Variations

Blueberry: Sprinkle blueberries on the pancakes after pouring on the griddle or mix into the batter.

Chocolate chip: Sprinkle chocolate chips on the pancakes after pouring them on the griddle.

Fun: Pour pancakes in a griddle in the shape of snowmen, snowballs, hearts, etc. You can even use metal cookie cutters (well-greased on the inside) for different shapes. To make a smiley face, use a teaspoon to make eyes and a mouth with a little batter. Allow the batter to cook a bit, then pour the rest of the pancake batter on top.

Pumpkin Bread

- 1 can (15 ounce) pumpkin (1½ cups)
- ½ cup water (reduce or omit in humid climates)
- 3 eggs
- ¾ cup oil
- 2¼ cups sugar
- ¾ teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1½ teaspoons baking soda
- 2¼ cup + 2 tablespoons flour

In a large bowl, mix together all of the wet ingredients. In another bowl combine the dry ingredients. Gradually add the dry ingredients to the wet ingredients and mix well. Bake in greased pans. Makes 2 large or 4 to 5 mini loaves. Bake at 350° for 45–55 minutes. Test with a toothpick. Cool and frost with Cream Cheese Frosting. You can put mini chocolate chips on top of the frosting. Or you can add mini chocolate chips to the batter. This pumpkin bread freezes well. To double, use a large can of pumpkin and double the remaining ingredients. A double recipe makes 4–5 large loaves of pumpkin bread. You can also make it into cupcakes and frost with cream cheese frosting.

John Hayward Wessman (1917-2004)

John learned how to fix mush (hot cereal) when he was growing up and would often fix it later in life for breakfast. When he was a boy, all the children came as soon as they were called for meals because if they were late, there wouldn't be any food left for them.

Scones

- 2 cups flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 5 tablespoons unsalted butter, chilled
- ½ cups dried currants, optional
- 1 cup heavy cream
- Decorator's sugar, optional

Preheat the oven to 450°. Line a baking sheet with parchment paper, or grease lightly. Combine the flour, sugar, baking powder, and salt in a food processor and pulse the processor a few times to mix the dry ingredients. Cut the cold butter into small cubes about the size of dice and drop it into the flour mixture. Pulse the food processor until the mixture resembles coarse meal and the butter is mostly incorporated.

Pour one cup of heavy cream into a large bowl, and then add the flour mixture and optional currants. Stir until the cream is incorporated, and dough forms. Knead the dough a few times until all the floury bits are mixed together into a ball of dough. Don't knead for too long, just enough to mix the dough well.

Line a 9-inch cake pan or pie tin with plastic wrap, leaving some to drape over the sides. The plastic will help you get the dough out of the pan. Press the dough into the lined pan, patting it down evenly, pressing in the edges. Sprinkle a bit of sugar on top, if desired. The crunch from the larger crystals of decorator's sugar or Morena Sugar is nice. Pull the scone dough out of the pan, using the plastic wrap to lift the circle of dough. Set the dough circle, still on the plastic wrap, on the counter or a cutting board, and cut the dough into 8 pie-shaped wedges. Transfer the wedges to the parchment lined cookie sheet, leaving room between each piece.

Bake for 11–13 minutes, rotating the tray once during the baking time. The scones should be a light brown. Serve warm, or at room temperature. These only keep for about 24 hours, so freeze extras. Unbaked scones can be refrigerated or frozen before baking. Add about 4–5 minutes if baking from frozen.

Scones—Mixed Berry

- 1¾ cups frozen mixed berries
- 3 tablespoons powdered sugar
- 3 cups flour
- 12 tablespoons unsalted butter, cut into ½-inch pieces
- ⅓ cup granulated sugar
- 1 tablespoon baking powder
- 1¼ teaspoons salt
- ¾ cup + 2 tablespoons milk
- 1 egg + 1 egg yolk

Preheat the oven to 425°. Line the baking sheet with parchment paper. Toss the berries with powdered sugar and freeze until needed.

Combine flour, 6 tablespoons butter, sugar, baking powder, and salt in a food processor and process until the butter is fully incorporated. Add the remaining butter and pulse until butter is cut into pea-size pieces.

Transfer mixture to a large bowl. Stir in the berries. Mix the milk and egg and then pour into the dry mixture. Gently stir until the liquid is mixed.

Turn out the dough on a well-floured mat and shape the dough into a large rectangle, about 1½ inches tall. Cut the dough into 6 equal rectangles. Cut each rectangle into 2 triangles. You should have 12 scones.

Bake until lightly golden, about 16–18 minutes. While they are baking, combine 2 tablespoons melted butter and 1 tablespoon honey. Remove the scones and brush the tops with the glaze. Return the scones to the oven and bake for about 5 minutes longer. Unbaked scones can be frozen for several weeks. To bake frozen scones, heat the oven to 375° and cook them for 23–26 minutes.

Tortillas

- 2½ cups flour (can use ½ cup whole wheat flour)
- 1 tablespoon baking powder
- 1 teaspoon salt
- ½ cup shortening or lard
- ¾ cup hot water

Mix flour, baking powder, and salt. Cut in shortening, mix well until little balls form. Pour hot water into the mix a little at a time. Mix the dough well. It will be elastic and not sticky. These are not biscuits, so don't be afraid to handle the dough. If you don't knead the dough enough, your tortillas will not be flexible.

Shape into 2-inch balls and roll into a thin round circle with a rolling pin. Cook on a medium hot grill until small light brown spots appear. Flip and cook on the other side.

Keep finished tortillas covered to keep them warm and soft while you cook the rest. Makes 10–13 tortillas. Traditional recipes omit the baking powder and use lard instead of shortening. They let the dough rest after mixing it for about an hour before forming the tortillas.

Tortillas—Whole Wheat

- 1 cup white flour
- 1 cup wheat flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ cup canola oil
- ⅔ cup water

Combine flours, baking powder, and salt. Stir in the oil and water all at once, using a mixer or a fork, and toss quickly. When dough can be gathered into a soft mass, turn onto a floured surface and knead a few times. Form 8 balls of dough, dredge in flour, and store in a Ziploc bag to prevent drying until ready to be used. Flatten the first ball of dough into a disk. Roll out dough on a floured surface until 7 inches or larger with even strokes that do not reach to the edge, turning over frequently. Place tortilla in an ungreased frying pan that has been preheated to medium-high heat. Cook 30–40 seconds on one side, turn over with a spatula and cook for 30–40 seconds on the other side. First side should be pale and sprinkled with brown spots and the other side will be blotched. Repeat the process with other balls of dough. Stack tortillas on a plate as they are cooked and cover them with a dish towel, which will keep them soft.

Waffles—Belgian

- 2¼ teaspoons yeast
- ¼ cup warm milk
- 3 egg yolks
- 2¾ cups warm milk
- ¾ cup butter, melted
- ½ cup sugar
- 1½ teaspoons salt
- 2 teaspoons vanilla extract
- 4 cups flour (can substitute 1 cup whole wheat flour)
- 3 egg whites

Dissolve yeast in ¼ cup warm milk. In a large bowl, whisk together the egg yolks, ¼ cup milk, and melted butter. Stir in yeast mixture, sugar, salt, and vanilla. Stir in the remaining 2½ cups milk alternating with the flour. Beat the egg whites until they form soft peaks and fold into the batter. Cover the bowl tightly with plastic wrap and let rise in a warm place until doubled in volume, about 1 hour. Bake in a waffle iron, using about ½ cup batter per waffle. It makes a lot of waffles. This recipe can be made the night before and put in the fridge. The cold batter makes thicker, heavier waffles, but they still taste great.

Judy Quesenberry Wessman

Judy became Beverly's first daughter-in-law when she married her son [John Roger Wessman]. She remembers Beverly attending her bridal shower and gifting her a waffle iron along with a recipe for "Grandmother's waffles." Beverly told her it was a secret family recipe and that she couldn't share it with anyone!

Samuel Linton (1828-1916)

I made myself useful, helping to take care of Church freight. The Church had a large train that year. A man by the name of Bucklen, a returned missionary was in charge of all the wagons and stuff. He did our cooking, but he went off to buy cattle. This left us to do our own or starve. I went 24 hours before I came down to it. None of the others would, so I had to cook.

Waffles—Grandma Glade's (Heritage Recipe)

- 1 cup flour (white or whole wheat)
- 1 tablespoon sugar
- ½ teaspoon salt (the original recipe says a pinch of salt)
- 2 teaspoons baking powder
- 1 egg, beaten
- 3 tablespoons butter, melted, or oil
- ¾ to 1 cup milk to make good batter

Mix dry ingredients together in a large bowl. In a small bowl or 2 cup measure, mix milk and egg. Whisk in the melted butter or oil. Pour the wet ingredients into the dry ingredients. Mix until only a few small lumps remain. Bake in waffle iron. Top with fresh fruit or jam and cream for a special treat. Makes 2 or 3 large waffles. To keep waffles hot until ready to eat, put a cooling rack into a jelly roll pan and put it in a 200° oven. As the waffles finish, place them on the rack in the oven to stay warm and crisp until the meal is ready. From Grandmother Lucile Glade. The original recipe says "The thinner the batter, the crisper the waffle."

Yummy Creamy Coffee Cake

- 1 cup sugar
- 1 cup margarine or butter
- 2 eggs
- 2 teaspoon vanilla
- 1 tablespoon vinegar in 1 cup milk
- 2½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt

Topping:

- ¼ cup white sugar
- 1-3 teaspoons cinnamon
- ½ cup brown sugar

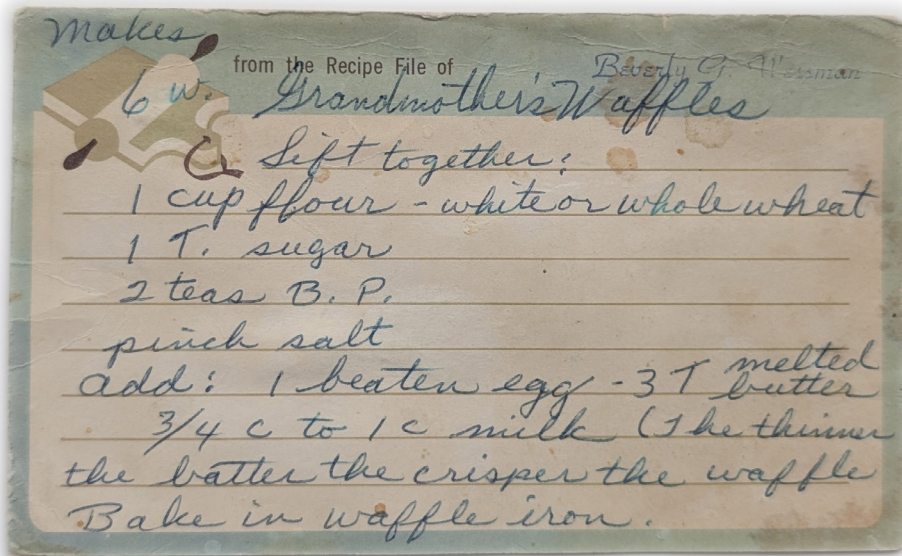
Preheat the oven to 350°. Cream sugar, margarine/butter, and eggs with a mixer; add vanilla. Mix vinegar in milk. Add alternately with dry ingredients. Spread half of the batter in a greased 9x13-inch pan. Sprinkle half of the topping over the batter. Cover with remaining batter. Sprinkle remainder of topping over batter. Bake for 35 minutes.

Zucchini Bread

- 3 eggs
- 1 cup vegetable oil (¾ cup also works)
- 2 cups zucchini, peeled, seeded, and cut into chunks [can do up to 4 cups at higher altitudes]
- ½ teaspoon vanilla
- 3 cups flour
- 3 teaspoons cinnamon
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 cups sugar (can reduce to 1 cup)
- ½ cup nuts, chopped, optional
- 1 cup mini chocolate chips, optional

In a blender, beat eggs until frothy. Add vegetable oil, zucchini, and vanilla. Blend until zucchini is pureed. You don't have to peel the zucchini if you don't mind flecks of green skin. Add nuts and turn the blender on and off quickly only until nuts are chopped. In a large bowl, sift together dry ingredients. Mix in sugar. Pour zucchini mixture into dry ingredients and mix well. Pour into 2 well-greased and floured large loaf pans and bake 1½ hours at 325° or 4 small bread pans and bake 50-60 minutes at 325°. Or bake for 15-20 minutes in muffin tins at 350°. Cool for 10 minutes in a pan, then turn onto a wire rack to cool completely.

Chocolate variation: add ¾ cup cocoa powder to the dry ingredients. Do not reduce the sugar. Bake the cake at 350° in a Bundt pan for 45-60 minutes, in a jelly roll pan for 20 minutes, or a 9x13-inch pan for 30 minutes, or until done. Dust with powdered sugar or frost with chocolate icing. No one will know there is zucchini (or whole wheat flour, if using) in the cake unless you tell them. You can put sliced almonds on the bottom of the Bundt pan and add ½ teaspoon of almond extract in the batter. For brownies, you can bake the mix in a jelly roll pan and then frost it with the Texas Sheet cake frosting.



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Cooking Notes

Wheat and Flour: Choosing the Right One for Bread

Wheat comes in two main types: hard (red or white) and soft (red or white). Hard wheat has a higher protein (aka gluten) content, making it ideal for bread. Red wheat has a stronger flavor, while white wheat is milder but equally nutritious. Soft wheat, with its lower protein content, is used for pastry and cake flours, producing tender but crumbly baked goods like pancakes and quick breads.

Most white flour is a blend of hard red and white wheat, with bread flour having a higher gluten content for better elasticity. If your flour lacks enough protein for good bread structure, you can add wheat gluten or dough enhancer. Unbleached white flour is preferred by many bread makers because it's processed less than bleached varieties.

Working with Whole Wheat Dough

Whole wheat flour absorbs more liquid than white flour, so adjustments may be needed—either reducing the total flour or adding extra water to maintain proper hydration. For best results, mix whole wheat dough just until it forms a shaggy mass, then let it rest for 20 minutes before kneading. This allows the bran and germ to absorb moisture, softening the dough and making kneading easier. After resting, knead until fairly smooth to develop a strong protein structure, leading to a better rise.

Many white-flour recipes can handle up to 25% whole wheat substitution with little noticeability. Keep in mind the above tips when making substitutions.

Bread Baking Tips

- **Rolling Dough:** Avoid using whole wheat flour when rolling out dough, as it absorbs more moisture and can dry out the bread.
- **Kneading:** Whole wheat dough typically requires more kneading than white flour dough to develop gluten, as the bran can interfere with structure. A 20-minute rest before kneading helps hydrate the flour, making kneading easier and improving the dough's elasticity.
- **Dough Hydration:** Keep dough as soft and wet as possible for better texture.
- **Yeast Behavior:** Sugar feeds yeast and promotes fermentation, but excessive sugar can slow it down. Salt naturally inhibits yeast activity by drawing out moisture and strengthening gluten, which helps control the rise.
- **Baking Temperature:** King Arthur Flour recommends baking most yeast breads to 190° internally. For crusty breads like baguettes, rely on crust color instead. At higher altitudes, reduce the target temperature by 5°.

Bread Yeast: Instant vs. Active Dry

Yeast is essential for leavening bread, converting sugars into carbon dioxide for a light, airy texture. The two main types are:

- **Instant Yeast:** Finer granules, dissolves easily, and can be mixed directly into dry ingredients. Ideal for quick and consistent rising.
- **Active Dry Yeast:** Coarser grains, requires proofing in warm liquid before use. Slightly slower to activate but widely used in traditional baking.

By understanding wheat types, flour choices, hydration techniques, and yeast behavior, you can fine-tune your bread-making for the best results!

Hazel Jean Hayward Wessman (1887-1959)

Norinne [Norinne Hayward Wessman Husbands] remembers Aunt Bess [Elizabeth Cripps Hayward Edwards] asking Jean for her bread recipe, saying, “Can I get your recipe for your bread? My boys just love it.”

Jean replied, “Well, I put in flour and this and that.”

Aunt Bess asked, “But what are the measurements?”

Jean said, “Oh, I don’t know—I just put it all in.”

Her bread was always wonderful. She even had a special pan just for mixing it and would bake 24 biscuits at a time.

7/11 Bread

Dissolve and let bubble:

7 cups warm water [2½ cups]

5 tablespoons yeast [5 teaspoons]

4 tablespoons brown sugar [4 teaspoons], optional

Add the rest and beat until smooth:

7 cups white flour [2 cups]

11 cups whole wheat flour [4 cups]

4 tablespoons salt [4 teaspoons]

1 cup oil [⅓ cup]

1 cup honey [⅓ cup]

[Amounts in brackets make two loaves.] Mix. Knead. Let rise until doubled; pan the bread, let rise again. Bake for 40 minutes at 350°.

Amish White Bread

4 cups warm water (110°)

⅔ cup white sugar

3 tablespoons yeast

1 tablespoon salt

½ cup vegetable oil

6–8 cups flour

In a large mixer bowl, dissolve the sugar in warm water and stir in the yeast. Allow to proof until the yeast resembles a creamy foam. Add oil to the yeast. Add salt and two cups of flour and mix very well. Let the dough rest for about five minutes. This allows a sponge to form and improves the final texture of the bread.

Add two cups more flour, then slowly add just enough more flour until the dough pulls away from the side of the mixer. You need to have a firmer dough than for dinner rolls, but if you get too much flour in your bread, it will be dense and tough. Knead dough in your mixer for 6–8 minutes. Cover dough with a cloth and allow it to rise until doubled in size.

Punch dough down and knead a little more. Allow it to rest for another five minutes. Shape into two loaves and place in well-greased or oiled bread pans. Allow to rise 20–30 minutes, or until the bread is an inch above the pans.

Bake at 350° for 25 minutes. This is a good egg-free and dairy-free bread recipe. From Melinda Bowers.

Artisan Free-form Bread Instructions

Put water in a large bowl or mixer. Add the other ingredients and mix until all the flour is incorporated and there aren’t any lumps. Cover the dough and allow it to rise for about 2 hours. At this point you can form a loaf, or you can put the dough into the fridge, where it will store and be usable for up to two weeks. The dough can also be portioned and then frozen for up to 4 weeks. The longer the dough sits, the stronger the sourdough flavor will be. When you are ready to form a loaf, don’t knead the bread again; just coat the surface of the dough with flour and quickly and gently form it into the desired

shape. Place the loaf on a sheet of parchment paper. You can dust the parchment paper with cornmeal. Put a pizza stone on the bottom rack of the oven and preheat the oven to 425°–450°. Let the loaf rest for up to 40 minutes; it will probably take the oven that long to heat with a pizza stone in it. Slash the top of the loaf. You can also dust the loaf with more flour. Carefully slide the loaf onto the pizza stone. You can add steam to the oven by spraying the loaf several times while it is baking, or by having a metal container with some water in the oven. (Professional bakeries have ovens that inject steam into them to help get the nice crust on the bread.) Bake the loaf for 30–35 minutes, or until it is nice and brown. Depending on the shape and size, you will have to increase or decrease the baking time. When you take the loaf from the oven, the crust should audibly crackle or “sing.” (If you want hot bread for dinner, form the loaf about 1 hour and 15 minutes before you want to eat; if you are doing baguettes, you only need 45 minutes with 20 minutes of resting time and 20–25 minutes of baking time.) Note: if you use bread flour, it will make a stiffer dough that can be formed into nice shapes before baking. You can also bake the bread inside a Dutch Oven that is preheated in the oven. To do this, place the Dutch Oven (with lid on) in the oven while the oven is preheating to 425–450. When the oven is ready and the pan is hot, carefully remove the pan and spray the inside with cooking oil and sprinkle some cornmeal or semolina on the bottom. Carefully tip the loaf into the hot pan and then slash the top of the loaf. Replace the lid and bake the bread for about 30 minutes. Remove the lid of the Dutch Oven (be careful—it is hot) and continue baking for the remaining 5–10 minutes.

Artisan Free-form Bread—Boule

3 cups lukewarm water

1 tablespoon granulated yeast

2 teaspoons salt or 1 tablespoon Kosher salt

6½ cups all-purpose flour

This basic recipe can approximate French baguettes, ciabatta, dinner rolls, or other nice breads from good bakeries depending on how you shape the loaf. The recipe will make about four small 1-pound loaves.

Artisan Free-form Bread—Deli Rye Bread

3 cups lukewarm water

1 tablespoon granulated yeast

1½ tablespoons caraway seeds, plus more for sprinkling on top

2 teaspoons salt or 1 tablespoon Kosher salt

1 cup rye flour

5½ cups all-purpose flour

Paint the top crust with a cornstarch wash or water and sprinkle with additional caraway seeds. Cornstarch wash: Blend ½ teaspoon cornstarch with a small amount of water to form a paste. Add ½ cup water and whisk together. Microwave or boil for 30–60 seconds until the mixture appears glassy. This will keep in the fridge for up to two weeks.

Artisan Free-form Bread—European Peasant Bread

3 cups lukewarm water

1 tablespoon granulated yeast

2 teaspoons salt or 1 tablespoon Kosher salt

½ cup rye flour

½ cup whole wheat flour

5½ cups all-purpose flour

Artisan Free-form Bread—Whole Grain Recipe

4 cups lukewarm water

1½ tablespoons granulated yeast

2 teaspoons salt or 1 tablespoon Kosher salt

¼ cup vital wheat gluten

2 cups all-purpose flour

5½ cups whole wheat flour

John Tanner (1778-1850)

At the April conference in 1844 [John Tanner] was called on a mission in the Eastern States. Before starting, he went to Nauvoo where he saw the Prophet Joseph. Meeting him on the street Elder Tanner gave the Prophet Joseph his note of hand for the sum of \$2000 loaned him in Kirtland in January 1835, for the purpose of redeeming the temple land. The Prophet asked him what he wanted done with the note. Elder Tanner replied, "Brother Joseph, you are welcome to it." The Prophet then laid his hands heavily on Elder Tanner's shoulders saying, "God bless you. Father Tanner, your children shall never beg for bread."

Bagels

- 1 $\frac{2}{3}$ cups lukewarm water
- 1 teaspoon active dry yeast
- 4 $\frac{1}{2}$ cups bread flour or 1 tablespoon vital wheat gluten added to the all purpose flour
- 1 tablespoon salt
- 1 tablespoon diastatic malt powder or 3 tablespoons malt syrup

Mix water, yeast, salt, and malt for about 5 minutes. Cover dough and let rise for about 2 hours. Cut the dough into 8–12 pieces of about 3 ounces each. Form each piece into a bagel. Place the bagels onto a well-oiled parchment paper on baking sheets. Cover well and refrigerate for 10–24 hours. (You can also just let it rise again and bake that same day.) When you are ready to bake, preheat the oven to 400°. Bring a large pot of water to boil and add 1 tablespoon salt and 2 tablespoons baking soda. You can also add 1–2 tablespoons of malt syrup, if you wish. Remove bagels from the fridge. Carefully place the bagels into the pot and cook for about 1 minute on each side. Remove the bagels and let drain well on a cooling rack. Place them on very well-oiled parchment paper and bake for 10–12 minutes. If the paper isn't well-oiled, the bagels will stick.

Wheat bagels: add 1 tablespoon water for each $\frac{1}{2}$ cup wheat flour you substitute.

Raisin-cinnamon: Add 1 cup raisins, $\frac{1}{4}$ cup brown sugar, and 1 teaspoon cinnamon.

Bread Bowls—French Bread

- 2 $\frac{1}{2}$ teaspoons instant dry yeast
- 1 cup warm water
- 1 tablespoon sugar
- 1 teaspoon salt
- 3–3 $\frac{1}{2}$ cups flour
- 2 tablespoons vegetable oil
- 1 tablespoon cold water

Pour quite warm water (120°) into your electric mixer and then add the oil, sugar, and salt. Add one or two cups of the flour and mix. Add the instant yeast. Gradually add flour and mix. You want to add enough flour so the dough is easy to handle and soft, but not too much so that it is tough and dry. Knead by hand or machine for about 5 minutes.

Place the dough in a greased bowl and allow to rise. A longer rising time gives it a better French bread texture. Grease a cookie sheet. Divide the dough into equal portions (a single recipe would make about 4 bread bowls or 6 smaller bowls). Shape the dough into a ball shape and place on the cookie sheet. Brush the dough with cold water. Don't cover. Allow to rise until doubled in size. Heat oven to 375°. Bake for 15–20 minutes or until they are golden brown and sound hollow when tapped. Cool on a wire rack.

To serve the soup you carefully cut a circle in the very top of the roll, take off the lid, and gently take out the bread insides. Take care to not cut or tear the bottom crust. You can save the bread pieces to eat with the meal. Then, at the table, just ladle the soup inside and enjoy eating the soup and the bowl.

Beverly Lucille Glade Wessman (1924-2008)

Grandmother Annie [Harris Hamilton Glade (1873-1957)] was immaculate about herself and her housekeeping. She had a delightful sense of humor and was generous with her homemade bread and strawberry jam when we usually went to visit on Sunday nights. She always welcomed us and was glad we came. She was always sweet and kind, never hurried or too busy. Whenever I left the LDS Hospital with a new baby, we always stopped to show Grandma Glade our newest baby. Ann visited her Great-Grandma Glade's on 3 or 4 occasions. One day Grandma Glade was making bread and used a piece of wax paper to grease her bread pans. Ann said, "Oh, mother just uses her fingers!" What a laugh we enjoyed.

Breadsticks

- 2 $\frac{1}{2}$ teaspoons yeast
- 1 cup warm water
- 3 tablespoons melted butter or olive oil
- 3 cups flour
- 1 $\frac{1}{2}$ teaspoons salt
- 2 tablespoons sugar
- 1 teaspoon Italian or pasta seasoning, optional

Optional topping:

- $\frac{1}{4}$ cup melted butter
- $\frac{1}{4}$ cup mayo
- Parmesan cheese
- Garlic salt

Mix the yeast with the warm water. Add the rest of the ingredients and mix well. Shape into about 16 breadsticks or flatten the dough in a jelly roll pan and cut into breadsticks. Let rise for 20 minutes. Stir together the optional topping and spread it on the breadsticks. Or, you can brush the tops with beaten egg or oil or butter and sprinkle with sesame seeds or grated Parmesan cheese before baking. Bake for 15 minutes at 350°.

Bunny Buns—Orange Rolls

- 2 $\frac{1}{4}$ teaspoons yeast
- 1 $\frac{1}{4}$ cups warm milk
- $\frac{1}{3}$ cup sugar
- $\frac{1}{2}$ cup butter, softened
- 1 teaspoon salt
- 2 eggs, beaten
- $\frac{1}{4}$ cup orange juice
- 2 tablespoons grated orange peel
- 1 teaspoon orange extract
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon cardamom
- 1 pinch saffron, optional
- 5 $\frac{1}{2}$ cups flour (you can substitute 1 cup whole wheat flour)

Proof yeast in the warm water. Add the rest of the ingredients, adding flour to make a soft dough. Knead until smooth and elastic. Let rise for 2 hours, or until doubled in size. Punch dough down and let it stand for 10 minutes. Decide how many "bunnies" or rabbit shaped rolls you want to make. This recipe will make about 12 large ones, 16 medium ones, or 20 small ones. Make as many 1-inch balls of dough as you want bunnies. Then divide the rest of the dough into that many portions. Using your hands, roll each portion into a long snake shape or rope. Fold the rope in half and then twist it twice to make the bunny's head and ears. Put a ball of dough on each bunny's tummy. Bake for 15 minutes in a 350° oven. Glaze them with an orange glaze (3 tablespoon orange juice, 1 teaspoon orange zest, and 1 $\frac{1}{2}$ cups powdered sugar) and decorate them as desired, using raisins for eyes.

Variation: instead of a ball of dough for the tummy, use 1 tablespoon of cream cheese filling.

Beverly Lucille Glade Wessman (1924-2008) to Roger Wessman

January 10, 1968: Tonight I go to welfare cannery & can wheat (for mush) & soup. We're trying to store a little extra food — I keep using it up. Like Spagettios & soup. I got a lot in Sept & it is all gone now.

Butterscotch Caramel Pull-Aparts

- 18 frozen unbaked Rhodes rolls
- ½ package (4 ounce) butterscotch pudding (not instant)
- ½ cup butter, melted
- ½ cup brown sugar
- ½–1 cup coarsely chopped walnuts, optional
- Maraschino cherries, optional

Prepare the night before. Spray the inside of a Bundt pan with cooking spray. Mix melted butter with dry butterscotch pudding and brown sugar. Place the rolls in the pan and drizzle some of the mixture over them. Rotate the little rolls around and drizzle the rest of the mixture on. Since the rolls are frozen, the melted butter mixture hardens quickly.

Spray plastic wrap with cooking spray before covering the pan so it doesn't stick to rolls as they rise.

In the morning, place the pan on a foil covered pizza pan or baking sheet to catch any drips. Bake at 350° for 20–30 minutes. When they're done baking, remove them from the oven, let them cool a minute, place a plate over the top, and quickly invert the plate-covered pan. Set it on a hot pad and lift off the pan. Some of the butterscotch sauce may drip.

Mini Pull-Aparts Version: Let the rolls thaw a little, and then cut them into quarters before using.

Challah

- 6–7 cups all-purpose flour [9–11]
- 5 teaspoons yeast [2½]
- 1 egg, beaten [2]
- ½ cup vegetable oil [½]
- 1 tablespoon salt [4½ teaspoons.]
- ½ cup sugar [½]
- 2 cups warm water [3]

Glaze:

- 1 egg, beaten
- Poppy seeds or sesame seeds, optional

[Amounts in brackets are for three loaves or two loaves and a small batch of cinnamon rolls.] Mix all ingredients. Knead. Let rise. Braid and place onto a sheet pan or into a loaf pan. (Check YouTube for instructions on braiding bread with six strands.) Let it rise again. Brush with some beaten egg. Bake at 350° for 25–30 minutes or until golden brown.

Chocolate Snails (Kakaós Csiga)

Make one recipe of Danish Pastry dough. Mix together:

- ½ cup white sugar
- ½ cup brown sugar
- ¼ cup unsweetened cocoa powder
- ⅛ teaspoon salt
- ¼ teaspoon vanilla extract
- ½ teaspoon cinnamon, optional
- ½ cup butter
- Chocolate chips, optional

Spread the mixture on the dough. Roll up and cut like cinnamon rolls. Place rolls on a parchment-lined baking sheet. You can pull out a bit of the roll to make a snail shape. Let rise and bake according to your roll recipe. Note: you can also use this filling instead of the cinnamon mixture in cinnamon rolls.

Norinne Hayward Wessman Husbands (1926-2020)

Mother [Hazel Jean Hayward Wessman (1887-1959)]'s cooking was wonderful and she was a “sensible cook.” She would make chicken and dumplings, corn oysters and pot roast. She made wonderful pies, cakes and puddings. She made a Boiled Raisin Cake, like a fruit cake, but with raisins. “It was so good.” Corn Oysters were like apple fritters but made with 1 can of cream corn, fried in a pan and served with syrup. One time her mother was using a pressure cooker and it exploded. She said beans were everywhere. She doesn't remember her mother ever using a pressure cooker after that. “Boyd and I would go skiing and we would come home and mother would have pot roast and we would smother it in her homemade chili sauce that was out of this world. I have never tasted chili sauce as good as hers.”

Cinnamon Rolls

Dough:

- 4 teaspoons dry yeast
- 1½ cups warm milk
- ½ cup granulated sugar
- ½ cup margarine or butter
- 1½ teaspoons salt
- 3 eggs
- 6 cups flour

Filling:

- 1½ cups packed brown sugar
- 3 tablespoons cinnamon
- 2 tablespoons flour
- 6 tablespoons margarine, softened
- Ground or chopped pecans, optional
- Raisins or Zante currants, optional

Icing:

- 2 tablespoons margarine
- 4 tablespoons cream cheese
- 2 cups powdered sugar
- ¾ teaspoons vanilla, optional
- 2 tablespoons milk, or as much as needed

For the rolls, dissolve the yeast in the warm milk in a large bowl. Add sugar, margarine, salt, eggs, and flour. Mix well.

Knead the dough into a large ball, using your hands dusted lightly with flour. Put in a bowl, cover and let rise in a warm place for about 1 hour or until the dough has doubled in size.

Roll the dough out on a lightly floured surface, until it is approx 32 inches long by 16 inches wide. It should be approximately ¼-inch thick.

To make filling, combine the brown sugar, cinnamon, and flour in a bowl. Spread the softened margarine over the surface of the dough, then sprinkle the brown sugar mixture evenly over the surface.

Working carefully, from the long edge, roll the dough down to the bottom edge. Cut the dough into 18 (1¾ inch) slices, and place on a lightly greased jelly roll baking pan.

Let rise for about 15 minutes. Bake for about 15 minutes in a 350° oven.

While the rolls are baking combine the icing ingredients. Beat well with an electric mixer until fluffy. When the rolls have cooled for a while, spread with icing or pipe the icing onto the rolls. You can substitute a cup or two of white wheat flour for the white flour.

Cinnamon Rolls—Potato Water

2¼ teaspoons yeast in 2 tablespoons warm water (110°)
 4 tablespoons melted butter or margarine
 1½ cups warm potato water, or substitute ¼ cup dry instant mashed potatoes and 1½ cups water
 ⅓ cup sugar
 1 teaspoon salt
 ½ cup dry nonfat milk
 2 eggs, lightly beaten
 4–5 cups flour
 ⅛ teaspoon cardamom, optional

Dissolve yeast in water. When yeast is foamy, mix it with 4 tablespoons margarine, the potato water, sugar, salt, non-fat milk, eggs, and 4 cups flour.

Turn dough out on a floured board and knead 5 minutes, adding flour as needed to make a smooth, silky dough; or, you can just knead it in the mixer. Roll dough into a ball and place in a greased bowl, cover and let rise in a warm place for 1–2 hours, until doubled in bulk.

Grease a 9x13 baking pan or a jelly roll pan. Turn dough out on a floured board, knead 1 minute, and roll into a rectangle 16x24 inches. You can also use the Dinner Rolls (Bread Machine) recipe for a nice, soft dough.

Filling:

2 tablespoons butter or margarine, melted
 1 cup sugar
 ¼ cup brown sugar
 1 tablespoon cinnamon
 2 tablespoons flour
 Raisins and chopped nuts, optional

Brush dough with melted margarine. Combine sugars, cinnamon, and flour and sprinkle onto buttered dough. Roll dough up like a jelly roll and cut into about 12 slices. Place the slices in the prepared baking pan, cut side up, and cover loosely. (At this point, you can put the pan in the fridge to raise overnight and put straight in the oven in the morning.) Raise rolls until doubled in size. Bake rolls in a 350° oven for about 30 minutes.

Glaze:

2 tablespoons butter or margarine, softened
 1 tablespoon water
 1½ cups powdered sugar

While rolls bake, make glaze by beating butter and water into powdered sugar. When rolls are still warm from the oven, spoon on the glaze.

Braided Breakfast Rolls variation: Roll dough out and cut strips. Twist and braid. Put the filling in the center. Cover and raise 30 minutes. Brush with glaze (¼ cup fruit juice and 3 tablespoons sugar) and bake for 15 minutes at 375°. Fillings: canned pie filling, cooked fruit thickened with sugar and cornstarch, or left-over cream cheese frosting for cheese Danishes.

Cornmeal Bread**Cornmeal:**

½ cup cornmeal
 1 cup boiling water
 1 teaspoon salt

Pour cornmeal into the boiling water with the salt and cook until thick. Cool.

Bread:

2 tablespoons yeast
 ½ cup warm water
 1 tablespoon sugar
 1 cup warm water
 1 tablespoon sugar
 1 cup warm milk
 2–3 teaspoons salt
 ¼ cup brown sugar
 4 to 4½ cups flour

In a small bowl, dissolve yeast in ½ cup warm water with sugar. Let sit for about 5–10 minutes until foamy.

In a large mixing bowl, combine the cooled cornmeal mixture, 1 cup warm water, sugar, warm milk, salt, and brown sugar. Stir until well mixed. Gradually add 4 to 4½ cups flour, mixing until a dough forms. Turn the dough onto a floured surface and knead for about 10 minutes until smooth and elastic.

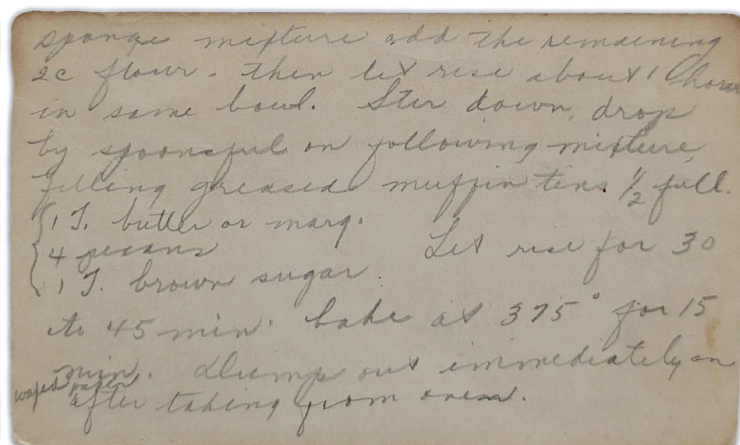
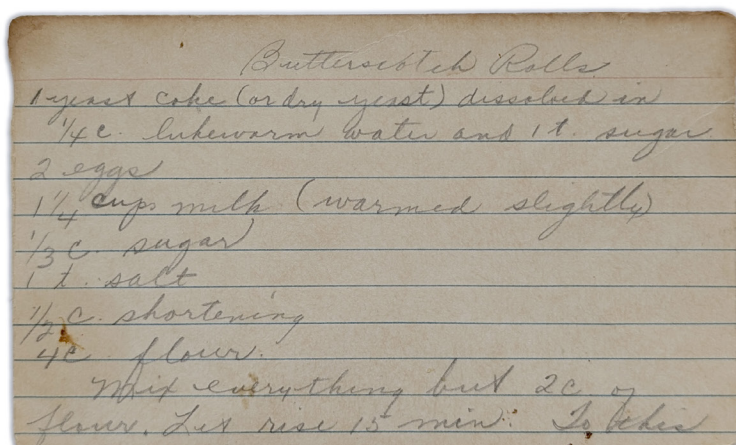
Place the dough in a greased bowl, cover with a towel, and let rise in a warm place until double, about 1 to 1½ hours. Punch down the dough and divide it into two equal portions. Shape each portion into a loaf and place in greased loaf pans. Cover and let rise again until doubled, about 30–45 minutes.

Preheat the oven to 425°. Bake the loaves for 10 minutes, then reduce the temperature to 350° and continue baking for 20–25 minutes, or until golden brown and the loaves sound hollow when tapped. Remove from pans and cool on a wire rack before slicing. Makes 2 loaves.

Crescent Rolls

1 cup warm milk [3 cups]
 1 egg [3 eggs]
 ⅓ cube butter or 2½ tablespoons butter (35g) [½ cup]
 2 tablespoons sugar [6 tablespoons]
 1 teaspoon salt [1 tablespoon]
 2 teaspoons yeast [2 tablespoons]
 3 cups flour (420g) [9 cups]

[Amounts in brackets are for a triple batch, which makes 36 rolls.] Mix together and let rise until doubled. Shape into 12 rolls. To make crescent rolls, roll into a 9-inch round, brush with butter, and cut into 12 pizza-style slices. Roll each slice from the wide end to the narrow end. Brush with butter. Bake at 350° for 12 minutes or until done.



Edwin Pettit (1834-1924)

On one of my trips, when camping at noon, four or five Indians came to me asking for something to eat. After standing around for a few moments, they asked me if I was a Mormon. There were three or four other men with me at the time, and I said to the Indian "No, those fellows Mormons," just in joke. After a short time he said: "Are you Mormon?" I said, "No, those fellows Mormons." He said, "You lie." At this time the Indians were very troublesome on account of having trouble at Mountain Meadow. The other men were very much afraid of having trouble with them at this time, but I fixed them a meal of my famous paste, made of one pint of flour and four gallons of water brought to a boil, which they all enjoyed very much. They then felt much more peaceable.

Croissants

Dough:

- 2 large eggs plus enough warm water to make 2 cups of liquid
- ¼ cup granulated sugar, divided
- 5½ to 6 cups unbleached all-purpose flour
- 2¼ teaspoons instant yeast
- 2 tablespoons butter, melted
- ½ cup dry milk or nonfat dry milk, optional
- 1 scant tablespoon salt
- 1 teaspoon vanilla extract, optional for sweet pastry

Butter block:

- 30 tablespoons unsalted butter, cool to the touch
- ¾ teaspoon salt
- ½ cup unbleached all-purpose flour

To make the dough: Put the eggs and water in a large mixing bowl. Add 1 tablespoon of the sugar, 3 cups of the flour, and the yeast. Mix until well blended; set aside to let the sponge work.

To make the butter block: Cut the butter into 1-inch chunks and combine with the salt and flour at low speed in a stand mixer fitted with the paddle attachment just until smooth, with no lumps. Be careful not to beat too much; you don't want to incorporate any air. Spread the butter on a piece of plastic wrap and shape into an 8-inch square. Wrap and refrigerate for 30 minutes.

To finish the dough: Add the melted butter to the sponge. Whisk together the remaining sugar, 2½ cups flour, the dry milk, and salt and add to the sponge. Mix until the dough forms. Knead for 5 minutes; touch the dough lightly with your finger. If it's still sticky, add the remaining flour 2 tablespoons at a time until the dough is the desired consistency. Once the dough is smooth and elastic, pat it into a 9-inch square, then wrap and refrigerate for 30 minutes.

To laminate the dough: At this point, it may be easier to watch a video than to read instructions. Remove the chilled dough from the refrigerator and gently roll it to a 12-inch square. Unwrap the butter square and place it in the center of the dough at a 45° angle, so it looks like a diamond in a square. Pull the corners of the dough into the center of the butter diamond. Moisten the edges with a little water and pinch the seams together well to enclose the butter. Dust the top with flour and turn the packet over. Tap the dough all over with a rolling pin, encouraging it into a rectangular shape. Once it's pliable, roll it to a 20-inch x 10-inch rectangle, picking it up and dusting lightly with flour as needed. When you've reached the proper size, use a dry brush to sweep off any excess flour and fold the dough in thirds, like a business letter. Take care to keep the edges straight and line them up directly over each other. If the dough slides around, use a little water at the corners to tack them in place. This is your first turn.

Rotate the dough out so it looks like a book about to be opened. Roll the dough out once more to 20-inch x 10-inch and fold it as before. This is the second turn. Wrap the dough and refrigerate it for 30 minutes to allow the gluten in the dough to relax.

Give the dough two more turns after its rest, then wrap the dough well and refrigerate for at least 1 hour or overnight before using. You can also freeze the dough at this point.

To shape the croissants: This recipe will make 24 croissants. Cut the packet of dough in half. Wrap and refrigerate or freeze one half. Roll the other half to a 13x18-inch rectangle. Trim the edges about ¼-inch all the way around with a ruler and pizza cutter. This removes the folded edges that would inhibit the dough's rise. Cut the dough in thirds lengthwise and in half down the center. This will give you six 4-inch x 9-inch pieces. Cut these pieces in half diagonally and arrange them so the points are facing away from you. Stretch them gently to make them a little longer, then cut a 1-inch notch in the center of the base of each triangle. Take the two inside corners of the notch and roll them up toward you, building a curved shape as you roll the base of the dough toward the tip. Make sure the tip ends up under the bottom of the croissant. Place the shaped pastry on a parchment-lined baking sheet, curving the ends toward each other. Refrigerate for 30 minutes.

Take the croissants out of the refrigerator and let them warm and rise for 60–90 minutes at room temperature. They should expand noticeably, and when you gently press one with your finger, the indentation should remain. Preheat the oven to 425°. Brush each croissant with an egg beaten with 1 tablespoon of water. Bake for 15 minutes, then reduce the oven's temperature to 350° and bake for 10–15 minutes more, until deep golden brown and no raw dough is visible where the layers overlap. Remove from the oven and let cool on the pan on a rack for 20 minutes before serving.

Danish Pastry

- 32 tablespoons (1 pound) unsalted butter, at cool room temperature, 65°–68°

- 5½ cups unbleached all-purpose flour
- ⅓ cup granulated sugar

- 4 teaspoons instant yeast

- 2½ teaspoons salt, if you use salted butter, reduce this to 1½ teaspoons salt

- ½ to 1 teaspoon cardamom, optional; for traditional flavor

- 1 teaspoon vanilla extract

- 1 cup milk, cold

- ⅓–½ cup water, lukewarm (use the greater amount in winter, or in a dry climate; the lesser amount in summer, or when it's humid out)

- 2 large eggs

Cheese filling:

- Half an 8 ounce package cream cheese

- ½ cup cottage cheese or ricotta cheese

- 3 tablespoons granulated sugar

- 1 large egg

- ¼ teaspoon salt

Fruit filling:

- About 1 to 1¼ cups jam, preserves, or canned fruit pie filling

Almond Cream Filling:

- ⅔ cup unsalted butter

- ⅔ cup granulated sugar

- 3 eggs

- 1½ cup almond meal or ground almonds

- ½ teaspoon vanilla or almond extract

Topping:

- 1 large egg white, beaten lightly with 1 tablespoon cold water

Glaze:

- 1½ cups confectioners' sugar or glazing sugar

- 2 to 2½ tablespoons water or milk, enough to make a glaze

- Pinch of salt

Crushed nuts, optional; to garnish

Begin by cutting ¼-inch butter off the end of each of the 4 sticks in the pound; you will have about 2 tablespoons butter. Set them and the remain-

ing butter aside. In a large bowl, whisk together the flour, sugar, yeast, salt, and cardamom. Add the 2 tablespoons cold butter, working it in with your fingers until no large lumps remain. This step coats the flour a bit with fat, making the pastry a tiny bit more tender. Add the vanilla, milk, water, and eggs. Mix and knead to make a cohesive, but quite sticky dough. If you use a mixer, the dough won't completely clean the bowl; it will probably leave a narrow ring around the side and stick at the bottom. Scrape the dough into a ball and transfer it to a floured work surface. Cover it with plastic wrap, and let it rest for 10 minutes while you prepare the butter.

Cut each stick of butter in half lengthwise, to make 8 long rectangles. On a piece of floured parchment or plastic wrap, line up 4 of the butter pieces side by side, to form a rectangle. Sprinkle lightly with flour, and cover with another piece of parchment or plastic wrap. Gently pound and roll the butter until it's about 6x9 inches. The pieces may or may not meld together. Repeat with the remaining 4 pieces of butter. You should now have two butter rectangles.

Roll the dough into a rectangle about 12 inches wide and 24 inches long. Place one of the butter pieces onto the center third of the dough. Fold one side over the butter to cover it. Place the other butter piece atop the folded-over dough, and fold the remaining dough up over it. You now have a rectangular "packet" of dough-enclosed butter. Pinch the open ends and side closed as best you can. Turn the dough 90°, so a 12-inch side is closest to you. Roll the dough approximately into a 10x24-inch rectangle. Fold each side into the center; then fold one side over the other to make a rectangular packet about 6x10 inches. Dust the surface of the dough with flour, wrap it in plastic wrap, and chill in the refrigerator for about 20 minutes.

Remove the dough from the fridge, and again roll it into a rectangle about 10x 24 inches. Fold it into a packet (about 7x12 inches). Roll one final time, fold into a packet, and flour the dough lightly. Wrap loosely but completely in plastic, and chill it for 2 hours, or up to 16 hours.

Before shaping the pastries, select your fillings. To make the cheese filling, combine all the ingredients, stirring until smooth. For the smoothest filling, process in a food processor.

Remove the dough from the refrigerator, unwrap it, and form it into the desired shapes. This recipe makes 24–36 pastries, depending on the size.

For Chocolate Snails, roll out the dough to a large rectangle, spread with the chocolate mixture, roll up, and then cut like cinnamon rolls. You can also braid the dough or twist it into various shapes. An easy shape is to flatten a ball into a slight bowl-shape to hold the filling.

For almond filled pastries, beat all the ingredients until smooth. Roll out the dough to a large rectangle and spread with the filling. Cut like cinnamon rolls.

Cover the pastries lightly with greased plastic wrap and let them rise for about 1 hour; they'll become slightly puffy. Towards the end of the rising time, preheat the oven to 400°.

If adding cream cheese filling or jam, first make a small indentation into the center of each pastry. Spoon about a tablespoon of the filling into the pastries. Brush the exposed edges of pastry with the egg/water topping; this will create a satiny, golden crust. Bake the pastries for 15–18 minutes, until they're golden brown. Remove them from the oven, and transfer to a rack. Glaze and serve immediately; or wait until they cool, then glaze. To make the glaze, whisk the confectioners' sugar and salt with enough milk or cream to make a glaze. Drizzle the glaze atop the pastries. Sprinkle them with crushed nuts.

Beverly Lucille Glade Wessman (1924-2008)

Saturday July 15, 1939: I stayed home all day working around and typing recipes. I'm nearly through with them.

Sarah Ann Cripps Hayward (1830-1932)

Sarah Ann was a gourmet cook. Some of the family favorites were plum pudding, Yorkshire pudding, and turkey dressing. When Grandma made turkey for Thanksgiving dinner she had to pluck and draw the bird and pick out every pesky pinfeather. She would cut and pull out the tendons from the drumsticks so the meat could be carved more easily. When she made bread she weighed each loaf to be sure they were uniform in size. To test to see if it had baked long enough she would tap a loaf with her thimble. She set a fine table with a linen cloth and china place settings.

Delicious Grain Bread

- 1½ cups water
- 1¾ cup flour
- ¾ cup whole wheat flour
- ½ cup crushed bran cereal from 1 cup whole flakes
- 2 tablespoons cracked wheat
- 2 tablespoons dry milk
- 1 teaspoon salt
- 2 teaspoons yeast
- 2 tablespoons margarine or butter
- 2 tablespoons honey

Mix ingredients. Knead. Let rise. Shape into loaf and place on a greased pan and bake at 350° for 25 minutes or until brown and crisp, or bake in a bread machine. You can use raisin bran for the cereal.

Dinner Rolls

- 1 egg plus water to make 1¼ cups
- 4¼ cups bread flour (may substitute up to 1 cup whole wheat flour)
- 2 teaspoons salt
- ¼ cup sugar
- ¼ cup dry milk
- ½ cup butter
- 2½ teaspoons yeast

Mix ingredients. Knead. Let rise until double. Divide dough into 24–36 pieces and shape into balls. Place in a greased 9x13-inch pan. Raise until doubled in size. Bake at 375° for 15 to 25 minutes or until golden brown. You can also roll the dough into two circles and cut each into 8–12 wedges, which you can then roll into crescent rolls. Use for cinnamon rolls or a batch of chicken roll ups (equivalent to two packages of crescent rolls). Makes 12 hot-dog size buns (slash tops lengthwise). You can use 6 to 10 tablespoons of butter depending on how rich you want the dough. This dough can take longer to rise than other recipes due to the milk and butter.

Dinner Rolls—Large Recipe

- 3 tablespoons yeast + 1 tablespoon sugar in 1 cup warm water
- ½ cup sugar
- 1 cup powdered milk
- 1 tablespoon salt
- 3 cups warm water
- 4 eggs
- 1 cup vegetable oil
- 10–12 cups flour

Dissolve yeast and sugar in warm water. Allow to stand until the yeast is bubbly. Put the rest of the ingredients into a bread mixer, except only add 8 cups of flour. Add the yeast mixture and mix for 5 minutes. Add a little more flour. You want this to be a very soft dough. Don't add too much flour. Allow to rise 1 hour covered with a towel. Turn onto an oiled counter and knead down once or twice. Make into any shape of roll. Let rise until almost double in size. Bake at 375° for about 15 minutes. This dough can be used for dinner rolls, cinnamon rolls, or any type of sweet dough recipe. Wendy Candland.

John Hayward Wessman (1917-2004)

One day Harry [Henry Hayward Wessman 1911-1972] was teasing John, who put up with it for a while, and then took the piece of bread and jam he was eating and threw it at Harry, hitting him in the face.

Dutch Oven Bread

4 cups flour
1½ cups warm water (under 110°)
1 teaspoon active dry yeast
1 teaspoon Kosher salt or coarse sea salt
Vegetable oil or vegetable oil spray
Olive oil

In the bowl of a stand mixer fitted with a dough hook, combine the water and yeast, and let stand until foamy. Add 3 cups of flour and salt. Mix on medium speed for a minute, then add up to 1 cup more flour until you have a good dough. Beat until smooth and elastic, about 5 to 10 minutes. Depending on the size of your bowl, you may need to stop the mixer and remove the dough from the dough hook if the dough is not developing thoroughly.

When the dough appears smooth, cut off a piece and stretch it. If it stretches to the point of transparency, it's mixed enough. If not, continue mixing.

Remove the bowl from the mixer and cover it with a lid or plastic wrap. Allow the dough to rise until it has doubled in size and does not spring back when you push your finger into it, about 2 to 4 hours.

Turn the dough out onto a work surface and knead it to release the gas and redistribute the yeast. Shape it roughly into a ball, cover it with a towel, and let stand for 10 minutes to allow the gluten to relax.

Shape the dough into a tight ball.

Spray or coat the bottom and sides of a large Dutch oven (5 1/2 quarts or larger) with vegetable oil. Put the dough in the center of the pot and place the lid on. Allow the dough to rise again, 30 to 60 minutes (less if it's very hot and humid, more if it's cold).

Preheat the oven to 450°.

Rub about one tablespoon of olive oil over the surface of the dough. Score the bread with a sharp knife or razor, making an X or a hash mark. This will allow the dough to expand freely. Sprinkle the dough with coarse salt, cover the pot and place it in the hot oven.

After 30 minutes, remove the lid, reduce the oven temperature to 375°, and continue baking until the bread is nicely browned and cooked through. It should have an internal temperature of approximately 200° when done. Allow the bread to cool on a rack for at least 30 minutes before slicing.

English Muffins

2½ teaspoons yeast
½ teaspoon sugar
1 cup lukewarm water (95°–105°)
½ cup lukewarm milk
2 teaspoons salt
3¼ cups flour
Cornmeal or corn flour for dusting

Combine the yeast, sugar, water, milk, and salt. Add the flour and knead for about 10 minutes or until the dough is soft and no longer sticky. Let rise until doubled, about an hour. Punch down, knead for about 5 minutes, and let dough rest for about 30 minutes. Grease your hands well and divide the dough into 8 balls for larger muffins or 12 balls for smaller ones (more like the ones you buy in the store). Place parchment paper on a cookie sheet. Spray the parchment paper with lots of oil and then cover the oiled paper with cornmeal. Place the balls on the sheet and slightly flatten. Cover the

tops with more cornmeal. If you don't end up with a mess of cornmeal and oil, you didn't use enough. Spray another piece of parchment paper with oil and place over the balls of dough, oiled side toward the bread. Place a second cookie sheet on top of the parchment paper, pressing down to flatten to about an inch thick. Leave the cookie sheet on the muffins, and cover with a damp towel. Let rise for another 30 minutes. Heat an electric griddle to about 350° and cook the muffins for about 10–12 minutes on one side until the bottom is golden brown. Turn the muffins over and cook for about 10–12 minutes until the second side is brown and the sides of the muffins spring back when gently pressed. You can also cook on the stove on medium heat 4 at a time.

Fabulous Pizza Roll

One batch of pizza dough (based on a recipe using about 3½ to 4½ cups flour)

¼ pound Genoa salami, thinly sliced
¼ pound pepperoni, thinly sliced
¼ pound provolone cheese, sliced
¼ pound mozzarella cheese, sliced or shredded
Garlic infused oil or grated Parmesan cheese (optional)
Spaghetti or pizza sauce for dipping (optional)

Prepare the dough according to your favorite recipe. Roll your dough into a large narrow and long rectangle. Layer on the ingredients—meats and cheeses. Keep them away from the edges. Don't over fill. Roll it up tightly along the long edge. Pinch and seal the edges of the dough closed. Spray a large baking sheet with non-stick spray and place your large roll with the sealed seam side down.

Preheat your oven to 350°. You can brush the roll with a garlic flavored oil before baking. Bake the roll for about 25–30 minutes until it's light brown. (This takes longer to cook than a flat pizza.) If you want to top it with Parmesan cheese you can pull it out 5 minutes before it's done baking and quickly sprinkle it with the cheese before returning it to the oven to finish baking. Allow it to cool a few minutes before slicing and serving. You can serve it with sauce for dipping if you desire.

French Bread

1 cup warm water
2 teaspoons instant dry yeast
2 tablespoons vegetable or olive oil
1 tablespoon sugar
1 teaspoon salt
3–3½ cups bread flour

Dissolve the yeast in warm water in the bowl of your electric mixer. Add the oil, sugar, and salt. Add 2 cups of the flour. Beat until smooth. Stir in enough of the remaining flour until you have a soft, but easy to handle dough. Knead for 5 minutes. Place dough in a greased medium bowl and turn the greased side up. Cover and let rise in a warm place until doubled. A longer rising time makes a better French bread texture.

Spray a large cookie sheet with non-stick spray or line with parchment paper. Divide the dough in half and make two small loaves, or shape into one large loaf. To shape the dough turn it out onto a lightly floured counter and roll into a large rectangle. Roll up tightly, beginning on the long side. Pinch the edge of dough into the roll to seal well. You can roll the dough gently to further shape the ends. Place the loaf/loaves on the cookie sheet. Brush them with cold water. Let rise uncovered until double. Heat oven to 375° and bake for 20–30 minutes or until the loaf is golden brown and sounds hollow when tapped. This works for French bread loaves, breadsticks, individual dinner rolls, and pizza dough.

The easiest way to make this dough is in an automatic bread maker. Pour in the water, add the flour and other ingredients and let it run. When the dough cycle is complete, pull it out, shape it, let it raise, and bake.

Garlic Herb Bread

- 1¼ cups water
- 1½ teaspoons salt
- 2–4 cloves garlic, minced
- ¾ cups white flour
- 1 tablespoon butter
- 2 tablespoons sugar
- 1½ teaspoons Italian seasoning
- 1½ teaspoons yeast

Bake in a breadmaker or mix by hand, let rise once, form into 2 loaves, rise again, and bake for 30–35 minutes at 350°. To make a classic round loaf, preheat a Dutch oven in a 500° oven. Form the dough into a round, and place it in the oven. Bake for 20 minutes with the lid on. Remove the lid and bake it for 15 more minutes.

Half and Half Bread

- 6 cups warm water [4 cups]
- 3 tablespoons yeast [2 tablespoons]
- 6 cups freshly ground white wheat flour [4 cups]
- 6 cups white bread flour [4 cups]
- 1 cup oil [¾ cup]
- 1 cup honey [¾ cup]
- 2 tablespoons salt [4 teaspoons]
- 4–7 more cups fresh milled wheat flour or white bread flour [2–4 cups]
- 2 tablespoons dough enhancer or vital wheat gluten, optional [4 teaspoons]

[Amounts in brackets make 3 loaves.] Proof yeast in the warm water and then add the other ingredients. Knead. Depending on how much time you have you can let it rise for a while then pan it or just pan it, let it rise and bake it. Bake for 30 minutes at 350°. Makes five large loaves.

Even though the recipe says this is “half and half,” it usually ends up being about ¾ wheat flour and ¼ white flour. If you use hard red wheat this is great bread, just a little stronger flavor than the white wheat. The proportion of white and wheat flours can vary according to what you have and it always turns out well. If you let it rise too much in the pans, punch it down, reform, let rise again and bake.

Hamburger Buns

- 1 tablespoon yeast
- ¼ cup warm water
- 1 cup milk, scalded and cooled (or ½ cup powdered milk and hot water to make 1 cup)
- ½ cup margarine or butter, melted
- 2 tablespoons sugar
- 2 teaspoons salt
- 2 eggs, slightly beaten
- 4¾ cups flour (can use 1 cup whole wheat flour)

Dissolve yeast in ¼ cup warm water. Combine milk, butter, sugar, salt, eggs, and half of flour. Beat for 2 minutes. Beat in remaining flour and knead until smooth and elastic. Cover and rise to double in bulk.

Punch down and form 2-inch balls. Place on greased cookie sheets. Press flat with your hand. Let rise about 30 minutes or until almost double.

You can brush the tops with 1 egg and 1 teaspoon water (or egg yolk and milk) combined to make a wash. Sprinkle them with sesame seeds, celery seeds, caraway seeds, poppy seeds, or dried onion flakes. Bake for 12–15 minutes at 375°. Cool for about 5 minutes and turn out on the rack. You can freeze the finished buns. Alternative recipe with no milk: 1¾ cup water, ¼ cups+2 tablespoons sugar, ½ cup oil, 3 tablespoons yeast, 1½ teaspoons salt, 2 eggs, and 5 cups flour. Form buns, let rise, and bake for 10 minutes at 425°.

Honey Wheat Bread

- 2¼ cups very warm water (120° to 130°) [4½ cups]
- 3 cups whole wheat flour [6 cups]
- ⅓ cup honey [¾ cup]
- ¼ cup shortening or butter [½ cup]
- 1 tablespoon salt [2 tablespoons]
- 1½ tablespoons yeast [3 tablespoons]
- 3–4 cups white flour [6–8 cups]

[Amounts in brackets make a double batch.] Pour the very warm water into the bowl of your electric mixer. Make sure you are using your dough hook attachment. Add the whole wheat flour, honey, shortening, salt, and yeast into the bowl. Beat on low speed for 1 minute, scraping the bowl frequently. Beat on medium speed for 1 minute, scraping the bowl frequently. Stir in enough white flour, 1 cup at a time, to make dough easy to handle.

At this point either turn dough onto a floured surface and knead by hand for 10 minutes or keep it in your heavy duty mixer and knead for 10 minutes. Place the dough in a greased bowl, cover with a clean cloth, and let rise until doubled.

Grease 2 loaf pans. Punch down dough and divide in half. Shape dough into 2 loaves. Place in greased pans and let rise until doubled. Heat oven to 375°. Bake for 40–45 minutes. Cool on a wire rack.

Light Rye Bread

- 1⅓ cups water
- 3 cups bread flour
- 1¼ cups rye flour
- ⅓ cup cornmeal
- 2 tablespoons dry milk
- 2 teaspoons salt
- ¼ cup brown sugar
- 2 tablespoons butter
- 2¼ teaspoons yeast

Mix in the order required by your bread machine and pull dough out after the dough cycle, or mix in a bread mixer. Let rise and shape into one large round or two small loaves. Slash the tops in a tic-tac-toe before baking at 350° for 25 minutes or until brown and crisp.

Lion House Rolls

- 2 cups warm water
- ¾ cup nonfat dry milk, or instant dry milk
- 2 tablespoons yeast
- ¼ cup sugar
- ⅓ cup, room temperature butter, shortening, or margarine
- 2 teaspoons salt
- 1 egg
- 5 to 5½ cups flour

Combine water and milk and stir until the milk dissolves. Add yeast and sugar. Let stand for 5 minutes. Add remaining ingredients and 2 cups of flour. Beat for 2 minutes together until very smooth. Add 2 more cups of flour and beat until smooth. Add 1/2 cup of flour and mix again. Add additional flour and mix until the dough is soft, but not overly sticky. Keep the dough as soft as you can handle it. A soft dough will produce a lighter roll.

Cover to keep dough from drying out. Let rise until double in bulk. Punch down and let dough rest for 10 minutes.

Roll out, and cut or mold into desired shapes. Place on greased baking sheets. Let rise until doubled in size, about 1 to 1½ hours. Bake at 375° for 15 minutes. Can brush with melted butter while hot.

40 — Yeast Breads

Cinnamon Monkey Bread

Bread:

- 2 tablespoons (28 g) melted butter
- 1 cup warm milk
- ½ cup warm water
- ¼ cup (53 g) sugar
- 2¼ teaspoons instant yeast
- 3¼ cups (462 g) all-purpose flour
- 2 teaspoons salt

Mix the milk, water, melted butter, sugar, and yeast. In a stand mixer, combine flour and salt, then add the milk mixture and knead until smooth, about five to seven minutes, adding flour if needed. Place the dough in a greased bowl, cover, and let it rise until doubled, about one to two hours. You can also use your favorite roll recipe, if it uses about 3 cups of flour.

Pan:

- 2 tablespoons softened butter

Brown Sugar Coating:

- 1 cup (212 g) packed light brown sugar
- 2 teaspoons ground cinnamon
- ½ cup (113 g) butter, melted

Glaze:

- 1 cup (114 g) confectioners' sugar
- 2 tablespoons milk

Preheat oven to 350°. Butter a 12-cup Bundt pan with 2 tablespoons of softened butter, ensuring all crevices are coated. Punch down the dough, shape it into an 8–9 inch square, and cut it into 64 pieces.

Place melted butter in a large bowl and mix cinnamon and brown sugar in another. In batches, toss dough pieces in butter, then coat in cinnamon sugar, and arrange in the buttered Bundt pan. If there is any leftover butter or cinnamon sugar, pour it evenly over the top. Cover and let rise until puffy, about one to two hours.

Bake for 30–35 minutes until golden brown with an internal temperature of 190–200°. Let cool for five minutes, then invert onto a platter. Mix confectioners' sugar and milk, drizzle over the warm bread, and serve.

Naan

- 2½ cups flour
- 1 teaspoon salt
- ½ cup plain yogurt at room temperature
- ½ cup boiling water
- 1 teaspoon yeast
- 2 teaspoons sugar
- ¼ cup melted butter
- 1 egg
- ¼ to ½ cup melted butter for brushing on dough

Mix together the flour and salt in your mixer's bowl, or use a large mixing bowl. (If you are using a bread maker, mix the ingredients according to your instructions). Put the yogurt in a separate bowl, such as a four-cup measuring cup. Add the boiling water and whisk it together. Add the yeast and stir well. Add the sugar, butter, and egg, and stir well. Add the wet ingredients to the flour mixture. Using the dough hook, blend the mixture for a bit. The dough should hold together and resemble a soft bread dough. If the dough is too soft, add up to ½ cup more flour. The moisture content of your flour and yogurt will determine how much flour you need. The dough is the right texture when it looks like soft roll dough. Knead the dough for 10 minutes.

Place dough in an oiled bowl, and turn the dough to coat with oil, or leave in the mixing bowl. Cover with plastic wrap. Allow the dough to rise for four hours, or until doubled in size.

Punch down the dough and knead for about one minute. The dough will be a lot less sticky than it was before, but should still be soft. Divide the dough

into 8 pieces, and roll each piece into a ball. Place on an oiled plate or non-stick surface and loosely cover the dough with plastic wrap. If you have time, let the dough rise again for a few minutes.

Place a baking stone on the middle rack of the oven. Heat your oven to 550° or set on broil. If you don't have a pizza stone or a baking stone, you can use a greased or oiled cookie sheet. On a lightly floured surface, roll out one piece of dough until it is very thin, about a 6–8 inch circle. If you want your naan in a traditional shape, roll out or pull the bread into a teardrop shape. Brush the entire top of the dough with melted butter. You can also sprinkle the bread with garlic, cumin seeds, sesame seeds, or other spices to add more flavor.

For a baking stone: Slide the bread onto the baking stone, and bake for 3–4 minutes, until some bubbles puff up and the tops of the bubbles turn golden brown. While the naan is baking, roll out your next ball of dough. For a cookie sheet: Oil the baking sheet, and fit 2–3 naan on the sheet. Bake for 3–4 minutes, just until some bubbles puff up and the tops of the bubbles turn golden brown. Repeat rolling out the dough and baking until you have baked all the naan. As the naan comes out of the oven, store it in a clean, folded towel to keep it warm. Serve immediately, or while still warm.

The bread doesn't keep for more than a couple of days, but will still be good the next day if you store it in an airtight container. It tastes best if you warm it up again before serving. Freeze leftovers immediately if you won't use them the next day.

Orange Rolls

- 1 recipe of your favorite roll dough
- ¼ cup softened butter or margarine
- ½ cup sugar
- 1 tablespoon water or orange juice
- 1 teaspoon grated orange rind

When dough is ready to shape into rolls, punch down. Shape into desired form. You can shape Parker House, crescents, butterflake, or cinnamon-type rolls. Spread rolled out dough with softened butter, sprinkle with combined sugar, juice, and orange rind. Form. Let rise until doubled in size. Bake at 350° for 15–20 minutes. Remove rolls from pans and cool on a wire rack. When rolls are cool, drizzle with Orange Glaze: Mix 1½ cups powdered sugar, 3 tablespoons orange juice, and ½ teaspoon grated orange rind.

Overnight Rolls

Mix and cool:

- 1 cup milk, scalded or unscaled
- 7 tablespoons margarine or butter

Combine:

- 1 tablespoon yeast
- ½ cup warm water
- 2 teaspoons sugar

Mix all above and add:

- 7 tablespoons sugar
- 3 eggs beaten
- 1 teaspoon salt
- 5½ cups flour

Beat 5 minutes until dough blisters. Keep the dough soft; you don't need to add extra flour because you will be shaping the dough when it is cold. Put in a large greased container. Cover and refrigerate overnight. Take out 2½ to 3½ hours before needed. Punch down. Roll out cold dough, brush with melted butter, and cut rolls in any shape. Let rise 2–3 hours, or until doubled. Bake for 10 minutes at 375°. You can substitute some wheat flour for the white flour in this recipe and still have rolls with a nice texture. Makes 24 regular-sized rolls. From Carlene Olsen.

This recipe does not have to be raised overnight. Add a little more flour if you will be making them immediately, but keep the dough soft.

William John Glade (1868-1951) and Annie Harris Hamilton Glade (1873-1957)

Since Will was a salesman in the grocery department at Z.C.M.I., the family was provided with the best of groceries. Annie would get up in the morning and fix breakfast for her family. She would cook cereal of some kind every day, and no child would leave for school without a bowl of cereal. There was toast and milk, and sometimes bacon and eggs, but the cereal was the thing that kept the children going until lunch. Thirteen loaves of bread were baked every other day to keep the family going. Each day at noon time Will would come home for lunch and some of the neighbors would jokingly remark that they would know what time it was when they would see Mr. Glade at lunch time.

Pita Bread

- 2 teaspoons yeast
- ½ teaspoon sugar
- ¼ cup whole wheat flour
- 2½ cups all-purpose flour
- 1 teaspoon kosher salt
- 2 tablespoons olive oil

Mix ingredients and knead until smooth. The dough should be soft and moist. Let rise until doubled in size. Heat oven to 475° with a heavy-duty baking sheet or ceramic baking tile on the bottom shelf. Divide dough into 8 pieces and form each piece into a small ball. Cover and let dough rest for 10 minutes. Roll out each ball into a circle about 8-inches in diameter and ⅛-inch thick. Place the dough circle on the hot baking sheet. After 2 minutes the dough should be puffed. Turn over with tongs or spatula and bake 1 minute more. Remove from the oven and cover with a cloth to keep the bread soft. Repeat with each pita.

Pizza Crust Dough

- 2 cups warm water
- 2 tablespoons instant yeast
- 2 teaspoons salt
- 1 tablespoon sugar
- 1–4 tablespoons vegetable or olive oil
- 1–2 teaspoons oregano, optional
- 4–6 cups flour (can use 1 cup whole wheat flour)

Mix yeast, sugar, oil, and oregano into the warm water. Add the salt, and then the flour, starting with 4–5 cups. Knead for about 3 minutes, adding more flour as needed, until the dough blisters and is smooth and elastic. Only add enough flour to make a smooth dough. Cover and let rise until doubled in volume, if you have time. To avoid greasing pans, sprinkle pizza pans with cornmeal or use parchment paper. Roll out the dough and put desired toppings on the pizza. At this point you can place pizza on the bottom rack of a cold oven, turn the oven to 500° and bake for 17 to 20 minutes, until dough is cooked through in the center of the pizza. Or, you can bake the pizza at 425° for 18–20 minutes. Or, you can put it on a pizza stone and bake it for 7–8 minutes at 450°. It is possible to make this pizza dough from start to finish within 30 minutes—faster than a pizza delivery service and much better.

Pizza Crust Dough—Bread Machine

- ½ teaspoon honey
- 1–1½ cups warm water
- 2 teaspoons instant yeast
- 2¾–3 cups flour
- ½ teaspoon salt
- 1 tablespoon olive oil

Combine all ingredients in a mixing bowl or bread machine until well kneaded, adjusting water and flour as necessary to make a soft dough. Let rise. Roll out onto pizza pans or cookie sheets.

Tiffany Tanner Langton

I remember visiting Grandma Beverly Wessman (1924-2008) during her kitchen remodel. We got to cook everything in the microwave.

Pizza—Chicago-Style Deep Dish

- 3¼ cups all-purpose flour
- ½ cup yellow cornmeal
- 1¼ teaspoons salt
- 1 tablespoon granulated sugar
- 2¼ teaspoons instant yeast
- 1¼ cups slightly warm water
- ½ cup unsalted butter, divided (¼ cup melted, ¼ cup softened to room temperature)
- Olive oil for coating

Combine the flour, cornmeal, salt, sugar, and yeast in a mixer. Add the warm water and ¼ cup of melted butter. Knead until a smooth ball forms. Let rise until doubled in size. Once the dough is ready, lightly flour a large work surface. Roll the dough into a large 15x12 inch rectangle. Spread ¼ cup of softened butter on top of the dough. Roll it up lengthwise like you would for cinnamon rolls. Cut the dough log in half. Form the two pieces of dough into balls, cover, and allow to rise in the refrigerator for 1 hour until they are puffy. Roll each ball into a 12-inch circle. Place each round of dough into a 9x9x2 inch deep dish cake pan. Press the dough into the cake pan and trim any excess dough off the edges. Brush the top edges of the dough with a little olive oil. Fill each pizza with about 2 cups shredded mozzarella, then the pepperoni and bacon or your desired toppings. Pour about 1 cup of sauce evenly on top of each. Sprinkle each with ¼ cup of grated parmesan cheese.

Bake for 20–28 minutes or until the crust is golden brown. Cool in the pans for 10 minutes. Then you can remove the pizzas carefully from the pans. If the pizza refuses to come out, the next time you can line the cake pans with aluminum foil or parchment paper and lift the pizzas out of the pans after they are baked.

Pizza Crust Dough—Herb

- 2 tablespoons instant yeast
- 1 tablespoon sugar
- 2 cups warm water
- ¼ cup vegetable or olive oil
- 2 teaspoons salt
- 5 cups flour
- 1 tablespoon oregano or Italian spice mix, optional

Combine yeast, sugar, and water. Let it sit for 5 minutes or until yeast proofs. Add oil, salt, flour, and optional spices. Mix well together. Knead for about 6 minutes or until the dough blisters and is smooth and elastic. Cover and let rise until doubled in volume. You can limit the rising time, as long as you let it rise a bit. If you have a pizza stone, put it in the oven on the middle or bottom rack before preheating. Preheat the oven to 500°. Divide the dough into 3 portions. For mini pizzas, divide the dough into 8–10 portions about the size of a tennis ball, or 5–6 ounces each, if you have a kitchen scale. Roll out the dough into circles. If you are using cookie sheets to bake your pizzas, place the pizzas on the cookie sheets before you add the toppings. Parchment paper will keep the cheese from burning onto the cookie sheet. If you are using a pizza stone, put the circles on a bit of parchment paper. Add a little sauce. Add cheese, and put desired toppings on the pizza. If you have a pizza stone, the easiest way to transfer the pizza to the pizza stone is with a sheet of parchment paper and a pizza peel. The parchment paper gives you something to grab to reposition the pizza, and to slide it on and off the pizza peel and the pizza stone. Bake the pizzas in the 500° preheated oven for 6–9 minutes. Makes 3 large pizzas, or eight to ten 6-inch, thin crust pizzas.

Quick Focaccia

- 1 cup very warm water (120°–130°)
- 2½ teaspoons yeast
- 2½ teaspoons crushed oregano
- ½ teaspoon salt
- 2 tablespoons olive oil
- 1 egg, beaten
- 2½ cups flour
- 1–2 tablespoons olive oil for topping
- Choice of toppings: herbs, cheeses, nuts, onions

Combine the water, yeast, oregano, salt, olive oil, egg, and half of the flour in a large bowl or bread mixer. Mix in the remaining flour to make a stiff batter, with a consistency about halfway between pancake and bread dough. Cover and let rest for 10 minutes.

Brush or spray a 9x13 pan (or a jelly roll pan/quarter sheet pan) with oil; or you can line it with parchment paper. With lightly oiled hands, spread batter into the pan. Drizzle with 1–2 tablespoons olive oil and add toppings. Suggestions: salt, Parmesan cheese, thinly sliced onions or bell peppers, pecans, walnuts, rosemary, thyme, garlic, or other herbs. Focaccia is easy to adapt to your taste.

Turn on the oven to preheat to 400°. Let the dough rise slightly while the oven is preheating. Bake for 25 minutes, or until golden brown. Cut into squares and serve warm, or let cool. This is easy to make, and only takes about an hour start-to-finish. The leftovers make good sandwiches the next day, especially if you make thinner bread on a baking sheet. You can also double the recipe and use a half-sheet pan.

Refrigerator Italian Bread

- 5½–6 cups all-purpose flour (can use 1 cup wheat flour)
- 1 tablespoon sugar
- 2 teaspoons salt
- 4½ teaspoons active dry yeast
- 1 tablespoon butter, softened
- 1¾ cups very warm water (120°–130°)
- Cornmeal
- Light olive oil
- 1 egg white
- 1 tablespoon cold water

In a large bowl thoroughly mix 1½ cups flour, sugar, salt and undissolved yeast. Add butter. Gradually add warm water to dry ingredients and beat for 2 minutes with a mixer at medium speed, scraping bowl occasionally. Add ¾ cup flour. Beat at high speed for 2 minutes, scraping the bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn dough onto a lightly floured board and knead about 8–10 minutes until smooth and elastic. (If you are using a Bosch mixer, this technique may not work. If that is the case, mix the dough as you normally would.) Cover dough with plastic wrap and then a towel and let it rest for 20 minutes.

To make loaves: Divide dough in half. Roll each half into a 15x10-inch rectangle. Starting at the wide side, roll up tightly; pinch seam to seal. Taper ends by rolling gently back and forth. To make rolls: Divide dough into 6 equal pieces. Roll each piece into a rectangle 8x5 inches. Starting with the wide side, roll up tightly; pinch seam to seal. Taper ends. Place the shaped dough seam side down on greased baking sheets sprinkled with cornmeal. Brush dough with oil. Cover loosely with plastic wrap and refrigerate 2–8 hours. When ready to bake, remove from the refrigerator and uncover carefully. Let dough stand at room temperature for 10 minutes while the oven is preheating. Make 3–4 diagonal slits in dough with a sharp knife or razor blade. Brush with egg white beaten with cold water. Bake at 425° for 15–20 minutes for rolls or 20–30 minutes for loaves.

Thomas Parkinson (1830-1906)

Mary Ann [Bryant Parkinson (1826-1905)] was a wonderful cook, utilizing her fireplace to its full capacity. One day, a traveling salesman came by and told Thomas that if he would buy a new stove like those that he was selling, that he would save half of his wood. Thomas replied with his quick English humor, "Fine. I'll take two of them and not have to get any wood!" A cookstove was considered a necessity and represented a major purchase for the family.

Spiced Apple Bread

- ¾ cup apple juice
- ½ cup applesauce
- 2 tablespoons margarine or butter
- 2½ cup flour
- ¾ cup oats
- ¼ cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon ginger
- 2½ teaspoons yeast

Mix in order required by your bread machine. Bake in the machine, or pull the dough out when the dough cycle finishes and raise and bake at 350° for 25 minutes or until brown and crisp.

Swedish Cinnamon Twists

- 1 tablespoon dry yeast
- 1 tablespoon sugar
- ¼ cup warm water
- 1 cup buttermilk
- ¼ teaspoon baking soda
- ½ cup melted butter
- 2 eggs
- 5 tablespoons sugar
- 1 teaspoon salt
- ¼ cup dry milk
- 4 cups flour
- ½ teaspoon cardamom, optional, for traditional flavor

Cinnamon filling:

- ½ cup brown sugar, packed
- ½ teaspoon cinnamon
- ½ cup chopped nuts
- Powdered sugar glaze:
- 1½ cups powdered sugar
- ½ teaspoon melted butter
- 2 tablespoons hot water, or more as needed

Boil buttermilk until curdled, set aside to cool. Cut up the butter and put it in the hot buttermilk to melt. Set aside to cool to about 110°. This may take 30 minutes if your kitchen is warm.

Dissolve yeast and sugar in water. Mix sugar, salt, dry milk, and flour. In a large bowl, mix cooled buttermilk, baking soda, and butter. Add eggs. Stir in yeast. Mix in flour mixture. Add up to 1 more cup of flour until the dough is only slightly sticky. Raise to double, about 1 hour. Roll all dough into a large rectangle, coat the surface with melted butter. Sprinkle cinnamon filling on half of the dough, covering the bottom half, horizontally. Fold the top half over the bottom and seal edges. Cut into long strips. Twist each strip two times, taking care to keep filling inside. Place the rolls on a greased baking sheet. Let rise until doubled, 30 to 40 minutes. Bake at 375° for 10–12 minutes, until rolls sound hollow when tapped. Top warm rolls with glaze. This recipe works well as cinnamon rolls, especially if the rolls will be eaten at room temperature, not hot out of the oven.

Roger Wessman

October 24, 1967: We get all the fresh milk that we can drink from a member who has a few cows. We went up today to get some. Guess who was lucky enough to milk a cow? It is quite an experience. Tomorrow I'll drink some milk that I attained myself. Milking a cow is not as easy as it looks. A gallon of milk has about 3–4 inches of cream on the top. Man is it good.

White Bread

4½ cups warm water
2 tablespoons yeast
½ cup oil
¾ cup white sugar
2 tablespoons salt
6 tablespoons powdered milk
12 cups white flour

Mix warm water and yeast and then add the rest of ingredients. You can knead the bread for up to 20 minutes. The amount of flour needed depends on the type of flour, the temperature and humidity and many other factors, so watch that the dough doesn't get too dry. Place in a greased bowl and oil the top of the bread. Raise to double in size. At this point you can punch down, oil top, and raise again. This takes longer but makes the bread smoother. Shape into four loaves and raise to the top of the loaf pan, then bake for 30–45 minutes in a preheated 350° oven. The bread is done when it is nicely browned and knocking on it makes a hollow sound. If it is done on the top but not the bottom, you can take it out of the pan and bake directly on the rack for a few minutes. You can also put the bread in the pans, let it rise to the top of the pans, and then bake it, if you are in a hurry.

Variations: To make raisin-cinnamon swirl bread, roll out the dough, and then sprinkle cinnamon sugar and raisins on the dough. Roll up, tuck under edges, and put in the pan. Make part of the batch into cinnamon rolls. Try substituting up to 1 cup wheat germ, whole wheat flour, dry rolled oats, or any other grain for some of the flour.

White Bread—No Milk

2¼ cups very warm water (120° to 130°)
6 to 7 cups all-purpose flour
3 tablespoons sugar
1 tablespoon salt
2 tablespoons shortening
4½ teaspoons quick-acting active dry yeast

Add warm water to the large bowl of an electric mixer. Add 3½ cups of the flour, the sugar, salt, shortening and yeast. Beat on low speed for 1 minute, scraping the bowl frequently. Beat on medium speed for 1 minute, scraping the bowl frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle. Knead with mixer or by hand about 10 minutes or until smooth and elastic. Place the dough in a greased bowl and turn the greased side up. Cover and let rise in a warm place for 40 to 60 minutes or until doubled. Dough is ready if indentation remains when touched. Grease 2 loaf pans. Punch down dough and divide in half. Flatten dough for each loaf with hands or rolling pin into a rectangle, 18 x 9 inches. Fold crosswise into thirds, overlapping the two sides. Flatten or roll into a square, 9 x 9 inches. Roll dough tightly, beginning at one of the open unfolded ends, to form a loaf. Press with thumbs to seal after each turn. Pinch edge firmly to seal. Press each end with the side of your hand to seal. Fold ends under the loaf. Place seam side down in pan. Brush loaves lightly with margarine. Cover and let rise in a warm place for 35 to 50 minutes or until doubled. Place the oven rack in the low position so that the tops of the pans will be in the center of the oven. Heat oven to 425°. Bake 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped; remove from pans. Brush loaves with margarine or butter if desired. Cool on a wire rack.

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008) Tours France Mission

November 1987: Our Thanksgiving Dinner was last Sat, 21 Nov.... we had a delicious turkey dinner. This time of year we couldn't find a turkey over 5 lbs. so we bought 3 turkey legs and baked, but had "dressing", potatoes, green beans. They do not have French style green beans in France! Found a package of Ocean Spray fresh cranberries for \$3.50 and threw away ¼ of them but it was good—no yams or sweet potatoes.... I made 3 big and 1 small pumpkin pies—fresh pumpkin—excellent and with whip cream. Of course we started with fruit cocktail with bananas and clementines.... So 7 for Thanksgiving dinner—smallest one of my whole 62 years.

Whole Wheat Bread

6 cups warm water [2 cups]
3 tablespoons instant yeast [1 tablespoon]
2 tablespoons dough enhancer, optional [2 teaspoons]
2 tablespoons salt [2–4 teaspoons]
3 to 4 tablespoons wheat gluten, optional, amount depends on your wheat [1 tablespoon]
⅔ cup oil [¼ cup]
⅔ cup honey [¼ cup]
14+ cups freshly ground white-wheat flour [5 cups]

[Amount in brackets makes two loaves.] Use white wheat flour, not white flour, but whole wheat flour ground from white wheat. Sprinkle yeast in warm water and let proof for about five minutes. Mix in the rest of the ingredients and knead well. Make a loaf by drawing the dough into the center four ways. Place in a pan with folded side to bottom. Let rise for about 20 minutes in the greased pans. Bake bread for about 30–35 minutes at 350°. Makes about five large (2 pound) loaves. Bread is done when it makes a hollow sound when you tap the crust. For a softer crust, brush the tops of the loaves with oil or butter and cover with a kitchen towel to cool.

Variations: Replace one cup of the wheat flour with one cup of oats, rye flour, or other grains. Brush the tops of the risen loaves with an egg wash and sprinkle with oats, seeds, or other decorations.

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Cooking Notes

Here are some standard techniques for cooking eggs, along with recipes.

Beverly Lucille Glade Wessman (1924-2008)

My mother Lucile Glade (1898-1980) was an excellent cook and served well balanced meals. Cold cereal for breakfast in the summer and cooked cereal the rest of the year. Milk was delivered to our kitchen window every day until World War II when delivery changed to every other day. There was an icebox on the indoor back porch. Ice came twice a week in a horse-drawn wagon until 1928 when they started using a truck. I remember our first refrigerator and new stove fit across from the area of the sink and cupboards which originally held one big stove with waist-level oven at the side of the cooking area and all on legs.

Baked Eggs

Heat oven to 400°. Oil or grease ramekins or small heatproof bowls. Add the ingredients (see options). Break egg over the ingredients and put the ramekins on a baking sheet. Bake for 10–15 minutes, or until the egg is set and the white has solidified. Since the cup retains heat, it is best to undercook it slightly. Sprinkle it with salt and pepper and serve.

Options:

- 1 slice of tomato and 1 slice of ham
- 1 strip of bacon, broken, and ¼ cup spinach
- Toasted bread or English muffin
- Tomato sauce and spices

You can also top the egg with 1 tablespoon cream or grated cheese.

Broccoli-Cheddar Quiche

- Pastry crust
- 4 eggs
- 1½ cups milk
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1½ cups shredded cheddar cheese (6 ounces)
- 2 cups chopped broccoli (fresh, cooked, or thawed)
- ½ cup thinly sliced green onions (entire onion)

Roll pastry into an 11-inch circle. Line a 9-inch pie pan, or a tart pan, with the dough. In a large bowl, beat the eggs lightly. Add milk, Worcestershire sauce, salt and pepper. Beat until combined. You can blend the eggs, milk, and spices in a blender. Mix together cheese, broccoli, and onions. Spread into pastry crust. Pour egg mixture on top. Bake 50–60 minutes at 350°, until puffy and slightly brown on top. Let stand for 10 minutes before slicing.

Buttermilk Substitute

For 1 cup buttermilk, put 2 tablespoons of lemon juice or vinegar into a liquid cup measure and then add milk to the cup mark. Let sit for about 5 minutes. This isn't good to drink, but it works fine in recipes calling for buttermilk. You will have a bit of a lemon or vinegar taste, so make sure that works with the recipe.

Cheese Soufflé

- 3 tablespoons instant tapioca
- ¾ teaspoon salt
- 1 cup milk
- 3 egg whites, stiffly beaten
- ¾ cup grated cheddar cheese (125g)
- 3 egg yolks, beaten until thick and lemon-colored

Combine tapioca, salt, and milk in saucepan. Place over medium heat and cook until it comes to a full boil, stirring constantly. Remove from heat. Add cheese and stir until melted. Cool slightly while beating eggs. Add yolks to the tapioca/cheese mixture or the other way around, depending on which bowl or pan is largest. Mix well. Add whites gradually, folding in. Pour into a greased baking dish with tall sides or in smaller, individual containers (ramekins). Place the pan or pans on a larger pan (cookie sheet, pie tin) that has about 1 inch of water in it. Bake at 350° for 30 minutes. Feeds 2–4 people. From Karen Hawkins.

Deviled Eggs

- 6 hard boiled eggs
- ¼ cup mayonnaise
- 1 teaspoon mustard
- Salt and pepper to taste
- Paprika, optional

Peel the hard boiled eggs. Cut the eggs in half lengthways. Slide the egg yolks out of the eggs into a mixing bowl. Finely mash the egg yolks. Add the mayonnaise and mustard to the mashed egg yolks. You can also add salt, pepper, dry mustard powder, celery salt, or any complementary spices. Mix well. For piping, make sure there are no egg yolk lumps in the mixture. Spoon or pipe the mixture back into the egg halves. If you are filling dozens of eggs, make sure the mixture is smooth and use a large star decorating tip to pipe the filling into the eggs. Sprinkle a little paprika on top of the eggs for garnish.

46 — Eggs and Dairy

Easy Cheese Soufflé (Heritage Recipe)

Preheat the oven to 400°. Spray a 9x13 pan with cooking spray.

Whisk or blend together:

- 10 eggs
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon baking powder

Add:

- 2 cups cottage cheese
- ¼ cup butter, melted, optional
- 2 cups shredded cheese (cheddar, jalapeño, Monterey Jack, or a mixture of different types)
- 1–2 cups ham, optional
- 1 (8 ounce) can diced green chiles, optional

Pour mixture into pan. Bake for 25–30 minutes.

This recipe can be halved and cooked in a 9-inch pan. It is easy to make it spicy by using jalapeño cheese or adding 2 tablespoons of salsa. You can serve this warm or cold. It also works well for brunches or parties. If you make it spicy, you can serve it with salsa, sour cream, and thinly sliced green onions.

Eggs—Fried

How you like your fried egg determines how you cook it.

For a crispy version with a liquid yolk, use a cast-iron skillet and medium-high heat. Crack the eggs into a small bowl and then pour them into the skillet. Baste vegetable or olive oil over the tops of the eggs to make sure all the whites get cooked.

For sunny-side eggs, use a non-stick skillet. Melt the butter at medium-high and then lower to medium-low heat. Crack the eggs into a small bowl and then pour them into the skillet. Season with salt, cover the skillet, and let them cook until the whites are completely set, but the yolk is runny.

Over-easy eggs are the same as sunny-side eggs, except you add 1 teaspoon of water to the skillet to create more steam. Cover the skillet and cook until the whites are set completely over the yolk. Note that with these eggs, the yolk is still runny.

Over-hard eggs start the same as the previous ones: melt the butter over medium high heat, and then lower to medium, put the eggs in the pan, and add salt. Once the whites are set, flip the eggs and cook until the yolks are completely set.

Eggs—Hard-cooked

A key to getting the shells off easily is drastic temperature changes: cold eggs go into boiling water and then into ice water. If you are peeling the eggs immediately, place the eggs in ice water until you can touch them and then crack the shells. Put the eggs with their cracked shells back in the ice water to finish cooling completely.

Method 1—Place eggs in a pan and cover with cold water until there is 1-inch of water above the eggs. Bring to a full rolling boil. Remove from the heat, cover with a lid, and let sit for 18 minutes. Pour off the hot water and cover the eggs with ice water until cold.

Method 2—Place cold eggs in boiling water and then remove them when they are cooked the way you want. 3-minute egg: molten yolk and under-set egg ready to eat out of the shell. 5-minute egg: liquid yolk and slightly set white, also ready to eat out of the shell. 7-minute egg: white is completely cooked, but the yolk is still liquid; can be peeled. 9-minute egg: white is completely cooked and the yolk is more like jam; should be peeled. 11-minute egg: yolk fully cooked, but not starting to turn “chalky.” 15-minute egg: cooked too long and smells like sulfur, but it hasn’t started to turn green.

Note: These times are based on medium eggs, so you may need to adjust the time for larger eggs.

Electric pressure cooker

Place eggs in a steamer basket inside the cooker and add 1 cup water. Cook on low pressure for 9–10 minutes. Manually release pressure. Place eggs in ice water to cool.

Eggs—Poached

Heat a large nonstick skillet with about 2 or more inches of water. Bring the water to a boil. Crack eggs into cups. Use fresh eggs so you don’t get the spidery whites all over the pan or you can strain off some of the thin whites. Gently tip the eggs into the water. You can gently swirl the eggs so they don’t stick to the bottom and watch carefully until they are cooked. Or, you can cover the skillet and slide the pan off the heat, allowing the eggs to cook until set, 3½ to 6 minutes depending on how set you want the yolks. Remove the eggs with a slotted spoon and drain on a paper towel. Poached eggs can be cooked in advance. Carefully drop them into ice water to keep for up to 2 hours and then warm in gently boiling water for a few seconds.

Eggs—Scrambled

Heat a non-stick skillet over low to medium-low heat. Add oil or butter to the skillet. Crack eggs into a bowl, add salt, and mix well for up to a minute (unless you like to see the whites and yolk separate). You can add milk or cream (about 1 teaspoon per egg) to make them more fluffy. Pour the eggs in the pan and cook, stirring slightly, until just barely set. To make a creamy version of scrambled eggs, heat a pan over low heat and melt the butter. Whisk the eggs constantly over the low heat until barely set. Add more butter and then quickly scoop out of the pan so they don’t overcook. Season with pepper and serve.

Eggs—Scrambled, Turkish Style

“Turkish eggs” is a dish that consists of two poached eggs placed on a bed of plain yogurt that has been flavored with garlic. A chili-infused olive oil is drizzled over the top. To make a scrambled-egg version, heat a non-stick skillet over low to medium-low heat. Crack eggs into a bowl, add salt (and pepper, if desired), and mix well for up to a minute. In a separate bowl, combine Greek-style plain yogurt with a dash of garlic and salt. Use about 1 tablespoon of yogurt per egg. Add olive oil to the skillet and then pour the eggs into the pan and cook, stirring slightly. When the eggs are half done, stir in the yogurt. Continue to cook, mixing the eggs and yogurt well until you have creamy scrambled eggs. Serve with good bread.

Frittata

This recipe is a technique, not a specific list of ingredients. For the Spanish version, see the Spanish tortilla recipe. You should use what you have on hand and customize to your own taste. First, assemble the ingredients you want to use. Ideally, you should have a protein (bacon, sausage, chopped lunch meat, leftovers, etc.), a starch (cooked rice, potatoes, or grains), vegetables, cheese, and some seasonings (fresh or dried).

Whisk 8 eggs with salt.

At this point, you can add some cream or sour cream to the eggs, if you want.

Put butter, fat, or oil into an oven-proof skillet and heat on medium-low.

Then add the protein, vegetables, and starch to the pan, starting with the one with the longest cooking time. Add salt, pepper, or seasoning as you put each ingredient into the pan, if needed. Once everything is warmed through, add your eggs and gently stir until the eggs are slightly set. At that point, stop stirring the eggs and cover the pan, cooking until the eggs are set. Cover the frittata with cheese and put it under the broiler for 1–2 minutes. Carefully remove from the pan and serve.

Ann Glade Wessman Tanner

John Wessman (1917-2004) cooked perfect poached eggs in a special pan they got for their wedding. Shortly before he died, he cooked some for James and me.

Ham and Egg Cups

- 12 slices thin sandwich ham
- 6 eggs
- ½ bell pepper, finely diced
- Salt and pepper to taste
- ½ cup cheese

Spray a muffin tin with cooking spray. Line each muffin cup with a slice of ham. Beat eggs, diced bell pepper, salt, and pepper thoroughly. Pour egg and pepper mixture into ham-lined muffin cups, about ¾ full. Top each cup with a pinch of cheese. Bake at 350 for 20 minutes until eggs are set. Optional mix-ins: bacon, green onions, sausage, or anything else you like with your eggs. These reheat well in about 30 seconds in the microwave, so they are a good make ahead option for quick breakfasts.

Huevos Rancheros

Break eggs into a custard dish or large serving spoon, then gently slip eggs (1–2 per serving) into simmering salsa (about 2 cups). Simmer for 3 to 5 minutes until eggs are done. Spoon eggs onto warmed tortillas. Spoon some of the salsa on top. Sprinkle with cheese.

Mini Quiche

Prepare a double batch of pie crust. Roll out and cut in about 3-inch circles. Place circles into the bottom of the muffin pan so that the pie crust curls up the sides by about ¼ inch. Fill with any combination of filling. Examples: bacon, mushrooms, onions, and Swiss; or broccoli, onions and cheddar cheese. Place just enough filling so it does not go above the lip of the crust. Beat 2 eggs and ¾ cup sour cream together. Spoon 1 teaspoon of egg mixture over each quiche. Bake for 20–25 minutes at 375°. You can freeze these for later. Reheat defrosted quiche for 10 minutes in a 400° oven.

Omelet

Heat a skillet over low to medium-low heat. Add oil or butter to the skillet. Crack eggs into a bowl (2 eggs for a smaller omelet, more eggs for a larger omelet), add salt, and whisk very well. Some people like to add a bit of milk or cream. Add pepper, or other spices as desired. Pour eggs into the skillet and cook until starting to set. Add cheese and other toppings on half of the omelet. Cover the pan and cook until eggs are set on top. Gently lift half the omelet and fold it over the other half. Slide the omelet onto a plate and serve.

Powdered Milk

- ⅓ cup powdered instant milk
- 1 cup water

or use:

- 3 tablespoons powdered non-instant milk
- 1 cup water

Powdered milk tastes the best if you mix the milk the day before and let it sit in the fridge overnight. If you add a couple of drops of vanilla, or turn it into chocolate milk, a family might drink it. If you use an empty milk carton to store the milk, children may actually drink the milk. Most quick bread, cake, and cereal recipes work fine with powdered milk. White sauce recipes also work well with powdered milk; mix the milk and water before adding to the butter and flour. With instant milk, it usually helps to mix the milk and water together before adding it to the recipe. With non-instant milk, the milk should be stirred into the flour; then add water instead of liquid milk.

Quiche

- 1 (9 inch) unbaked pie crust
- 1½ cups shredded Swiss cheese
- 4 teaspoons all-purpose flour
- ½ cup cooked ham, diced
- 3 large eggs
- 1 cup milk
- ¼ teaspoon salt
- ¼ teaspoon ground dry mustard
- 2 tablespoons minced fresh parsley
- 2 tablespoons diced red peppers

Roll pastry into an 11-inch circle. Line a 9-inch pie pan with the dough. Toss the shredded cheese and flour together in a bowl. Spread mixture in the bottom of the pie crust. Add diced ham on top of the cheese/flour mixture. In a large bowl, beat the eggs lightly. Add milk, mustard, and salt. Beat until combined. Pour egg mixture on top. You can cover the edge of the crust with aluminum foil strips to prevent burning. Bake 50–60 minutes at 400°, until puffy and slightly brown on top and a knife inserted in the center comes out clean. Garnish with parsley and peppers. Let stand for 10 minutes before slicing. You can use different combinations of food in the filling such as well-drained, cooked, chopped broccoli or spinach, different kinds of cheese and meat, thinly sliced green onions, diced bell peppers, etc. You can also use 4 eggs and 1½ cups of milk if the pie pan is deep dish.

Yogurt

- 2 quarts (½ gallon) pasteurized milk or 1½ cups non-instant powdered milk added to 2 quarts of water
- ½ cup plain yogurt with live cultures
- 1¼ cups non-instant powdered milk, optional, used to make a thicker yogurt
- 2 teaspoons unflavored gelatin dissolved in some milk, optional, used to make a thicker yogurt
- 4–8 tablespoons sugar or honey, optional
- Vanilla or other flavorings, like lemon extract
- Jam, jelly, or fruit, stirred in after the yogurt is made

Start to finish time: About 12 hours. Heat the milk in a large pot or slow cooker until the milk is 185°. You can go a bit hotter, up to 200°, but don't let the milk boil. Remove the milk from the heat, or turn off the slow cooker, and let the milk cool until it is 115–120°. The yogurt bacteria start to die if the temperature is over 120°. Meanwhile, take out your yogurt starter (plain yogurt) and let it sit on the counter to bring it close to room temperature. Once the milk is cool, stir in the yogurt until well combined. Cover the pot with a towel or place the pan in a protected place (a cool oven works great) and let sit for about 8 hours or overnight. In the morning, if you didn't kill the bacteria, you should have yogurt. Put the yogurt in a container in the fridge. Quart glass jars or old, large yogurt containers work great here. If the yogurt smells or tastes funny, throw it away. Yogurt can be kept for 2–3 weeks in the fridge. If there are strings in the yogurt, then you might need to strain the milk after heating it the first time. These are strings of milk proteins that coagulate, often because of added powdered milk.

Greek-style yogurt: Put the yogurt in a colander lined with cheesecloth and let the liquid drain out for an hour or more to make a thicker yogurt. If you drain it overnight, then place something heavy on top of the yogurt and let it stand for another 8 hours, you end up with yogurt cheese, which is like cream cheese. You should get about 1 pound of cheese from 2 quarts of yogurt.

Skyr-style yogurt: Add 7 drops of single strength liquid animal rennet to ¼ cup cool water and stir into the heated/cooled milk with the live culture yogurt. After the yogurt is set, strain for 1–2 hours or even overnight until it reaches the desired thickness. Add in desired sweeteners. Whisk or beat with a hand mixer until smooth.

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Cooking Notes

Use a base of greens (lettuces, green leafy vegetables or sprouts of various kinds) and then mix in about three additions. Try different combinations to spice up your daily salads—especially for those of us who have salad almost every day. Think of using vegetables, fruits, nuts, and cheeses. For example, try diced apples, raisins, and toasted nuts; tomato, avocado, and grated carrot; mandarin orange slices, celery, and feta cheese; or tomato, olives, and grated Parmesan cheese. You can serve the salads with or without dressings.

There are a number of main course salads included here, as well as the more traditional side salads.

Depending on where you live, jello type dishes can be considered a “salad” or a “dessert.” We won’t enter into that debate here, but will put all jello dishes in this section and let you decide when and where to serve them. If you don’t use whipped toppings, check out the stabilized whipped cream recipes in the desserts section as a substitute.

50 — Salads and Salad Dressings

7-Up Salad (Heritage Recipe)

- 1 (6 ounce) package lemon jello
- 2 cups boiling water
- 2 cups 7-Up
- 1 can (20 ounce) crushed pineapple, drained. Reserve juice for topping.
- 1 cup miniature marshmallows
- 3 sliced bananas

Dissolve jello in boiling water. Add 7-Up. Refrigerate until soft set. Stir in pineapple, marshmallows, and bananas. Refrigerate.

Topping:

- ½ cup pineapple juice
- ½ cup frozen orange juice concentrate
- ¼ cup flour
- 4 tablespoons butter
- 2 eggs
- 1 cup Cool Whip

Mix all the ingredients except whipped topping in a saucepan and cook over low heat, stirring constantly, until thickened. Cool. Fold in Cool Whip. Spread on jello and refrigerate.

Balsamic Vinaigrette

- ½ cup olive oil
- 2 tablespoons balsamic vinegar
- ¼ teaspoon garlic powder
- 1 teaspoon lemon juice
- 2 tablespoons honey
- ½ cup mayonnaise
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Blend all together well. If you have a salad dressing shaker, this is a good recipe to use with that. An immersion blender would also work well.

Bean Salad

- 3 (14 ounce) cans of beans, drained and rinsed well
- ½ cup sweet or green onion, finely diced
- ½ cup diced bell pepper

Marinade:

- ½ cup white or red wine vinegar
- ½ cup sugar
- ½ cup oil, such as canola
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon dry mustard
- 1 teaspoon oregano or basil

Drain and rinse three cans of different kinds of beans and pour into a bowl or a plastic container with a lid. You can use kidney, red, black, white, garbanzo, cut green beans, or whatever you have on hand. You can even substitute a can of corn for one of the cans of beans. Add the finely diced onions and peppers. Stir together the vinegar, sugar, oil, and spices. Pour over the beans and mix well. Marinate for at least several hours; the salad is better on the second day. The flavor of pinto beans does not work well in this salad for some reason.

Black Bean Chicken Salad

Layer lettuce, diced green onions (optional), diced tomatoes, diced avocados, black beans (out of can, drained and rinsed), corn (out of can, drained and rinsed, or frozen), grated cheese, grilled chicken pieces, and tortilla chips. Top with dressing made from 1 cup apple cider vinegar, ½ cup honey, and 3 teaspoons cumin.

Blue Cheese Dressing

- 1 cup sour cream
- 1 cup mayonnaise
- 4 ounces blue cheese, crumbled
- 2 tablespoons lemon juice (½ lemon)
- ¼ teaspoon garlic salt
- ½ cup cream or milk

Mix together sour cream and mayonnaise. Add lemon juice, garlic salt, and milk. Stir in blue cheese. Add milk to the consistency you want the dressing; use ¼ cup for thicker dressing. To use this as a vegetable dip, don't add milk. The dressing may separate the longer it sits. Tastes better after a few hours in the fridge.

Broccoli Salad

- 4 cups broccoli, cut into bite-size pieces
- ¼ cup sunflower seeds
- ¼ cup dried cranberries
- ¼–½ cup finely diced red onion (or green onion)

Stir together, and refrigerate until ready to eat. Then add dressing:

- ½ cup mayonnaise
- 3 tablespoons sugar
- 1 tablespoon white vinegar

Mix dressing and stir into the salad just before serving. Serves 6. This is really good at a luncheon. It will taste good the next day. You can add crumbled bacon.

Buttermilk Salad Dressing

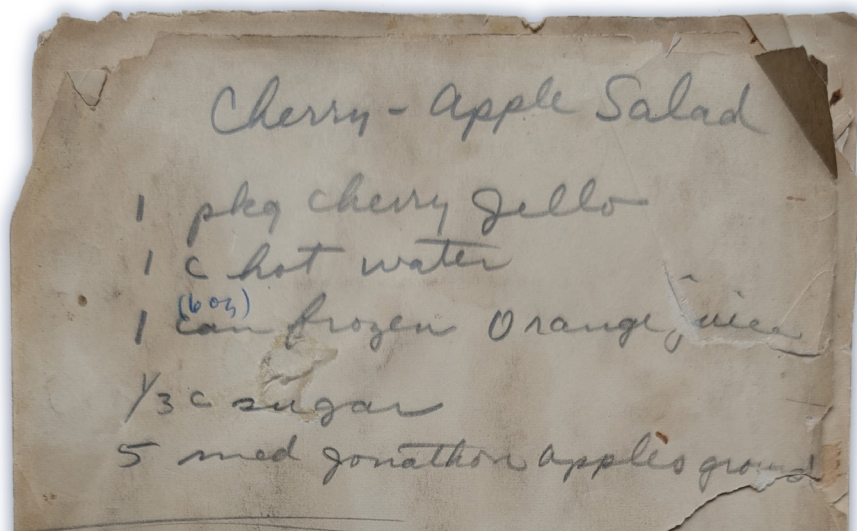
- 1 cup mayonnaise or sour cream
- 1 cup buttermilk
- ½ teaspoon onion powder
- ⅛ teaspoon garlic powder
- Dash coarse pepper
- ¼ teaspoon salt
- 1 teaspoon parsley

Mix with a mixer or by hand, not with a blender. Can reduce buttermilk and thicken with extra sour cream for a vegetable dip.

Caprese Salad

Slice tomatoes and arrange on a plate. Top the tomatoes with slices of fresh mozzarella, minced fresh basil, salt, and pepper. Drizzle a little olive oil over everything. You can also drizzle on a bit of balsamic vinegar or a balsamic reduction.

For an authentic Italian dish, serve on top of crusty bread. This is a great summer salad with fresh tomatoes from the garden.



Cheese Tortellini Pesto Pasta Salad

- 1 (20 ounce) package cheese-filled egg tortellini, cooked and drained
- 8 ounces rotini pasta, cooked and drained
- 1½ cups grape tomatoes, halved lengthwise
- 1 can medium black olives, drained, sliced in half lengthwise
- 1 small jar artichoke hearts, drained, quartered
- 1 green bell pepper, diced (can use other colors of bell peppers)
- 12 ounces fresh mozzarella cheese, cubed
- ½ cup basil pesto
- ½ teaspoon minced garlic
- ¼ cup parmesan cheese

Cook pastas, drain and cool. Mix other ingredients in a large bowl. Gently fold in pasta. Adjust seasoning to taste and add some olive oil if necessary. Serve immediately, or refrigerate. This excellent salad makes enough for 20–30 people as a side dish; a double recipe works for about 60 people.

Cherry Apple Salad (Heritage Recipe)

- 2 peeled apples, shredded (Grandma used one sweet, one tart)
- 1 cup orange juice
- 1 large or 2 small boxes cherry jello

Boil 1½ cups of water. Mix in jello and stir until completely dissolved. Stir in 1 cup cold water and orange juice. Stir in apples. Cool until set. Emily Wessman said this was the last recipe Grandma Beverly Lucille Glade Wessman shared with her.

Chicken and Mango Salad

Choose four or more of the following ingredients and have on hand for guests to combine:

- Mixed lettuce greens (baby greens, spinach, green leaf lettuce, etc.)
- Grilled or cooked diced chicken
- Diced mangoes
- Diced tomatoes
- Shredded cheese or crumbled feta cheese
- Toasted almonds or roasted sunflower kernels
- Croutons
- Thinly sliced sweet onions

Serve with a sweet salad dressing like Strawberry Fields Salad Dressing, Poppy Seed Salad Dressing, or another sweet vinaigrette. For the chicken, the “Honey Chicken Pieces” recipe works great.

Chicken Salad

- 3 cups diced cooked chicken breast
- 1½ cups celery, diced
- 2 tablespoons parsley, minced
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup whipping cream, whipped
- 1 cup mayonnaise
- 1 tablespoon lemon juice
- ½ cup sliced almonds
- 1 cup halved grapes, optional

Mix together. Refrigerate for an hour. Instead of grapes, you can mix in 1 can drained crushed or tidbit pineapple or 1–2 cans drained mandarin oranges. You can use canned chicken.

Chicken Salad–Quick

Combine 2 cups diced cooked chicken, 1–2 cups finely diced celery, 1 can drained crushed pineapple, and enough mayonnaise to make it into a moist salad. Canned chicken works fine. You can add some lemon juice and minced parsley as well. Serve on croissants or rolls.

Chicken Taco Salad

Salad:

- 2 chicken breasts (1 pound), cooked or grilled and cut into cubes or shredded
- 16 ounces frozen corn, rinse and drain
- 1 can black beans, rinse and drain
- 1 head lettuce
- 2 avocados
- 4 to 5 green onions
- 1 red pepper
- 1 cup tomatoes
- 2 cups Monterey jack cheese, grated

Dressing:

- ½ cup vinegar
- ¾ cup honey
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon cumin, optional

Mix and serve. Can also allow each person to assemble the salad from the separate ingredients.

Cilantro-Lime Vinaigrette

- ¼ cup fresh lime juice (about 2–3 limes)
- ¼ cup white wine vinegar or rice vinegar
- 4–5 cloves garlic
- ½ teaspoon Kosher or sea salt
- 2 teaspoons sugar
- 1 cup canola oil
- ½ cup roughly chopped cilantro, stems removed

Combine lime juice, vinegar, garlic, salt, and sugar and blend. With the blender running, add the oil in a steady stream. Add cilantro and blend until the cilantro has broken down but still maintains some of its texture. Serve with greens, on any type of Mexican salad, or use as a marinade.

Cobb Salad

- 1½ cups cubed cooked chicken breast
- 2 hard boiled eggs, diced
- 6 slices bacon, cooked and crumbled
- 4 cups salad greens, torn into bite size pieces
- 1 large tomato, diced
- 3–4 green onions, sliced
- 1 avocado, peeled, cubed, tossed in lemon juice
- 1 cup (4 ounces) crumbled blue cheese
- ½ cup Thousand Island dressing

Arrange all ingredients (except dressing) in rows over salad on large serving platter. Can also make individual serving plates. Serve with dressing. Makes a spectacular summer lunch served with some rolls or garlic bread. Substitutions: regular shredded cheese instead of blue; blue cheese dressing instead of Thousand Island; bacon bits or diced pastrami instead of bacon; diced cucumber instead of avocado.

Coleslaw (Heritage Recipe)

- 1 head cabbage, finely shredded
- ½ cup Miracle Whip or Mayonnaise
- 2 tablespoons sugar
- ¼ cup milk
- 1 shredded carrot, optional
- ½ teaspoon dill, optional
- Pineapple tidbits, drained, optional
- Bananas, sliced, optional – add right before serving

Mix all ingredients together into salad. Refrigerate for several hours. From Beverly Lucille Glade Wessman.

William Lester Glade (1894-1952)

He was a real enthusiastic worker, always eager and available to help the cause of Jesus Christ. The ward vegetable garden grew so well during World War II because Lester alone would keep it going.

Coleslaw—Apple

Salad:

- 1 head of cabbage finely shredded
- 2–4 carrots shredded
- 2 sticks of celery, diced
- ¼–½ cup green onions or chives, finely sliced
- ¼ cup minced parsley or cilantro
- 1 apple diced or grated (Gala or Jonathans are best)

Dressing:

- ¾ cup mayonnaise
- 2 tablespoons milk
- 1–2 tablespoons lemon juice
- 2 tablespoons maple syrup, honey or agave
- 2 tablespoons vinegar
- Salt and pepper to taste

Mix salad ingredients in a large bowl. Sprinkle lightly with salt and pepper then mix. Whisk together dressing ingredients. Taste and adjust to your liking (salt, pepper, dash of hot sauce, more vinegar). Add as much of the dressing to the salad as you prefer.

If you want to make this a day ahead you can, but you need to salt the cabbage: In a colander, toss cabbage with at least 1 to 2 teaspoons salt, enough so that leaves start to exude moisture within 10 or 15 minutes. Place colander in a large bowl and let sit for an hour or two, pressing out moisture out with your hands once or twice. Taste, and if the mixture is too salty, rinse and dry. If you do this to the cabbage, do not add additional salt to the salad or dressing.

Coleslaw—Dill

- 1 head cabbage, finely shredded
- ¾ cup mayonnaise
- ½ cup sour cream
- 1 tablespoon seasoned rice vinegar
- ½ teaspoon dried dill, or 1 teaspoon fresh, minced dill
- 2 tablespoons sugar

Mix well and refrigerate.

Coleslaw—Festive

Dressing:

- ½ cup vegetable oil
- ¼ cup apple cider vinegar
- 2 tablespoons maple syrup
- 4 teaspoons mustard
- ½ teaspoon salt
- ¼ cup red or green onion, finely diced

Salad:

- 1 head green cabbage, shredded (about 10 cups)
- ¾ cup sliced almonds
- ¾ cup dried cranberries
- ¾ cup parsley, minced

Mix all the dressing ingredients and set aside while preparing the salad. Mix the salad ingredients. Pour the dressing over and mix. Add salt and pepper as needed. This salad can sit out for at least 2 hours without wilting, and will store for at least a day in the fridge. You can also substitute raisins for the dried cranberries or other nuts for the sliced almonds.

Coleslaw—Thai Style

Salad:

- 1 head shredded cabbage
- 1 cucumber, peeled and diced
- 1 red bell pepper, diced
- 2 green onions, sliced

Dressing:

- ⅛ teaspoon garlic or 1 clove garlic, minced
- ¼ cup rice vinegar
- 2 teaspoon sugar
- 1 tablespoon soy sauce
- 2 tablespoons vegetable or olive oil
- 1 teaspoon sesame oil
- 1 teaspoon basil

Mix the dressing ingredients together and pour over the salad. Mix well.

Creamy Salad Dressings

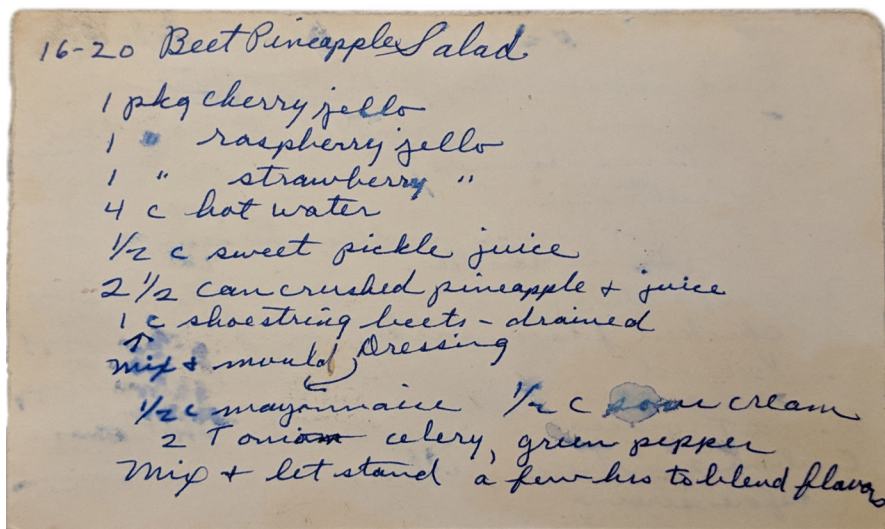
Add to 1 cup mayonnaise:

- Dill:** ¼ cup milk; 2 tablespoons lemon juice; 2 teaspoons dried dill
- French:** ½ cup ketchup; 2 tablespoons cider vinegar
- Garlic:** ½ cup milk; 2 tablespoons cider vinegar; 2 tablespoons minced green onion; 2 cloves garlic, minced
- Italian:** ¼ cup milk; 2 tablespoons vinegar; 1 clove garlic, minced; ½ teaspoon dried oregano
- Mexican:** 1 cup salsa
- Parmesan:** ¼ cup milk; 2 tablespoons cider vinegar; 2 tablespoons Parmesan cheese
- Ranch:** ½ cup sour cream; ¼ cup milk; 1 tablespoon dried parsley; 1 teaspoon garlic powder; 1 teaspoon onion powder
- Thousand Island:** ½ cup chili sauce, and 3 tablespoons sweet pickle relish

Creamy Tomatillo Dressing

- 2 or 3 tomatillos, husked and quartered
- 1 package Hidden Valley dry ranch dressing mix
- 1 cup mayonnaise
- 1 cup buttermilk
- 1 cup fresh cilantro
- ¼ teaspoon cayenne pepper
- 2 cloves garlic
- 1 jalapeño pepper, optional (remove seeds for less heat)
- 1 tablespoon lime juice (1 lime), optional

Add all ingredients to blender and mix until smooth. Serve with shredded lettuce, grated cheese, tortillas, tortilla chips, drained black beans, salsa, guacamole, and diced tomatoes.



Eliza Tanner Hawkins

When Eliza was writing her dissertation and living at home in Mesa, she would go out every morning and water the garden and spray the plants with Miracle Gro. The plants grew much better that year, probably proving that they needed more water and fertilizer.

Henry Green (1867-1941)

In 1926, Harry bought a large ranch at Widstoe, Utah, not far from Bryce Canyon, in partnership with a Mr. Kimball. They schemed to make a fortune growing lettuce, planning on the railroad going through there. He worked hard for weeks at a time at it. He wrote, "I am working harder and putting in longer hours than I have done in my life before."

Croutons

- Fresh or day old bread
- Oil
- Seasoning salt, optional
- Italian seasoning, optional
- Powdered garlic, optional
- Parmesan cheese, optional

Cut bread or old buns into cubes. Place pieces in a bowl and drizzle oil over as you stir. Sprinkle with your choice of herbs and seasonings and stir. Bake at 350° for about 15 minutes, stirring once or until light brown. This is a way to use up leftover pieces of bread.

Ensalada de Tomate y Cebolla

- Finely sliced sweet onions
- Peeled and sliced tomatoes
- Optional: pepper, cilantro, diced chili peppers, vinegar, garlic

Put sliced onions in a bowl and cover with boiling water. Add a spoonful or two of sugar and let sit for half an hour. Wash onions well and add to diced tomatoes. Sprinkle with oil and salt. Can add other ingredients. Traditional Chilean recipe.

Fruit and Chicken Pasta Salad

Salad:

- 1 pound tri-color rotini noodles
- 4–6 cooked diced chicken breasts
- 1 (20 ounce) can pineapple tidbits (2 if you want)
- 2 cans sliced water chestnuts, drained
- 4 cups red grapes, halved (more if you want)
- 2 cups finely diced celery
- 3–5 apples, diced
- 4–5 thinly sliced green onions

Dressing:

- 16 ounces Kraft (or any other brand) coleslaw dressing
- 2 cups mayonnaise

Boil, drain, rinse noodles. Mix all ingredients together in a large bowl. Mix together dressing ingredients and add to other ingredients. Add more mayonnaise if needed. Refrigerate until serving time. This makes a very large salad; it is good for a big group. Leftovers keep well and it also is a good recipe to take on a road trip.

Fruit Salad—Creamy

- ½ cup heavy whipping cream
- ½ cup fruit flavored yogurt
- 2 tablespoons powdered sugar, optional
- ½ cup cottage cheese
- 4–6 cups diced fruit (apples, bananas, peaches, grapes, canned fruit well-drained, berries, etc.)

Beat the whipping cream, yogurt, and powdered sugar (if using) together until the cream is thick. Mix in the cottage cheese. Stir in the fruit and refrigerate until using. This salad works as a nice dessert. You can use low-fat or non-fat varieties of yogurt and cottage cheese. The sugar is optional since the yogurt will often give the mixture enough sweetness by itself, though using powdered sugar in the cream will help the cream hold its shape for longer.

Fruit Salad—Creamy Dressing

- ½ cup pineapple juice
- ¼ cup lemon juice
- ½ cup sugar
- 2 tablespoons cornstarch
- Dash salt
- ½ cup water
- ½ pint whipping cream
- 2 tablespoons sugar

Bring pineapple and lemon juice to boil. Mix sugar, cornstarch, salt, and water together and add to juices. Bring to boil, stirring until thick and clear. Cool. Whip cream and add sugar. Fold into the cooled mixture. Chill. Just before serving, mix in several cups of diced fruit. This recipe is not as smooth as the fruit salad dressing made with egg yolk.

Fruit Salad—Simple

- Several cups of diced fruit
- ¼ cup yogurt

Put all the diced fruit in a bowl and stir in a spoonful of yogurt. Keep the salad in the fridge until ready to eat it. Add a tablespoon or so of orange juice to help keep bananas or apples from going brown so quickly.

Fruit Salad—Traditional Dressing (Heritage Recipe)

Blend together:

- ¼ cup sugar
- 1½ tablespoons cornstarch
- ⅛ teaspoon salt
- ½ cup pineapple or orange juice

Cook until mixture boils. Stir constantly.

Quickly, and carefully, whisk in:

- 1 egg yolk

Mix well. Cook until thickened. Remove from heat and add:

- 2 tablespoons lemon juice

Cool completely. When ready to serve, add:

- 1 cup cream, whipped, or whipped cream substitute

The easiest way to get the pineapple juice is to use a can of pineapple chunks or tidbits in the fruit salad; just drain the juice off and use it to make this dressing. To use this dressing, make the dressing and then stir in fruit and gently stir to combine. You can easily add 12–14 cups of diced fruit to make a large salad. From Beverly Lucille Glade Wessman.

Garlic Parmesan House Dressing

- ¼ cup buttermilk
- ½ cup mayonnaise
- ¼ cup grated parmesan cheese
- ½ teaspoon Worcestershire sauce
- ½ teaspoon garlic powder
- 2 teaspoons parsley
- Salt to taste

Mix all together, except salt. You can use the dressing immediately, but it tastes better after a couple of hours. Taste it and add salt if you wish right before using it. The parmesan cheese usually has enough salt to flavor the salad dressing nicely after sitting for a while. You can also substitute a fresh garlic clove for the garlic powder.

James and Ann Tanner

James and Ann Tanner always tried to plant a garden in the different houses where they lived. They read up on the latest techniques and tried them out. It was especially difficult to plant a garden with the terrible soil in Arizona. Even though all their kids resented having to work in the garden as children, they all now have beautiful gardens of their own.

German Cucumber Salad

- 1 cucumber
- 1 tablespoon vinegar
- ¼ teaspoon salt
- 3 tablespoons sugar
- ¼ cup oil
- 1 tablespoon minced fresh onion, optional
- ¼ teaspoon powdered mustard, optional

Peel the cucumber and slice very thinly (use the slicer on a hand grater). Combine with dressing ingredients. Serve.

Greek Salad

- 1 head Romaine lettuce
- Tomatoes, seeded and diced
- 1 English cucumber, peeled and coarsely diced
- 1 small red onion, cut into thin rings
- 1 small green pepper, cut into thin rings
- ¾ cup kalamata or black olives
- ¾ cup crumbled feta cheese

Combine all salad ingredients except cheese in a large bowl. Toss with Greek Salad Dressing. Sprinkle cheese on top and serve immediately.

Greek Salad Dressing

- 6 tablespoons olive oil
- 1½ tablespoons fresh lemon juice
- 1 tablespoon vinegar
- 2 cloves garlic, minced
- 1 teaspoon oregano

Blend all dressing ingredients well. Add salt and pepper to taste. Serve on Greek Salad.

Mandarin Salad

- ½ cup sliced almonds
- 3 tablespoons sugar
- ½ head iceberg lettuce
- ½ head romaine lettuce
- 1 cup diced celery
- 1 (10 ounce) can mandarin oranges, drained
- ½ cup thinly sliced red or green onions

Stir almonds and sugar in a small pan over medium heat until sugar melts and starts to caramelize. Remove from the pan and cool. Put all ingredients in a bowl and toss with Mandarin Salad Dressing.

Mandarin Salad Dressing

- ½ cup oil
- ¼ cup cider vinegar
- ¼ cup sugar
- 2 tablespoons finely minced fresh parsley
- 1 teaspoon salt
- ¼ teaspoon hot pepper sauce

Mix dressing and refrigerate. Serve over Mandarin Salad.

Jessie Maxine Morgan Tanner (1925-2008)

For many years while she lived in the Phoenix, Arizona, area, Maxine would put on a large Thanksgiving dinner for her children and their families. She did much of the work herself, often sending Wallace to take all the grandchildren for miniature golfing so the children wouldn't bother her. She always served roasted turkey, mashed potatoes and gravy, a heavily-saged stuffing (dark green in color), and marshmallow (ambrosia) salad. The side dishes and desserts, usually store-bought pies, varied from year to year. Dinner was served late, after 4 p.m., so that she could light the candles in her fresh floral arrangements. The adults sat at the main dining room table, set with the finest china and silver. The children would sit at several smaller tastefully-decorated tables in the hallway or kitchen area.

Marshmallow Salad (Heritage Recipe)

- 1 (10 ounce) can mandarin oranges, drained
- 1 (20 ounce) can pineapple tidbits, drained
- 1 (10 ounces or so) bag marshmallows
- 1 cup shredded coconut, optional
- 2 cups sour cream

Mix and chill overnight. You can add more fruit and marshmallows. Maxine Tanner always served this salad on Thanksgiving.

Mexican Bean Salad

Salad:

- 1 (15 ounce) can black beans, drained and rinsed well
- 1 (15 ounce) can kidney beans, drained and rinsed well
- 1 (15 ounce) can white beans, drained and rinsed well
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 tomato, diced
- 2 cups corn (thawed, if frozen)
- 1 small red onion, diced

Dressing:

- ¼ cup olive oil
- ¼ cup red wine vinegar
- 1 tablespoon fresh lime juice
- 1 tablespoon lemon juice
- 1 tablespoon white sugar
- 1 teaspoon salt
- 1 clove garlic, crushed
- 2 tablespoons minced fresh cilantro
- 1 teaspoon cumin
- 1 teaspoon black pepper
- ¼ teaspoon chili powder

Mix the beans, peppers, corn, tomato, and onion. In a small bowl, whisk together the dressing ingredients. Pour dressing over the vegetables and mix well. Serve cold. This salad is easy to adapt to what you have on hand. You can add different vegetables, do all black beans instead of the mix, or mix in cheese (cubed, crumbled, or shredded). Serve with tortilla chips or with lettuce. Add some grilled chicken and you have a main course.

Orange Cloud Salad

- 1 large package (6 ounce) orange jello
- 1 (20 ounce) can crushed pineapple, undrained
- 1 container (2 cups) cottage cheese
- 1 (11 ounce) can mandarin oranges, drained
- 1 large (16 ounce) container Cool Whip

Mix jello and pineapple together in a large bowl. Add cottage cheese and mandarin oranges and stir together. Fold in Cool Whip. Refrigerate for several hours, or preferably overnight.

James Tanner

For several years James wrote a newsletter about gardening. One of the memorable sayings in one of the editions was, “Don’t ever compare your yard to the yard of someone who is rich or retired or both.”

Orange Italian Salad Dressing

- ½ teaspoon grated orange peel
- ⅓ cup orange juice (fresh is best)
- 2 tablespoons red wine vinegar
- ½ cup vegetable oil
- 2 tablespoons sugar
- 1 package Good Seasons dry Italian dressing mix

Grate the orange (use the entire orange if you wish), juice the orange, and blend all the ingredients together. Let this sit for a few hours before using. Tastes even better with fresh tangelo juice.

Orange Juice Salad Dressing

- ½ cup vegetable or olive oil
- ¼ cup lemon juice
- ¼ cup sugar
- 2 tablespoons orange juice concentrate
- 1 teaspoon onion powder
- ½ teaspoon salt (or to taste)

Mix and serve over a salad of lettuce, avocado, mandarin oranges, and diced red onion.

Pasta Salad

- 1 pound Tri-color, bows, or other shaped pasta
- 1 pound broccoli cut in small pieces
- 3 carrots cut in coins
- 1 small zucchini or summer squash, diced
- 2 large tomatoes, diced, or 1 cup cherry tomatoes
- 1 green onion, sliced
- 8 ounces cheddar, Swiss, or a mix of cheese, cubed
- 4 ounces feta cheese, optional
- 1 can olives, sliced
- Vinaigrette dressing

Cook the pasta. Toss in the broccoli, carrots, squash, or other hard vegetables with the pasta to cook for the last few minutes. Don’t overcook the vegetables or pasta. Rinse pasta and vegetables in cold water. Add tomatoes, onion, cheese, olives, and dressing. Toss well and refrigerate. This makes a very large bowl of salad that will feed quite a few people.

Note: You can put in different combinations of vegetables and change the proportions to taste. Different colors of tomatoes are nice.

Poppy Seed Dressing

Place in a blender and mix until thoroughly blended:

- ¼ cup onion (white, green, or red)
- ⅓ cup vinegar
- 1 teaspoon powdered mustard
- 1 teaspoon salt

Add and mix in:

- ½ cup sugar

While the blender is running pour slowly in:

- ¾ cup plus 2 tablespoons oil (7 ounces)

Add and mix briefly:

- 1 tablespoon or less poppy seeds

Chill until needed. Serve with spinach salad or any salad. This works without the poppy seeds, too.

Potato Salad

- 6 cups cubed, cooked potatoes, cooled
- 1 cup mayonnaise
- 2 tablespoons vinegar or juice from dill pickles
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 1 cup sliced celery
- ½ cup diced green onion
- 2 or more hard-boiled eggs, diced

Start with cold potatoes. Add all ingredients, combine and chill. Tastes better the next day. You can add sliced hard boiled eggs to the top and sprinkle on some paprika. You can also add diced pickles. From Ann Glade Wessman Tanner.

Quinoa Salad

- 1 cup uncooked quinoa
- 2 cups water
- ¼ cup red onion, diced or diced scallions
- 2 cup cucumber, peeled and diced
- Cherry tomatoes, quartered
- ½ lemon, juiced
- 2 tablespoons olive oil
- Feta, optional
- Salt and pepper to taste

Put quinoa in a strainer and rinse well for about 2 minutes, mixing with your hand. Place quinoa, a little salt and water in a saucepan and bring to a boil. Reduce to simmer, cover and cook until water is absorbed (10–15 minutes). It will be soft, translucent, and appear to be sprouted. Allow to cool. Add diced vegetables, drizzle with olive oil and lemon juice. Stir gently and enjoy. This keeps well and is good the next day. Rinsing quinoa helps remove a bitter taste. It is good cooked with a little chicken bouillon and served as a warm side dish.

Rainbow Jello

- 6 small packages (3 ounces each) of different jello colors
- Red: cherry/raspberry
- Orange: orange
- Yellow: lemon/pineapple
- Green: lime
- Blue: blue raspberry
- Violet: grape
- 4 packages unflavored gelatin (2½ teaspoons or 7 grams each)
- 1 (14 ounce) can sweetened condensed milk

Jello Layer: Boil 1 cup of water. Add 1 teaspoon gelatin and the first package of jello to the water. Pour in the 9x13 pan and set up in the fridge. Repeat for the next layer of jello, but leave this jello out on the counter cooling.

Milk Layer: Dissolve 1 envelope gelatin in ½ cup water. Add ½ can sweetened condensed milk and mix until smooth. Add an additional ½ cup hot water. Let cool. Once the first layer of jello is completely set gently pour ¾ cup over the first layer of jello. It is tricky to pour the new layers without creating a break in the existing jello. Try drizzling the jello or milk on a spoon and let it gently pour down into the pan instead of pouring it on straight. Place in the fridge and cool until set.

Repeat these steps until all the layers of jello are complete. Halfway through the process the first batch of milk layer will become too solid to pour smoothly on the jello. Use the remaining half of the sweetened condensed milk to make a new batch of milk layer.

This takes about six hours to make, which works out OK if you are doing it in between other tasks. This jello actually tastes pretty good, too.

Eliza Tanner Hawkins

I remember going out to the church vineyards to pick grapes. The plants were dusty and full of spiders and bugs. We brought back grapes and dried them to make raisins. We even made raisin jam. However, the jam wasn't that good and it sat around for 20 or more years before we threw it away.

Ranch Dressing Packet Substitute

- ½ teaspoon dried parsley flakes
- ¼ teaspoon ground black pepper
- ¼ teaspoon MSG, optional
- ¼ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- 1 pinch dried thyme
- 1 pinch dried dill weed
- 1 saltine cracker, finely crushed

To make dressing, add this spice mix to ½ cup mayonnaise and ½ cup buttermilk.

Raspberry Nut Jello Salad

- 2 small packages raspberry jello
- 1 cup boiling water
- 2 (10 ounce) packages frozen strawberries, thawed
- 3 bananas, mashed
- 1 cup nuts, coarsely chopped, optional
- 2 cups sour cream
- 1 (20 ounce) can crushed pineapple, undrained

Dissolve jello in boiling water and add strawberries, pineapple with juice, bananas and nuts. Pour half the mixture in a 9x13 inch pan. Chill until set. Spread with sour cream; chill until set, then cover with the remaining jello mixture. Chill until set. Cut into 2-inch squares and serve on a lettuce leaf.

Raspberry Pretzel Salad

- ¾ cup butter
- 2½ cups thin pretzel sticks or small round pretzels
- 1 (8 ounce) package cream cheese
- 1 (8 ounce) container Cool Whip or 1 cup heavy cream, whipped
- 1 cup sugar
- 2 cups water
- 1 large package raspberry or cranberry-raspberry jello
- 2 (10 ounce) packages frozen raspberries, undrained and slightly thawed
- 1 (15 ounce or 20 ounce) can crushed pineapple, undrained

Melt butter and pour into a 9x13 pan. Break pretzels in half (if using the round ones, break a couple of times, but not into crumbs). Stir with melted butter and pat evenly in the bottom. Bake for 10 minutes at 400°. Remove and cool.

In a large bowl combine cream cheese, Cool Whip, and sugar. Dab on top of pretzels and spread to the edges of the pan, getting a good seal. Refrigerate.

30 minutes later, pull the raspberries out of the freezer and leave on the counter to thaw. Then bring water to a boil and dissolve the gelatin.

Cool in the refrigerator until syrupy, about 30 minutes. Add the thawed raspberries and pineapple to the gelatin. Pour carefully over the cream cheese mixture. Refrigerate overnight or for several hours. Eat within 2 to 3 days or the pretzels start to go soggy.

You can brown your butter for extra flavor.

Roasted Beet Salad

- 1½ pounds beets, diced in cubes (about 4 cups)
- 1 large red onion, sliced in rings
- ⅓ cup olive oil
- 2–3 tablespoons Worcestershire sauce
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons lime juice
- 2–3 tablespoons cilantro, minced
- 2 ounces hard cheese, like Parmesan or Romano

Whisk together oil, Worcestershire sauce, salt, and pepper. Drizzle over the beets and onion. Roast vegetables in a 425° oven for 30–40 minutes, or until beets are cooked. Let beets cool. Sprinkle on lime juice, cilantro, and cheese and serve.

Sarah's Salad

- 4 cups spinach
- 1 head romaine lettuce
- 1 cup diced or cherry tomatoes
- 1 cup croutons
- 1 can black olives, sliced
- ¾ cup shredded Parmesan cheese
- 1 cup shredded Swiss cheese
- 1 cup salted, roasted almonds (Like Blue Diamond Smokehouse)
- 6 slices crumbled bacon

Mix all ingredients. Toss with Sarah's Salad Dressing immediately before serving. This salad is a meal. The recipe makes quite a large salad. If you aren't serving the salad to a large group, just mix small batches with the dressing as needed. This way you can enjoy the salad for several days without it going soggy. The name comes from one of Becky's friends who shared the recipe with her.

Sarah's Salad Dressing

- ½ cup olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- 1 clove garlic, pressed

This dressing is better if made a day ahead. Use on Sarah's Salad. Keep refrigerated until ready to toss with salad right before serving.

Spinach Salad

- 1 bunch spinach, in bite-size pieces
- 1 head lettuce, in bite-size pieces
- ½ to 1 package bacon, cooked and crumbled
- 1 to 2 cups fresh mushrooms, sliced
- ½ cup cottage cheese
- ½ cup grated Swiss cheese, optional

Combine all and serve with Poppy Seed Dressing. You can use up to 2 cups of cottage cheese on the salad, omit it, or substitute feta cheese.

Strawberry Jello Salad

- 1 (6 ounce) package strawberry jello
- 2 cups boiling water
- 10 ounces frozen strawberries (approximately)
- 1 (12 ounce) can crushed pineapple
- 2 large bananas
- 1 cup sour cream
- Whipped cream

Dissolve jello in water. Pour about 1 cup of the jello into a 9x13 pan. Mix in the strawberries, pineapple, and bananas. Chill until set (this usually doesn't take very long). Spread the sour cream carefully over the jello. Pour the rest of the plain jello on top of chill until set. Spread with whipped cream. From Karen Hawkins.

Strawberry Fields Salad

- 4 cups mixed green leafy lettuce
- 1 cup strawberries, hulled and halved
- 1 medium jicama, peeled and sliced thinly, optional
- ¼ cup chopped roasted pistachios or almonds

Toss with Strawberry Fields Salad Dressing and serve.

Strawberry Fields Salad Dressing

- 1 cup strawberries
- 2 tablespoons vinegar
- 2 tablespoons brown sugar
- ½ cup olive oil
- ½ teaspoon fresh lemon juice
- Salt
- Pepper

Put the strawberries, vinegar, brown sugar, lemon juice, and salt into a blender. Blend until smooth. While the blender is running, slowly add the oil into the dressing to emulsify the oil into the dressing. Season to taste. Serve over Strawberry Fields Salad.

Strawberry Spinach Salad

Salad:

- Spinach
- Sliced strawberries
- Thinly sliced red onion
- Slivered almonds
- Crumbled goat cheese or feta cheese.
- Grilled chicken breast, sliced, optional

Dressing:

- 2 tablespoons red wine or balsamic vinegar
- 3 tablespoons sugar
- ½ teaspoon salt
- ½ teaspoon powdered mustard
- ½ cup vegetable oil
- ½ cup strawberry or raspberry jam

Mix all dressing ingredients together and serve over the salad.

Summer Garden Salad

- 2–3 fresh large ripe tomatoes, diced
- 1 large green pepper, diced
- 1 medium onion, sliced
- 1 cucumber, sliced
- 1–2 tablespoons oil (canola, olive, etc.)
- 1–2 tablespoons balsamic vinegar
- Salt, pepper, and basil

Combine tomatoes, green pepper, onion, and cucumber in a bowl. Sprinkle with oil and vinegar. Mix well. Add salt, pepper and basil to taste. Refrigerate to blend flavors. Add crumbled feta cheese for a Greek salad.

Tabooli or Tabbouleh

- 1½ cups dry bulgur wheat
- 1½ cups boiling water
- 1 bunch green onions, sliced (about 1 cup sliced)
- 1 green bell pepper, diced
- 1 large cucumber, peeled and diced
- 3 tomatoes, peeled, seeded, and diced
- 1 cup parsley, minced

Combine the bulgur wheat and boiling water and let sit for about 30 minutes, or until all the water is absorbed and the grains are tender. Drain, if necessary. Combine the wheat and diced vegetables.

Dressing:

- ½ cup vegetable or olive oil
- ⅓ cup fresh-squeezed lemon juice
- 1 teaspoon salt

Mix well and pour over the wheat and vegetables. If you have the time, let the salad sit for about 2 hours before serving. This salad keeps well in the refrigerator.

More traditional Lebanese tabooli salads have ¼ cup bulgur wheat reconstituted, 3 cups minced parsley, ¼ minced fresh mint, 1 cup diced tomatoes, 1 cup green onions or scallions and the same salt-lemon juice-olive oil dressing.

Taco Salad

Ingredients: cooked beans (chili, refried, black, or kidney), taco meat, thinly sliced shredded lettuce, diced onions or green onions, grated cheese, diced tomatoes, diced green pepper, sliced olives, sour cream, guacamole, salsa.

You can have all the ingredients in separate bowls and allow people to assemble their own salads over tortilla chips or in a tortilla salad bowl. Sometimes the beans and meat are mixed together in this case. We have seen some people mix all of the ingredients together, including the tortilla chips, and serve from one large bowl.

Waldorf Salad

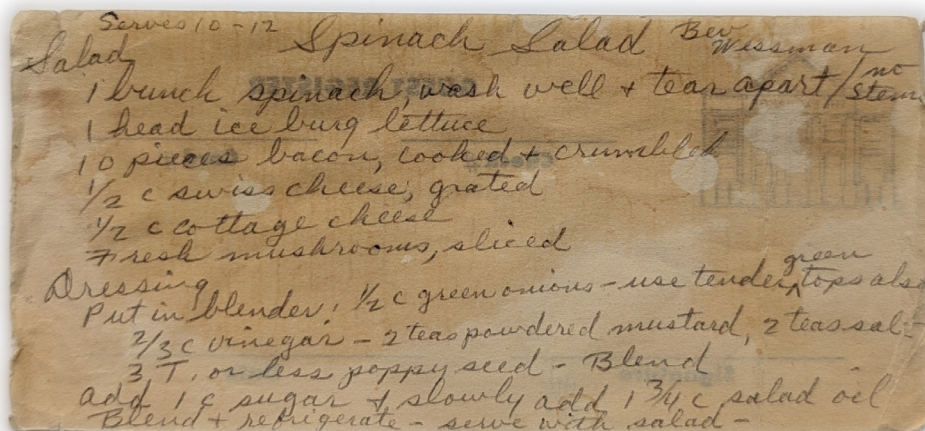
- 2 medium unpeeled apples, diced (2 cups), or pears
- 2 medium stalk celery, diced (1 cup)
- ⅓ cup chopped nuts
- ¼ cup raisins, dried tart cherries, or diced dates
- ¼ cup grapes, halved, optional
- 1 tablespoon lemon juice
- Salad greens, if desired
- ⅓ cup whipping cream, whipped
- ¼ cup mayonnaise

Combine apples, celery, nuts, and other ingredients. Toss with lemon juice. Mix whipping cream and mayonnaise together. Stir dressing into the fruit. Serve on salad greens, if you want.

Watergate Salad

- 1 (8 ounce) container Cool Whip
 - 1 (8 ounce) can crushed pineapple, undrained
 - Pecan pieces, optional
 - 1 small (3.4 ounce) package pistachio pudding
 - ½ to 1 package (12 ounce) mini marshmallows
- Mix pineapple with dry pudding mix in a large bowl. Fold in Cool Whip and marshmallows. Refrigerate for at least 4 hours before serving.

Coconut Cream Variation: You can substitute coconut cream pudding (3.4 ounce) for pistachio if desired.



James and Ann Tanner

In 1980, we grew huge onions in the garden. James took pictures of the girls with the onions and sent it off to the National Geographic World garden contest. Each girl got a certificate and a book, *Wildlife Alert*, as a prize.

White Bean and Tuna Salad

- 1 can (15 ounce) cannellini beans
- 1 (5 ounce) can tuna packed in water
- 2 tablespoons green onions, sliced
- 2 tablespoons extra virgin olive oil
- 1 tablespoons balsamic vinegar
- 1 clove garlic, minced

Rinse and drain beans. Drain and flake tuna. Combine all ingredients. Refrigerate. Serve with pita bread or on lettuce. You can add diced green pepper or cucumber or red onion or cherry tomatoes. Can substitute canned chicken for tuna.

Wonton Salad

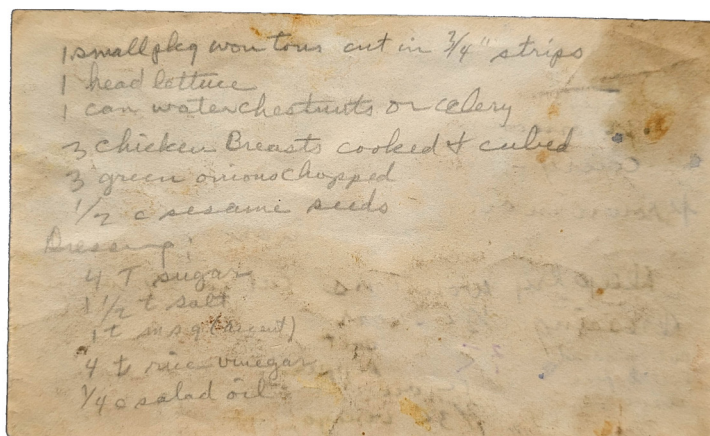
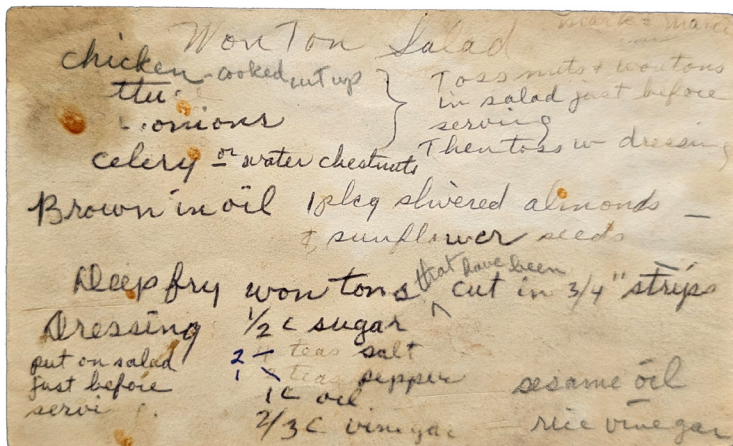
- 1-1½ head lettuce, torn in pieces
- 2-3 cups cooked, diced chicken
- 4-5 ribs celery, diced
- 1-2 bunches green onions, thinly sliced
- ½-1 package wontons
- ¼ cup sesame seeds, toasted
- ½ cup slivered almonds

Thinly slice and deep fry the wontons, drain on paper towels. Layer ingredients in a large bowl. Toss with Wonton Salad Dressing just before serving.

Wonton Salad Dressing

- ½ cup sugar
- 1 cup oil
- ¾ cup vinegar
- 2 teaspoons salt
- 1 teaspoon pepper

Whisk or blend together. Cut oil to ¾ cup if desired. For more flavor, you can use part sesame oil (2 tablespoons) and rice vinegar. Serve on Wonton Salad. You can also use shredded cabbage as the base for this salad dressing.



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Cooking Notes

Soups are a great way to help your family eat more beans and vegetables. For those living in colder climates, they are also a staple of fall-winter-spring menus.

Cooking Beans

Sort the beans and remove bad ones, as well as any rocks or other materials.

Overnight soaking: Cover them with water by two inches, add 2 tablespoons coarse kosher salt (or 1 tablespoon fine salt) per pound of beans and soak for 4–12 hours. Drain and rinse before using.

Quick soaking: Put beans in a pot, cover with water by two inches, add salt if you want, and bring to a boil. Turn off heat and let them soak 1 hour, then cook.

Stove-top boiling: Add 1 teaspoon salt and 1 tablespoon fat (optional, reduces foaming) for each cup of dry beans. Add $\frac{3}{4}$ teaspoon salt for each cup of dry peas. Cover with water by two inches and boil gently, uncovered, until foaming has decreased. Then cover and boil gently until tender.

Pressure cooking: Rinse and sort. You don't have to soak the beans. Use enough water to cover by two inches as long as you don't exceed the maximum fill line. Cook for the time listed by your pressure cooker, which can be from 30–60 minutes depending on the bean and how old it is. Very old beans may never soften.

Slow cooker: Rinse and sort beans. Put the beans and water (cover by two inches) in the slow cooker along with any spices you want. Cook for 4–6 hours on high, or until tender.

Hard water: If you have hard water, beans may not cook or soften. If you find you have that problem, you can use distilled water or add $\frac{1}{8}$ teaspoon baking soda for each cup of dry beans.

After cooking the beans, you can drain and rinse them several times before adding them to the recipe. Drain and rinse canned beans as well to get rid of some of the extra salt.

To add more flavor, consider cooking beans in stock or broth instead of water. You can also add salt, spices, garlic, onions, or meat to the beans as they cook to flavor them.

Beans freeze well after cooking.

If beans give you indigestion or gas, add 1 teaspoon minced crystallized ginger per cup of beans. The ginger is a natural digestive and reduces the intestinal distress that sometimes results from eating beans.

Bean math

1 pound dry beans = 2 to 2½ cups dry beans

1 cup dry beans = 2 to 3 cups cooked beans

1 pound dry beans = 4 to 7½ cups cooked beans

1 (15 ounce) can of beans = 1½ cups cooked beans or 9 ounces cooked beans

½ heaping cup dried beans = 1 (15 ounce) can of cooked beans

60 — Beans and Soups

Anasazi Beans

2 cups Anasazi beans (or any type of beans), sorted and washed
1 teaspoon granulated garlic powder
1 teaspoon parsley
1 teaspoon dried basil
1 teaspoon cumin
½ teaspoon dried oregano
½ teaspoon dried cilantro
¼ teaspoon cumin seeds
¼ teaspoon crushed red pepper (optional)
6 cups water
6 bouillon cubes, either chicken or beef or tomato
2 teaspoons crystallized ginger, finely diced or ½ teaspoon powdered ginger
1 tablespoon oil, optional, to keep foam from forming in a pressure cooker

Rinse the beans well, sorting out any bad beans, checking for dirt or rocks. Dump the beans into your pressure cooker. Add all the spices. Add the water and bouillon cubes to the pot of beans. Stir the beans a bit. Dice the ginger into small pieces and add it to the beans. Ginger is a natural digestive that reduces the gas-producing effects of beans. You can substitute ¼ teaspoon ground ginger for the crystallized ginger. Follow the directions for cooking beans in your pressure cooker. For a pressure cooker using unsoaked beans, 65 minutes with quick release works well. If you don't have a pressure cooker, use another method for cooking beans. Keep in mind that Anasazi beans tend to cook a little faster than most other types of beans. Taste your beans to make sure they are completely cooked. If you want to refrigerate or freeze them at this point, dump the beans and the liquid into a container for the fridge, and drain the liquid off to serve the beans. To serve them immediately, drain the liquid, and serve the beans. You can use the Anasazi beans in place of canned beans for any recipe. They taste much better than beans from a can. Makes 6 cups, feeds 10–15 people.

The original recipe had a “Mexican Spice” blend. If you actually have a “Mexican Spice” in your cupboard, use that as your spice instead of the long list in the recipe. Substitute 2 tablespoons of the “Mexican Spice” blend, 1 teaspoon cumin, ½ teaspoon garlic powder, and 2 teaspoons crystallized ginger for all the spices.

Boiling Guide for Dry Beans, Peas and Lentils

Beans	Description	Pre-soak	Stovetop cooking time (hrs.)	Pressure cooker dry (mins.)	Pressure cooker soaked (mins.)
Adzuki	Can be used on salads, or in soups	Optional	1	20	6
Anasazi Beans	Better than any pinto bean	Optional	1	25	7
Black	Turtle beans, classic Latin American	Optional	1 to 1-½	25	8
Black-eyed peas	Often used in Southern cooking	Optional	½	15	5
Chickpeas or garbanzo	Used in everything from hummus to salads to soups	Necessary	1-½ to 2	40	15
Fava	Broad beans, used in Middle Eastern food	Optional	1	28	18
Great Northern	Large white beans great for soups	Optional	1	30	10
Kidney (red)	Red beans used in salads and chili	Optional	1-½ to 2	30	10
Kidney (white) or Cannellini	Use often in Italian cooking	Optional	1 to 1-½	35	10
Lentils	Black beluga, brown (small & large), & green (Puy or French lentils)	No	20-30 minutes	15	N/A
Lentils	Red, split	No	10 minutes	6	N/A
Lima	Holds shape well	Optional	1	14	10
Navy	Actually small, white beans, used for Boston baked beans	Optional	1-½ to 2	25	8
Pinto	Typical Mexican-style bean	Optional	1-½ to 2	30	10
Split peas (green or yellow)	Yellow split peas are used for Indian dals	No	½	20	N/A

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008) Tours France Mission

November 1985: We bought a fresh turkey yesterday, weighs 7 ½ kilos, cost 170 francs. You should see us in France! We carried the turkey home in a cardboard box on a bus. It weighed 20 lbs with the head and feet on. The lady butcher at the Market chopped off the head and feet for me. The market is interesting—only cheese, fish, meat and fresh vegetables. Stalls about 15 feet long—counters one after the other. Our turkey came from one of 5 poultry specialists—they had 5 dead pheasants with all the feathers on hanging up—a boar's head fresh on it in window with the chickens cleaned, ducks, turkey drumsticks, wings etc. Other places had geese all with heads on—40 kinds of fish...a young deer hanging up—for sale—with the hide on it—blood sausage—a horse's head being cut...the elders tell me horse meat is pretty good—if I didn't know what it was I'd probably like it.

Baked Beans—Southern Style

½ medium onion, diced
¾ cup brown sugar
¾ cup BBQ Sauce
1 can kidney beans, drained and rinsed
1 can white beans, drained and rinsed
2 (15 ounce) cans pork and beans
2 tablespoons molasses
2 teaspoons dijon or yellow mustard
½ teaspoon salt
½ teaspoon pepper
½ teaspoon chili powder
Dash liquid smoke, optional
2 strips bacon, optional

Mix all ingredients and pour in a glass baking dish. Bake at 350° for 1 hour. Stir once during baking. You can use any beans in place of the kidney or white beans. You can also add one or two extra cans of beans. From Judy Wessman.

Harold Morgan (1892-1963)

During the summer I passed the county school teachers' examination and received a teaching certificate. In the fall I took a school at Cedro about twenty miles northeast of St. Johns. All the pupils were Mexican and I boarded with a fine Mexican family. The next year I lived with a Garcia family, also fine folk. The food was good but hot. The Mexican women would take the dry red chili pods, sprinkle with water and put them in the oven. When the pods were soft they were put through a food chopper and then made into a gravy like dish. This they would scoop up with a tortilla.

Barley Lentil Soup

- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 large carrot, diced
- 1 stalk celery, diced
- 1 teaspoon thyme
- ¼ teaspoon marjoram
- ¼ teaspoon pepper
- 4 cups stock, vegetable or beef
- 2 cups water
- 1 cup lentils
- ¼ cup barley
- ¼ cup fresh parsley, minced
- ¼ cup plain low-fat yogurt or sour cream, optional
- 1 tablespoon fresh parsley, minced, optional

In a large soup pan, heat oil over medium heat. Sauté onion, garlic, carrot, celery, thyme, marjoram, and pepper until onions are softened, about 5 minutes. Add stock, water, lentils and barley to the pot and bring to boil. Reduce heat, cover and simmer until barley and lentils are tender, about 40 minutes. Stir in minced parsley before serving. Top each serving with yogurt or sour cream and parsley. You can add more carrot and celery, if you want.

Electric pressure cooker

Sauté onion, garlic, carrot, celery and spices in the oil until the onion is soft. Cancel the sauté function. Add the liquid, lentils, and barley. Cook at high pressure for 30 minutes, or until the barley is done.

Bean and Pork Soup—Chalupa

- 1 pound peruano or pinto beans
- 7 cups water (4–5 in slow cooker)
- 3 pounds pork roast
- ½ cup diced onion
- 2 cloves garlic, minced
- 1 (4 ounce) can diced green chiles
- 2 tablespoons light chili powder
- 1 teaspoon dried oregano
- 1 tablespoon salt
- Tortilla chips, blue or white

Wash, sort and soak beans in water overnight. Rinse beans and put all ingredients except tortilla chips in a Dutch oven, slow cooker, or a heavy kettle. Cover and simmer about 5 hours or until the roast falls apart and the beans are done. Uncover and cook about half an hour to the desired thickness. Serve with tortilla chips. You can substitute a pork chop or two instead of a pork roast.

Electric pressure cooker

Place all ingredients in the pressure cooker. Cook at high pressure for 30 minutes, or until the beans are done. Switch to a slow cooker or sauté function and bring the soup to a boil until it is a desired thickness.

Beef Chili

- 1 pound ground beef
- 1 cup diced onion
- ½ cup diced bell pepper
- 2 garlic cloves, minced
- 1 (14 ounce) can diced tomatoes
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (8 ounce) can tomato sauce
- 2 tablespoons brown sugar
- ½ tablespoons chili powder (depending on taste)
- 1 teaspoon dried oregano
- ½ teaspoon black pepper
- 1–2 chipotle peppers in adobo sauce, seeded and minced (optional)

Brown the beef and sauté the onion. Either add the rest of the ingredients and cook for about 15–20 minutes, or put all the ingredients in a greased slow cooker and cook on low for 5 hours or so.

Black Bean Soup

- 1 tablespoon vegetable or olive oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 4 (15 ounce) cans black beans, drained and rinsed (about 7 cups cooked beans)
- ½ cup water
- 1½ teaspoons cumin
- Dash of chili powder
- 2 (14 ounce) cans diced, stewed tomatoes
- 2 (10 ounce) cans chicken broth or 2 teaspoons bouillon and 2 cups water
- 1 (4 ounce) can diced mild green chiles, undrained
- 2 tablespoons lemon juice
- Plain yogurt or sour cream

Sauté onions and garlic. Add the other ingredients. Remove about ½ of the soup and blend in a blender. Return blended soup to the saucepan and bring to a boil. Simmer for at least 15 minutes. Before serving, stir in lemon juice. Serve with yogurt or sour cream or grated cheese. Leftovers are good with rice. Makes about 8–10 servings.

Electric pressure cooker

Sauté onion and garlic in the oil until the onion is soft. Cancel the sauté function. Add the liquid, and dry beans. Cook at high pressure for 30 minutes, or until the beans are done. Release the pressure; add the rest of the ingredients and simmer until everything is heated through.

Black Beans and Rice

- 1½ cups black beans
- 4 cups water
- 1 onion, peeled (whole)
- 1 bay leaf or ½ teaspoons oregano, crushed
- 3 tablespoons soy sauce
- 3 tablespoons butter
- 2 cups cooked rice (white or brown)

Soak beans as recommended. Combine the first five ingredients. Simmer for two hours then drain and remove onion and bay leaf. Toss in butter. Serve on rice.

Electric pressure cooker

Combine the first five ingredients and cook at high pressure for 30 minutes, or until the beans are done.

Elizabeth Ann Pugsley Hayward (1854-1942)

Money and provisions were very scarce in early Salt Lake City, but father [Philip Pugsley (1822-1903)] managed to get a few beets which mother [Martha Roach Pugsley (1829-1906)] boiled down in a bake kettle, pressed the juice from them, and then made molasses. Father finally got work at the Ames tannery and with the first twenty-five cents he earned, bought a piece of leather which he traded for a shin bone of beef. This was boiled every day for two weeks until broth could no longer be made from it. For the first candle they had father scraped the fat from the inside of the hides and mother rendered it down until after several weeks of this, they had enough for a candle and borrowed a mold to make it in. You can easily imagine how precious this candle was so it was only lit in extreme cases.

Broccoli Soup

Prepare:

- 1 to 2 cups chicken, cooked and cubed
- 1 diced onion or leek, sautéed in butter with dash of Worcestershire sauce
- 1 to 2 pounds broccoli, cooked and chopped
- 1–2 small red potatoes, cooked and diced, optional

In separate dish melt:

- ½ cup margarine or butter

Whisk in:

- ½ cup flour
- 1 teaspoon salt
- 4 cups milk

Cook until thickened. Add:

- ¼ cup Parmesan cheese
- 2 cups chicken broth

Prepare chicken, onion, and broccoli. It is possible to simmer the soup until uncooked broccoli and potatoes are done. Dish up. Top each dish with grated cheddar cheese and croutons. Salt to taste. You may use canned chicken and leftover cooked vegetables (onions, potatoes) in this recipe.

Broth

1 cup water per bouillon cube or teaspoon of powder.

4 cans ready to serve broth = 3 cans condensed broth plus 2½ soup cans of water = 7 cups homemade broth = 7 cups water and 7 bouillon cubes

Butternut Squash Soup

- 1 teaspoon olive oil
- 1 clove garlic, minced
- ½ cup diced onion
- 1 teaspoon sage or thyme
- ½ teaspoon salt
- ⅓ teaspoon pepper
- 3 cups chicken broth
- 1½ pounds butternut squash, peeled, seeded, cubed

Sauté onion and garlic. Add the remaining ingredients and boil for about 20 minutes until squash is tender.

Puree in a blender or mash with a potato masher. You can substitute other squash or pumpkin for the butternut.

Stir in ½ cup whipping cream, milk, or plain yogurt if you want to make it more creamy. If you roast the butternut squash instead of boiling it, it brings out the sugar and flavor. You can also microwave the squash or cook it in a pressure cooker.

Jens Andreas Oveson (1816-1905)

His own home [in Ephraim, Utah] was neat and comfortable, and his garden and orchard well kept. He raised a goodly supply of choice apples, and had plenty put by for winter, and to share with relatives and neighbors, especially the children.

Carrot Soup

In large pot, melt:

- 3–4 tablespoons butter

Add:

- 1 cup diced onion
- 1–2 small cloves crushed garlic
- ⅓ cup chopped cashews or almonds
- 1 stalk sliced celery, optional

Sauté ingredients until onions are semi-transparent.

Add one of the following groups of seasonings:

- 2 pinches nutmeg, ½ teaspoon dried mint, and pinch cinnamon or
- 1 teaspoon each thyme, marjoram, and basil or
- 1 teaspoon grated ginger

To sauté mixture add the following:

- 2 pounds carrots, peeled and coarsely diced
- 1 medium potato, peeled and coarsely diced
- 4 cups water or vegetable stock
- 1½ teaspoons salt

Bring to a boil and simmer for about 20 minutes until the vegetables are tender. Pour into the blender by batches and purée until smooth. If blending while hot, use caution to avoid burns.

Before serving stir in one of the following:

- 1 cup milk or
- 1 cup plain yogurt and a little honey or
- ½ pint cream or
- ¾ cup sour cream

Sprinkle something green on top when serving such as parsley, chives, lemon grass, or green onions. Makes about 6–8 cups of soup.

Electric pressure cooker

Sauté onion, garlic, nuts, and celery. Add seasonings and stir and cook for 30 seconds. Add carrots, potato, liquid, and salt. Cook on high pressure for 8–10 minutes depending on how big the veggies are. Purée, stir in the dairy, and turn on the “keep warm” setting until ready to serve.

Cheese Tortellini and Vegetable Soup

- 2 cups diced cooked chicken or turkey
- 2 tablespoons minced onion (dried or fresh)
- ½ teaspoon minced garlic (dried or fresh)
- 6 cups chicken or vegetable broth
- 1 (28 ounce) can of crushed or diced tomatoes
- 1 (8 ounce) can of tomato sauce
- 2 cups diced carrots
- 1–2 cups green beans or sliced zucchini
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ to 1 teaspoon salt
- 1 tablespoon minced parsley
- 1 pound cheese tortellini (frozen or fresh)

Combine all of the ingredients, except the tortellini, in a large pot. Cook on the stove on a medium high temperature until the vegetables are soft, but firm. Add the tortellini and cook for the additional minutes listed on the package. Serve with grated Parmesan cheese or sour cream.

Eliza Tanner Hawkins

Mom [Ann Glade Wessman Tanner] would always try new recipes and new cookbooks. The really good recipes we kept and the not-so-good ones were never repeated. Each of the children does the same thing: trying new foods and recipes.

Chicken Enchilada Soup

Cook 1½ pounds boneless skinless chicken breasts in water. Cool and cut into small pieces. Reserve the broth.

- ¼ cup oil
- 1 cup finely diced onions
- 2 tablespoons chicken base (not bouillon)
- 1½ teaspoons cumin
- 1½ teaspoons chili powder
- 1½ teaspoons garlic powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt

Sauté onions in oil until tender in a large stock pot. Add soup base and spices and cook 2–3 minutes. Cumin, chili powder and garlic powder can be increased if you like very spicy, strong soup.

- 1 cup masa (similar to ground corn flour)
- 2 cups water (cold, or at room temperature)

Blend masa and water in another saucepan. Cook and stir until thick and bubbly. This gets quite thick. Add to onion mixture, stir and cook until combined and smooth.

- 6 cups liquid: use reserved broth from chicken and add water to 6 cups
- 1 can (15 ounce) petite diced tomatoes
- 1–2 cups grated cheese or ¼ pound Velveeta cheese

Add the liquid and tomatoes. Simmer for 10–15 minutes. Add cheese and stir until melted. Add cooked chicken. Add salt if needed. Serve with tortilla strips, diced tomatoes, sour cream, avocado, onion, or cheese as a garnish.

Chicken Gnocchi Soup

- 2 tablespoons olive oil
- 1 large yellow onion
- 1½ cup (3 large) carrots, peeled and diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- ¼ cup all-purpose flour
- 6 cups chicken broth
- 1½ pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 1 teaspoon minced, fresh thyme
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 pound dried gnocchi
- 1 (5 ounce) container baby spinach, roughly chopped
- 1 cup half-and-half

Heat the oil over medium heat in a Dutch oven. Add the onion, carrot, and celery. Cook, stirring occasionally, until softened, 10 to 12 minutes, adding the garlic during the last minute.

Add the flour and cook, stirring constantly, until evenly combined and vegetables are well coated, about 1 minute. Gradually stir in the chicken broth and bring to a simmer. Add the chicken, thyme, salt, and pepper, and return to a simmer over medium. Reduce the heat to medium-low and simmer until the chicken is cooked through, about 5 minutes.

Stir in the gnocchi and cook, covered, stirring occasionally, under tender and fluffy, 4–5 minutes. Stir in the spinach and half-and-half. Cook, stirring occasionally, until well combined and spinach is tender, 1–2 minutes. Remove from heat. Season to taste.

Jessie Christensen Morgan (1893-1980)

We'd have soup every day when Mother [Francis Ann Thomas Christensen (1864-1950)] was gone [visiting in Phoenix].... We had a cellar that was built on top of the ground with windows. It was just as cold as ice inside. Dad [Marinus Christensen (1863-1927)] always had half of a beef hung in there and sheep and there was a rug for the pans of milk. Dad would go out and saw a piece of meat and put it on to boil and then he'd bring some potatoes in and I'd have to peel them and put them in the soup. It seemed to me like Mother was gone forever.

Chicken or Turkey Stock

- Chicken or turkey bones
- Celery
- Onion
- Carrot
- Pepper to taste
- Chicken bouillon cubes
- Bay leaves, optional

When you have chicken or turkey, you can use the bones for making stock. You can pick the meat off the bones before or after you cook the stock. Place the bones in a big enough pan, and add just enough water to almost cover the bones. Add large pieces of diced celery, onion, and carrot. Add pepper and a couple of bay leaves, if desired. Add bouillon to equal about one cube for 2 cups of water. Bring water to a boil and then turn heat down and let the stock simmer for at least an hour. Remove the bones from the stock, and then strain the remainder of the stock. You can use cheesecloth to line the sieve if you want a clearer stock. If you left meat on the bones, pick out all the meat and use it to make the soup afterward. Discard the bones and vegetables. Now you can make a good chicken or turkey soup. Stock also freezes well. You can also cook this in a slow cooker overnight. Using your chicken bones for soup allows you to make several good, but inexpensive, dinners.

Chicken Barley Soup

- 6 cups chicken stock
- 1 cup chicken pieces
- ¼ cup onion, diced
- ½ teaspoon crushed basil
- ¼ cup barley, optional
- ½ cup celery, diced
- 1 cup carrots, diced
- Salt and pepper to taste

Use chicken stock, or six cups of water and six bouillon cubes. Pour chicken stock into a large pot. Add chicken, onion, basil, and optional barley. (If you want, sauté the onion in a bit of oil before adding all the ingredients.) Bring to a boil, and then turn the soup down to a simmer. If you use barley, cook the above ingredients for 60 minutes before adding the vegetables. If you skip the barley, you can also skip cooking it for an hour. Add the vegetables and cook for about 10 minutes, or until vegetables are tender. Taste soup and add salt and pepper to correct the flavor. This is an easy soup to change to your taste, adding more spices, vegetables, potatoes, or dumplings. Works well with the Dumplings recipe.

Chicken Noodle Variation: instead of barley, add noodles with the vegetables, and cook until noodles are done.

Electric pressure cooker

Sauté onion and celery. Cancel the sauté function. Add the liquid, chicken, and barley. Cook at high pressure for 30 minutes, or until the barley is done. Add the vegetables and cook at high pressure for about 5 minutes more, or until the carrots are soft.

Chicken Stew—Mexican style

- 1 cup diced onions
- 1–2 garlic clove, minced
- 1 tablespoon olive oil
- 3 cups cooked chicken or cooked turkey, diced or shredded
- 1 package taco seasoning mix
- 2 (14 ounce) cans diced tomatoes, undrained
- 1 can black beans or kidney beans, drained
- 1 (8 ounce) can whole kernel corn, drained or 1 cup fresh or frozen corn
- 1 (4 ounce) can diced green chiles, drained
- 1 cup chicken broth
- ½ tablespoon cornstarch

Cook onion and garlic in oil in a large saucepan until tender. Add cooked chicken (a can works), taco seasoning, tomatoes, beans, corn and chiles. Blend broth and cornstarch; add to saucepan. Bring to a boil; reduce heat and simmer for 15 minutes; stirring occasionally.

Chicken Tortilla Soup

- 1 pound chicken
- 1 (14 ounce) can crushed or diced tomatoes
- 1 (10 ounce) can enchilada sauce
- 1 medium onion
- 1 (4 ounce) can diced green chiles
- 1 (14 ounce) can chicken broth
- 1 (15 ounce) can whole kernel corn or 1 (10 ounce) bag frozen corn
- 1 clove garlic, minced
- 1 tablespoon dried minced cilantro
- 2 cups water
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 bay leaf

Combine all ingredients in a 4–6 quart greased slow cooker. Cover and cook on low heat 8–10 hours or on high heat 4–5 hours. Serve with tortilla chips, sour cream and Monterey Jack cheese.

Chili Con Carne

- 1 pound ground beef
- ½ cup diced onion
- ¾ cup water
- ½ cup diced green pepper
- 1 tablespoon chili powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon hot pepper sauce
- 1–2 cloves garlic, minced
- 1 (28 ounce) can diced tomatoes, undrained or 3 cups fresh diced tomatoes
- 1 (10.75 ounce) can condensed tomato soup
- 1 (6 ounce) can tomato paste
- 1 (4 ounce) can diced green chiles, undrained
- 1 (15 ounce) can kidney beans, undrained

Brown beef in pan, drain and rinse. Combine all ingredients except beans in a pan. Bring to a boil. Reduce heat and simmer 1½ to 2 hours, stir occasionally. Stir in kidney beans. Heat thoroughly. You can cook this in a slow cooker for 5–6 hours on low before adding kidney beans; then heat for another 15 minutes.

William Lester Glade (1894-1952)

Christmas Eve Dec 24, 1917: Monday we had an unusual busy day getting ready for Christmas. Evening Elder Meldrum [William Parley Meldrum 1889-1978] acted as Santa Claus in the branch. I was his chauffeur and we took a load full of Xmas remembrances to all the children in the branch. It was freezing cold and after going the round under difficulty, running out of gas, missing on two cylinders etc. we wound up by getting chili and beans and then to bed.

Chili—Crock Pot

- ½ pound dry pinto or kidney beans
- 2 (14 ounce) cans diced tomatoes
- 2 pounds browned hamburger, optional
- 1 green pepper coarsely diced
- 2 cloves garlic, crushed
- 2 to 3 tablespoons chili powder
- 1 teaspoon pepper
- 1 teaspoon cumin
- 1 teaspoon salt

Cook beans as directed under “Boiling Guide for Dry Beans, Peas and Lentils” or use 2 (15 ounce) cans of red kidney beans, drained. Put all ingredients in a slow cooker in the order listed. Stir once. Cover; cook on low 10–12 hours or on high 5–6 hours. Freezes well.

Clam Chowder

- 1 cup diced onions
- 1 cup diced celery
- ½ cup grated carrots, optional
- 2 to 4 cups potatoes, diced
- 2 (6 ounce) cans minced clams
- 1½ tablespoons vinegar, optional
- ¾ cup margarine or butter
- ¾ cup flour
- 1 quart half and half
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon sugar, optional

Place the vegetables in a small pan, pour in clam juice, and sprinkle with part of the salt. Add just enough water to cover, then simmer over medium heat until tender. Meanwhile, melt butter, whisk in flour, then add cream, whisking constantly until thick and smooth. Stir in the vegetables with their liquid, clams, remaining salt, and vinegar. Blend the vegetables if desired. Season to taste. Heat through. Do not let soup stand at room temperature; refrigerate unused portion as soon as possible.

Cream of Chicken Condensed Soup

- 3 tablespoons butter
- 3 tablespoons flour
- ½ cup chicken stock or ½ cup water + 1 teaspoon chicken bouillon
- ½ cup milk
- ¼ teaspoon salt
- Pinch of black pepper

Melt the butter and add flour. Whisk together and cook for 1 minute. While whisking, slowly add chicken stock and milk and stir until smooth. Cook until thickened, whisking frequently. Add salt and pepper to taste. This makes a little over a cup, or equivalent to one can of chicken condensed soup. This will keep for several days in the fridge.

Variations: Add some onion powder, garlic powder, or other spices. If it isn't thick enough, add additional flour or up to 1 tablespoon cornstarch.

You can substitute oak milk and dairy-free butter.

Creamy Chicken Potato Soup

- 1 medium onion, diced
- 2 tablespoons butter
- 4 cups (reduced-sodium) chicken broth
- 1 cup water
- 3 celery stalks cut into small pieces
- 3 carrots cut into small pieces
- 3 medium potatoes, cut into ½-inch cubes
- 2 bay leaves
- 1–2 diced cooked chicken breasts
- ½ teaspoon salt
- ⅓ teaspoon pepper
- ½ cup all-purpose flour
- 2 cups milk (skim or 1%)
- 1 (12 ounce) can reduced-fat evaporated milk
- 1 teaspoon minced fresh parsley
- 1 teaspoon minced chives

In a large pot, sauté onion in butter until tender. Add in diced carrots and celery. Stir in broth, water, and potatoes. Add bay leaves if desired. Bring to a boil. Reduce heat; cover and simmer for 10–15 minutes or until potatoes are tender. Stir in the chicken, salt, and pepper. Whisk flour and milk together until smooth; stir into saucepan. Add evaporated milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Sprinkle with parsley and chives. Yield: About 9 servings.

Cuban Beans and Rice (Moros y Cristianos)

Beans:

- 8 ounces (1¼ cups) dried black beans, sorted and rinsed
- 10 cups water
- 1 medium onion, halved
- 1 medium green bell pepper (seeds and ribs discarded), halved
- 1 cubanelle pepper (whole)

Dish:

- 2 cups long-grain rice
- 2 tablespoons extra-virgin olive oil
- 4 ounces slab or thick-cut bacon, diced
- 1 medium yellow onion, finely diced
- 1 medium green bell pepper (seeds and ribs discarded), finely diced
- 1 teaspoon ground cumin, or more as needed
- 1 teaspoon dried oregano, or more as needed
- 1 bay leaf
- 2 tablespoons sherry vinegar (may substitute white distilled vinegar), or more as needed
- 1 teaspoon salt, or more as needed
- Cilantro leaves, for garnish (optional)
- Lime wedges, for serving (optional)

Cook the beans and drain, reserving 4 cups of the cooking liquid. Discard the flavoring vegetables; the yield of beans is 2 cups. Rinse the rice in a fine-mesh strainer until the water runs clear. Drain well.

Heat the oil over medium heat. Add the diced bacon and cook for about 3 minutes, until golden. Add the onion, green bell pepper, cumin, oregano and bay leaf; cook for about 5 minutes, until the onion has softened. Add the rice and stir to coat thoroughly. Add the beans and their reserved cooking liquid, the sherry vinegar and salt. Stir well, then taste for seasoning; add a dash more vinegar, cumin, oregano and/or salt, as needed. The liquid should be flavorful. Cook, uncovered, for 8 to 12 minutes, until most of the liquid has been absorbed and small holes have formed on the surface of the rice.

Fluff the rice with a fork, reduce the heat to the lowest setting, cover tightly and cook for 20 minutes. Remove from the heat, uncover and let stand for at least 10 minutes before serving. Discard the bay leaf. Top each portion with cilantro leaves and serve with lime wedges, if desired.

Electric pressure cooker

Cook the beans and drain, reserving 3 cups of the cooking liquid. In the same—but now empty—pot, sauté oil, bacon, onion, green bell pepper, cumin, oregano, and bay leaf together until the onion is soft. Add the rice and other ingredients and stir. Cancel sauté function. Add the beans and cooking liquid. Select the rice-cooking option and cook until the rice is done.

Dirty Rice and Beans

Sauté:

- 1 tablespoon butter or oil
- ½ onion, diced

Add:

- 1 cup rice
- 2 cups chicken broth or 2 bouillon and 2 cups water
- 2 teaspoons Southwest seasoning or 1 tablespoon taco seasoning and ½ teaspoon chili powder
- ¼ cup diced tomato or ½ (14 ounce) can tomatoes (freeze the rest for later)

Boil and then reduce heat. You can eat the rice plain, or after 15 minutes add:

- 1 (14 ounce) can cooked beans (red or kidney), optional
- ½ cup frozen corn, optional

Serve with burritos, enchiladas, corn bread, etc. Dirty rice is a Southern specialty. This is a meatless variety.

Greek Lentil and Spinach Soup with Lemon

- 1 pound brown or large green lentils, rinsed and picked over
- 10 cups vegetable broth or water
- 1 jalapeño pepper, stemmed, seeded and finely diced
- 2 teaspoons whole coriander seeds
- 1½ teaspoons cumin seeds
- 2½ teaspoons dried oregano
- 2 bay leaves
- 2 medium Yukon Gold, russet or red potatoes (1¼ pounds total), scrubbed and cut into ½-inch cubes
- 10 ounces baby spinach, chopped
- 1 small butternut squash (1 pound), peeled, seeded and cut into ½-inch cubes (3 cups)
- 2 tablespoons olive oil
- 1 large yellow onion (12 ounces), diced
- 2 ribs celery, with leaves, sliced
- 3 large cloves garlic, minced
- 1 teaspoon fine salt, or more to taste
- ½ teaspoon freshly ground black pepper, or more to taste
- 2 lemons
- ⅓ cup fresh lemon juice

In a large pot over medium-high heat, combine lentils, stock or water, jalapeño, coriander, cumin, oregano, and bay leaves. Bring to a boil, then reduce heat to low. Simmer, partially covered, until lentils are tender, about 30 minutes. Add potatoes, spinach, and butternut squash, re-cover, and cook until tender, another 15 to 20 minutes. Meanwhile, in a large skillet over medium heat, heat olive oil until shimmering. Add onion and cook, stirring, until softened, 3 to 4 minutes. Add celery and garlic, cooking, stirring often, until softened, 3 minutes. Add mixture to soup, deglazing skillet with a bit of broth, then return contents to pot. Season with salt and pepper, taste, and adjust if needed. Discard bay leaves. Thinly slice one lemon, cut the other into wedges. Just before serving, stir lemon juice into soup. Serve hot, with a lemon slice atop each bowl. Pass lemon wedges at the table.

Electric pressure cooker

Sauté onion, garlic, celery and spices in the oil until the onion is soft. Cancel the sauté function. Add the liquid, vegetables (except the spinach), and lentils. Cook at high pressure for 15 minutes, or until the lentils are done. Adjust the seasonings, stir in the spinach to wilt, and add the lemon juice.

Jessie Christensen Morgan (1893-1980)

[My husband] Harold taught school out to Sadro. Sadro is a little place between Gallup and St. Johns. He lived with a Mexican family. He'd come into town and the first thing he'd want was to go up to the drugstore and buy a big bucket of hot chili because that's what the Mexicans ate. He always got a bucket and ate it. I never ate it because it was too hot.

Hungarian Goulash (Alföldi Gulyás)

- 2 tablespoons vegetable oil
- 1 large onion, diced
- 2 to 3 pounds stew beef, chopped into cubes
- 1 to 2 tablespoons sweet Hungarian paprika or paprika paste
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon caraway seed
- 1 to 2 carrots, diced
- 1 to 2 stalks celery, diced
- 1 (14 ounce) can diced tomatoes
- 1 green bell pepper, diced
- 2 to 3 medium potatoes, diced
- 1 parsnip, diced, optional
- 1 to 2 bay leaves

Heat oil in a large saucepan and sauté the onions for several minutes. Add the meat and paprika, and cook until the meat is nicely browned. Add garlic, salt, and caraway seed. Add enough water to cover the meat. Bring to a boil, and cook for about 1 hour. Add the vegetables, bay leaf, and 2–3 cups more water and cook until the vegetables are tender. If you don't like your bell peppers cooked too much, you can add them at the very end. Add salt and pepper to taste.

Italian Lentil Soup

- 1 pound bulk spicy Italian sausage
- 1 tablespoon olive oil
- 1 large onion, diced
- 1 carrot, peeled and diced
- 1 stalk celery, diced
- 2 teaspoons minced garlic
- 1½ cups lentils, rinsed (red or green or mixture)
- 1 (15 ounce) can fire-roasted diced tomatoes (or substitute plain)
- 3–4 cups chicken broth, plus additional broth or water as necessary
- ¼ cup Kalamata or green olives, diced
- 2 teaspoons dried basil
- Handful of baby spinach leaves, if desired
- Freshly ground pepper

Heat a large pot. Add olive oil to the pot, then add the sausage and break it into small pieces as it cooks. When it's mostly cooked, add the onion and celery. When the onion is soft, add the carrot and garlic. Add the rinsed lentils to the pot and sauté briefly. Add the tomatoes, chicken broth, and diced olives. Cook for 20–30 minutes, or until the lentils are done. You may need to add additional broth as it cooks. When it's done, stir in the basil and spinach leaves, if desired. Serve with Parmesan cheese.

Electric pressure cooker

Sauté the sausage, vegetables, and lentils as directed. Add the tomatoes and broth and olives and close the lid and the valve release. Cook for 15 minutes at high pressure. When it's done, release the pressure when you're ready to eat and stir in the basil and spinach leaves. Serves six to eight.

Hazel Jean Hayward Wessman (1887-1959)

Jean Wessman made meals for 14 to 18 people every day: breakfast, probably lunch, and dinner. She said, "I just do plain things, things that fill you up."

Leek-Potato Soup (Heritage Recipe)

Cook for 30–40 minutes:

- 3 to 4 cups peeled sliced potatoes
- 3 cups sliced leeks (white and tender)
- 2 quarts water
- 2 teaspoons salt
- 2 chicken bouillon cubes

After cooking, mash vegetables with a fork or blend soup in the blender. Can cook some potatoes separately and add them later so you have some potato pieces in the soup.

Lentil Curry (Spicy Lentils or Masoor Dal)

- 2 tablespoons vegetable oil
- 1 onion, minced
- 1½ teaspoons salt
- 4 garlic cloves, minced
- 1 tablespoon grated ginger
- 2 teaspoons garam masala (or more, depending on how spicy you want it)
- 3 cups water [2 cups for pressure cooker]
- 1¼ cups red or yellow lentils (not the brown or green lentils), sorted and rinsed
- 1 cup coconut milk
- 1 (14 ounce) can diced tomatoes, undrained
- Pepper
- ¼ cup minced fresh cilantro

Using a large saucepan, sauté the onion in hot oil until soft. Add salt, garlic, ginger, garam masala and cook for a few seconds. Add water, lentils, coconut milk, and tomatoes. Bring to a boil. Reduce to a simmer and cook until the lentils break down to form a thick puree, about 20–30 minutes. Stir in the cilantro. Season with salt and pepper to taste. Serve with rice and naan.

Electric pressure cooker

To cook in a pressure cooker, reduce water to 2 cups. Cook on high pressure for 1 minute, with 10 minute natural release. Add cilantro at the end of cooking.

Lentil Soup

- 2 cups lentils
- ½ cup diced onions
- 1 cup diced celery (2 stalks)
- ½ cup diced carrots (2 carrots)
- 2 cloves of garlic
- 2 or 3 bay leaves
- 2 ounces chopped ham or a ham bone, optional
- 1 (14 ounce) can chicken broth and 32 ounces water or 1 teaspoon bouillon and 6–8 cups water
- Salt and pepper to taste

Cover and simmer for 1–2 hours. Remove bay leaf before serving. Any type of lentil works well: orange, traditional brown, or yellow. Add more liquid for this to be more soup-like. This makes a lot of soup.

Electric pressure cooker

Sauté onion, garlic, carrot, celery and spices in the oil until the onion is soft. Cancel the sauté function. Add the liquid and lentils. Cook at high pressure for 15 minutes, or until the lentils are done.

George Jarvis (1823-1913)

It was the spring of 1857 [when George and Ann Jarvis left England for America], and they had five small children. On board, the cook became seasick, and George was given the position of chief cook, which lasted all the voyage, as the other man did not get well enough to take over. With only one helper, George cooked for 815 passengers, leaving his wife to care for the little ones.

Lentil Stew

- 2 cups dry lentils
- 1–2 cups diced onion
- 1 teaspoon garlic powder
- 2 tablespoons oil
- 4 cups beef broth
- 4 cups water
- 1 (14 ounce) can diced tomatoes
- 2 tablespoons Worcestershire sauce
- ½ teaspoon dried thyme or oregano, crushed
- ½ teaspoon pepper
- ¼ teaspoon ground cumin
- 2 bay leaves
- 1 cup diced carrot
- 1 cup diced celery
- 1 pound sausage, optional

Sauté onion and garlic until tender. Meanwhile rinse lentils. When onions are done, add lentils, broth, undrained tomatoes, and spices. Boil, then simmer for 15 minutes. Add vegetables. Return to boiling, then simmer for 15 to 20 minutes until done. Stir in sausage and heat through. Discard the bay leaf. Can add some diced potato or other vegetables as desired. Serve leftovers with rice.

Electric pressure cooker

Sauté onion. Cancel the sauté function. Add the liquid, other ingredients, and lentils. Cook at high pressure for 15 minutes, or until the lentils are done.

Lentils

- Chicken broth
- Dried lentils
- Cumin
- Salt and pepper
- Other seasoning to taste

Liquid to lentils ratio will be 3:1. If you use ½ cup lentils, use 1½ cups liquid. Bring liquid to a boil and season (you can use strong seasoning). When the liquid is at a rolling boil, remove from heat. Pour in lentils and stir a few times. Cover and leave for 10–15 minutes. Open covered pan and fluff. If lentils are not tender, cover and let them sit a while longer. If not all the liquid is absorbed, place on the burner on low heat and let liquid cook off, stirring often.

Meatball Soup

- 1½ cups beef broth (water with bouillon is fine)
- 1 (14 ounce) can of diced tomatoes
- 1½ cups water
- 1 teaspoon Italian seasoning, your choice
- 8–16 frozen cooked meatballs
- ½–1 cup dry pasta
- 2–3 cups frozen, mixed vegetables (or diced fresh vegetables)
- Shredded Parmesan cheese, optional

Bring the liquids, seasonings, and meatballs to a boil. Add the pasta and vegetables and cook until the pasta and vegetables are tender, about 10 minutes. Ladle into bowls and sprinkle with cheese, if desired.

Minestrone Soup (Heritage Recipe)

Cook for five minutes:

- 2 tablespoons olive oil or other oil
- 2 cups diced onions
- 5 medium garlic cloves, minced
- 1½–2 teaspoons salt

Add and cook for 10 minutes, stir occasionally:

- 2 stalks celery, sliced
- 2 medium carrots, sliced or diced
- 1 teaspoon oregano
- 1 teaspoon basil
- Black pepper to taste

Add, cover and simmer for 15 minutes:

- 1 medium bell pepper, sliced or diced
- 1 medium zucchini, sliced
- 1 cup eggplant, diced, optional
- 5–6 cups water
- 1 (14 ounce) can tomato sauce

Add and simmer five minutes more:

- 1 can kidney beans, drained
- 1 can garbanzo beans, drained

Add and cook until tender:

- 1 cup pasta (uncooked, shells, bows, or macaroni)

Add:

- 1 or 2 diced tomatoes (or 1 can diced tomatoes)

Sprinkle minced parsley and Parmesan cheese on each bowl or soup before serving. The recipe also works if you add all the vegetables, beans, and tomatoes together; add the pasta last. From Beverly Lucille Glade Wessman.

Pasta e Fagioli Soup

- 2 pounds ground beef
- 1 large onion, diced
- 1 pound carrots, diced
- 6 stalks celery, diced
- 2 (28 ounce) cans diced tomatoes with juice
- 32 ounces beef stock or 4 cups water & 4 bouillon cubes or beef base
- 1–2 cups additional water or beef stock, if needed
- 1 (24 ounce) can spaghetti sauce
- 3 teaspoons oregano
- 5 teaspoons parsley
- 1 teaspoon basil
- 1 teaspoon thyme
- 2 teaspoons pepper
- 1 teaspoon salt
- 1 teaspoon crushed garlic
- ¼ cup sugar
- 8 ounces Ditalini pasta, uncooked
- 8 ounces frozen cut green beans
- 1 (15 ounce) can kidney beans, undrained
- 1 (15 ounce) great northern beans, undrained

Brown beef in a skillet. Drain fat. Add beef to a large stockpot with all other ingredients except pasta, frozen beans and canned beans. Bring to a boil and cook until vegetables are almost done. Add pasta and frozen green beans and cook until pasta is tender, about 10 minutes, stirring often so pasta does not stick to the bottom of the pan. Add canned beans, undrained, and heat until warmed through. You can garnish with Parmesan if desired. This recipe would probably serve 16. If you can't find Ditalini (very short pasta tubes) substitute a smaller pasta, such as bow ties.

Hazel Jean Hayward Wessman (1887-1959)

John Hayward Wessman (1917-2004) said this about his mother: “She was a hardworking lady raising the families, but she was a good cook. She liked to cook and she was the principal one to take care of the family meals. Some of the girls would help her at times depending on what was being prepared, but principally she was the one who did all the cooking and preparation of meals.”

Potato Bisque

- 1 medium onion, diced
- ½ cup celery, diced, include some tops
- 2 tablespoons butter or margarine
- 2 medium red or white thin-skinned potatoes, peeled and cubed small
- 2 tablespoons minced parsley
- 1¾ cup chicken broth
- 2 cups milk
- 1½ tablespoons cornstarch mixed with 3 tablespoons water
- Salt and pepper
- Butter or margarine
- Minced parsley

In a 3-quart pan over medium heat, cook onion and celery in butter until onion is soft. Add potatoes, parsley, and broth. Bring to a boil. Cover, reduce heat, and simmer until potatoes are tender (about 20 minutes).

Stir in milk and cook, covered, until soup is hot but not boiling. Stir cornstarch mixture and add to soup. Cook, stirring, until soup bubbles and thickens slightly (about 5 minutes). Season to taste with salt and pepper. Serve hot. Garnish servings with butter and parsley. Makes about 6 cups.

Potato Soup

- 4–5 cups water
- 4–5 peeled cubed potatoes
- 6 chicken bouillon cubes
- Salt to taste
- 1 cup diced celery
- ¼ cup diced onion (can use dehydrated)
- ½ cup butter
- 2 cups milk or half and half
- 3 tablespoons to ½ cup flour or cornstarch
- Additional seasonings, as desired
- Shredded cheese, optional (to make potato cheese soup)

Cook water, potatoes, bouillon, salt, celery and onion together until potatoes are soft. Whisk flour or cornstarch into melted butter and then add milk and whisk together. Cook until very thick. The larger amount of flour will make a thicker soup. Add to potato mixture and cook until warm.

Potato Soup—Quick

- 5 peeled, cubed potatoes
- ½ cup butter
- 4 tablespoons flour
- 4 cups milk
- 1 tablespoon onion- or chive-based spice (Fox Point /Lake Shore Drive)
- 1 teaspoon salt
- 1 teaspoon pepper

Salt a large pot of water and bring to a boil. Add potatoes and cook for 8–12 minutes, until potatoes are fully cooked. Meanwhile, in a separate saucepan, melt butter. Whisk in flour, and cook for 1 minute, stirring constantly. Slowly whisk in milk, until the mixture is smooth. Cook until thickened. Add spices.

Drain potatoes, reserving some potato water. Pour white sauce into the potatoes, and stir. Add reserved potato water to thin to desired consistency. Taste and adjust spices as needed.

Tanner Children

Every time we went home to visit to Arizona during Christmas break, we would pack our suitcases (and boxes, if driving) with grapefruit and citrus. We would return to our wintery climates and enjoy the citrus for as many weeks as we could.

Refried Beans

Make a batch of beans using whatever method you like. (The Anasazi Bean recipe makes nice refried beans.) It helps to cook them slightly softer than you normally would. Reserve the bean water from cooking the beans. If you don't want to use the bean water, you can substitute chicken or beef broth.

In a pot, sauté some onions and garlic (about 2–3 cloves) in oil (garlic salt and dried onions will also work). Add a cup or two of beans and some of the bean water, and mash the beans with a potato masher or with your spoon. You can also mash the beans up in a blender or using a mixer and then add them to the pot. When the liquid is absorbed, add more beans and bean liquid and mash some more. Continue to add beans and liquid until all the beans are mashed up. If the beans seem too dry, you can add more bean liquid, and if there's too much liquid, you can cook and stir it until it evaporates. You can add taco seasoning, cumin, or a couple of spoonfuls of salsa. Serve with sour cream and cheese or make into bean burritos.

Split Pea Soup

- 1 cup diced onions
- 2 cloves garlic, minced
- ⅔ cup olive or other oil
- 1 teaspoon oregano
- 1½ teaspoons salt
- 1 teaspoon freshly ground black pepper
- 2 cups medium diced carrots (3–4)
- 1 cup diced potatoes (red ones are good; leave skin on)
- 1 cup diced celery (optional)
- 1 pound dried split green peas (about 2 cups)
- 8 cups chicken stock, water, or vegetable broth
- Diced ham or cooked sausage (optional)

Saute onions and garlic in oil with spices until translucent, about 5 minutes in a large pot. Add remainder of ingredients. Be sure to wash the split peas well. Use your hand to stir them as you rinse them; this seems to remove something that will cause them to clump together when you add them to the liquid. Stir well as you add peas to liquid. Simmer until peas are tender, about 1–2 hours. Stir frequently to keep solids from burning on the bottom. If soup foams, skim off foam during cooking.

Taco Beef Soup

- 1 pound ground beef
- ½ cup diced onion
- 3 cups water
- 2 (28 ounce) cans stewed tomatoes, undrained
- 1 (15 ounce) cans kidney beans, undrained
- 1 (15 ounce) can tomato sauce
- 1 package taco seasoning mix
- 2 small avocados, diced
- Grated cheddar cheese
- Corn chips, broken up
- Sour cream

In a large saucepan, cook ground beef and onion until meat is browned. Drain off excess fat. Add water, tomatoes, kidney beans, tomato sauce, and taco seasoning mix. Simmer, covered, for 15 minutes, stirring occasionally. Add avocado just before serving. Pass cheese, corn chips, and sour cream to top each serving.

Henry Green (1867-1941)

The diet and accommodation in the steerage is wretched. I could not eat it. I would not let a dog of mine come that way. Had it not have been for the provisions you provided me with I should have expired on the way. It is a good blessing for me that this is the last day. This week has been a week of hardships. I have missed the good substantial diet. Go away from home, to know yourself. You do not know the value of a good home. The diet is bread and butter and coffee for breakfast, soup, meat and potatoes with their jackets on for dinner, and bread and butter and tea for Tea. If the food was good and clean I should not complain but it's almost as bad as if they were serving pigs. During the whole time I have had two meals provided by them. I had nothing but 6 biscuits for three days. [It's] worse than being in prison. The bread is almost black, the meat is as tough as leather[;] in fact if I had to be on the Ocean another week they would have to pitch me overboard.

Tomato Basil Soup

- 3 (14 ounce) cans diced tomatoes
- 1 cup chicken broth (or water and bouillon cube)
- 1 tablespoon butter
- ½ onion, diced
- ½ cup carrots, finely diced (7–8 baby carrots)
- 1 teaspoon garlic, minced
- ½ teaspoon salt
- ⅛ teaspoon pepper, freshly ground
- 8–10 large basil leaves or equivalent dried basil
- ½ to 1 cup half and half, cream, or milk, optional
- ½ cup croutons or crackers, optional

Melt butter in a large saucepan or Dutch oven. Add diced onion and sauté for about a minute. Add carrots and garlic and sauté for about 5 minutes. Add tomatoes, broth, salt and pepper and simmer for 20–30 minutes. Tear or chop the basil and add to the soup.

Puree soup with an immersion blender or in a blender.

If you want to make cream of tomato basil soup, add half and half, cream or milk, and heat through. Don't let it scorch.

To serve, ladle soup into bowls. Top with croutons, if desired. Soup may be served chilled. Serves 4–6.

Tomato Basil Soup—Quick

- 2 tablespoons butter or olive oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 6 ounces cream cheese, softened
- 2 (10.75 ounce) cans condensed tomato soup
- 1 quart bottled tomatoes or 2 (14 ounce) cans tomatoes, undrained
- 1 cup milk
- ½ cup fresh basil, thinly sliced

Sauté onion and garlic in butter until soft. Add cream cheese and tomato soup and whisk together until well blended. Add tomatoes and juice. Use an immersion blender or blender to puree the mixture until smooth. Return to the pan, add milk and basil. Gently warm over low heat until heated. Do not allow it to boil.

Tomato Soup—Quick

You can dress up canned tomato soup by using milk instead of water, adding a can of diced, stewed tomatoes, and adding extra spices to the soup.

Ann Prior Jarvis (1829-1913)

Ashland [near Boston] was in a small healthy place. My son George worked at pegging shoes and earned one dollar and a half. They never paid him anything but frozen potatoes and if they were good when I had them they soon froze when I got them. It was the coldest winter I ever experienced.... We suffered for food and for fire, - for fuel.... My seventh child was born and he [my husband] had earned enough to pay the nurse and doctor and we paid for a barrel of crackers and paid Sister Mitchie. But he was out of work again and money, and we had to live on getting a pound of flour when we could.

Vegetable Chili

- 1 onion, diced and sautéed
 - 1 bell pepper, diced and sautéed
 - 2 (14 ounce) cans stewed tomatoes, diced
 - 2 cups water
 - 1 (8 ounce) can tomato sauce
 - 3–4 teaspoons chili powder
 - ½ teaspoon garlic powder
 - 1 teaspoon oregano
 - ½ tablespoon mustard powder
 - 1 teaspoon cumin
 - ½ teaspoon pepper
 - Dash of chili powder (chipotle or other)
 - 4 (15 ounce) cans of beans, drained and rinsed (white, kidney, black, or any variety)
 - 1½ cups frozen whole kernel corn
 - 1½ cups chopped zucchini or yellow summer squash
 - Shredded cheddar for topping, optional
- Put all the ingredients in a slow cooker for several hours.

White Chicken Chili

- 1 small onion, peeled and finely diced
- 2–3 medium garlic cloves, peeled and minced
- 1 (14 ounce) can diced tomatoes
- 1 (4 ounce) can diced green chiles
- 2 (15 ounce) cans white beans undrained (Great Northern, Cannellini, or garbanzo)
- 1 (14 ounce) can chicken broth
- ½ teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon cayenne pepper
- 2 teaspoons salt, if needed, and a couple shakes of pepper
- 2–3 chicken breasts
- 1¼ cups sour cream
- ½ cup Monterey jack cheese, shredded
- ¼ cup minced cilantro
- Juice from 1 lime

Combine all ingredients in a crockpot pot except for sour cream and cheese. Let simmer for 4–6 hours on low. Remove chicken breasts, shred, and return to the pot. Add the sour cream and cheese for the last hour. This goes well with taco chips and a big green salad.

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008)

Their welfare room [pantry] was well stocked. If a quick or inexpensive meal was needed, Beverly and John would serve bowls of tomato soup with a pat of butter on top, with buttered toast. Another frequent meal was bottled peaches and buttered toast.

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Aloo Gobi

- 3–4 tablespoons olive oil
- 1 large onion, diced
- 1 small green chili, finely diced, or 1 teaspoon chili powder
- 2 (14 ounce) cans diced tomatoes
- 1 teaspoon ginger
- 1 teaspoon garlic, minced
- 1 teaspoon cumin
- 2 teaspoons turmeric
- 1 teaspoon salt
- 2–3 teaspoons garam masala
- 1 teaspoon sweet curry powder, optional
- 1½ cups water or chicken stock
- 1 large cauliflower, cut into bite-sized pieces
- 3 potatoes, peeled and diced in bite-sized pieces
- ½ bunch fresh cilantro, minced
- 1 cup cream or coconut milk

Sauté the onions in the oil. Add green chili, ginger, garlic, cumin, turmeric, salt, garam masala, and curry powder. Briefly stir and cook spices. Add the diced tomatoes and water. Add the cauliflower and potatoes. Cover and simmer for about 20 minutes, or until potatoes are cooked. Add the cilantro and cream and heat through. Serve over rice or with naan. Can substitute or add any fresh or frozen vegetables that you have, like chickpeas and carrots.

Asian Beef Stir-Fry

- 1 pound sirloin steak
- 4 green onions
- 1 (10 ounce) can beef broth
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 2 cups chopped broccoli
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 cup sliced mushrooms
- 1 (10 ounce) package frozen snow peas
- Sliced carrots

Cut steak into thin slices. Cut green onions into 1-inch pieces. Combine broth, cornstarch, and soy sauce in small bowl; set aside. Heat oil in large skillet or wok over medium-high heat. Add steak and garlic. Stir-fry for 3 minutes or until browned. Remove with slotted spoon; keep warm. Add vegetables to skillet. Stir-fry for about 3 minutes. Return steak to skillet. Add broth mixture to skillet. Cook stirring continually for 3 minutes or until sauce is thickened. Serve over hot rice. You can be pretty flexible with the vegetables in this recipe. There are a lot that will work well.

Aunt Leone's Creamed Chicken (Heritage Recipe)

- 1 can cream of mushroom or chicken soup
- ½ cup sour cream
- ½ cup nippy cheese
- Dash of garlic salt
- ½ cup mayonnaise
- 6 chicken breast halves

Combine soup, sour cream, cheese, and garlic salt and heat thoroughly. Don't boil. If too thick, add 1 tablespoon milk. Just before serving add mayonnaise. Roast chicken at 350° until done (about 1 hour until fork-tender). Remove bones. Keep chicken warm until serving. Serve ½ chicken breast on cooked rice with spoonful of sauce over all. The sauce is also good on broccoli or rice. Aunt Leone is Lucile Green Glade's sister. This is the recipe used to make the creamed chicken served at Beverly Lucille Glade and John Hayward Wessman's wedding.

Philip Pugsley Jr. (1822-1903)

In 1865 Brigham Young asked Philip Pugsley Jr. to go to Hawaii and study the possibility of developing a [lumber] mill there to provide work for the many converts who were joining the LDS church. Grandfather's report was negative... He [instead] suggested development of tropical growth, fruits, pineapples, etc... When grandfather Pugsley returned he brought some oranges to Utah. The children had never seen oranges before. After they were displayed, they were peeled and divided into sections and shared with many so that they could taste this strange fruit.

Baja Fish Tacos

Pickled onion:

- 1 medium red onion, thinly vertically sliced
- ½ cup fresh orange juice (about 1 orange)
- ⅓ cup fresh lime juice (about 2 limes)
- 1 teaspoon sugar
- 1 teaspoon cumin seeds

In a medium glass bowl, combine juices, sugar and cumin seeds. In a small sauce pan, place onion; cover with water. Bring to a boil; drain and plunge onion in ice water. Drain onion; add to juice mixture. Cover and refrigerate until ready to serve. Can be made a day ahead.

Cabbage Slaw:

- 4 cups shredded green cabbage
- ¼ cup minced fresh cilantro
- 3 green onions, sliced thin
- 2 tablespoons cider vinegar
- 1 teaspoon canola oil
- ¼ teaspoon salt
- Dash pepper

Toss in a bowl. Cover and refrigerate until ready to serve.

Sauce:

- ¾ cup light mayonnaise (can do half plain yogurt and mayo)
- 1 tablespoon fresh lime juice
- 1 tablespoon cilantro
- Up to 2 teaspoon minced canned chipotle chiles in adobo sauce or ground Chipotle pepper. To taste.
- 1 garlic clove, minced

In a small bowl, combine sauce ingredients. Add salt and pepper to taste. Can be made a day ahead. Tastes better too.

Fish:

- 4 (6 ounce) skinless mahi-mahi fillets, about 1 inch thick
- 2 tsp chili powder
- ½ teaspoon ground coriander
- ¼ teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Canola oil

In small bowl, combine seasonings. Pat the fish dry with paper towels, brush with oil and rub evenly with the spice mixture. Grill until done.

Serve with:

- Grilled corn tortillas
- Lime wedges
- Crumbled cotija cheese

Smear each tortilla with some of the sauce, top with fish, cabbage slaw, pickled onion, cotija and squeeze of fresh lime.

Quick Variation: Bake fish sticks instead of grilling fish. Serve on tortillas with the pickled onion, cabbage slaw, sauce, and cotija cheese.

Charles Godfrey DeFriez Jarvis (1855-1919)

When Charles was ten years old he went to live with his older brother Joe, who had lately married, and helped him as butcher boy. He stayed two years, and gained great insight into butchering, and the cutting and handling of meat.

Baked Swiss Chicken

Place in buttered baking pan:

8 skinless boneless chicken breast halves

Top with:

8 slices baby Swiss cheese

Mix and pour over chicken:

2 tablespoons orange juice

1 cup sour cream

1 can (10.75 ounce) condensed cream of chicken soup

1 can (10.75 ounce) condensed cream of celery soup

Sprinkle with:

2 cups seasoned, crushed stuffing mix

Melt and pour on top of all:

1 cup butter, optional

Cover with foil. Bake at 350° for 1½ hours or 275° for 3 hours.

Lighter version: Omit orange juice and sour cream; add ½ cup water and grated Swiss cheese to the sauce and then drizzle ⅓ cup melted butter over.

Barbecue Beef

2–3 pounds boneless beef roast

1 sliced onion, optional

1 (18 ounce) bottle barbecue sauce

Sliced rolls or hamburger buns

1 tablespoon liquid smoke, optional

Cook roast with onion and liquid smoke in a crock pot all day, or use leftover roast. Roast until the meat shreds easily. Put shredded beef and juices in a pan to heat. Pour barbecue sauce over meat. Add enough sauce to make a nice juicy mixture. Heat on low until the meat is hot. Serve on rolls or buns.

Barbecue Chicken

1–2 pounds boneless skinless chicken breasts

1 (18 ounce) bottle barbecue sauce

1 sliced onion, optional

Hamburger buns

1 tablespoon liquid smoke, optional

Place onion slices and liquid smoke on top of the chicken in a slow cooker. Pour enough barbecue sauce over the chicken to cover the surface. Cook on low for 8 hours or until the chicken is nice and tender. Shred the chicken with a couple of forks or with a hand mixer. Add more barbecue sauce if needed. Serve on buns.

BBQ Chicken Wraps

Cooked chicken, shredded

Barbecue sauce

Shredded or sliced cheese—cheddar or a mixture of your favorites

Flour tortillas

Cook the chicken, shred it, and add barbecue sauce (to taste). Lay out the flour tortillas on your work surface and spread each with a thin layer of flavored, shredded chicken. Sprinkle some cheese over the chicken. Roll each tortilla tightly and place it seam side down in a baking pan or on a cookie sheet (spray the sheet with non-stick cooking spray first). You can brush the tortilla rolls with oil or a garlic infused oil at this point. Place the pan in a 350° oven and heat them until they're hot and toasty. These can also be baked on a griddle, quesadilla style.

BLT Sandwich

2 slices of bread

Mayonnaise or Miracle Whip

Several tomato slices

Torn lettuce leaf

2–3 slices of cooked bacon

Assemble the sandwich to your preferences and eat. You can also toast the bread before making the sandwich. Avocados are really good on BLTs.

BLT Wraps

Real bacon bits

1 head lettuce, shredded

2–3 tomatoes, diced

Mayo or Miracle Whip

Salt and pepper

Flour tortillas or flavored wraps

Shredded Swiss cheese, optional

Mix bacon, lettuce and tomato with dressing. Salt and pepper to taste. Fill tortillas with BLT mixture and cheese, if desired, and roll up.

Broccoli Casserole (Heritage Recipe)

Steam broccoli until tender. Put layer of broccoli. Layer of cooked chicken until casserole is full. Pour cream chicken soup over the top with grated cheese. Brown or warm in oven. From Grandma Jessie Christensen Morgan. It was handwritten on a card and given to Ann Glade Wessman Tanner for her bridal shower.

Broccoli Casserole or Chicken Divan (Heritage Recipe)

1 cup rice, cooked or about 2 cups cooked rice

1 bag frozen or one head fresh broccoli, chopped and cooked

1 can chicken, or about 1 cup chopped, cooked chicken

Layer cooked rice, broccoli and chicken in a baking dish.

Mix together:

1 can cream of chicken soup

⅔ cup mayonnaise

½ cup milk

½ cup grated cheese

1 teaspoon lemon juice

1 teaspoon curry powder

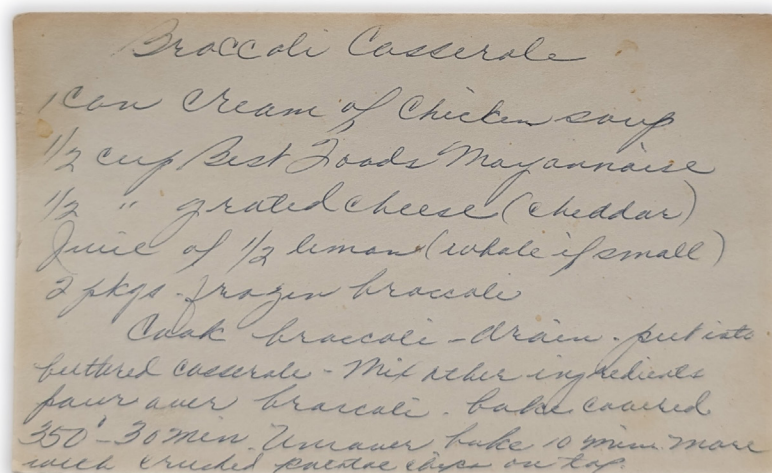
Pour the soup mixture over the top of the broccoli and cooked chicken.

Mix:

½ cup seasoned bread crumbs

1 teaspoon melted butter

Sprinkle over the top of the casserole. Bake for 15–20 minutes at 325°. From Beverly Lucille Glade Wessman.



William Lester Glade (1894-1952)

Lester recalls one of his typical mission meals as “our usual Saturday meal of beans, spuds, and rice with bugs in.”

One day, he visited a church member who served him “a big, wholesome, homelike meal,” followed by a slice of “carrot pie.”

Breakfast was often simple—a “humble bowl of mush.” But he fondly remembers celebrating with a fellow missionary at the “Den of Sweets”, enjoying “the first ice cream since coming to Kansas City, Kansas.”

Butter Chicken or Murgh Makhani

Chicken:

- 300 grams (about 10.5 ounces) boneless chicken breast, diced
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon Marrakesh Market Blend spice or kashmiri chili powder
- Salt to taste

Sauce:

- 100 grams (about 3.5 ounces) cut onions
- 500 grams (about 10.5 ounces) tomatoes, deseeded and diced or 1 can diced tomatoes
- 50 grams (about 1.75 ounces) unsalted cashews
- 1 tablespoon garlic paste
- 1½ teaspoons garam masala
- 4 tablespoons sugar
- 1 tablespoon Marrakesh Market Blend spice or kashmiri (sweet) chili powder or paprika
- 1 tablespoon Rogan Josh, optional
- 2 tablespoons balsamic vinegar or 1½ tablespoons white vinegar
- 5 tablespoons butter, divided
- 3 tablespoons cream
- Salt to taste
- 1 teaspoon fenugreek

Cut the chicken into bite sized pieces. Mix the ginger and garlic pastes with the chili powder and a little salt. Stir everything together with the chicken, and marinate in the refrigerator for 15 to 20 minutes, (or longer if you want).

Heat some oil or ghee in a pan, and cook the chicken until done. Add extra salt while it cooks, if needed. Once the chicken is cooked, remove it from the pan into a clean bowl.

To make the sauce, add more oil or ghee to the pan if needed. You can chop the tomatoes and onions roughly, since they get blended up after cooking. Add the onion to the heated oil, and add about 2 Tablespoons of the butter. Once the onions are soft, add the tomatoes and cashews.

Add some water, then the garlic paste, garam masala, sugar, chili powder, rogan josh, and vinegar. Stir the mixture, and then simmer for 15–20 minutes, stirring occasionally.

Use an immersion blender to mix the sauce into a smooth puree. Or pour the mixture into a blender to get a smoother texture. An immersion blender is quicker, and generates fewer dishes to wash up, but —compared to using a blender — the sauce has a little bit of gritty texture, which may or may not be an issue for you.

Pour the sauce back into the pan. Add the remaining butter, cream, chicken, and crushed fenugreek. Stir and let it simmer for about 5 more minutes. Adjust to taste as needed, by salting or adding more spices.

Garnish with a little extra cream and some crushed fenugreek, if desired. Serve with rice and naan. Serves 3. Can use pre-cooked chicken, and just add the chicken spices to the sauce.

Cajun Chicken and Rice—One-Pot

- 2 tablespoons vegetable oil
- 1 pound boneless, skinless chicken breasts or thighs, cubed
- 2½ teaspoons Cajun or Creole seasoning, divided
- 1 medium yellow onion, diced
- 2 medium celery stalks, diced (about ⅔ cup)
- 1 medium green bell pepper, seeded and diced
- 1½ cups long-grain white rice
- 2 cloves garlic, finely minced
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2½ cups whole or 2% milk
- ½ cup low-sodium chicken broth or water
- 4 medium green onions, thinly sliced

Heat the oil in a large heavy-bottomed pot or Dutch oven over medium-high heat until it shimmers. Meanwhile, toss the chicken with 1 teaspoon of the seasoning. Add the chicken to the pot in a single layer and cook undisturbed until browned on the bottom, 4 to 5 minutes. Using a slotted spoon, transfer to a plate. (Chicken will not be cooked through at this point.)

Add the onion, celery, and bell pepper to the pot and cook, stirring occasionally, until softened, about 6 minutes. Add the rice, garlic, salt, black pepper, and remaining 1½ teaspoons seasoning. Cook, stirring occasionally, until the rice is starting to toast and smell fragrant, 1 to 2 minutes.

Add the milk and broth or water and bring to a simmer, stirring occasionally so that the rice doesn't stick to the bottom. Return the chicken and any accumulated juices to the pot, stir to combine, and bring back to a simmer.

Reduce the heat to medium-low, cover, and simmer until the liquid is absorbed and the rice is tender, 15 to 20 minutes. Add more liquid if needed to cook the rice. Remove from the heat, sprinkle with the scallions, and let sit covered for 5 minutes before serving.

Electric pressure cooker

Sauté chicken, onion, celery, bell pepper, garlic, and spices until the chicken is done. Stir in rice and 2 cups of chicken broth. Cook the rice. You can leave this on “keep warm” for several hours. Before serving, stir in 1 cup of half and half or cream. Adjust the salt and pepper to taste.

Note: You can replace the chicken breast with shredded rotisserie chicken, or even a can of cooked chicken to make it more quickly.

Variations: Switch out the Cajun spice for a Latin American chili spice mix. Add a can of black beans (drained and rinsed) to the rice mixture.

Cheese Crisps or Quesadillas

- Tortillas
- Cheese

Spread sliced or shredded cheese on a tortilla. Put the tortilla on a hot griddle or in the microwave or under a broiler to melt the cheese. Roll tortilla up or fold over.

Alternately, place cheese between two tortillas and then cook in the microwave or on a hot griddle. Cut into pieces.

You can add beans or seasoned meat (grilled chicken or beef that has been cooked with some taco seasoning) with the cheese and put toppings on the quesadilla, such as salsa, sour cream, lettuce, or tomato. You can even use canned chicken in them for a camping trip dinner.

The more authentic Mexican recipes for quesadillas use unbaked corn tortillas filled with cheese, chiles, or squash blossoms, and then cook them on a hot griddle.

Beverly Lucille Glade Wessman (1924-2008) about Eliza Turner Green (1878-19490) and Eliza May Green Davis (1914-1968)

After pictures at the Temple we went to Grandmother Green's and May's home for a marvelous wedding breakfast. They were marvelous cooks so the creamed chicken, salad and rolls were the best in all of Salt Lake. We had a reception that night at the Garden Park ward.

Chicken and Rice (Heritage Recipe)

- 1 cup rice (uncooked)
- 1 can cream of chicken or mushroom soup
- 1 cup milk
- 1 cup water
- Chicken breasts (with or without bone)
- ½ package onion soup mix

Pour rice in the bottom of a well-greased 9x13 inch pan. Add the soup, milk, and water and stir gently. Lay chicken on top with skin side down (if there is skin). Sprinkle onion soup mix on top. Cover tightly with a lid or foil. Bake for 1 hour at 350°. From Beverly Lucille Glade Wessman.

Variations: (1) Double by adding 1 cup rice, 1 cup milk and 1 cup water. Use onion soup recipe from the soup section as a substitute for the mix. (2) Use 2 cups of rice covered with 1 can cream of chicken soup and 1 can of milk, then chicken covered by 2 cans cream of mushroom soup, 1 can milk, and ½ envelope onion soup mix. Recipes with 2 cups of rice give you a lot of rice leftovers; using 1 cup of rice and doubling the chicken works just as well. Cover and bake 2½ hours at 300°. (3) You can make this in a slow cooker. Spray or grease the pan before you put in the ingredients. Increase the liquid (milk or water) to 2½ cups. Cook on low for 5–6 hours or high for 2–3 hours.

Chicken Chow Mein

Marinate 2 chicken breasts, sliced thinly, in the following sauce:

- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 4 teaspoons sesame oil
- 2 cloves garlic, crushed

Ideally, the chicken should sit in the marinade for more than an hour, or at least as long as it takes you to prepare an 8 cup mixture of the following vegetables, cut into bite-sized pieces:

- Green beans
- Carrots
- Cabbage (baby bok choy or red)
- Green onions
- Mushrooms
- Mung beans
- Broccoli

Mix together the following sauce:

- ¼ cup hoisin sauce
- ¾ cup soy sauce
- ¼ cup sweet red chili sauce
- ⅛ teaspoon red pepper flakes
- ⅓ cup sugar
- 1 tablespoon sesame oil
- 2 cups water
- Ground pepper to taste

Cook chicken in oil until done. Set aside.

- 2–3 packages of chow mein or yakisoba noodles

Cook noodles as directed on the package and rinse in cold water. Set aside.

Stir fry the vegetables. Add the cooked noodles, chicken, and sauce. Stir to combine. Serve hot.

Chicken Crumble

- 4-6 boneless skinless chicken breasts
- Salt to taste
- Pepper to taste
- 1–2 cups sour cream or plain yogurt
- 1 (12 ounce) box cheese crackers (or other crackers like saltines or bread stuffing), crushed
- ¼ cup butter

Grease pan. You can use frozen chicken breasts; just add to the bake time if needed. Season chicken. Drop a spoonful of sour cream on each chicken breast, then spread it all over the breast; roll in crumbs. Drizzle butter over chicken. Can also sprinkle Parmesan cheese on top. Bake at 350° for 45 minutes. Serves 6. Also good as a cold snack.

Chicken Enchiladas

Filling:

- 1–2 pounds boneless, skinless chicken pieces
- 1 cup salsa
- 1 cup shredded cheddar or Monterey cheese, optional

Cook chicken and shred or finely dice. Mix chicken with salsa or seasonings. You can mix in 1 can of beans at this point, if you wish.

Sauce:

- 1 jar salsa (1–2 cups), either red or green
- ½ cup sour cream, optional

If your salsa is chunky, you can put it in the blender with the optional sour cream. Or you could use enchilada sauce, if you wish. Pour about ½ cup of the salsa in the bottom of a well-greased baking dish.

At this point you can spoon the chicken mixture into warm, soft flour or corn tortillas and roll up. Place tortillas seam side down in the pan. Or, you can do the extra step of dipping the tortillas in the sauce before filling with chicken and rolling up. Pour the remaining sauce over all the tortillas. Sprinkle cheese on top if you want. Cover dish and bake at 350° for 30–45 minutes until heated through. These will also microwave just fine. Serve with lettuce and tomatoes.

Chicken Enchiladas—Sour Cream

- 2–3 cups cooked chicken
- 1–2 teaspoons taco seasoning, optional
- 2 cups grated cheese
- 12 flour tortillas
- 1–2 cups sour cream
- 1–2 cans (10.75 ounce) condensed cream of chicken soup
- 1 (4 ounce) can diced green chiles
- 1 can olives, sliced, optional

Warm tortillas so they will roll. Place chicken and cheese in a tortilla. One at a time roll and place in the pan. Continue until tortillas are used up. Cover with the mixture of sour cream, soup, and chiles. Place olives on top to decorate. Cook for 30 minutes at 350°. If you use corn tortillas, dip them in hot oil for 1 minute and drain before using.

Variations: The amounts are adjustable; use this as a basic guideline and change to your own taste. Add a few leftover black beans, diced green pepper, or onions to the filling. Mix the fillings with a little bit of the sauce. Sprinkle sliced green onions and diced tomatoes on top.

Chicken Tortilla Casserole: Put a thin layer of the soup mixture (sour cream, soup, and chiles) in the bottom of the pan, a layer of torn tortillas (2 or 3 tortillas torn to smaller pieces), half the chicken, ½ of the cheese, part of the soup mixture, torn tortillas, chicken, cheese, soup, torn tortillas, soup, and top it with a little bit of cheese.

Chicken Fingers or Chicken Nuggets

Lightly pound chicken breast to about 1-inch tall and cut into strips. Pat dry.

Set out three dishes:

Dish 1:

½ cup flour, plus a dash of salt

Dish 2:

2 egg whites or 2 eggs, well beaten, with a dash of salt

Dish 3:

1 cup fresh breadcrumbs (pulse bread slices in a food processor)

¼ cup grated parmesan, optional

1 teaspoon thyme, optional

Dip each chicken piece into the flour (shake off excess), the egg, and the breadcrumbs. Place on a parchment-lined baking sheet. Drizzle with olive oil and bake in a 425° oven for 20 minutes or until browned and done.

Chicken Meal—Slow Cooker

Put fresh or thawed chicken breasts and/or tenders in a crock pot. Pour 2 cans of cream of chicken or cream of mushroom soup over. Do not add water. Add one dry package of Good Seasons Italian Salad Dressing or try some other spices. Cook all day on low or half day on high. About 1 hour before serving add 8 ounces cream cheese, cut in cubes. Serve over rice or noodles or mashed potatoes.

Chicken Mushroom Fried Rice

1½ cups rice

2 tablespoons oil

2 eggs, beaten

4 green onions and tops

2 chicken breasts, diced

¼ pound fresh mushrooms, optional

½ cup frozen green peas

¼ cup soy sauce

¼ teaspoon black pepper

1 teaspoon sesame oil, optional

Cook the rice and then stir in frozen peas. Heat 1 tablespoon of oil in a frying pan. Cook eggs like you would an omelet. Cut the omelet into strips and add to rice and peas. Heat the remaining 1 tablespoon of oil. Add onions, diced chicken, and mushrooms. Cook for 4 to 5 minutes until chicken is cooked through. Add rice mixture, soy sauce, and pepper. Stir and heat through. You can make this without mushrooms and use nonstick spray instead of oil.

Variation: Stir fry all your vegetables and remove from the pan. Add oil and the rice. Warm up the rice and then mix in 2 beaten uncooked eggs. Stir until eggs are mostly cooked. Add the vegetables back in and finish cooking.

Chicken Pesto

Boneless, skinless, chicken breasts, tenderized thin

Pesto

Bacon, crumbled or Ham, chopped

Mozzarella Cheese, shredded

Tomatoes, diced

Trim all fat off the chicken and tenderize it thin. To minimize the mess, place chicken in a plastic zipper-type bag to tenderize it. Cut the chicken into serving-sized pieces or strips. Place chicken in a single layer on a cookie sheet, preferably on parchment paper. Cook chicken with salt and pepper at 350° for 20–25 minutes, until done. Remove from the oven and spread lightly with pesto. Top with bacon, tomatoes, and cheese. Return to the oven and broil until the cheese just starts to brown.

This recipe works well in large quantities for big dinners. One pan can feed quite a few people. It looks fancy and is simple to assemble. If you use the parchment paper, the clean up is minimal.

Annie Harris Hamilton Glade (1873-1957)

Annie was an excellent cook and her meals were a work of art. Each day at about 3 p.m. she would start to prepare the evening meal, which was a wonderful occasion where the entire family surrounded a large table in the kitchen and ate in ease. On Sunday and on special occasions, the meal was served in the dining room with Irish linen cloth, best china and silver; thus she passed on to her family an appreciation for truly fine things.

Chicken Piccata

Chicken:

1 pound chicken tenders

Cornstarch for coating chicken

Salt

Pepper

Trim chicken tenders, then salt and pepper the chicken. Coat seasoned tenders in cornstarch. Heat a heavy saucepan, then add oil. When oil shimmers, add the chicken tenders and cook, turning occasionally, until meat reaches 165°, and is cooked through. Remove chicken from pan, and set aside under foil to keep warm.

Sauce:

2 teaspoons cornstarch

2 teaspoons sugar

Dash salt

4 tablespoons butter

1½ cups apple juice

4 tablespoons lemon juice

3 tablespoons capers, drained

1 tablespoon fresh parsley, minced, or 1 teaspoon dried parsley

Add apple juice to the pan, and cook for 5–10 minutes, until reduced by about half volume. Add lemon juice. Stir together sugar, cornstarch, and salt in a separate bowl, then whisk the mixture into the reduced apple juice. Stir together and cook until slightly thickened. Add capers and parsley. Stir. Add chicken pieces, turning them in the sauce to coat thoroughly. Serve with rice.

Chicken Pot Pie—Creamy

Double pie crust

2 chicken breasts, cooked and cut up (or turkey leftovers)

2 potatoes, peeled and cubed

1 cup carrots, cut up

1 cup peas

1 can cream of chicken soup

½ cup sour cream

1 cup shredded cheddar cheese

Boil the potatoes and carrots until tender. Drain water. Heat together the soup, sour cream, and cheese until the cheese is melted. Stir all the fillings together. Pour into pie crust, cover with second crust, crimp edges. Cook at 400° or 425° for 30 to 35 minutes or until the crust is brown and looks done. The ingredients are approximate and can be changed as you desire. Add broccoli, mushrooms, cauliflower, zucchini, or other firm vegetables. You can also use turkey instead of chicken.

Top crust variation: You can just put the prepared veggie/chicken/sauce mix in individual ramekins or all in some sort of casserole dish and only put on a top pie crust. Crimp it to the dish in a few places, or just place pastry cut outs on the mixture and bake.

Biscuit variation: Heat the filling until boiling hot. Put into a well-greased pan and carefully place uncooked biscuits on top. Cook in the oven until the biscuits are golden brown and done, about 20 minutes.

Jessie Maxine Morgan Tanner (1925-2008)

We went on a lot of trips. We'd get up early in the morning and Daddy [Harold Morgan (1892-1963)] would cook breakfast up in the canyon in Salt Lake, because it's only like 15 minutes away. So we would drive to the back of the driveway and then Daddy would say, "Well, which canyon do you want to go to?" And everybody would take a different canyon, and we'd have a big hassle in the car which one we're going to, so Daddy would go to the one he wanted to. And it was always nice because he always cooked the breakfast and we would get home and it would be early in the morning still. We would take our dinner out lots of times to the canyon.

Chicken Roll Ups (Heritage Recipe)

- 1 (8 ounce) package cream cheese
- Chives, cut up
- ⅛ teaspoon pepper
- 6 tablespoons butter or margarine
- 2–4 cups cubed cooked chicken
- ¼ cup butter, melted
- ⅔ cup crushed dry stuffing (or ⅔ cup finely chopped crumbs and ½ teaspoon salt; blend to make fine crumbs)
- 2 cans (8 each) crescent rolls

Beat cream cheese, chives, pepper, and butter until smooth. Can add other spices if you want. Fold in chicken. Put ¼ cup of the chicken mixture into a crescent roll. Roll dough around filling and seal all around. Dip rolls in melted butter and roll in stuffing to coat. Bake on ungreased cookie sheet at 325° for 30 minutes.

Gravy:

- 1 can cream of chicken soup
- ⅓ can water
- ¼ cup sour cream
- Lemon juice to taste

Heat through. Serve over chicken.

Gravy variation:

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 teaspoon chicken bouillon
- 1 cup shredded cheese
- 1 teaspoon lemon juice

Melt the butter. Add flour and whisk until smooth. Add milk and chicken bouillon and whisk smooth. Cook until thickened. Add cheese and stir until melted. Add lemon juice.

Variations: You can make a recipe of roll dough with about 4 cups of flour; let rise once, divide it into 16 pieces. Continue as usual. You can bake without a crumb coating if desired. These freeze well and make a quick dinner, although they take a long time to defrost.

Chicken Salad Sandwich

- 1 can cooked chicken breast
- Mayonnaise
- Ground black pepper to taste

Drain chicken. Mix with mayo. Serve on bread. This is a quick meal for a trip if you have a couple of leftover fast food mayo packets. Take a plastic bag and fork and mix the salad in the bag, put on bread. You can add diced celery, raisins, a little bit of chopped pineapple, almonds, or whatever else you like in chicken salad. You can use canned chicken in place of tuna in various "tuna" sandwiches.

Henry Richard Emmanuel Wessman (1885-1932)

Henry loved to eat. He loved ice cream, candy (so did Jean), cheeses, fish, etc. One of his favorite foods was kippered salmon. It is a preserved fish that is almost like beef jerky. It would be cooked in water until it was tender. He also liked anchovies. He would open up a can and plop the anchovies in his mouth. His mother and brothers all liked it too. [He was Swedish!]

Chicken with Peanut-Coconut Sauce (Chicken Satay)

Put in a blender and blend until smooth:

- ¾ cup creamy peanut butter
- 1 cup coconut milk
- 2 tablespoons lime or lemon juice
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- ½–1 teaspoon ground ginger
- ¼ cup hoisin sauce
- 2 scallions or green onions, thinly sliced
- 2 garlic cloves, minced
- 2 teaspoons sesame oil
- ½ teaspoon red pepper flakes, optional
- 1½–2 pounds boneless skinless chicken pieces or strips

Place about ¼ or ½ of the mixture in a container with chicken. Marinate for at least one hour. Refrigerate remaining sauce.

Grill or broil chicken pieces until done. Use the remaining sauce, warmed to room temperature, as a dip for the chicken. You can also serve this sauce with summer or spring rolls, rice, and vegetables.

Chickpea Salad Sandwiches

- 2 (15 ounce) cans chickpeas (500 grams, 3 cups), drained and rinsed
- ½ cup (145 grams) vegan mayonnaise
- ¼ cup water
- 1 tablespoon lemon juice
- Salt and pepper
- 2 celery ribs, finely diced
- ⅓ cup dill pickles, finely diced
- 2 green onions, sliced thin
- 2 tablespoons minced fresh parsley, dill, or tarragon
- 12 sliced multigrain bread, toasted

Blend together ¾ cup chickpeas, mayonnaise, water, lemon juice, and ½ teaspoon salt together in a food processor until smooth, scraping down sides of bowl as needed.

Add remaining chickpeas to food processor and pulse until coarsely chopped with some larger pieces remaining, about 4 pulses.

In a mixing bowl, combine chickpea mixture, celery, pickles, green onions, and parsley. Season with salt and pepper. Makes about 6 sandwiches.

If you do not need this to be egg free, you can use regular mayonnaise.

Chilean Hot Dogs—Completo

- Hot dogs or cheddarwurst
- Buns
- Avocados, sliced or smashed with lemon juice, salt, and pepper added
- Tomatoes, finely diced
- Sauerkraut or relish
- Ketchup, mustard, mayo, hot chili sauce

Layer toppings on a hot dog in a toasted bun.

Henry Martin Tanner (1852-1935) and Eliza Ellen Parkinson (1857-1930)

Henry and Eliza spent at least two seasons at the dairy where they contributed their share to the herding and milking of cows and the making of butter and cheese. The surplus food was sold. Henry was also the butcher for the Co., and it fell his lot to decide who should get which cut of meat. Preston Bushman recalls one time a woman complained of her cut of meat, and particularly about the amount of bone. Henry not at all perturbed answered that he would be happy as she if they could develop a beef which had no bones.

Chimichanga Meat

- 5 pounds meat (beef, pork, or chicken)
- 3 tablespoons butter or olive oil
- 2–3 onions, diced
- 1 (4 ounce) can green chiles
- 1 (12–16 ounce) jar green chili salsa
- ¼ teaspoon garlic powder
- 4 teaspoons salt
- 1–2 tablespoons cumin
- 4–6 tablespoons flour
- 1–2 cups reserved meat juice

Cook a beef or pork roast all day or overnight in a slow cooker, or roast in oven. For chicken, cook in slow cooker or pressure cooker until chicken is fall-apart tender. Shred all of your meat. Reserve the juices.

In a large pot, heat oil until shimmery. Add diced onions and cook until translucent. Add green chiles and green salsa. Stir in garlic powder, salt, and cumin and heat thoroughly. Stir in flour and cook until thick. The mixture should almost look like a paste. Then add about a cup of the meat juices and stir well. Add the meat to the mixture and heat thoroughly. Taste the meat and adjust seasonings and add salt. If the mixture seems a little dry, add some more of the reserved meat juice until the consistency seems right. You can use the meat immediately, keep it warm in a crockpot, refrigerate, or freeze. This recipe makes about 9 cups of meat.

Notes: Sirloin tip roast or a good brisket with the fat trimmed off are two good choices for meat. The better the cut of meat, the better these will taste.

If you want less fat, refrigerate the juices until the fat separates and solidifies, and remove it from the broth.

Use a good quality mild or medium salsa, since the salsa is the major flavor component of the meat mixture. The meat freezes well. This is also good for tamale filling, served plain, or rolled up in a tortilla, fried or not fried. Also makes great enchiladas or taquitos.

Chimichangas

- 6 large flour tortillas
- 3 cups chimichanga meat mix

Heat meat. Warm tortillas. Heat ½ inch oil to 375° in a large, heavy skillet. Test the temperature by dropping in a scrap of tortilla. The tortilla piece should start to bubble immediately and float to the surface.

Spread ½ cup meat in the center of a tortilla. Fold bottom up over meat, then both sides in, then roll up and secure the tortilla with a toothpick. Work as a team, or put together all the chimis before you start frying them. Fry two at a time for about 2 minutes or until golden and crisp. Drain on a paper towel. Don't forget to remove the toothpicks before serving. Serve immediately (within 3–4 minutes) with shredded lettuce, salsa, diced tomato, guacamole, sour cream, olives, and thinly sliced green onions.

Baked version: After the chimis are assembled, place them in a greased pan, seam side down. Brush lightly with oil or butter. Bake them in a 425° oven for 10–15 minutes until heated and nicely brown.

Wessman Family

The Dutch Oven Turkey Breast recipe was first made in the family at a Wessman family campout at Zions National Park back in the 1980s. We've been making it in our ovens and at campouts ever since.

Churrasco Palta Sandwich

- Bread or rolls
- Avocado
- Tomato
- Mayonnaise
- Steak, thinly sliced

Season steak with garlic, salt, and pepper. Grill bread or rolls. Build a sandwich with avocado, tomato, mayonnaise, and steak.

Coconut Korma Curry

Marinade:

- 4 chicken breasts (2 pounds), cut in 1-inch pieces
- 1 cup plain yogurt
- ½ teaspoon salt
- ½ teaspoon ground coriander
- ½ teaspoon cayenne pepper, optional
- ½ teaspoon turmeric
- 1 teaspoon garam masala
- 1 teaspoon cumin

Curry Sauce:

- 2 tablespoons ghee or butter
- 1 onion, finely diced
- 3 teaspoons garlic, minced
- ½ teaspoon ground ginger
- ½ teaspoon turmeric
- ½ teaspoon cayenne pepper
- 1 teaspoon garam masala
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 (6 ounce) can tomato paste
- ½ cup water
- 1 (13 ounce) can coconut milk
- ¼ cup heavy whipping cream
- ¾ cup unsalted cashews
- ½ cup golden raisins, optional

Cut the chicken into 1-inch pieces. Place in a gallon plastic zip-type bag with all the other marinade ingredients and set in the fridge until ready to use (anywhere from 2 hours–24 hours). Melt the butter in a deep pan. Add the garlic and onion and cook until the onions are transparent and start to brown, about 3–5 minutes. Add the spices: ginger, turmeric, cayenne, garam masala, salt, and coriander. Don't add cayenne for a mild curry, or add 1–2 teaspoons for hot. Stir well.

Stir in tomato paste, water, coconut milk, and heavy whipping cream. Bring to a boil, then let simmer for about 10 minutes until thickened. Add the cashews at this point if you want them soft, later if you want them crunchy.

While the sauce is simmering, get out the chicken. In a pan over medium high heat, add a little olive oil and cook the chicken in two batches for 4–5 minutes, stirring frequently, until no pink is visible on the chicken. Add the chicken and all the juices and sauce from the pan to the curry. Simmer the curry with the chicken at low heat for about 30 minutes until the chicken is cooked completely.

At this point, you can serve the Coconut Korma, or you can leave the pot to simmer for an hour or so. The flavors blend well with longer cooking time. Add the cashews right at the end if you want them crunchy, then taste and season. Serves about 5–6. Serve with rice and naan or any flatbread.

Edwin Pettit (1834-1924)

It was a hard winter and many cattle died for want of fodder. We used to take turns in going out with a herd of cattle where there was plenty of feed on a stream called the Buoyal [perhaps Henchal Creek], and some members of the camp had to stay with them all winter to milk the cows, make the butter, and herd the stock. The snow was very deep, but this was the only way we had of taking care of our stock. We used to cut down young trees and let the cattle browse on the leaves and bark in order to keep them alive. My uncle lost so many of his oxen that he could not move the following spring with the rest of the company. In the spring we planted radishes, lettuce, and onions, in a small place right in front of the door.

Corned Beef and Cabbage

- 2 pounds well trimmed corned beef brisket
- 1 medium onion, cut into 6 wedges
- 1 clove garlic, minced
- 1 head of cabbage, cut into 6 wedges

Oil a large slow cooker and place beef inside. Add enough cold water to cover the beef. Add the onion and garlic and spice packet (you can approximate the spices with black peppercorns, mustard seed, coriander, and bay leaves). Top with the cabbage. Cover and cook on low for 7 to 8 hours. To turn this into a New England Boiled Dinner, add carrots and potatoes (and turnips, if you want).

Creamy Chicken and Rice with Peas, Carrots, and Cheddar

Toasted bread crumb topping:

- 4 slices white sandwich bread, quartered
- 2 tablespoons unsalted butter, melted
- 2 tablespoons minced fresh parsley
- Salt and freshly ground black pepper, to taste

Adjust an oven rack to the middle position and heat the oven to 300°.

Pulse the bread and butter in a food processor to coarse crumbs, about 6 pulses. Spread the crumbs on a rimmed baking sheet. Bake, stirring occasionally, until golden and dry, 20–30 minutes. Cool crumbs, toss with parsley, and season with salt and pepper to taste. Store in an airtight container at room temperature for up to 24 hours, or in the freezer for up to a month.

Casserole:

- 4 tablespoons unsalted butter
- 1 medium onion, minced
- 1 teaspoon salt
- 3 medium garlic cloves, minced
- ½ teaspoon cayenne pepper
- ¼ cup unbleached all purpose flour
- 6 cups low sodium chicken broth
- 1 cup heavy whipping cream
- 2 pounds (5 breasts) boneless, skinless chicken breasts, trimmed
- 1½ cups long grain white rice
- 1 (16 ounce) bag frozen peas and carrots or diced veggies (3 cups)
- 8 ounces (about 2 cups) sharp cheddar cheese, shredded
- 2 tablespoons freshly squeezed lemon juice
- Ground black pepper, to taste

Melt butter in a Dutch oven over medium heat. Add the onion and 1 teaspoon salt and cook until softened and lightly browned, 5 to 7 minutes. Stir in garlic and cayenne and cook until fragrant, about 30 seconds. Stir in flour and cook, stirring constantly, until golden, about 1 minute. Slowly whisk in the broth and cream. Add chicken breasts, partially cover and bring to a simmer. Reduce the heat to low, cover completely, and cook until the thickest part of the chicken breast registers 160° on an instant-read thermometer, 10 to 15 minutes. Remove the chicken with a slotted spoon and set aside to cool.

Stir the rice into the pot, cover and continue to cook over low heat, stirring often, until the rice has absorbed much of the liquid and is just tender, 20 to 25 minutes. Meanwhile, when the chicken is cool enough to handle, shred it into bite sized pieces. Remove the pot from the heat and stir in the shredded chicken, peas and carrots, cheddar, and lemon juice. Season with salt and pepper to taste. Pour the mixture into a 9x13 inch baking dish and sprinkle with the crumb topping.

At this point, you can store for later: Wrap the dish tightly with plastic wrap and then foil and refrigerate for up to 2 days or freeze for up to a month.

To cook: Adjust oven rack to middle position and heat the oven to 400°. Cover tightly with aluminum foil. Bake until the casserole is bubbling and hot throughout, about 1 hour. Remove foil and continue to bake until the crumbs are crisp, 15 to 20 minutes longer. Sprinkle with parsley before serving.

Alternate method: Make the bread crumb topping. Shred some cooked rotisserie chicken. Cook the rice in an electric pressure cooker. While the rice is cooking, make the sauce. Stir the cooked chicken, the cooked rice, peas, carrots, cheddar, and lemon juice into the sauce. Pour the mixture into a greased 13x9 inch baking dish and sprinkle with the crumb topping. Bake as directed above.

Dutch Oven Turkey Breast

- ½ cup butter
- 1–2 large onions, sliced
- 1 turkey breast, precooked or fresh
- Salt and pepper
- Potatoes, peeled, if needed, and quartered
- Carrots, peeled and cut into thick slices, or whole baby carrots
- Zucchini and summer squash, sliced, optional

Line your Dutch oven or any lidded, oven-proof container with two layers of heavy-duty foil for easy cleanup. Melt butter in the hot Dutch oven, add onions, then turkey, seasoning with salt and pepper. Surround with potatoes and carrots, cover, and bake at 350° for 2–3 hours.

Check that the turkey reaches 165° with a meat thermometer. Slice and serve. If using a precooked turkey breast, cook until heated through and vegetables are tender. Add optional zucchini or summer squash in the last 15–20 minutes.

Campfire version: Set the Dutch oven on the coals and melt the butter. Add the sliced onions. Then add the turkey. Surround the turkey with quartered potatoes and carrots. Bake, with coals on top and underneath about 2 hours (may be more depending on the size of the turkey breast).

Annie Harris Hamilton Glade (1873-1957)

Daughter Florence Glade Wells wrote, “How well I remember our Sunday dinners. It was the time we are in the front room with the best china and silverware, with thirteen at the table. Mother would prepare a huge rump roast of beef or leg of lamb, riced potatoes and gravy, vegetables, salad and lemon pie or layer cake. Her Parker House Rolls were wonderful. Monday she would make stew from the roast and on Tuesday it would be soup. Our groceries were delivered from ZCMI once a week. We younger ones would run to the neighborhood store for yeast cakes every other day. After we bought our car, Beulah would take Mother to a store on North Temple, which was owned by her brother-in-law for her roasts. We little ones would try to go to get an all-day sucker. On Saturday, Beulah would take mother to Ephraim Creamery for gallons of milk, then to ZCMI for cinnamon rolls. That was our favorite Saturday evening meal. During the canning season, mother would go to the Farmer’s Market and bring bushels of peaches, pears, tomatoes, apples and other vegetables. We would can 300 quarts of fruit.”

Ann Glade Wessman Tanner

Grandmother Lucile Glade's [Lucy Lucile Green Glade (1898-1980)] Thanksgiving dinner was turkey and stuffing, mashed potatoes and gravy, French style green beans with almonds, homemade rolls, cranberry jelly, and candied yams. We ate celery sticks after dinner to "make room" for dessert. Dessert was pumpkin pie served with whipped cream. Occasionally we would have carrot pudding (made at the church cannery) with a hard sauce or creamy sauce on it. She browned sugar in a heavy pan until it was caramelized and melted and used a little bit of that in gravy to give it a beautiful brown color. My Mother Beverly [Beverly Lucille Glade Wessman (1924-2008)] or Grandmother Lucile made the rolls a day ahead and heated them in a brown paper grocery bag in the oven for a few minutes before serving to make them hot and wonderful. Dinner was served between noon and 1 p.m. on Thanksgiving Day.

Egg Salad Sandwich

- 1 hard boiled egg
- Mayonnaise
- Mustard
- Pepper
- Celery, diced

Finely chop egg, or put it in a small bowl and smash it up with a fork. Add enough mayo (1–2 tablespoons) to make a good mixture. Add mustard to taste. Add ground pepper and diced celery if desired.

Empanadas de Pino

Beef filling:

- 1 large onion (2 cups), diced
- 2 tablespoons oil
- 2 teaspoons oregano
- 1½ teaspoons cumin
- ½ teaspoon red chili powder
- ½ teaspoon garlic powder
- 1 teaspoon beef bouillon
- ½ teaspoon salt (if the meat isn't cooked)
- 1½ pounds ground, shredded, or diced beef (can be pre-cooked)
- ½–1 cup water or beef gravy

Cook the onions in the oil until tender. Add the meat, spices, and water, if needed, and cook. If you use a pot roast, make a quick gravy with the liquid (1 cup pot roast liquid with veggies and 1 tablespoon cornstarch; blend together). Let cool. The filling is best if made the day before. You can also make a filling by substituting chard or spinach instead of meat.

Dough (for 8–10 empanadas):

- 3½ cups flour
- 1 teaspoon salt
- 1 cup shortening or butter
- 1¼ cups water

Cut shortening or butter into the flour and mix well. Knead the dough a bit to make it elastic. Roll into tortilla-like rounds about 6-inches in diameter.

Empanadas:

- Hard boiled eggs, cut into 5–6 pieces
- Olives
- Raisins

Put 1 piece of hard-boiled egg, 3 or 4 raisins, 1 olive, and ½ cup meat filling in each. Brush the edges with water or milk and seal. Brush the tops with milk. Cook in a 400° oven until golden brown, about 20 minutes. This is a Chilean dish.

Emily Wessman

Old age had taken its toll on Grandma's [Beverly Lucille Glade Wessman (1924-2008)] mind. One Sunday, about a year before she passed, I brought some of her old recipe cards for her to look through. She barely glanced at the peach pie or creamed beets recipes, but one caught her eye—Aunt Leone's Creamed Chicken, the dish from her wedding luncheon.

She read it over and over, commenting on the ingredients and how simple yet delicious it was. Then, she suddenly started patting her pockets, searching for something. When I asked what she needed, she said she wanted a pen to copy the recipe down. She didn't remember making it, but she knew a good recipe when she saw one!

I told her I would get a copy of it to her later, and she was satisfied with that.

Empanadas de Queso

Dough:

- 2 cups flour
- ½ cup milk
- 2 tablespoons shortening
- 1 teaspoon salt
- ½ cup water

Heat the milk, water, salt, and shortening until the shortening melts. Mix into the flour and knead a bit until slightly elastic. Roll into small rounds.

Fillings:

- Cheese
- Spinach or chard cooked with onions and spices (see recipe for Empanadas de Pino)
- Meat (pino)

Put cheese or another filling in the empanadas, moisten the edges of the dough with water or milk, and seal well. Fry in hot oil. This is a Chilean dish.

Enchiladas

- 3–4 cups cooked, shredded chicken
- 2 cups grated cheese
- 1 cup sour cream
- 1 can cream of chicken soup
- 1 (4 ounce) can diced green chiles
- 10–12 flour or corn tortillas
- 1 (29 ounce) can enchilada sauce or 1 recipe enchilada sauce, red or green

Preheat oven to 350°. Mix cheese, sour cream, chicken soup, and chiles together. Add chicken and stir well. Put a spoonful of chicken mixture in a strip down the center of a tortilla. Roll and place in the pan. Continue until the pan is full. Pour enchilada sauce on top. Bake for 30 minutes at 350°.

Enchilada Filling Variations

Mix together:

- 4 ounces cream cheese, softened
- 2 cups shredded chicken or beef
- 1 cup shredded cheese
- ¼ cup salsa, or to taste

or mix together:

- 1 can refried beans
- 1 can beans, rinsed well
- ¼ cup salsa, or to taste
- 1 cup shredded cheese

Put a spoonful of the mixture in a strip down the center of a tortilla. Roll and place in the pan. Continue until the pan is full. Pour enchilada sauce on top. Bake for 30 minutes at 350°.

James Harris Hamilton (1838-1887) and Mary Watson McNair Hamilton (1836-1922)

Christmas [in Paisley, Scotland] was celebrated with the same customs as here. Stockings were hung up, but the exchange of gifts was reserved for New Years Day.

Shortly after the New Year had been heralded in, visiting one's friends was next in order. It would have been very absurd to have gone to a home empty handed, the usual packing being: a man, a bottle of wine; the woman, a cake of shortbread.

Fajitas

- 2 tablespoons fajita spice
- 2 tablespoons water
- 2 tablespoons lime juice
- 2 tablespoons vinegar
- ¼ cup oil
- 2–3 pounds of chicken
- 2 bell peppers
- 1–2 onions
- Tortillas

Mix the fajita spice with water and let it hydrate while you cut up your chicken. Cut chicken into thin slices. Chicken tenders are easy to cut thin, and make great fajitas. If using chicken breasts, partially frozen meat is easier to cut into thin strips. You can use a gallon Ziploc bag to hold the chicken and spices for easier cleanup. Add lime juice, vinegar, and oil to the fajita spice and stir well. Pour marinade over the chicken. The chicken will taste better if it marinates for at least 2 hours, but you can cook it immediately. Marinate for up to 24 hours, or freeze to cook later.

Cut bell peppers and onions vertically into thin strips.

Heat a frying pan to medium high heat, and then add the chicken. Cook, stirring frequently. Pour off some excess liquid if the chicken looks like it's boiling instead of sautéing. Once the chicken is cooking, heat a second frying pan to medium high heat. Add some olive oil to the pan, then add the onions. Cook for about 5 minutes before adding the bell peppers.

Stir the chicken and onion/pepper mixtures frequently. Cook the chicken until everything is thoroughly cooked. Cook the onions until transparent, and the peppers are cooked, but not soggy.

Serve with tortillas, guacamole, sour cream, or whatever you would like.

Falafel

- 1 pound dry chickpeas (also known as garbanzo beans) – you must start with dry, do not substitute canned, they will not work!
- ½ teaspoon baking soda
- 1 small onion, roughly chopped
- ¼ cup minced fresh parsley
- 3–5 cloves garlic, preferably roasted
- 1½ tablespoons flour or chickpea flour
- 1¾ teaspoons salt
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- Pinch of ground cardamom
- 1 teaspoon baking powder, optional – makes the falafel fluffier
- Vegetable oil for frying – avocado oil, grapeseed oil, sunflower oil, canola oil, and peanut oil all work well

One day ahead: Pour the chickpeas into a large bowl and cover them with about 3 inches of cold water. Add ½ teaspoon of baking soda to the water and stir; this will help soften the chickpeas. Cover the bowl and let them

soak overnight. The chickpeas should soak for at least 12 hours and up to 24 hours, until tender (change soaking water for fresh water after 12 hours). When they have soaked, you will have 4 to 5 cups of beans.

Drain and rinse the chickpeas well. Pour them into your food processor along with the chopped onion, garlic cloves, parsley, flour or chickpea flour, salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom. Note: if you have a smaller food processor, you will want to divide the ingredients in half and process the mixture one batch at a time. Pulse all ingredients together until a rough, coarse meal forms. Scrape the sides of the processor periodically and push the mixture down the sides. Process until the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together.

Once the mixture reaches the desired consistency, scrape it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed. Cover the bowl with plastic wrap and refrigerate for 1–2 hours.

Fill a skillet with oil to a depth of 1½ inches. Use cooking oil with a high smoke point (oil suggestions can be found in the ingredient list). Heat the oil slowly over medium heat. The ideal temperature to fry falafel is between 360° and 375°; the best way to monitor the temperature is to use a deep fry or candy thermometer.

Meanwhile, form falafel mixture into round balls or slider-shaped patties using wet hands or a falafel scoop, using about 1½ tablespoons of mixture per falafel. If the balls won't hold together, place the mixture back in the processor again and continue processing to make it more paste-like.

If they still won't hold together, you can try adding 2–3 tablespoons of flour or chickpea flour to the mixture. If they still won't hold, add 1–2 eggs to the mix. This should fix any issues you are having.

When the oil is at the right temperature, fry the falafels in batches of 5–6 at a time. They should float to the top of the oil when they are cooked. Remove them from the oil using a slotted spoon. Let them drain on paper towels.

Serve the falafels fresh and hot (they reheat well in the microwave the next day, if you have leftovers).

Herb falafel variation (green falafel): add ½ cup additional parsley or cilantro (or a mix of the two)

Turmeric falafel (yellow falafel): add ¾ teaspoon turmeric to the mixture

Fish with Dill

Heat oven to 350°. Melt 3 tablespoons butter in a small baking dish. Place 1 pound tilapia or other mild fish filets in melted butter and turn to coat.

Sprinkle it with dill, salt and pepper. Bake for 15 to 20 minutes or until the fish flakes easily with a fork. You can use frozen fish filets.

French Dip Sandwiches (Heritage Recipe)

- Roast beef
- 3 beef bouillon cubes
- 1 package dry onion soup
- Hard rolls

Brown roast, cover with water, cook all day in a slow cooker or on low heat in a covered pan. Cook until meat crumbles or falls apart. Remove meat from broth and add bouillon cubes and soup mix. Simmer broth for 15 minutes and strain; discard solids. Crumble meat and add enough seasoned broth to keep moist. Serve meat on hard rolls with a small cup of broth for dipping. She preferred using brisket, slow-cooked overnight for tenderness, which also kept the house cool during the summer. From Beverly Lucille Glade Wessman.

Harold Morgan (1892-1963) and Jessie Christensen Morgan (1893-1980)

Our marriage was solemnized in the Salt Lake Temple April 8.... The following day we returned to Provo, spent two days there. Then short of funds but long on love we started our return to Arizona. Andy Gibbons tried to persuade us to stay in Provo and go to the Brigham Young University, but for some reason which we still haven't figured out, we rejected the offer.

Never will I forget the long two day and night ride. We had nothing to eat the last day but peanut butter sandwiches. It was a long time after this before I could stomach peanut butter.

Grilled Cheese Sandwiches For a Crowd

Cheese, sliced
Bread
Butter

Take two slices of bread and spread the butter on the outsides (the sides that will go on the grill). You can mix in some Italian seasoning or garlic into the butter to give it more taste. Place the buttered slices together so the butter doesn't get on the counter or plate. Set aside. Continue buttering bread in groups of two until you have enough sandwiches made for the crowd.

Take a set of bread slices. Put one slice, butter side down, on the medium-hot griddle. Place the cheese slice or slices on it. (Use fancy cheeses or a mix of cheese for a nicer sandwich.) Place the other bread slice from the set butter side up on the cheese. Continue quickly placing the sandwiches down until the griddle is full.

Cook them until lightly browned on the one side. Flip over and cook until lightly brown on the other side. If the griddle is too hot, you will burn the bread before the cheese melts. Remove the sandwiches and keep cooking until everyone is full. From Beverly Lucille Glade Wessman.

Grilled Chicken Sandwich

Grilled chicken breasts, sliced thinly (use Poultry Marinade with soy sauce)
Pineapple slices
Provolone cheese
Lettuce
Mayonnaise

Layer ingredients on buns. This sandwich was served at Beverly Lucille Glade Wessman's funeral luncheon.

Grilled Chicken Teriyaki

½ cup packed brown sugar
½ cup soy sauce
2 tablespoon water
1 tablespoon grated fresh onion or ½ tablespoon dried minced onion
1 clove garlic, minced or ⅛ teaspoon garlic powder
8 boneless, skinless chicken breasts

In a saucepan, stir together brown sugar, soy sauce, water, onion, and garlic. Cook and stir over low heat till sugar dissolves. Cook, uncovered, until like a thin syrup, about 5 minutes more; cool. Pour over chicken and marinate in a Ziploc bag or covered container (refrigerate 4–6 hours or overnight).

Remove chicken; reserve marinade. Spray grill. Grill chicken over medium hot coals for 15 to 20 minutes; turn often. Brush with reserved marinade. Serves 8.

Margaret Jarvis (1857-1934)

All during her married life until her family was raised, they had a great deal of company. Many times at Quarterly Conferences, they had a houseful. In those days, people from other settlements would bring a team and wagon, and often a bed, and come on Friday and stay until Monday. Sometimes the Jarvis' had beds on all the floors, in the yard and in the wagons, and two, three or four tables full for each meal. [Her husband] Charley would provide the food, and he loved to entertain, and Margaret was a good cook and enjoyed to show off her art. Plum puddings, mince pies, delicious cakes, toasts, meat pies, etc.

Grilled Fish

Fish filets of your choice
Butter, melted
Seasoning

Preheat your gas grill on high, then lower the middle burners to maintain 350°. Create a disposable baking sheet with heavy-duty foil, turning up the edges. Spray with non-stick spray or drizzle butter after placing it on the grill. Put the fish on the foil, drizzle with butter, and season. Cover the grill and cook for 10–15 minutes, depending on thickness. The fish is done when it flakes with a fork.

Grilled Tuna Sandwich

1 can tuna, drained
½ cup shredded cheese
Mayonnaise
Pepper
Bread
Butter

Drain the tuna and place it in a bowl. Add the shredded cheese, a spoonful of mayonnaise, and a sprinkle of pepper to taste. Mix everything together until well combined. If you like extra crunch, stir in some diced celery. Heat a frying pan or griddle over medium heat. Assemble the sandwiches by spreading the tuna mixture evenly between slices of bread. Lightly butter the outside of each sandwich, then place them on the hot pan. Cook until the bread is golden brown and crispy, flipping once to toast both sides evenly. Serve warm. For a variation, try adding a slice of tomato or a dash of hot sauce to the filling. Makes 2–3 sandwiches.

Hamburger Stroganoff

1 pound ground beef
1 onion, minced, or 2 tablespoons dehydrated minced onion
1 beef bouillon cube
2 tablespoons butter
½ teaspoon garlic salt
1 cup sour cream
1 can cream of mushroom soup
1 can mushroom pieces, optional
Salt and pepper to taste

Brown beef and onion in butter. Add bouillon cube, garlic salt, and cream of mushroom soup. Simmer for 10 minutes. Add sour cream and serve. Do not boil the sour cream. Add fresh parsley if desired and serve over rice, noodles, or potatoes. You can skip the butter and drain the hamburger and onion after browning. Add ½ teaspoon paprika to achieve a more authentic taste.

Harvest Sandwich

Layer thinly sliced apples, cooked bacon strips, and cheddar cheese on top of sliced French bread. Broil until the cheese is melted. Serve warm, preferably with soup and salad.

Hawaiian Haystacks

Set out for guests to layer: rice, Chinese noodles, chicken, chicken gravy, celery, tomatoes, almonds, green onions, pineapple, coconut. This meal is perfect to serve to large groups of people.

Herb-Roasted Chicken

- 3½ to 4-pound whole broiler chicken
- 2 tablespoons butter or margarine, melted
- Garlic salt
- Dried basil
- Ground sage
- Dried thyme
- Lemon-pepper seasoning or ground black pepper

Rinse the chicken and place, breast side up, in a roasting pan. Pour melted butter over chicken. Sprinkle with herbs. Roast, uncovered, in a 375° oven for 1¼ to 1½ hours or until chicken is 165° measured in the thickest portion. Let stand 10 minutes before carving. You can also use this with turkey breasts. The drippings make great gravy.

Honey Chicken Pieces

Sprinkle chicken pieces with seasoned salt and pepper. Brown chicken in oil in a frying pan. In a mixing bowl, stir together:

- ½ cup honey
- 2 tablespoons lemon juice
- Salt
- Pepper
- ¼ teaspoon oregano, crushed
- ½ cup water

Pour over chicken in the frying pan. Turn down heat and simmer for 20 to 30 minutes, stirring occasionally. Baste with sauce until chicken is done and tender. Taste. Adjust salt and pepper if necessary. Turn meat occasionally.

Lemon Herb Marinade

Mix in gallon Ziploc bag:

- ¾ cup oil
- ¾ cup lemon juice
- 2 teaspoons salt
- 2 teaspoons paprika
- 2 teaspoons sweet basil, dried
- 2 teaspoons thyme
- ½ teaspoon garlic powder
- ½ teaspoon ground pepper

Add 2 pounds of cut up chicken or beef. Cooking is easier if pieces are approximately the same thickness. Shake well to coat. Refrigerate a few hours or overnight. Cook on grill, in a slow cooker, or with another preferred method. Discard remaining marinade. To make this into a rub for salmon, omit oil and replace lemon juice with grated zest from 1 lemon.

Meatballs

Make one batch of meatloaf as directed in the recipe. Instead of forming a loaf, roll the mixture into small balls, about 1 to 1.5 inches in diameter. For uniform size, use a cookie scoop or tablespoon.

Oven-Baked Method: Preheat oven to 375°. Place meatballs on a foil or parchment-lined baking sheet. Bake for 15–25 minutes, or until browned and cooked through to an internal temperature of 165°.

Pan-Fried Method: Heat a thin layer of oil in a skillet over medium heat. Cook meatballs in batches, turning frequently until browned and cooked through, about 10–12 minutes.

Simmered in Sauce: Brown meatballs in a pan or bake them partially. Transfer to a pot of simmering marinara or other sauce and cook for 20–30 minutes to soak up flavor. Check for doneness before serving.

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008) Tours France Mission

December 1986: Christmas Eve is special to celebrate in France with a 5 hour meal—and far too much food. We ate from 8:30 [pm] to 1:30 [am]—Then dishes to do for 20 people and 12 courses! Started with:

1. chips, peanuts and drink then
2. grated carrots and beets with vinaigrette dressing (cold) then
3. white sausage and
4. white beans and carrots
- bread from here on—
5. baked lamb and potatoes then
6. turkey roasted then
7. lettuce with vinaigrette then
8. fromage—5 kinds of cheese then
9. ice cream yule log
10. fruit salad
11. carrot cake and then
12. clementines, which are fresh Spanish grown mandarin oranges, no one could eat any....

Christmas we had the elders for dinner—turkey, dressing stuffed, potatoes, gravy (no giblets here) beans, fruit cocktail with all fresh fruits. They brought a delicious apple pie.... They did the dishes—we played games—blow the ping pong ball and “knucks up”—some guessing games. Big day.

Meatballs—Best

- 2 slices high-quality white sandwich bread or 1 cup saltine crackers or
- ½ cup cooked rice
- ⅓–½ cup buttermilk
- 1 pound ground beef
- ¼ cup Parmesan cheese, grated
- 2 tablespoons minced fresh parsley
- 1 large egg
- ½ teaspoon garlic
- ¾ teaspoon salt
- ⅛ teaspoon pepper

Using a fork, mash the bread with the buttermilk until you have an even paste. Add the rest of the ingredients and mix. Form into meatballs. Bake in a 400° oven for 20 minutes or until done. These freeze well. You can vary the spices, if you want.

Meatballs—Scalloped

- 6 cups potatoes, sliced, pared, raw
- 1 cup carrots, sliced, pared, raw
- 1 onion, medium, peeled, sliced
- 2 teaspoons salt
- 2 pounds ground beef
- ¼ cup fine, dry bread crumbs
- ⅔ cup milk
- ¼ teaspoon thyme, optional
- 2 cans cream of mushroom soup
- 2 cups sour cream
- ½ teaspoon paprika

Parboil potatoes, carrots, onions, and 1 teaspoon salt in a small amount of boiling water for 5 to 10 minutes. Drain. Mix ground beef with bread, milk, thyme, and remaining salt. Shape into small meatballs. Brown in the oven. Remove meatballs. Set aside. Stir soup, sour cream, and paprika into a frying pan. Heat, stirring constantly, just until hot. Layer vegetables, meatballs, and soup mixture into a baking dish. Repeat layers. Cover and bake for 30 minutes at 375° or until bubbly hot in center. Serves 8 to 10. You can also use pre-made frozen meatballs.

Meatloaf

- 2 pounds hamburger
- $\frac{2}{3}$ cup cracker crumbs (saltines, etc.)
- $\frac{2}{3}$ cup milk or buttermilk
- Dehydrated or fresh onions
- 1 egg, optional
- Seasoning salt
- 1 teaspoon sage
- Salt and pepper to taste

Topping:

- $\frac{1}{2}$ cup ketchup
- $\frac{1}{8}$ teaspoon nutmeg
- 3 tablespoons brown sugar
- 1 teaspoon dry mustard

Mix all meatloaf ingredients together until well blended. Form into one or two loaves. Stir together topping ingredients. Pour over top of loaves. Bake at 350° for 1 hour. Internal temperature should be 165°, or until no pink shows when cut with a sharp knife. You can also use Eliza Turner Green's Chile Sauce recipe as a topping.

Meatloaf—All American

- 1 tablespoon oil
- 1 onion, finely diced
- 2 garlic cloves, minced or $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon thyme
- 2 large eggs
- $\frac{1}{2}$ cup milk, plus extra as needed
- 2 teaspoons spicy mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon Tabasco sauce
- 2 pounds ground beef or 1 pound each ground beef and ground pork
- $\frac{2}{3}$ cup crushed saltines or any cracker or $1\frac{1}{3}$ cups fresh breadcrumbs
- $\frac{1}{3}$ cup fresh parsley, minced, or 2 tablespoons dried parsley

Topping:

- $\frac{1}{2}$ cup ketchup
- $\frac{1}{8}$ teaspoon nutmeg
- 3 tablespoons brown sugar
- 1 teaspoon dry mustard

Preheat oven to 350° and line a baking tray with foil. Mix together the topping ingredients and set aside.

Heat the oil in a skillet, then add the onion and cook until transparent, about 5 minutes. Stir in garlic and thyme and cook for about 30 more seconds. Set aside to cool.

In a large bowl, whisk eggs together, then add milk, mustard, Worcestershire, salt, pepper, and Tabasco. Mix well. Add the ground beef, crackers, and parsley. With a large spoon or your hands, mix everything together until the mixture is evenly mixed and doesn't stick to the bowl. If needed, add more milk, a little bit at a time until the mixture doesn't stick to the bowl.

Transfer meat mixture to the foil covered baking tray and form a loaf on the center of the tray, about 9 inches by 5 inches. Spread the topping on the meatloaf. Bake for 55–60 minutes. Check for doneness with a meat thermometer near the center of the meatloaf. The internal temperature should be 165°. If your oven has a meat probe, you can set the probe temperature to 165° and let the oven bake it.

Note: You can make individual meatloaves that cook in 30–40 minutes. Or you can stuff bell peppers. Stuffed bell peppers bake for 40–60 minutes, also depending on their size. Use a thermometer to check internal temperature of 165°.

Henry Green (1867-1941)

I can see him [Henry Green] now slicing the Thanksgiving turkey as we all sat close by with mouths watering in anticipation of the scrumptious meal. I associate him with good food and treats. Of course Grandma [Eliza Turner Green (1878-1949)] was right at his side making goodies, especially hot rolls and those delicious salted beans. I even got to help Grandma slice the beans for the crock on one occasion. Grandfather would give us nickels and dimes to buy candy at the nearby store.

Mexican Beef and Rice

- 1 lb ground beef
- $\frac{1}{4}$ cup taco seasoning (1 packet)
- 1 cup frozen corn
- 1 cup rice
- 2 cups beef broth
- $1\frac{1}{2}$ cups shredded Colby jack cheese

Toppings:

- Sour cream
- Diced avocado
- Sliced black olives
- Cilantro
- Salsa
- Green onions
- Tomatoes

Cook the ground beef in a large skillet over medium heat until no longer pink. Drain fat. Add taco seasoning, corn, rice, and beef broth. Stir. Bring to a boil, then reduce heat and cover. Simmer for 20 minutes. Add a little water if it seems to be getting dry. Stir and top with shredded cheese. Cover again and cook on low to melt the cheese. Top with your favorite taco toppings.

Orange Chicken

- 2 pounds boneless chicken breasts, cut into bite size pieces
- 1–2 tablespoons oil
- 1 garlic clove, crushed
- $\frac{1}{4}$ teaspoon ginger
- $\frac{3}{4}$ teaspoon crushed red pepper flakes
- $\frac{1}{4}$ cup orange or apple juice
- $\frac{1}{3}$ cup light brown sugar
- 2 tablespoons ketchup
- 1 tablespoon vinegar
- $\frac{1}{2}$ cup water
- $\frac{1}{3}$ cup soy sauce

Heat oil in a large skillet. If desired, toss chicken pieces with cornstarch (about $\frac{1}{4}$ cup) before browning them. This will make a crunchy exterior. Add chicken pieces and cook until lightly browned. Remove chicken.

Add remaining ingredients, heating over medium heat until dissolved. Add chicken and bring to a boil. Reduce heat and simmer for 20 minutes.

Serve over hot rice. You can also make this in the slow cooker: mix the liquids, put everything in and cook on low 6 to 8 hours or high 3 to 4 hours.

Overnight Chicken

- One 3 to 3 $\frac{1}{2}$ -pound whole chicken
- Kosher salt
- Freshly ground black pepper
- 6 cups water, or more as needed

Rinse the chicken thoroughly under cool water, cleaning both the inside and outside. Pat it completely dry with paper towels and place it on a large plate. Generously season the entire surface, including the cavity, with salt. Leave the chicken uncovered in the refrigerator for at least 8 hours, and up to 24 hours, to allow the seasoning to penetrate and enhance the flavor.

When ready to cook, position a rack in the lower third of the oven and pre-heat it to 450°. Place the chicken in a large 8-quart Dutch oven or a heavy pot with a lid, then season it with several grinds of freshly ground black pepper. Transfer the uncovered pot to the oven and roast for 30–45 minutes, or until the skin is golden brown. Once browned, carefully remove the pot from the oven and leave the oven door ajar to help it cool slightly. Reduce the oven temperature to 200°. Pour enough water into the pot to reach about two-thirds of the way up the sides of the chicken. Cover the pot tightly with its lid and return it to the oven to slow-poach, undisturbed, for 6 to 8 hours.

When the cooking time is complete, transfer the pot to the stovetop, keeping it off the heat, and allow the chicken to cool until it is safe to handle. Remove the chicken from the pot and place it on a cutting board, then pull the meat from the bones, discarding the skin and bones as needed. Strain the cooking liquid through a fine-mesh strainer, discarding any solids. The shredded chicken and broth can be used immediately or stored separately. Refrigerate both for up to 5 days, or freeze the broth for up to a year.

Paella with Chicken, Peppers, and Green Beans

- Salt
- Black pepper
- ¼ cup extra-virgin olive oil
- 8 chicken tenders sliced in half, or 1–2 chicken breasts, sliced thin
- 1 red bell pepper, cored, seeded, and cut in 1-inch wide strips
- Small handful green beans, trimmed
- 6 medium garlic cloves, peeled, optional
- 4½ cups chicken broth; more if necessary
- Pinch saffron threads (about 20 threads)
- 2 teaspoons garlic powder
- ½ onion, finely diced
- 1 (14 ounce) can diced tomatoes
- ½ teaspoon pimenton (smoked paprika)
- 1½ cups medium grain rice

Season the chicken pieces generously with salt and pepper. Pour the olive oil in a 16-inch paella pan, or your largest frying pan. Over medium high heat, sauté the chicken strips until browned, about 10–12 minutes. Transfer to a platter and cover with a lid or some foil.

Reduce the heat to medium low. In the same pan, cook the red pepper strips and garlic cloves until the peppers are completely limp, 15 to 20 minutes. Transfer the peppers to a plate (leave the garlic in the pan) and cover with aluminum foil. Add the green beans to the pan and sauté until the green beans are soft and wrinkled, about 5–10 minutes.

Peel the skin off the red peppers while the green beans are cooking. Remove the green beans and garlic cloves from the pan and add them to the plate with the peeled bell pepper strips, covering with foil.

Increase the heat to medium and sauté the onion until softened, about 5 minutes. Add the tomato, pimenton, and the garlic powder, season with salt, and cook, stirring often, until the mixture has darkened to a deep burgundy and is thick like a compote, 15 to 20 minutes. If it starts to stick to the pan or burn, add a little water to the pan. If not cooking the rice immediately, remove the paella pan from the heat. (This tomato-onion-garlic mixture, called a *sofrito*, is the flavor base for the paella.)

While the *sofrito* (tomato mixture) is cooking, in a medium saucepan, bring the broth to a boil; lower to a simmer. Crumble the saffron threads in a mortar or between your dry fingers, and add to the broth. Taste and add salt or chicken bouillon if necessary (it should be very well-seasoned, salted as if it were a soup). Keep warm until you're ready to add to the rice.

About a half hour before you're ready to eat, set the paella pan with the *sofrito* over your largest burner (or over two burners) on medium high heat. Add the rice, stirring until it's opaque, 1 to 2 minutes. Spread the rice in the pan, put

the garlic cloves in the center, and pour in the hot broth. Shake the pan a bit to make sure the rice is evenly distributed. Arrange the chicken, red peppers, and green beans in the pan in a spoke pattern. Do not stir the rice from this point on. Simmer vigorously, moving the pan over one and two burners to distribute the heat and to cook the rice as evenly as possible. When the rice is at the same level as the liquid, after 8 to 10 minutes, reduce the heat to medium low.

Continue to simmer more gently, rotating the pan as necessary, until the liquid has been absorbed, about 10 minutes more. Taste a grain just below the top layer of rice; it should be *al dente*, with a tiny white dot in the center. (If the rice is not done but all the liquid has been absorbed, add a bit more broth or water to the pan and cook a few minutes more.)

Increase the heat to medium-high and, rotating the pan, cook for about 2 minutes, until the bottom layer of rice starts to caramelize, creating the *so-carrat*. The rice will crackle, but if it starts to smell burned, remove the pan from the heat immediately.

Remove the pan from the heat. Cover loosely with foil or a clean kitchen towel and let the paella rest for 5 minutes to steam a bit and let the flavors meld.

Paprikás Csirke (Hungarian Chicken Paprikash)

- 2 tablespoons butter or lard
- 3 pounds chicken pieces, boneless or bone-in and skin-on
- 2 medium yellow onions, very finely diced
- 2 cloves garlic, finely minced
- 2 Roma tomatoes, seeds removed and very finely diced, or ½ can (15 ounce) drained diced tomatoes
- 1 bell pepper, diced
- 3–4 tablespoons Hungarian sweet paprika
- 2 cups chicken broth
- 1½ teaspoons sea salt
- ½ teaspoon freshly ground black pepper
- 3 tablespoons all-purpose flour
- ¾ cup full fat sour cream, room temperature (important to avoid lumps)
- ¼ cup heavy whipping cream

Bone-in and skin-on chicken is traditional and recommended because it creates the most flavor, but I have only used chopped boneless/skinless chicken. I usually use pre-cooked rotisserie chicken. Heat the butter or lard in a heavy pot and brown the chicken on all sides. Transfer chicken to a plate.

In the same oil, add the onions and fry until golden brown. Add more butter if needed. Add the garlic, tomatoes, and bell pepper, and fry another 2 to 3 minutes. Remove the pot from the heat and stir in the paprika, salt and pepper (paprika becomes bitter if scorched).

Return the chicken to the pot and place it back over the heat. Pour in the chicken broth. The chicken should be mostly covered. Add more broth if needed. Bring it to a boil. Cover, reduce the heat to medium-low and simmer for 40 minutes until the chicken is thoroughly cooked. Remove the chicken and transfer to a plate.

In a small bowl whisk together the sour cream and cream, then stir the flour to form a smooth paste. If you added more broth, then adjust the amount of flour proportionally. Stir the cream mixture into the sauce, whisking constantly to prevent lumps. Bring it to a simmer for a couple of minutes until the sauce is thickened. Add salt and pepper to taste. Return the chicken to the sauce and simmer to heat through.

Serve with thick egg noodles. For the most traditional taste, make *Nokedli*, which is a thick fresh Hungarian noodle similar to German *Spätzle*. You can make *Nokedli* with a *Spätzle* scraper.

Ann Prior Jarvis (1829-1913)

My little girl Maggie [Margaret Jarvis (1857-1934)] was about three years old when we moved in the sixth ward. One morning before it was time to get up, she said to her father [Charles Godfrey DeFriez Jarvis (1855-1919)] in her baby way, "What you think I dreamed?" He said, "I do not know." She said, "I dreamed a man brought us two rabbits." Before an hour had passed, Brother Brown, who came in our company and had been out shooting, left two large hares for us. He had never spoken to us before and he never brought us any again, so the child had nothing to make her dream. In her after life, she would have dreams that were as true as that one.

Ann Glade Wessman Tanner

Every Sunday we would go to Grandma Lucile and Grandpa Lester Glade's house for Sunday dinner. We would have roast beef, mashed potatoes, vegetables and homemade rolls. Grandpa would sit at the head of the table and slice the roast very thinly and we would be served a piece of the roast. Occasionally we would get a special treat and instead of gravy, Grandmother would make Yorkshire Pudding with the drippings. I loved that, but missed the delicious, dark brown gravy. I later found out my Grandpa had leukemia and was very sick all during this time; instead of having them come to our house, we went to their home because he was too ill to travel.

Pita Pocket Stuffers

Chicken, broccoli and cheddar
Ground beef, taco seasoning and cheddar
Spaghetti sauce, mozzarella and pepperoni
Ham, crushed pineapple, Monterey Jack
Roast beef, tomato, cheese
Scrambled eggs, salsa, cheddar cheese
Sliced turkey, Swiss, Thousand Island dressing
Ham, chopped broccoli, Swiss

Pulled Barbecued Chicken Sandwiches

2 pounds boneless, skinless chicken breasts
1 cup barbecue sauce
½ cup Italian dressing
2 tablespoons packed brown sugar
1 tablespoon Worcestershire sauce
2 tablespoons cornstarch
2 tablespoons chicken broth
Additional barbecue sauce, if desired
Rolls, for serving as sandwiches
Bread and butter pickles, optional

Place chicken in the slow cooker. In a medium bowl, whisk together the barbecue sauce, Italian dressing, sugar and Worcestershire sauce. Pour the sauce over the chicken. Cover and cook on low for 4½ to 5 hours, or until very well done. Remove the chicken to a cutting board. In a small bowl, mix cornstarch and chicken broth. Stir it into the sauce in the slow cooker. Cover and cook on high until the sauce is thickened and heated through (10 to 15 minutes). Meanwhile, use two forks to shred the chicken. Return the shredded chicken to the slow cooker and stir. Add additional barbecue sauce if more sauce is needed or desired. Cover and continue cooking on low for 45 minutes. Serve chicken piled onto rolls. Add pickles, if desired.

Pulled Pork Sandwiches

3 pounds boneless pork loin or boneless pork chops (about 6 thick chops)
1 package McCormick slow cooker "pulled pork" seasoning or 1.5 ounces (about 2 tablespoons) dry BBQ seasoning
½ cup ketchup
½ cup brown sugar
½ cup cider vinegar

Place pork in a greased slow cooker. Mix seasoning, ketchup, brown sugar, and cider vinegar. Pour mixture over pork and cook for about 8 hours on low or 4 hours on high. After the meat is cooked, pull out any fat that hadn't already been cut off the meat previously. Shred the meat using two forks. Mix back in with the sauce, adding about ½–1 cup of water if necessary. Serve on buns. You can add extra BBQ sauce, if desired. You will get at least five servings per pound of meat.

Porcupines

½ pound ground beef
¼ cup uncooked rice
¼ cup milk or water
2 tablespoons diced onion
½ teaspoon salt
¼ teaspoon celery salt
⅛ teaspoon garlic salt
Dash of pepper
1 (8 ounce) can tomato sauce
1½ teaspoons Worcestershire sauce
1 cup water

Mix beef, rice, milk, onion, and seasonings. Form into medium-sized balls. Fry in oil, turning frequently until light brown but not crusty. Add tomato sauce, water, and Worcestershire sauce. Mix well. Cover and simmer for 45 minutes over low heat. Add more water if the liquid cooks down too much. You can also bake these meatballs instead of frying them. Put them in a lightly-greased pan and bake them at 400° for about 15 minutes until brown. Then pour the sauce over, cover the pan, and bake them for an additional 30–40 minutes.

Pork Pot Stickers

2 cups Napa cabbage, shredded
¾ teaspoon salt
⅓ pound ground pork, cooked
1 tablespoon ginger
1 carrot, shredded
2 scallions (green onions), thinly sliced
2 teaspoons garlic, minced
1 tablespoon soy sauce
2 teaspoons toasted sesame oil
⅛ teaspoon pepper
1 tablespoon cilantro, minced, optional
1 package pot sticker wrappers

Cook the pork and then mix with all the ingredients. Some recipes add in an egg to the mixture, but this is optional. Place about 1–2 teaspoons of the mixture into each pot sticker wrapper. Moisten half of the edge of the wrapper with a bit of water. Fold the wrapper around the filling to form a half-moon shape. Make tiny pleats along the edge to seal. Then stand the dumpling, seam-side up, on a baking sheet and gently press to flatten the bottom. Cover loosely with a dampened cloth or paper towel. The pot stickers can be frozen at this point on the baking sheet. Once they are frozen, they can be stored in a bag.

To cook the pot stickers, heat oil in the bottom of a non-stick skillet. Arrange the pot stickers in the oil and cook, uncovered, until the bottoms are light brown. Add ½ cup of water (be careful since it will splatter) and cover tightly with a lid. Cook for another 7–10 minutes until done. You may need to add more water. Serve with chili sauce and rice.

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008) Tours France Mission

New Years Eve 1986: For New Years we invited Annie Nwaze and her dear... mother for dinner and they showed me how to cook rabbit with mustard and mushrooms—It was so good. Then they fixed Italian gnocci's [gnocchi] (potatoes with sauce of tomato and veal) I fixed avocado and grapefruit salad and made apple pie a la mode. We enjoyed our little N.Y. eve party very much. John played his accordi-on and we sang... I want to teach all my grandchildren how to make gnocci's [gnocchi] with potatoes, flour and an egg—very Italian.

Pork Rub—Chris'

- ¼ cup kosher salt
- ¼ cup white sugar
- ⅛ cup brown sugar (the drier the better)
- 4 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon chipotle powder or cayenne (adjust to taste)
- 1–2 tablespoons liquid smoke, if baking in crockpot or oven

Mix all rub ingredients in a bowl and generously coat the pork. Place in a slow cooker and sprinkle 1–2 tablespoons of liquid smoke over the meat. Cover and cook on low for 6–8 hours or high for 4–6 hours, until tender and it reaches 200° when measured with a meat thermometer. Remove from the slow cooker, leaving ¼ to ½ cup of juices, then shred with two forks. Return the shredded pork to the slow cooker, mix with juices, and serve on buns with barbecue sauce. Traditionally served with coleslaw on the sandwich and baked beans on the side.

Notes: Great for pork shoulder, Boston butt, Pork sirloin tip roast, or ribs (spare ribs or baby back). For oven cooking, bake at 325° for 5–6 hours or until tender and it reaches 200° when measured with a meat thermometer. If using a pre-brined cut of pork, reduce salt to 2 tablespoons.

Pot Roast with Potatoes and Carrots

- Chuck roast
- 2 tablespoons flour
- 1 tablespoon roasting spices
- 4–6 beef bouillon cubes
- 3 tablespoons oil
- Potatoes, quartered
- Carrots
- Onions, optional

Buy a nice, thick chuck roast, whatever size you need for your family. Pull out your electric frying pan. The recipe will work in a slow cooker or oven, but your best results will be with an electric fry pan. The roast needs to slowly cook for 4–5 hours, so make sure you start the roast early in the afternoon for dinnertime. The quality of spices you use will help determine how good your roast will be. You can buy packets of pot roast spices, use salt, pepper, and celery salt, or use English Prime Rib Rub.

In a large gallon Ziploc bag, add the flour and the spices. Shake it up a bit to mix the flour and spices well. Slide the roast into the bag, and shake to coat all sides of the roast. Add a little more flour and spice if the roast is not coated on all sides.

Heat the oil in an electric frying pan at 350° for a few minutes. Using tongs, sear the sides, top, and bottom of the roast until nicely browned.

Turn heat down to the lowest setting on your frying pan, usually called “simmer.” Center the roast in the pan. Add water until the level is about halfway

up the side of the roast. Add one bouillon cube for each cup of water that you added. If you want onions with your roast, slice some onions and place them on top of the roast. You need to keep the water from boiling dry during the entire 4–5 hours you cook the roast. When the water boils low, you need to bring the level back up to halfway on the side of the roast. Different pans cook faster or slower, so the tricky part is figuring out how your pan works. You will probably have to add more water every 25 to 30 minutes.

About 30 minutes before you need the roast, cut the potatoes into quarters. Add enough water to the pan and bring the level back to halfway up the roast. Add the potatoes to the pan. About 20 minutes later, add the carrots, and a little more water if needed. The carrots and potatoes are done when a fork can pierce them easily. The roast is done when the meat is easily shredded. You will also have a fair amount of drippings to make gravy.

Pot Roast Alternative Spices: ½ teaspoon cinnamon, ¼ teaspoon pepper, ¼ teaspoon cloves, ½ teaspoon cumin, ¼ teaspoon cardamom, ½ teaspoon coriander, garlic (minced or salt), a couple of bay leaves.

Oven Baking: Brown the chuck roast in a Dutch oven on the stovetop. Follow the cooking instructions above, adding onion, water, and bouillon cubes. Cover with a lid. Bake in a 325° oven for 3–4 hours; 5 hours is usually too long. Check after about 2 hours, and add water if needed. During the last hour, add potatoes and carrots.

Poultry Marinade (Heritage Recipe)

- 1 cup oil
- 1 cup soy sauce
- 2 cups 7-Up
- 1½ teaspoon garlic powder
- 1 teaspoon horseradish, optional

Blend and marinate 5–10 pounds of boneless, skinless chicken or turkey breasts for up to 24 hours in an airtight container. Barbecue 10 minutes on each side, or until the internal temperature reaches 165° when checked with a meat thermometer. This makes enough for 15 people.

Ratatouille

- 1 large eggplant, peeled and cut into 1-inch cubes
- 2 medium onions, diced
- 2 cups fresh tomatoes, diced
- 1 green bell pepper, cut into ½-inch pieces
- 1 yellow or red bell pepper, cut into ½-inch pieces
- 3–4 cups zucchini, sliced or diced
- 3 tablespoons olive oil
- 1–2 tablespoons dried basil
- 2 teaspoons dried oregano
- 2 garlic cloves, minced
- 1 teaspoon salt, to taste
- ½ teaspoon pepper
- 1 (6 ounce) can tomato paste or sauce
- Olives, chopped, optional
- 2–4 ounces feta cheese, optional
- Parmesan cheese, optional

Layer half of the vegetables in a slow cooker. Sprinkle half of the spices and half of the tomato paste or sauce. Put the rest of the vegetables in the slow cooker and cover with the rest of the spices and tomato paste. Drizzle with olive oil. Cook on low for 6 hours or on high for about 3 hours until all the vegetables are tender. Crumble the feta cheese on top or sprinkle with Parmesan cheese. Serve with nice bread, or on top of pasta or rice. This recipe works without the eggplant. If you are using eggplant, one suggestion for preparing it is to peel and dice it, sprinkle it with salt, and let it sit in a colander for about half an hour. Press out any juices, rinse well, pat dry, and then put it in the slow cooker. Leftovers can be pureed and used for various sauces or on pizza.

Eliza Mary Litson Glade (1846-1920)

Eliza Mary liked gardening. They grew vegetables, fruit trees and grape vines, after they had enough water. Woodbine covered their east and south porch. Lilac bushes lined both sides of their path from the house to the front path. They had primroses, and the east kitchen window had a fuchsia plant. Eliza fed chickens, rabbits at one time, and a cow was fed and milked. They had a goat until he ate the laundry off the clothesline. She enjoyed the work outdoors. She was a good cook and always wore a long calico apron. Her granddaughters remember getting a start of yeast from their grandmother to make their bread.

Reuben Sandwich

Rye Bread
Butter
Sauerkraut
Corned beef or deli slices of roast beef
Swiss cheese

Butter bread, layer sauerkraut (drained), beef, and cheese on bread. Grill until toasted and the cheese is melted. You can grill the sauerkraut to warm it up.

Note on sauerkraut: Sauerkraut is better if it is well rinsed with water and drained. Some Germans mix the rinsed sauerkraut with finely diced, peeled apples and then serve it warm with sausage (bratwurst).

Salmon—Pesto

Salmon
Pesto

Spread pesto over the salmon and then bake or grill until it is done.

Salmon—Tangerine Glazed

4 (6 ounce) salmon filets
1 tablespoon low-sodium soy sauce
1 tablespoon sesame oil
1 tablespoon avocado or olive oil

Sauce:

½ cup tangerine or orange juice
Peel from 2 tangerines (or 1 orange) cut into thin or thick strips
¼ cup low-sodium soy sauce
1 teaspoon sesame oil
2 tablespoons rice vinegar
2 tablespoons honey
1 teaspoon chili sauce or ¼ teaspoon crushed red pepper flakes
1 tablespoon cornstarch
2 garlic cloves minced
1 teaspoon grated fresh ginger
sesame seeds and sliced green onions, optional as garnish

Place the salmon in a flat glass container. Mix soy sauce and sesame oil in a small bowl, then drizzle over the salmon. Let sit while preparing the sauce. In a medium bowl, whisk together tangerine juice, tangerine peel, soy sauce, sesame oil, vinegar, honey, chili sauce, and cornstarch. Do not add the garlic and ginger yet. Set aside.

Pat the salmon dry, then heat 1 tablespoon of oil in a large skillet over medium heat. Add the salmon and cook for about 4 to 5 minutes until the bottom is golden brown. Flip and cook for another 2 to 3 minutes until the salmon is nearly cooked through, then transfer to a plate.

In the same pan, sauté garlic and ginger for 30 seconds, then stir in the sauce, scraping up brown bits. Return the salmon to the pan, spooning sauce over each piece. Simmer for 2 to 3 minutes until the salmon is fully cooked and the sauce thickens. Serve with rice, steamed vegetables, and garnish with sesame seeds and green onions, if desired.

Lucy Lucile Green Glade (1898-1980)

The earliest incident Lucile remembers is camping in Big Cottonwood Canyon. The Greens packed a wagon full of food, bedding, tent and family and stayed on some land Henry was homesteading. Lucile was about four or five. One time a herd of cattle were stampeding towards the camp and they all had to run to safety to the Maxfield Lodge. Another time Leone fell off the bridge into the stream. About fifty feet away was a big place in the stream where they put food to keep it cool. They ran to this place and held a tree limb out to Leone and she caught it and they brought her to shore.

Sandwich Combinations

These combinations of meat, cheese, and toppings are good as sandwiches:

Turkey, provolone, avocado
Beef, cheddar
Pastrami, Swiss
Ham, Swiss
Bacon, lettuce, tomato

You can put the meat and cheese on the bread and then broil or toast the sandwich before adding vegetables, mayo, or other toppings.

Shepherd's Pie

Meat Mixture:

2 tablespoons olive oil
½ onion, finely diced
1 pound lean ground lamb (or ground beef)
3 tablespoons flour
1 teaspoon beef bouillon powder, if using ground beef
Salt and ground black pepper to taste
2 teaspoons minced fresh rosemary (½ teaspoon dry)
½ teaspoon paprika
⅛ teaspoon ground cinnamon
1 tablespoon ketchup
¼ teaspoon garlic powder or 1 clove, minced
1¼ cups water, or as needed
½ (12 ounce) package frozen peas and carrots

Potato Topping:

6–8 medium Yukon Gold potatoes, diced
1 tablespoon butter
1 pinch ground cayenne pepper
2 ounces cream cheese
2 ounces Irish cheese (or cheddar), shredded
Salt and ground black pepper to taste
1 egg yolk
1 tablespoon milk, if needed

Preheat the oven to 375°. Peel and chop the potatoes. Place the potatoes into a pot, and cover with water. Add about a teaspoon of salt to the water. Bring to a boil, reduce heat to medium, and cook until tender, about 15 minutes. When the potatoes are cooked, drain the water, leaving the potatoes in the pot.

Meanwhile, in a large skillet or dutch oven, heat the olive oil. Stir in onion and ground lamb; brown the meat. If you have fresh rosemary and garlic, chop these while the meat is cooking. When the meat is no longer pink inside, stir in the flour. The mixture will look dry. Mix in salt, black pepper, optional bouillon powder, rosemary, paprika, cinnamon, ketchup, and garlic; cook and stir for 2 to 3 minutes.

Stir in the water and scrape up any brown bits from the bottom of the pan. Add the peas and carrots and stir. Reduce heat to medium-low and bring mixture to a simmer; cook and stir until thick, about 5–6 minutes. Spread meat mixture into the bottom of a baking dish (about 10 inch diameter).

For the potato topping, add butter, cayenne pepper, cream cheese, and cheese to the potatoes. Mash until combined and potatoes are smooth. Season to taste with salt and black pepper. Whisk together egg yolk and milk in a small bowl; stir into the mashed potato mixture. Drop large spoonfuls of the mashed potatoes all over the meat mixture, and then spread carefully into a layer.

Bake until the top is golden brown and sauce is bubbling up around the edges, 25 to 30 minutes. Cool for 5–10 minutes before serving.

If you need to hold dinner, you can open the oven for a couple of minutes to let out some of the heat and then hold the Shepherd's Pie on warm (180°) for another hour or so if needed. Serves 6–8.

Sloppy Joes—Classic

- 1 tablespoon vegetable oil
- 1 medium onion, minced
- 1 garlic clove, minced
- ½ teaspoon chili powder
- ¾ pound ground beef
- 1 teaspoon brown sugar
- Salt and pepper
- 1 cup tomato puree
- ½ cup ketchup
- ¼ cup water
- Hamburger buns

Heat the vegetable oil in a large skillet over medium heat until shimmering. Add the minced onion and cook, stirring occasionally, until softened and lightly browned, about five minutes. Stir in the garlic and chili powder, cooking for about 30 seconds until fragrant. Add the ground beef, brown sugar, salt, and pepper. Reduce the heat slightly and cook, breaking up the meat with a wooden spoon or spatula, until fully browned and no longer pink, about five to seven minutes. Pour in the tomato, ketchup, and water, stirring well to combine so the sauce evenly coats the beef. Reduce the heat to low and let the mixture simmer for 10 to 15 minutes, stirring occasionally, until the sauce thickens to your desired consistency. Taste and adjust the seasoning if needed. Spoon the mixture onto hamburger buns and serve warm. This dish can be prepared in advance and stored in the refrigerator for up to three days or frozen for up to two months. Reheat over low heat before serving.

Sloppy Joes—Judy's

Brown together:

- 1 pound ground beef
- Small onion, finely diced

Add:

- 1 can (8 ounce) tomato sauce
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 1 tablespoon Worcestershire sauce
- 1 tablespoon brown sugar
- 2 teaspoons vinegar

Heat, then add salt and pepper. Adjust seasonings to taste. Simmer until ready to eat.

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008) Tours France Mission

November 1985: Sat nite we're having our Thanksgiving dinner at our apt...twelve of us. No yams, no cranberries, no French style green beans. But—turkey with sage dressing, frozen thin French green beans, potatoes, gravy—maybe sweet potatoes (white) and 2 pumpkin and 2 apple pies and fruit cocktail—We thought of you Thurs and hoped you all had a nice Thanksgiving.

Spanish Tortilla

- Oil, preferably olive
- 2 medium potatoes
- 6 eggs
- 2 tablespoons milk or water
- Garlic powder
- ¼ teaspoon salt
- ½ teaspoon pepper
- Diced onion
- Bell pepper, optional
- Beans, optional
- Corn, optional

Make sure you have a good frying pan, and a plate that will fit over the top of the frying pan all the way. Peel the potatoes, slice or chop them, and then cook them. You can boil the potatoes for 8–10 minutes or fry them in oil for about 10 minutes. While the potatoes are cooking, beat the eggs with the water or milk in a large bowl. Add some salt and pepper.

Heat some oil in a frying pan over medium heat. If the pan is heavy, you can use a little higher heat. If the pan is thin, use medium-low heat. Add the drained, cooked potatoes to the egg mixture and stir well. Add the onions and any other stuff you want at this point.

Pour the egg/potato mixture into the hot oil. Cover the pan, and cook the tortilla over a medium heat for about 5–7 minutes or so. When the egg looks a little set up, use a plate to turn the tortilla over. Add some more oil if it's not a nice non-stick pan. Slide the tortilla back into the pan and cook for a few more minutes. Sprinkle the cooked side of the tortilla with salt and garlic powder.

Test the tortilla by cutting into the center with a knife. The egg should be cooked all the way through and not at all runny. Turn the tortilla over again if it needs more cooking or crisping.

These are good stored in the fridge, and eaten cold, or warmed up within a couple days. You can also cook the top of the frittata or Spanish tortilla by putting the (oven proof) pan into the oven under the broiler for 3–4 minutes, or until done.

Steak Marinade

- ¼ cup vegetable or canola oil
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 teaspoon pepper
- 1 teaspoon celery salt
- 2 tablespoons green onion, finely sliced
- ½ teaspoon garlic powder or 1 minced garlic clove

Whisk together the oil, soy sauce, lemon juice, pepper, celery salt, green onion, and garlic in a bowl until well combined. Stab steak with fork and marinate in sauce overnight. Grill or cook as desired. This works especially well with a flank steak.

Edwin Pettit (1834-1924)

With my brother-in-law, I went down into Missouri with two yoke of oxen and a wagon to get breadstuff and other things to do us on our way after leaving Seeley's Grove. We traded off some little things we had for anything that we could use on the road—things that we felt we could possibly get along without on our journey, in order to get enough food to do us on our way. I was the one that always drove the team. When we got back to our log cabin again, the little garden seeds that we had sown were all up and it was a great help to us. They were the only things we had in the way of garden stuffs, and they looked pretty good to us.

Beverly Lucille Glade Wessman (1924-2008) to Roger Wessman

April 24, 1967: I had a nice birthday. I worked a[t] CRS 1½ hours. Cleaned house, tended sick Marie. Fixed dinner and enjoyed the card you [Roger Wessman] sent, Dad gave me a box of candy and Ann & James [Tanner] made some homemade strawberry ice cream. It took them quite a while to make it. They were turning it outside in the cold freezing weather with their winter coats on. I got quite a kick out of their supreme efforts. The ice cream was delicious.

Steak Tacos

Skirt Steak, Flank Steak, or Carne Asada (Beef Flap Meat)

Seasoning rub:

- 3 tablespoons salt
- 2 tablespoons paprika
- 1 tablespoon black pepper, coarsely ground
- 1½ teaspoons onion powder
- 1½ teaspoons garlic powder
- ½ teaspoon chipotle pepper powder or cayenne works well also
- ½ teaspoon coriander ground
- ½ teaspoon turmeric

Coat the meat with canola or olive oil, then generously sprinkle the seasoning rub over it. Grill over high heat, aiming for medium doneness. Since skirt steak cooks quickly, keep an eye on it, but even if it ends up well done, it's still flavorful and tender.

Stuffed Bell Peppers

- 4–6 large bell peppers
- 1 recipe meatloaf
- 1 recipe meatloaf topping

Choose 4 to 6 large bell peppers that can stand upright. If needed, trim a small portion off the bottom to help them sit flat in the pan, being careful not to cut through to the inside. Cut off the tops and remove the seeds and membranes. For extra flavor, finely chop the bell pepper tops and mix them into your meatloaf mixture—or feed them to your parrot.

Stuff each pepper with the prepared meatloaf mixture, pressing it in gently but without packing it too tightly. Arrange the stuffed peppers in a foil-lined baking dish so they sit securely. Spread layer of the meatloaf topping over each one, covering the surface completely.

Bake in a preheated 400° oven for 45 to 60 minutes, or until the meat is fully cooked and the peppers are tender. Use a meat thermometer to check that the internal temperature has reached 165°. Let them rest for a few minutes before serving.

Sugar Plum Bacon

- ½ pound bacon
- ½ cup brown sugar
- 1 teaspoon cinnamon

Unwrap the bacon and cut the slices in half. In a small container (or plate) stir together the sugar and cinnamon. Gently coat each bacon slice with the mixture. Place the bacon on a parchment lined baking sheet and bake at 350° for 15–20 minutes until bacon is crisp and the sugar is bubbly (watch so they don't burn). Place on a foil lined plate to cool. Serve.

Black Pepper Variation: Instead of adding cinnamon, sprinkle black pepper over the bacon.

Swedish Meatballs (Heritage Recipe)

- 1 pound ground beef
- ¾ cup fine dry bread crumbs
- ⅔ cup diced onions
- 1 teaspoon salt
- Dash pepper

Mix together and use 1 tablespoon of meat mixture to form the meatballs. Brown in a skillet or oven. Set aside.

Gravy:

- 1 cup water
- 2 bouillon cubes
- ⅓ cup flour
- ½ teaspoon allspice
- 1 cup evaporated milk
- ½ cup water
- 1 tablespoon lemon juice

Dissolve bouillon cubes in boiling water. Pour over meatballs, turn to low and simmer for 15 minutes. Take out meatballs. Remove from heat. Sprinkle in flour and allspice and blend. Stir in milk and ½ cup water. Cook uncovered over low heat until thick. Stir in lemon juice. Add meatballs and serve over noodles or rice. From Ann Glade Wessman Tanner (University of Utah foods class.)

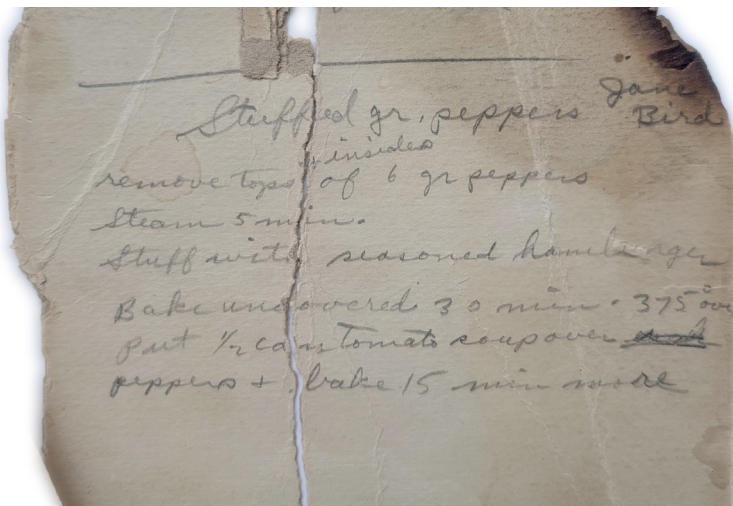
Variation: For a quick meal, thaw pre-packaged, pre-cooked meatballs; thin cream of chicken soup with milk and add ½ teaspoon allspice or nutmeg and 1 tablespoon lemon juice. Add the meatballs and warm through.

Alternate Swedish Cream Sauce: Melt 40g of butter in a pan. Whisk in 40g of plain flour and stir for 2 minutes. Add 300ml of bouillon or consommé and continue to stir. Add 150ml double cream, 2 teaspoons of soy sauce and 1 teaspoon of Dijon mustard. Bring it to simmer and allow sauce to thicken.

Sweet and Sour Chicken Stir Fry

- 2 or more boneless chicken breasts, cut into chunks
- 1 (16 ounce) bag frozen stir fry vegetables
- 2 cups chicken broth
- 2 tablespoons rice or apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon ginger powder
- ¼ teaspoon garlic powder
- ¼ cup soy sauce
- ¼ cup cold water for cornstarch
- 2 tablespoons cornstarch

Use already cooked chicken or stir fry in a small amount of oil until cooked through. Remove from the pan and reserve. Stir fry the vegetables in the pan according to package directions. Return the chicken to the pan and add the chicken broth, honey, vinegar, and spices, and soy sauce, stir. Mix the cold water and cornstarch together. Gradually stir in the cornstarch and water mixture to the pan. Stir and cook until thickened. Serve over rice.



Ann Glade Wessman Tanner

Ann has an amazing memory for meals and food. She could tell what the menu was for almost any major event, as well as things we didn't even remember. She told us about the food for their wedding luncheon (chicken a'la king—it wasn't that good) or the meals we prepared while camping on the beach in California (hamburger, potatoes and veggies cooked in our Kangaroo Kitchen in the rain while we were starving and waiting and waiting while James was putting up the tent).

Sweet and Sour Ham Stir Fry

- 1 (20 ounce) can pineapple chunks or tidbits, reserve juice
- 2–3 cups diced, cooked ham (or other types of meat)
- 1 cup water
- ¼ cup vinegar
- 2 tablespoons brown sugar
- 2 teaspoons soy sauce
- 1 large clove garlic, minced
- 1 (16 ounce) bag frozen stir fry vegetables
- 3 tablespoons cornstarch
- ¼ cup water

Drain pineapple chunks, reserving juice. In a large skillet add pineapple juice, water, vinegar, sugar, soy sauce, and garlic. Bring to a simmer. Add the stir fry vegetables and cook about half the time listed on the package. Add the diced ham and pineapple chunks and cook for another few minutes. Stir occasionally. Combine cornstarch and water; gradually stir into sauce. Cook, stirring, until thickened. Serve over cooked rice.

Sweet Pork

Cook in slow cooker for 4–5 hours on high or 6–8 hours on low:

- 3 pounds pork shoulder or pork loin
- Shred with 2 forks and return to crock-pot with the following:
- 1 can Sprite
 - ½ to ¾ cup brown sugar
 - 1 (4 ounce) can diced green chiles
 - ½ package fajita seasoning mix (about 1½ tablespoons)
 - 1 tablespoon taco seasoning
 - Minced garlic to taste

Cook an additional hour on low, until heated through. Serves 12–15. This is delicious served with tortillas, made into a burrito, served with tortilla chips, as a Mexican salad, or on a sandwich roll. Pork shoulder will make a moister sweet pork than pork loin.

Taco or Burrito Filling

- 2 tablespoons canola oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 2 pounds ground beef
- 2 tablespoons chili powder
- 1 tablespoon ground cumin, optional
- 1 teaspoon salt, or to taste
- 1 teaspoon ground black pepper, to taste
- 1 can beans, drained and rinsed, optional

Heat the oil in a large skillet. Add the onions and cook until softened and beginning to brown, about 5 minutes. Stir in the garlic and cook for about 1 minute. Add the ground beef and cook, stirring and chopping with a spoon to break up the meat. Cook until no pink remains, about 5 minutes. Pour off excess fat. Add the spices and stir. If the mixture is too dry, pour in ½ to 1 cup low sodium beef broth and cook for several more minutes. Instead of beef broth, you can add in 1 cup of your favorite salsa. Stir in the beans, if using, and heat through. Serve with tortillas or hard taco shells.

Tamales—Green Corn

- 3 medium ears fresh corn, or 1 can of corn [5 ears of corn, 2 cans]
- 18 husks from the corn, or dried ones from the store [27 husks]
- 3 cups masa harina tortilla flour [4½ cups]
- 1 cup shortening [1½ cups]
- 2 tablespoons sugar [3 tablespoons]
- 1 teaspoon baking powder [1½ teaspoons]
- 1 teaspoon salt [1½ teaspoons]
- 2 cups shredded Monterey jack cheese [3 cups]
- 2 (4 ounce) cans diced green chili peppers [3 cans]
- Parchment paper, or dry waxed paper

[Amounts in brackets makes 27 medium tamales.] To use fresh corn husks, peel the corn, keeping 18 large cornhusks. If using dried corn husks, count out 18 from the package. Wash and soak the husks in warm water for 30 minutes. If you want big tamales, you can overlay two husks side by side to wrap bigger tamales.

To make masa using fresh corn, cut the uncooked corn off the cob, scraping the cobs to get all the juicy stuff. Or just use an undrained can of corn. The texture of niblet-type corn is nice in this recipe. Put the corn into a measuring cup and add enough water to make 2½ cups of corn/water mixture [3¾ cups]. Pour into a blender and blend corn just until some bits of corn are still identifiable, not completely pureed. Combine the masa flour and corn mixture in a large bowl and stir well until all the liquid is mixed in. The mixture will be thick and not all the flour will be damp. Cover the mixture and let it stand for 20 minutes.

In a stand mixer using cookie paddles, cream shortening, sugar (omit for meat tamales), baking powder, and salt until fluffy (about 3 minutes). Gradually add the corn/masa mixture and beat, scraping the bowl occasionally. If dry, add up to ½ cup more water until the texture resembles creamy fake mashed potatoes. How much water you need to add depends on how much moisture there was in your corn. Dry masa makes dry tamales. The masa is ready when a pea-sized ball floats in water. If it doesn't float after 10 minutes of whipping, add a few tablespoons of shortening and whip a bit longer.

Drain corn husks and rinse them. Pat them dry a bit if you want. Lay out all the corn husks and divide the masa onto them, probably about ½ cup per corn husk. Using a large spatula, spread the dough into a rectangle on the wide end of the corn husk. The masa doesn't have to be perfect, just fairly rectangular-shaped. Using a teaspoon, put a strip of green chiles down the center of each rectangle. Then add a spoonful of cheese on top of the chiles. Using the cornhusk, roll the masa over the strip of chiles and cheese, so the tamales are wrapped into a corn husk roll. Fold up the end of the husk. Place each tamale in the center of a sheet of parchment or dry wax paper. Fold the paper around it, making a neat little package. You can skip the parchment paper if you want, but the paper helps keep the tamales packaged and moist as they cook. At this point, you can refrigerate or freeze the tamales. Place the tamales into a steamer, making sure you keep the open-top end of the tamale up when they go in the steamer. Cover and steam fresh or refrigerated tamales for 45 minutes. Steam frozen tamales for 60 minutes. Add water to the steamer as needed. Serve with Baja Sauce.

Baja Sauce

- 2 (8 ounce) packages cream cheese
- ¼ cup milk
- 1 (4 ounce) can diced green chiles
- Dash of salt

In a blender, puree the milk and undrained chiles well, until smooth. Pour into a medium saucepan. Add the cream cheese, and warm up on medium heat, stirring occasionally until the cream cheese melts, and the mixture is smooth. This can take about 15 minutes. Try not to let the mixture boil. Add a dash of salt. Serve over green corn tamales.

Tamales Rápidos

Masa dough:

- 2 cups masa harina (dry corn masa)
- 1½ cups lukewarm chicken broth
- 1 teaspoon salt
- ½ cup oil (olive is preferable)

Stir all ingredients together. Keep moist. Add more broth if the mixture dries too much.

Fillings:

- Strips of white cheese and canned chiles
- Chimichanga meat
- Hamburger
- Turkey or Chicken

Use either corn husks that have been soaked and washed carefully or pieces of foil. Spread the dough down the center of the husk or foil. Put some filling in a strip down the middle of the dough.

If you are using foil, pull the two sides of the foil together so the masa wraps around the meat and encloses the filling completely. Fold down the two edges of the foil together to form a cylinder. Fold up the bottom and top of the foil, making sure the foil is sealed around the tamale. If you are using a corn husk, wrap the sides over the filling, fold up the bottom of the husk package, and tie it all securely together with another piece of husk or string. The tops of the corn husk tamales will be open. Refrigerate or freeze at this point.

To cook them, place them upright in a steamer for 45 minutes. Use at least 1 inch of water in the pan, or follow the directions for an electric rice-cooker/steamer. Frozen tamales will take about 15 extra minutes. This recipe will make about a dozen medium-sized tamales, or more smaller tamales, depending on how much masa you like in relation to the filling.

Tamales are great with different savory fillings. Classic choices are shredded pork or chicken cooked in red or green chili sauce. Beef barbacoa or birria-style meat also works. Shredded chicken with tomatillo salsa or roasted poblano peppers and cheese is another option. For vegetarian options, try sautéed mushrooms with epazote, black beans with cotija cheese, or a mix of roasted peppers and corn.

Tangy Teriyaki Chicken

- 3 boneless skinless chicken breast halves, cut into bite-size pieces
- ¼ cup low-sodium soy sauce
- ¼ cup brown sugar or honey
- ¼ cup water
- 1 tablespoon rice or apple cider vinegar
- 1 clove garlic, minced
- ½ teaspoon sesame oil, optional
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ teaspoon ground ginger
- 1 tablespoon olive oil
- Cooked rice for serving

Trim the chicken and cut into 1-inch cubes. In a bowl, whisk together soy sauce, sugar, water, vinegar, garlic, sesame oil, salt, pepper, and ginger. Reserve half of this mixture for the sauce and add the chicken to the remaining marinade, coating it well. Refrigerate the chicken for 15 minutes to 24 hours.

Heat oil in a large skillet over medium heat. Remove the chicken from the marinade, draining off excess liquid.

Cook the chicken for 4–6 minutes per side, or until it reaches 165°. If the marinade in the pan starts to darken, add water to deglaze the pan.

Add the reserved marinade to the pan and cook with the chicken for 30 seconds to 1 minute, allowing it to thicken without burning. Season with salt and pepper to taste. Serve over rice.

Beverly Lucille Glade Wessman (1924-2008) to Roger Wessman

April 10, 1967: [Wallace and Maxine] Tanners were here for conference and we had them for Ann's birthday dinner. We got a lot of the wedding plans arranged. Had a nice visit with them. I served chicken and fresh asparagus and strawberry angel food cake.

Tart—Potato Cheese

- 1 unbaked pie crust
- 1 cup ricotta cheese, at room temperature
- 2 large eggs, at room temperature
- ¾ cup shredded parmesan cheese, or similar cheese
- 2 teaspoons minced garlic
- 1 tablespoon fresh herbs or 2 teaspoons dried herbs such as thyme, rosemary, and parsley
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1–2 cups thinly sliced vegetables such as sweet potatoes, zucchini, carrots, mushrooms, asparagus, or brussels sprouts

Topping:

- 2 tablespoons olive oil
- Coarse sea salt
- Pepper
- More herbs

Roll out the pie crust dough on a floured surface into a 12-inch circle, then press it into a 9-inch tart or pie pan, folding the edges inward and fluting them. Chill the crust for at least 20 minutes to prevent shrinkage. Once chilled, preheat the oven to 350°. To blind bake the crust, line the pie crust with parchment paper and fill with pie weights, then bake for 15 minutes. Remove the weights and parchment paper.

For the filling, beat ricotta, eggs, parmesan, garlic, herbs, salt, and pepper until smooth. Pour into the warm crust, then arrange the vegetable slices on top and brush with olive oil. Sprinkle with sea salt, pepper, and more herbs. Bake for 30 minutes, covering the edges with a pie crust shield after 15 minutes to prevent overbrowning.

Insert the tip of a sharp knife into the thickest part of a vegetable slice. If the knife slides in easily, the vegetables are fully cooked. If you feel resistance, the vegetables need more time to bake. Serve warm or at room temperature. Refrigerate leftovers for up to one week.

Taquito

- ⅓ cup (3 ounces) cream cheese (low fat is fine, avoid fat free)
- ¼ cup green salsa
- 1 tablespoon fresh lime juice
- ½ teaspoon cumin
- 1 teaspoon chili powder
- ½ teaspoon onion powder
- ¼ teaspoon granulated garlic or garlic powder
- 3 tablespoons minced cilantro
- 2 tablespoons sliced green onions
- 2 cups shredded cooked chicken or grilled taco chicken
- 1 cup grated pepperjack or plain jack cheese
- Small flour or corn tortillas
- Kosher salt
- Cooking spray or olive oil

For the filling, heat the cream cheese in the microwave for about 20–30 seconds until it is soft and easy to stir. Add the green salsa, lime juice, cumin, chili powder, onion powder, and granulated garlic, then stir to combine. Mix in the cilantro and green onions, followed by the chicken and cheese, ensuring everything is well incorporated. You can prepare the filling ahead of time and store it in the refrigerator until ready to use.

For the taquitos, preheat the oven to 425° and line a baking sheet with foil, lightly coating it with cooking spray. If using corn tortillas, warm a few at a time in the microwave, wrapped in damp paper towels, for about 20–30 seconds until they are soft enough to roll without cracking.

If using flour tortillas straight from the fridge, warming them in the microwave will make them easier to roll.

Place 2–3 tablespoons of the chicken mixture on the lower third of each tortilla, keeping the filling about an inch from the edges. Roll up the tortillas and place them seam-side down on the baking sheet, ensuring they do not touch. Keep making taquitos until you use all the filling.

Lightly spray the taquitos with cooking spray or brush with olive oil, then sprinkle with kosher salt. Bake for 15–20 minutes, or until crisp and golden brown at the edges. Allow them to cool slightly before serving.

Enjoy with guacamole, sour cream, or a cilantro-lime type dressing or dip. To freeze the taquitos, assemble the taquitos up to the rolling step and place them on a baking sheet. Freeze until solid, then transfer them to a large freezer bag.

When ready to bake, preheat the oven to 425°, arrange the frozen taquitos on a lined baking sheet, and bake for 20–25 minutes, or until they are golden brown and crispy.

Thanksgiving Tonight

Layer One:

- 1¼ cups diced celery
- ¾ cup diced onion
- ¼ cup butter
- 6 cups dry bread cubes
- 1¼ teaspoons poultry seasoning
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¾ to 1 cup chicken broth

In a small saucepan, sauté celery and onion in butter until transparent. Place dry bread cubes in a large bowl and sprinkle with seasonings. Add onion mixture and toss with enough chicken broth to moisten. Spread dressing in the bottom of a 9x13 inch baking pan.

Layer Two:

- 3 chicken or turkey breast halves
- 1 teaspoon garlic powder
- 2 cans cream of chicken soup

In a large pot, boil chicken in water with the garlic powder until done. (Or microwave chicken sprinkled with ¼ teaspoon garlic powder and ¼ teaspoon pepper.) Drain and chop chicken. Combine soup and chopped chicken. Spread over the dressing mix.

Layer Three:

- 8 medium peeled potatoes
- 2 tablespoons butter
- 1 teaspoon salt
- 3 tablespoons milk
- 3 ounces cream cheese
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup grated cheese, optional

In a large pot, boil potatoes in salt water until tender; drain. In a large bowl, mash potatoes. Add butter and salt. Heat milk and cream cheese together. Gradually add to potatoes, beating until light and fluffy. Spread over chicken mixture. Sprinkle with grated cheese.

Bake in a 350° oven for 45 minutes. Serves 10. This recipe is easy to double and freeze half for later. You can also use a box of stuffing for the base and instant mashed potatoes for the top.

Edwin Pettit (1834-1924)

On one occasion, while traveling with a man and his wife with their family of eight children, we were snowbound, with teams that had given out. We were without wood, water or grass, and night coming on. We could see in the distance some small pine trees. My companion took an axe on his shoulder and I followed him with a yoke of oxen to get some wood. We took it back to camp, scraped the snow away; made a fire; boiled a kettle of potatoes and sat on the wagon tongue to eat them. It seemed to me I never ate a better meal.

Tikka Masala

Sauce:

- 2 tablespoons ghee or butter
- 1 onion, finely diced
- 4 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground ginger
- ¼ teaspoon cayenne pepper, optional
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground turmeric
- 2 teaspoons curry powder and/or rogan josh
- 1 teaspoon garam masala
- 2 (8 ounce) cans tomato sauce
- 1 cup heavy whipping cream or 1 cup canned coconut milk
- 2 teaspoons paprika
- 1 tablespoon white sugar

Chicken:

- 1 tablespoon vegetable oil
- 4 boneless skinless chicken breast halves, cut into bite-size pieces
- 1½ teaspoon curry powder, like garam masala
- ½ teaspoon salt, or to taste (optional)
- 1 teaspoon white sugar, or to taste (optional)

Melt ghee or butter in a large skillet over medium heat. Add the onion and cook until tender and transparent, about 5 minutes. Add the garlic and cook for a minute. Add cumin, salt, ginger, cayenne pepper (use less if you don't like it spicy), cinnamon, turmeric, curry powder, and garam masala. Stir and cook 2 minutes, until the spices are fragrant.

Add the tomato sauce and bring to a boil. Turn down the heat to low and simmer for 10 minutes, stirring frequently. Add the cream, paprika, and sugar, and simmer until the sauce thickens, about 10–15 minutes. Stir occasionally.

While the sauce is simmering, chop up the chicken. Heat some oil in a skillet and cook the chicken over medium heat for about 5 minutes, stirring frequently. Stir in the curry powder, salt, and optional sugar. Cook until the chicken is brown and none of the chicken has any pink showing.

Add the chicken and any juices to the sauce. Simmer for about 30 minutes, or until the chicken is cooked through. Serve with rice and naan or flatbread.

This recipe is easily doubled. If the curry flavor isn't strong enough, add more curry powder, garam masala, or rogan josh. If you are using pre-cooked chicken, just add the chicken spices to the curry sauce.

Note: for a thicker, richer sauce, substitute 2 (6 ounce) cans tomato paste and 2 cans of water (12 ounces water).

Henry Martin Tanner (1852-1935)

Jim Hansen was greatly amused when Henry Tanner, after killing and dressing a rabbit and frying it for dinner, called to [his son] Roy to come and “wrap yourself around this rabbit.”

Tiffany Tanner Langton

My very favorite and much loved zucchini casserole recipe [Zucchini Casserole (Heritage Recipe)]! This recipe comes from my grandma Beverly Wessman. It's a great example of a one-dish meal — with vegetables, meat, dairy, and grains all combined in lovely layers. My funny story — a few years ago I served this to some dinner guests. One commented that he didn't know that you could actually just eat zucchini! His mother always made it into zucchini bread and other baked goods and so he'd never actually eaten zucchini in it's natural form. Yes, you can eat zucchini — it's quite good actually!

Tortilla Wraps

- Large tortillas
- Cream cheese mixed with seasoning
- Thinly sliced or diced vegetables, lettuce, and sprouts
- Thinly sliced meat and cheese

Spread the tortilla with cream cheese. Place meat, cheese, and vegetables in the tortilla. Fold into burrito shape.

Zucchini Casserole (Heritage Recipe)

- 1 pound hamburger
- 1 medium onion, diced
- 1 teaspoon garlic salt
- 1 teaspoon crushed oregano
- 1½ pounds zucchini sliced ¼ inch thick, precooked 5 minutes
- 2 cups cottage cheese
- 1 cup cooked white or brown rice (or instant uncooked rice)
- 1 cup grated cheese
- 1 can cream of chicken or mushroom soup, undiluted

Brown hamburger with onion. Stir in garlic salt and oregano.

Layer in pan: half of zucchini, browned hamburger, rice, cottage cheese, remaining zucchini, soup, cheese.

Bake for 35–40 minutes at 350°. From Beverly Lucille Glade Wessman.

Zucchini Casserole

- 6 (6-inch) zucchini
- 1 package spaghetti mix, or 1 jar of spaghetti sauce
- 1 teaspoon oregano
- 2 tablespoons parsley flakes
- ¼ cup butter
- 2 cups bread cubes
- 2 to 4 tomatoes, sliced
- 1 (8 ounce) package mozzarella cheese, cubed
- Parmesan cheese

Quarter squash lengthwise and parboil for 15 minutes, until barely tender.

Prepare spaghetti sauce according to directions, or open the jar of spaghetti sauce. Add oregano and parsley.

Melt butter in a skillet and add bread cubes. Toss until golden brown.

In a casserole dish arrange squash and spoon part of the sauce over. Sprinkle with Parmesan and half of the bread cubes. Top with mozzarella and tomatoes. Add remaining sauce, Parmesan, and bread cubes.

Bake for 30–45 minutes at 375° until the casserole is bubbly.

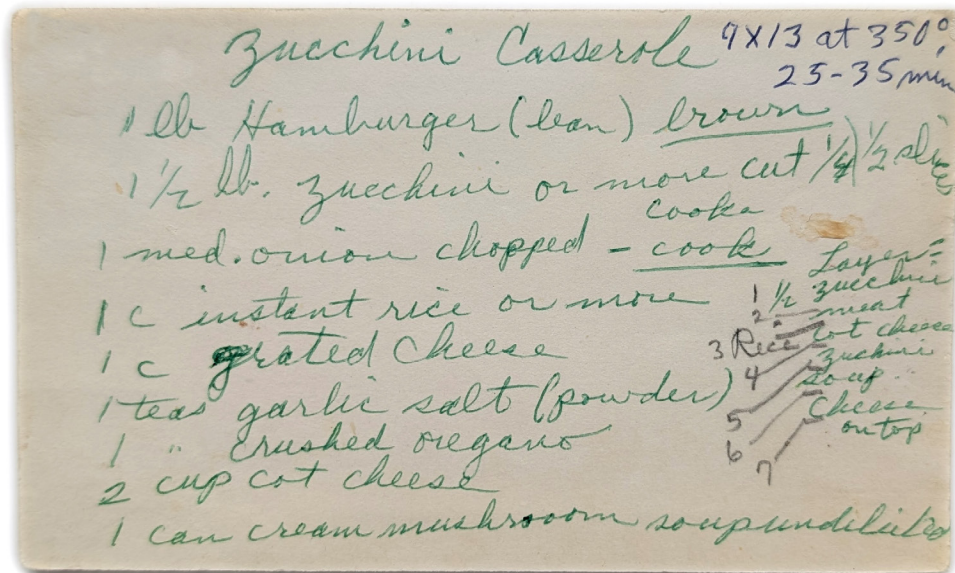
James Tanner

When James was about 16, he and his friends planned a road trip and hike to Havasu Falls in the Grand Canyon. He had to pack food for the trip. He decided eggs would be a good idea, but he was concerned that they would break on the trip. He rinsed out a dish soap bottle really well, cracked some eggs, and filled the container. They started driving on a dirt road headed in the general direction of the Grand Canyon, and kept driving on random dirt roads that lead in the correct direction until they reached Havasupai. When he opened the soap bottle to cook the eggs, the smell was terrible. They were “totally inedible.” He did not get to eat any eggs on that trip.

Zucchini Italian

- 1 pound zucchini (1 medium)
- 1 clove garlic, sliced or ¼ teaspoon garlic powder
- 1 tablespoon oil
- 1 large tomato, peeled and quartered
- 1 teaspoon salt
- ½ teaspoon oregano, crushed
- Pepper to taste

Scrub zucchini and slice thinly. Sauté garlic in oil for 1 minute. Add zucchini and remaining ingredients. Cover and cook over low heat for 15 minutes. Serve over rice.



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Cooking Notes

This section has a variety of pasta dishes. Many of the recipes have been modified so you can cook the whole meal in one large saucepan. They are very fast to make, but taste good.

Jessie Christensen Morgan (1893-1980)

I remember one big snowstorm we had in St. Johns. Boy it was cold. And mother had gone to Phoenix to visit Addie and left we children with Dad.

And Dad... would go out there and cut off a piece of meat, it was frozen stiff, put it in the kettle and make some soup. We sure had lots of soup and the potatoes were frozen—just frozen and we'd have to peel the potatoes and put them in some water to take the frost out and put them in the soup.

Baked Cheese Tortellini

- 1 pound cheese tortellini
- 1 pound pasta (short shapes)
- 1 tablespoon olive oil
- 4 ounces bacon, chopped
- ½ cup onion or shallots, diced
- 6 garlic cloves, minced
- 1 teaspoon thyme
- ¼ cup flour
- 3 cups chicken broth
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 1 head radicchio, shredded, optional
- 1 cup frozen peas

Heat the oven to 400°. Cook the pasta and drain. Toss with olive oil so it doesn't stick. Cook the bacon in a large skillet. Stir in the onions, garlic and thyme. Stir in the flour and cook for about 1 minute. Whisk in the broth and cream and bring to a simmer. Remove from heat and stir in the Parmesan. Season with salt and pepper to taste. Gently stir the cream sauce, radicchio (if using), peas, and pasta together and pour into a greased 9x13 pan. Bake until browned on top, about 15 minutes.

To make ahead, cook the pasta and cream sauce and then cool. Wrap each tightly and store in the refrigerator for a day. When ready to bake, stir together the pasta and sauce and peas. Bake until heated through.

Baked Macaroni and Cheese

- 2 tablespoons unsalted butter, melted
- 2 cups fresh breadcrumbs
- 1 tablespoon salt for boiling water
- 1 pound elbow macaroni or other pasta
- 6 tablespoons unsalted butter
- 1 garlic clove, minced
- 1 teaspoon dry mustard
- ¼ teaspoon cayenne pepper, optional
- 6 tablespoons all-purpose flour
- 3½ cups milk (whole is best)
- 1¾ cups low-sodium chicken broth
- 1 pound Colby cheese, shredded (about 4 cups)
- 8 ounces extra-sharp cheddar cheese, shredded (about 2 cups)
- Pepper

Make the breadcrumb topping by chopping 2–3 bread slices in a food processor until the bread is reduced to crumbs. Mix in the 2 tablespoons of melted butter and set aside.

Preheat the oven to 400°. Cook the macaroni in 4 quarts of boiling water with 1 tablespoon of salt until almost tender. Don't overcook. Drain the macaroni and leave in the colander.

Dry the pot and melt 6 tablespoons of butter over medium heat. Stir in the garlic, mustard, and cayenne. Cook for about 30 seconds and then stir in the flour. Cook until golden, about 1 minute. Slowly whisk in the milk and broth. Cook until slightly thickened, about 6 minutes.

Remove from heat and whisk in the cheese until the cheese is melted. Season with salt and pepper to taste.

Pour into a greased 9x13 pan. Spread the breadcrumbs over the top. Bake for 25–30 minutes until slightly browned on top and bubbly. You may need to place the pan on a sheet of aluminum foil to catch drips or splatters. Let cool for several minutes before serving.

To make ahead: Assemble in a 9x13 pan (minus the breadcrumbs) and then tightly wrap and refrigerate for up to three days or freeze for 2 months. Let thaw overnight and/or come to room temperature for about 1 hour. Sprinkle with breadcrumbs and bake as directed.

Ann Glade Wessman Tanner

My mother, Beverly, would serve all sorts of vegetables and new, exotic foods. Before they were common we had such foods as avocados, asparagus, pizza, lasagna, artichokes, blackberry jam, elderberry jam, currant jelly, borscht, spinach, chard. Food was an adventure. She never did get us to like or eat parsnips, turnips, or lima beans, but we did have to try them.

Baked Ziti with Meat

- 1 pound ziti or other noodles
- 4 cups (32 ounces) spaghetti sauce
- 1 pound sausage
- 1 onion, diced
- 1–2 teaspoons garlic, minced
- 1 (8 ounce) package cream cheese
- ¼ cup butter
- 1 teaspoon garlic, minced
- 1 cup whipping cream
- ½ cup Parmesan cheese
- 8 ounces mozzarella cheese, grated
- Salt and pepper to taste

Brown meat with onion and garlic; drain off fat and add spaghetti sauce. Cook pasta. Drain and rinse in cold water. To make the Alfredo sauce, melt cream cheese, butter, and 1 teaspoon garlic together. Add cream and Parmesan cheese; stir until thickened. Put pasta in a greased 9x13 pan. Cover with Alfredo sauce. Spoon spaghetti-meat sauce over the top. Cover with mozzarella cheese. Cover with aluminum foil and bake at 350° until heated through, about 30 minutes.

Creamy Baked Ziti—Pressure Cooker

- 2½ cups broth
- 2 cups cream or half and half
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cloves garlic, finely minced (or ½ teaspoon garlic powder)
- 16 ounces uncooked ziti pasta or other tube-shaped pasta
- 15 ounce can crushed tomatoes or spaghetti sauce
- 1½ teaspoons dried oregano
- 1½ teaspoons dried basil
- ½ to 1 cup freshly grated Parmesan cheese
- Fresh basil, for serving (optional)

Spray an electric pressure cooker pot with nonstick spray. Add broth, cream, salt, pepper, and garlic. Add pasta without stirring; spread evenly if needed. Pour crushed tomatoes over the pasta and sprinkle with oregano and basil—don't stir.

Secure the lid and set the valve to the sealing position. Select the "Manual" or "Pressure Cook" function. To determine the cooking time, take the stove-top cook time from the pasta package, divide it by 2, and subtract 2 minutes. For example, if the package says 12 minutes, set the pressure cooker to 4 minutes. Once the cooking time is complete, allow the pressure to release naturally for 10 minutes, then perform a quick release for any remaining pressure. For softer pasta, add one minute to the cooking time.

Stir in Parmesan (some browning at the bottom is normal). Serve immediately with fresh basil and extra Parmesan if desired.

Optional: Brown 1 pound ground beef or Italian sausage on sauté mode with salt and pepper, remove from electric pressure cooker and drain. Wipe out electric pressure cooker pot and spray with nonstick spray, and continue with the recipe. Add the meat on top of the pasta before cooking.

Extra Saucy Pasta: add ¼ to ½ cup extra broth, cream, or crushed tomatoes.

Eliza Tanner Hawkins

One year we overplanted onions and had hundreds of onions. In order to preserve them, we diced them and dried them. The whole house reeked of onions and we couldn't get the smell off our hands for days.

Creamy Orzo

- 2 tablespoons unsalted butter
- 1 onion, minced
- 2 garlic cloves, minced
- 1 pound orzo
- 4½ cups chicken broth
- 1 cup Parmesan, shredded
- Salt, if needed
- Pepper

Melt the butter in a large saucepan. Add the onion and cook until softened, about 5 minutes. Stir in the garlic and orzo and cook until the orzo is golden, about 5 minutes. Stir in the broth. Bring to a boil. Reduce to a simmer and cook until the orzo is tender and the liquid has been absorbed, about 15 minutes. If the liquid has disappeared and the orzo isn't quite done, add ¼ cup of water. Stir in the Parmesan and season with salt and pepper to taste. You can also stir in 1 cup of frozen peas with the cheese and let the orzo sit off the heat for a few minutes until the peas are heated through.

Creamy Shells with Peas and Bacon

- 1 cup ricotta cheese
- ½ cup grated parmesan cheese
- 2 tablespoons unsalted butter, cut into small pieces
- Salt and pepper, to taste
- 4 ounces bacon, cut into pieces
- 1 tablespoon olive oil
- 1 onion, minced
- 1 pound pasta shells or other small pasta shape
- 2 cups frozen peas
- 1 tablespoon fresh lemon juice

Bring a large pot of water to boil for the pasta. Meanwhile, combine the ricotta, Parmesan, butter, ¼ teaspoon salt, and ½ teaspoon pepper in a bowl large enough to hold the pasta. Cook the bacon until it is browned. Remove from the pan. Add the onion and cook until the onion is softened, about 5 minutes. Add the garlic and cook briefly. Stir the onion into the ricotta mixture. Cook the pasta. Add the peas during the last 30 seconds of cooking time. Drain, reserving ½ cup pasta water. Whisk the lemon juice into the reserved pasta water and stir into the ricotta mixture until smooth. Add the shells and peas and toss to coat. Season with salt and pepper to taste. Sprinkle bacon on top before serving.

Fettuccine Alfredo

- 1 pound fettuccine
- 2 tablespoons butter
- 1 small clove garlic, minced
- 1½ cups heavy cream
- 1 large egg yolk
- 1 cup Parmesan cheese (freshly grated)

While the pasta is cooking, melt the butter in a large, deep skillet over medium-high heat. Add the garlic and cook for about 2 minutes. Whisk the cream with the egg yolk in a bowl until well blended. Pour mixture into the garlic butter. Reduce heat to medium-low and stir until hot, but not boiling. Keep warm over low heat. When the pasta is done, pour the pasta into the cream and stir to coat (still over low heat). Add the cheese and keep stirring until the cream is mostly absorbed. Season with salt and pepper. If the sauce starts to dry out, add in a little pasta water. Garnish with parsley and serve immediately.

Ove Christian Oveson (1840-1924)

Arriving in Salt Lake City [in 1864] he proceeded to go to Ephraim, where his parents resided. He and two companions walked for two days and had only one loaf of bread between them. Then they got a meal and a night's rest, and Ove was ready to go on the next day.

Fettuccine with Asparagus and Ham

- 8 ounces dried fettuccine, broken
- 1 pound fresh asparagus, bias-sliced into 1½ inch pieces, or other vegetables as desired, such as green beans
- 1 tablespoon olive oil or cooking oil
- 4 Roma tomatoes, diced (2 cups) or 1 (14 ounce) can diced tomatoes
- 3 ounces cooked ham, cut into thin strips
- ½ cup grated Parmesan cheese

Cook fettuccine according to package directions. Drain; keep warm. Meanwhile, in a large skillet cook and stir asparagus in hot oil about 4 minutes or until nearly tender. Add tomato and ham; cook about 2 minutes more or until heated through. Add asparagus mixture to fettuccine; stir gently to combine. Sprinkle with Parmesan cheese. Season to taste with salt and black pepper.

Lasagna—Italian Sausage

Meat filling:

- 1 pound Italian sausage (or ground beef, or a combination)
- 1 medium onion (about ½ cup), finely diced
- 1 clove garlic, crushed
- 2 tablespoons minced fresh parsley
- 1 teaspoon sugar
- 1 tablespoon minced fresh basil or 1 teaspoon dried basil
- 1 teaspoon fennel seed, optional
- 1 (14 ounces) can whole or diced tomatoes, undrained
- 1 (14 ounces) can crushed tomatoes or tomato sauce

Cook meat and drain off fat. In large saucepan, sauté the onion in olive oil until soft and browned. Add garlic and cook for 30 seconds. Add meat, parsley, sugar, basil, tomatoes, and tomato sauce. Bring to a boil, stirring occasionally. Reduce heat and simmer for 45 minutes, or until slightly thickened. While the meat sauce is simmering, preheat the oven to 350°. Cook 9 lasagna noodles as directed on the package and drain. Mix cheese filling.

Cheese filling:

- 1 beaten egg, optional
- 2 cups cottage cheese (blended until smooth) or ricotta cheese
- 2 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh oregano or 1½ teaspoons dried oregano
- Dash of nutmeg, optional

Spread 1 cup of the meat sauce in a 13x9 baking dish. Top with 3 noodles. Spread half of the cheese mixture and then 1 cup of the meat sauce over the noodles. Layer 3 more noodles. Spread the rest of the cheese mixture and another cup of meat sauce. Layer the last 3 noodles. Spread with the rest of the meat sauce. Sprinkle with shredded mozzarella and Parmesan cheese. Cover with aluminum foil and bake for about 30 minutes or until bubbly. Uncover and bake for 15 more minutes. Let stand 15 minutes before serving.

If you want more pasta in the dish, cook 12 noodles and do four layers. This recipe can be made with no-boil noodles; follow the instructions with the noodles when assembling the lasagna.

White sauce variation: make one recipe of white sauce with ½ cup Parmesan cheese and spread on top of the lasagna instead of mozzarella cheese.

Vegetable filling variation: add 1–2 finely grated carrots and 1–2 stalks celery, finely diced, with the onions.

Lasagna—No-boil Classic

- 1 (16 ounce) container Ricotta or cottage cheese
- ½ cup grated parmesan cheese
- 2 eggs
- 2 (24 ounce) jars spaghetti sauce combined with ½ cup water
- 1 pound Barilla flat lasagna noodles, uncooked
- 1 pound Italian sausage or ground beef, cooked and drained
- 4 cups (1 pound) shredded Mozzarella cheese
- Minced parsley

In a bowl, combine Ricotta, Parmesan, and eggs; mix well. On bottom of a 9x13 inch greased baking dish, spread 1 cup pasta sauce. Top with half each of the uncooked noodles, Ricotta mixture, sausage, half remaining pasta sauce and mozzarella. Repeat layering. Make sure that you cover the top layer with a lot of sauce so the noodles don't dry out. Top with parsley. Cover tightly with aluminum foil (make sure to spray the foil with oil to prevent the cheese from sticking); bake 1 hour at 350° or until hot and bubbly. Let stand 15 minutes covered before serving.

Note: This recipe also works with cooked bow ties, rotini, or penne. Mix the sauce with the noodles and layer as follows: noodles, sausage, ricotta mixture, cheese, noodles, ricotta mixture, cheese.

Lasagna—Slow cooker

- 1 pound hamburger
- 1 onion, diced
- 1 large jar spaghetti sauce
- ½ cup water
- 9 lasagna noodles
- 1 (8 ounce) container cottage cheese
- 2 cups mozzarella cheese

Brown hamburger with onion, drain. Mix with spaghetti sauce. Layer in slow cooker: sauce, dry lasagna noodles (broken), sauce, cottage cheese, dry noodles, sauce, shredded cheese, dry noodles, sauce, shredded cheese. Pour water on top. Cook on for 3 hours on high or 6–7 hours on low.

Lasagna—Spinach Mushroom

- 1 package lasagna noodles
- 1 package frozen spinach (1½ pounds fresh spinach, cooked and drained)
- 2 pounds ground beef
- ¼ pound sausage
- 1 pound mozzarella cheese, grated
- 2 (8 ounce) cans tomato sauce
- ½ cup Parmesan cheese
- 2 cans mushroom soup
- 1½ cups milk
- ½ teaspoon pepper
- 1 teaspoon salt
- 1½ teaspoons oregano
- 1 tablespoon Worcestershire sauce

Cook spinach. Cook noodles. Brown meat. Add seasoning to soup. Grease 9x15 pan. Line with noodles, meat, spinach, mozzarella. Repeat layers. Pour hot soup with milk and seasonings over. Pour tomato sauce over and sprinkle with Parmesan cheese. Bake for 45 minutes at 350°. Let stand for 15 minutes before serving. You can substitute chard for the spinach. As a substitute for mushroom soup, make a simple white sauce, and blend in some mushrooms and chicken bouillon.

Lasagna—Vegetable

Replace meat with finely chopped or shredded cooked zucchini, yellow squash, carrots, cauliflower, chard, broccoli, or other vegetables to taste. Drain water off before mixing the vegetables with the tomato sauce.

Lemon Chicken Pasta Toss

Cook and drain 2 cups dry penne pasta.

- 12 ounces chicken breast cut in 1-inch pieces (can substitute shrimp)
- 2 tablespoons flour
- 2 tablespoons olive oil

Coat chicken with flour and cook in oil until done, about 5 minutes.

Add to chicken and cook for 1 more minute:

- 2 cloves garlic, minced
- ½ cup finely diced shallot

Add to chicken mixture and cook 2–3 minutes:

- ¾ cup chicken broth
- 1–3 tablespoons lemon juice, depending on how strong you want it to taste
- ¼ teaspoon salt
- ¼ teaspoon pepper

Stir in:

- 3 tablespoons capers, drained
- 3 tablespoons fresh, minced parsley
- Parmesan
- Previously cooked pasta

Macaroni and Cheese (White Sauce)

Bring a pot of salted water to a boil. Add macaroni noodles, and cook for the time as directed on the package, usually about 8–9 minutes for elbow macaroni. In a saucepan over medium heat, melt margarine or butter. Using a whisk or a fork, stir in flour, salt, and pepper, and any other spices you want, such as a dash of powdered mustard or paprika. Cook this mixture, known as a roux, for about a minute, stirring constantly to avoid lumps. Slowly pour in the milk while stirring constantly to create a smooth sauce. Continue cooking and stirring until the sauce thickens, which should take about 5–7 minutes. Add grated or sliced cheese and stir until melted. Drain the water from the macaroni noodles, and then mix the sauce with the cooked macaroni, adjusting spices to your taste.

The proportion of noodles to the sauce is variable and depends on personal taste. For example, a saucy macaroni and cheese uses 4 cups of milk and 1 pound of dry noodles. You can mix up powdered milk and use it in this recipe and no one will notice the difference. Canned evaporated milk is also a good substitute for fresh milk; one (12 ounce) can of evaporated milk can be diluted with water to 2–3 cups of liquid.

In the microwave: In a microwave-safe bowl, melt the butter. Add flour and desired spices. Whisk together until smooth and then stir in milk. For small quantities of sauce, microwave for 30 seconds at a time, stirring well between each cook time. If you are cooking a large quantity of sauce, you can cook for 1 minute between stirring. Continue to microwave an additional portion of time, then stir well, repeating until the sauce is thick. Add cheese and stir until melted, then add cooked macaroni and serve.

If desired, you can bake the macaroni after preparing it. Simply add an extra cup of milk while keeping the other ingredients the same, then bake at 350° for 30 minutes.

Without the cheese, this recipe creates a basic white sauce that can be used as a substitute for canned cream-of-something soups in various dishes.

Macaroni and Cheese Amounts

Butter	Flour	Salt	Milk	Cheese	Dry Macaroni
2 tablespoons	2 tablespoons	¼ teaspoon	1 cup	1 cup	1-2 cups
4 tablespoons	4 tablespoons	½ teaspoon	2 cups	2 cups	2-3 cups
6 tablespoons	6 tablespoons	1 teaspoon	3 cups	3 cups	3-4 cups
½ cup	½ cup	1 teaspoon	4 cups	4 cups	4 cups

No-Cook Tomato Sauce for Pasta

- 2 pounds ripe tomatoes, halved, seeded, and diced
- ¼ cup olive oil
- 2 tablespoons minced fresh basil
- 1 garlic clove, minced
- Salt and pepper, to taste

Combine all the ingredients. (This sauce gets better if it sits for at least 30 minutes; it can sit as long as 4 hours.) Toss the sauce with hot pasta, using some of the pasta cooking water to loosen the consistency of the sauce.

Olive-Feta Variation: Add chopped olives with the sauce and then sprinkle feta cheese over the pasta and sauce.

Mixed Herbs Variation: Increase the basil to 3 tablespoons and add 3 tablespoons minced fresh parsley, 1 tablespoon minced fresh mint, and 1 tablespoon minced fresh thyme.

Spicy Variation: Add ½ teaspoon red pepper flakes.

Mozzarella Variation: Substitute 3 thinly sliced scallions for the basil. After combining sauce with the pasta, stir in 1 cup fresh mozzarella, cut into ½-inch cubes.

Fennel and Parmesan Variation: Increase the basil to ¼ cup and add 1 fennel bulb thinly sliced. Sprinkle with ¾ cup shredded Parmesan before serving.

Nokedli or Spätzle (Hungarian Egg Noodles)

- 2 large eggs
- ¾ cup warm water (90°)
- ½ teaspoon salt
- 2 cups flour (more or less)

Nokedli are a thick, fresh egg noodle similar to German Spätzle. The best way to make these is with a nokedli maker or a spätzle maker. This tool is used for pushing the nokedli batter into the boiling water in small bits.

Bring a large pot of well salted water to a boil.

Beat the eggs and warm water together with the salt. Slowly beat in the flour ¼ cupful at a time to make a soft, sticky dough. (You may not need all the flour, or you may need more. Stop adding flour when the texture of the batter is soft and pliable). Let the mixture rest for 10 minutes. Beat the mixture again.

Push ⅓ of the batter through a Spätzle maker, cheese grater or pasta strainer over the pot of salted water to create small egg noodle bits that drop into the boiling water.

Let the noodles cook for about 3 minutes or until they float to the top of the pot and are cooked tender all the way through.

Remove from water with a slotted spoon or small mesh strainer and drain in a colander. Repeat the process two more times with the remaining two thirds of the batter.

Serve warm. You can toss them in melted butter, and fry them a bit. Or, you can serve them with your favorite Hungarian-style stew or dish, such as Paprikás Csirke or chicken paprikash.

Martha Roach Pugsley (1829-1906)

It was their custom to dance until midnight and then go to their homes for supper and visiting before returning to dance. They had many suppers. Grandmother [Martha Roach] Pugsley was a wonderful cook and they were prosperous enough to buy plenty of food. She loved preparing it and welcomed young people in so they could eat before returning to the dance.

One Pot Pasta (Technique)

This technique of cooking pasta in the sauce allows you to minimize the number of dishes you use. It is also known as “skillet noodles.”

The basic ratio is 1:2 or 4 ounces of pasta to 8 ounces of liquid. So for a pound of pasta, you would need 4 cups of liquid.

Place the noodles and liquid in a pan and bring it to a boil. The liquid should just cover the noodles. Reduce the heat, cover the pan, and keep simmering until the noodles are done and the liquid is mostly absorbed. Make sure you stir it every so often so the noodles don't stick to the bottom of the pan.

If the noodles aren't done, but the liquid is absorbed, add more liquid. If the noodles are done and it appears to be too soupy, cook for a few more minutes without the lid or remove the pot from the heat and let the pasta sit for about 15 minutes.

The liquid can be broth, or a mix of broth, milk/cream, water, or tomato sauce. If you are using milk or tomato sauce, use low heat so the pasta doesn't burn.

Once you learn the technique, you can then create all sorts of different dishes. Before you cook the noodles, you can sauté onions and garlic. If you want to add meat, you can cook it with the onions or stir in cooked meat with the pasta. Then add the noodles, liquid, and spices or herbs. When the noodles are almost done, stir in pre-cooked vegetables or quick-cooking veggies (like spinach). At the end, you can add parmesan cheese, olive oil, or butter. Add salt and pepper to taste.

Electric Pressure Cooker

Spray the bottom and sides of the electric pressure cooker pot with non-stick cooking spray. Pour in the liquid. Add the pasta and arrange into an even layer. Add any spices or other flavorings. Don't stir. Secure the lid of the Electric pressure cooker, set the valve to seal, and select “manual” or “pressure cook” and select the minutes needed: (minutes for stove-top cooking divided by 2) minus 2 minutes. For example, if the pasta needs to cook for 12 minutes, then $(12/2)-2=4$ minutes. Let the pressure release naturally for 10 minutes and then quick release the remaining pressure. Stir thoroughly before serving.

Pasta—Homemade

Sheet pasta:

- 2 cups all-purpose flour, spooned and leveled, or Type 00 flour
- 3 large eggs
- ½ teaspoon sea salt
- ½ tablespoon extra-virgin olive oil

This recipe makes a smooth pasta, good for sheets of dough. The Type 00 flour makes the dough very smooth.

Shaped pasta:

- 250g 00 flour (close to 1½ cups)
- 250g remilled semolina (close to 1½ cups)
- 4 eggs (room temperature)
- Water until 250ml total liquid is reached (about 1 cup)

This recipe makes about 2 pounds or 900g of pasta. The flour combination makes a pasta that holds its shape better and can be cut more finely.

Step 1: Make the dough

By hand:

Place the flour on a clean work surface or in a large bowl and make a nest. Add the eggs and other liquids (and optional salt) to the center and use a fork to gently break up the eggs, keeping the flour walls intact as best as you can. Use your hands to gently bring the flour inward to incorporate. Continue working the dough with your hands to bring it together into a shaggy ball. Knead the dough for 8 to 10 minutes. At the beginning, the dough should feel pretty dry. After 8–10 minutes of kneading, the dough should become cohesive and smooth. If the dough still seems too dry, sprinkle your fingers with a tiny bit of water to incorporate. If it's too sticky, dust more flour onto your work surface. Shape the dough into a ball, wrap in plastic wrap, and let rest at room temperature for 30 minutes.

With a mixer:

Fit the machine with the dough hook. Add the flour and eggs/liquid to the bowl. Mix until combined. Knead on speed #1 or #2 about 4–5 minutes. Form the dough into a ball, cover tightly with plastic wrap, and rest at room temperature for 30 minutes.

Food processor instructions:

Add the flour and eggs to the bowl. Pulse several times until the dough comes together. Remove the dough to your work surface and let rest for 1 minute. If the dough is a bit sticky after resting, add a sprinkle of flour. Knead by hand for 1–2 minutes (the food processor does most of the kneading for you). Form the dough into a ball, cover tightly with plastic wrap, and rest at room temperature for 30 minutes.

Step 2: Roll the dough into pasta sheets

Set up your station pasta roller and dust your work surface with the same flour you used for the pasta. You will need more space than you originally expect. Set out sheets of parchment paper or sheet pans or your drying racks.

Cut the pasta dough into 3 or 4 pieces. Work with one piece of dough and keep the others covered so they don't dry out. Flatten the dough into an oval patty. Set the pasta roller to the lowest/widest setting and send the dough through three times. Dust the dough with flour if it starts to feel at all sticky. Fold the dough in half or into thirds. Send the dough through the setting once or twice. At this point, you can cut the strip of dough into two pieces so it isn't too long to work with. Then, working your way through the pasta settings, feed the dough through the rollers (once at each setting) until the desired thickness is reached. Make sure to dust the dough with flour between each rolling, if needed. It is better to have more flour than not enough. Different pasta shapes require different thicknesses. Repeat the process with the other portions of dough.

Step 3: Cut the dough

Dust the strips of dough with flour and let dry for a few minutes, if you wish, though they may be dry enough by the time you finish rolling out the last dough portion. Carefully feed the dough sheets through the cutter, making sure to dust the dough and the cut pieces with flour so the strands don't stick together. Let dry on a dough rack or on flour-dusted sheets or parchment.

If you aren't cooking the pasta immediately, then you need to dust the strands with lots of flour and coil loosely into “nests” or arrange on sheets. You can let the pasta rest for 1–2 hours at room temperature, but you need to be careful that the strands don't stick together.

After the pasta dries slightly, you can place it in the freezer. When the pasta is frozen, you can transfer it to a freezer bag and freeze for up to a month. Do not thaw before cooking.

You can also completely dry the pasta and then store in a covered container.

Step 4: Cook

Bring a pot of salted water to a boil and cook for 1–3 minutes, depending on the thickness of the pasta. Frozen pasta (or air-dried pasta) may take an extra minute or so.

Pasta Primavera

3 tablespoons unsalted butter
 1 pound asparagus, tough ends removed, cut into 1-inch pieces
 1 zucchini, cut into ½-inch chunks
 8 ounces mushrooms, sliced thin
 ½ pound eggplant, peeled and diced
 1 cup frozen peas
 2 garlic cloves, minced
 Salt and pepper, to taste
 1 (14 ounce) can diced tomatoes
 ¼ teaspoon red pepper flakes, optional
 ½ cup heavy cream
 1 pound fettuccine
 ¼ cup fresh basil
 1½ tablespoons lemon juice
 Grated Parmesan for serving

Bring a large pot of water to boil for the pasta. Meanwhile, in a large saucepan, melt 1 tablespoon butter. Cook each of the vegetables (except the peas) separately until just tender, adding more butter as needed. Place the cooked vegetables in a large bowl as you finish cooking each one. When the vegetables are done, add the tomatoes and cream and simmer until the sauce is slightly reduced. Remove from heat and cover. Cook the fettuccine. Drain the noodles and return them to the pot. Stir in the vegetable mixture, tomato sauce, basil, and lemon juice and toss to coat. Top with Parmesan cheese before serving.

Pasta with Sausage and Broccoli

½–1 pound Italian sausage
 1 cup roasted red peppers, rinsed and finely diced or 1 cup sun dried tomatoes, rehydrated and finely diced
 6 garlic cloves, minced
 1 bunch broccoli florets cut into bite-sized pieces
 Salt to taste
 ½ cup water
 1 pound orecchiette or shells
 1 cup grated Parmesan or Pecorino Romano cheese
 1 tablespoon olive oil

Bring a large pot of water to boil for the pasta. Meanwhile, in a large saucepan cook the sausage until browned. Stir in the roasted red peppers and garlic and cook for a few seconds. Stir in the broccoli and water. Increase the heat and cover the skillet. Cook for about 2 minutes, or until the broccoli begins to turn bright green. Uncover and cook until the broccoli is tender, about 5 minutes. Meanwhile, cook the pasta; drain and return to the pan. Stir the meat and broccoli mixture into the pasta. Mix in the cheese and olive oil. Add some reserved pasta water, if it is too dry.

Pasta with Tomatoes and Basil

Marinate at room temperature for about an hour:

Olive oil (up to ½ cup)
 4 fresh tomatoes, diced
 ½ cup fresh basil (can use 1 teaspoon dry basil)
 ½ pound Brie or Feta cheese, crumbled
 1 or 2 cloves minced garlic

Add:

½ pound mushrooms, sautéed, optional
 ½ pound hot noodles

Top with:

Parmesan cheese
 Pepper

Beverly Lucille Glade Wessman (1924-2008)

Beverly set a beautiful table for special family dinners. She would make sure the long center fold of the tablecloth exactly lined up in the center of the table. The fine china plates were set “one thumb’s length” away from the edge of the table. Silverware was placed in the proper position around the plates.

Potato Gnocchi

1 pound potatoes (Yukon gold or russet are best)
 1 cup flour
 ½ teaspoon salt
 1 medium egg (room temperature)

Choose old potatoes or potatoes with low water content. You can boil them or bake them. Let the potatoes cool slightly and then peel them. Then pass the potatoes through a ricer or mash them.

Mix together the flour and salt, make a well in the middle, and add the potatoes and egg. Mix together with a fork or your fingers to form a soft dough. When the dough is the right consistency, it should not stick to your fingers. On a lightly floured surface, cut small amounts of dough and roll them to form ropes about half an inch thick. Cut the ropes into inch-long pieces. Then slide each piece on a fork and squeeze a little (but not too hard) to give the gnocchi their shape. Sprinkle the gnocchi with a little bit of flour and toss to cover with them with flour so they don’t stick together. Let the gnocchi rest—for at least 20 minutes, but not longer than a few hours—before cooking. If they dry out too much, they will take longer to cook.

Cook the gnocchi in a large pot of salted boiling water. Gnocchi are ready when they float to the top of the boiling water.

Flour: you can use all purpose flour, but these also work well with 00 flour. They will be softer with a low-protein flour.

Uncooked gnocchi can be frozen on a tray (so they don’t stick together) and then placed in an airtight freezer bag. They will keep for about 1 month in the freezer. Do not thaw before cooking them.

Plan on 2 hours to make this recipe (it depends on how long it takes to cook and cool the potatoes).

Roasted Red Pepper Alfredo Pasta

1 pound tortellini or ravioli, such as three cheese or butternut squash
 2 small red peppers, roasted
 1 tablespoon olive oil
 4 tablespoons butter
 1 clove garlic, minced
 ½ cup cream
 ¼ cup milk
 1 teaspoon flour
 2 tablespoons Parmesan cheese
 ¾ teaspoon salt
 ¼ teaspoon pepper
 ½ teaspoon Marrakesh market spice, or a Moroccan spice, optional

To roast red peppers, preheat oven to 425°. Slice peppers in half or quarters, getting rid of seeds. Drizzle with about 1 tablespoon olive oil, then cook in oven for 30 minutes. Bring a pot of salted water to a boil. Meanwhile, heat olive oil in a saucepan. Once hot, add garlic and butter and stir until fragrant. Once butter is melted, add cream, milk, and flour, then whisk in cheese slowly. Add salt, pepper, and spices, then simmer sauce for 4–5 minutes on low heat. Add red peppers, then mix together in a blender, or use an immersion blender to blend until smooth. Taste and adjust spices if needed. Cook ravioli or tortellini according to directions on the package. Combine pasta and sauce, and serve immediately.

Allison Ann Bowers (1999-2010)

Allison loved to garden and had a beautiful basil plant that she grew. She enjoyed her mother's cooking and loved to cook. Some of her favorite dishes were tamales, guacamole, and overnight rolls.

Skillet Chicken Noodle Casserole

- 2 tablespoons butter or olive oil
- 10 ounces mushrooms, sliced, optional
- 1 small onion, minced
- 1 pound pasta or about 8 ounces egg noodles (3 cups)
- 3 cups chicken broth
- 1 cup heavy cream
- 1 cup frozen peas
- 1 can chicken or tuna
- 2 tablespoons minced fresh parsley
- Salt and pepper to taste
- 1 cup Parmesan or Romano cheese, optional

Melt the butter in a large skillet. Add the mushrooms (if using) and onion and cook until the onions are browned. Sprinkle the noodles into the skillet. Pour the broth and cream over the noodles.

Cover and bring to a simmer. Reduce heat to medium-low and continue to simmer, stirring occasionally, until the noodles are tender, about 10–15 minutes. If you run out of liquid before the noodles are cooked, add in some more chicken broth. If there is too much liquid, let the pasta boil for longer with the lid off. Stir in the peas, chicken, and parsley and allow to heat through, about 1 minute. Stir in cheese if using. Season with salt and pepper to taste.

Electric pressure cooker

Sauté onion and mushrooms. Layer the rest of the ingredients in the cooker (starting with the liquids), except for the peas. Secure the lid and set the valve to the sealing position. Select the “Manual” or “Pressure Cook” function. To determine the cooking time, take the stove-top cook time from the pasta package, divide it by 2, and subtract 2 minutes. For example, if the package says 12 minutes, set the pressure cooker to 4 minutes. For softer pasta, add one minute to the cooking time. Once the cooking time is complete, allow the pressure to release naturally for 10 minutes, then perform a quick release for any remaining pressure. Or leave on the “keep warm” function for an hour or more. Stir in the peas and cheese before serving.

Skillet Ziti with Chicken and Greens

- 1 pound cooked chicken, cubed or shredded, or 1 can chicken with broth
- 3 tablespoons unsalted butter
- 1 onion, minced
- 1 cup mushrooms, sliced, optional
- ¼ teaspoon red pepper flakes, optional
- ¼ teaspoon dried oregano
- 3 garlic cloves, minced
- 1 pound ziti
- 2½ cups chicken broth
- 2 cups heavy cream
- 1 bunch broccoli, cut into 1-inch pieces, or 1 large bunch of greens (spinach, kale, chard, or a mixture), chopped
- 1 cup roasted red peppers, rinsed and diced, or 1 cup sun-dried tomatoes, rehydrated and diced
- ½ cup grated Parmesan cheese
- 2 tablespoons lemon juice
- 4 slices bacon, cooked and crumbled or diced, optional

In a large skillet, melt butter and cook onion (and mushrooms) until softened. Add red pepper flakes, oregano, ½ teaspoon salt, and garlic. Sprinkle the ziti evenly into the skillet. Pour the broth and cream into the skillet. Cover and bring to a boil. Reduce the heat to medium-low and stir in the roasted

peppers or sun-dried tomatoes. Cover and continue to simmer, stirring occasionally, until the pasta is cooked. Stir in the chicken and broccoli or greens and continue to cook until the vegetables are done. Stir in the Parmesan and lemon juice. Season with salt and pepper.

Electric pressure cooker

Sauté onion and mushrooms. Layer the rest of the ingredients in the cooker (starting with the liquids) except the broccoli or greens, cheese, and lemon juice. Secure the lid and set the valve to the sealing position. Select the “Manual” or “Pressure Cook” function. To determine the cooking time, take the stove-top cook time from the pasta package, divide it by 2, and subtract 2 minutes. For example, if the package says 12 minutes, set the pressure cooker to 4 minutes. Once the cooking time is complete, do a quick pressure release. Stir in the broccoli or greens and cook for an additional minute at high pressure. Stir in the cheese and lemon juice before serving.

Tomato Basil Pasta

- 1 pound of pasta (your favorite)
- 2 tablespoons butter or margarine
- 1–2 cloves garlic
- ½ teaspoon basil
- 1 tablespoon flour
- ½–¾ cup milk (can substitute half and half or whipping cream)
- 1 (8 ounce) can tomato sauce
- 1 cup mozzarella cheese, grated
- Salt and pepper to taste

Boil and drain pasta. While pasta is cooking, melt butter in saucepan. Add garlic and basil; cook and stir for a few seconds. Stir in flour. Gradually add milk (just like when you're making white sauce for homemade macaroni). Add tomato sauce. Add more milk until you like the color and consistency of the sauce—this sauce is more soupy than a white sauce. Add mozzarella cheese. You could also add some Parmesan cheese. Add salt and pepper to taste. Pour sauce over pasta and stir.

Zucchini-Chicken Pasta—Allison's

- 2 cups dry pasta (shells or other substantial shape like rotini or farfalle)
- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, sliced
- 2–3 small zucchini, chopped
- 1 teaspoon dried oregano
- Salt and pepper to taste
- ¼ teaspoon crushed red pepper flakes, optional
- ½–1 cup chicken broth
- 2 cups chopped cooked chicken
- 1 (4 ounce) can diced green chiles
- 8 ounces light cream cheese
- ¼ cup minced fresh basil leaves
- ½ cup grated Parmesan cheese

Cook pasta in boiling, lightly salted water for 8–10 minutes until al dente; drain. Heat olive oil in the same pan or a large skillet and cook onion and garlic until tender. Mix in zucchini, oregano, salt, pepper, and the red pepper flakes. Cook 5–10 minutes until the zucchini is tender. Stir broth into skillet, then mix in the chicken and chiles, and heat thoroughly. Add the cream cheese and cook 5 minutes more. It may seem just a bit soupy, but the pasta tends to soak up some of the moisture. Stir cooked pasta into the sauce or serve over cooked pasta and top with fresh basil and Parmesan cheese. You can also substitute dried spices instead of using fresh spices, if you don't have them on hand. You can substitute crookneck or summer squash for the zucchini. Allison Ann Bowers' beautiful basil plant was the inspiration for finding this recipe.

Canned Chicken: You can substitute 2 cans of chicken for the 2 cups chicken and ½ cup broth; use the whole contents of the cans, broth and all.

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Cooking Notes

Rice to Water Ratio

The generally accepted ratio is 1 cup rice to 2 cups water. However, this can change depending on the type of rice. For short grain white rice, try 1 cup rice to 1 cup water. Medium grain white rice uses 1 cup rice to 1½ cups water. Long grain white rice uses 1 cup rice to 2 cups water. Brown rice will usually be 1 cup rice to 2 cups water.

How to Cook Rice

Before cooking your rice, rinse it until the water runs clear. Drain the rice and then proceed with the recipe.

On stovetop: Bring the water to a boil. Add the rice and salt, if using, and stir. Cover with a tight-fitting lid, drop the temperature to low heat, and

leave to steam for 15 minutes. After 15 minutes, uncover, fluff the rice with a fork, and check to see if it is done. If the rice is still not cooked, add 1-2 tablespoons of water, cover, and let steam for 10 more minutes. If there is still some water in the bottom of the pan, keep the lid off and let cook for 5-10 minutes, or until the water is gone. Cover the pan and remove from heat.

In the microwave: combine the water, rice, and salt (if using) in a large bowl. Cover with a microwaveable plate. Cook on high for 20 minutes.

In the oven: Boil the water and combine with the rice in a covered casserole dish. Cover and bake in a 350° oven for 25-30 minutes.

In a rice cooker or pressure cooker: Add rice and water and press start or the “rice” setting.

Artichokes—Fire Roasted

- 2 artichokes
- ⅓ cup vegetable oil (olive is good)
- ½ cup vinegar
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper

Wash the artichokes. Using kitchen shears or a sharp knife, trim the sharp spines from the top of all the outer leaves. Trim about 2 cm off the entire top to get most of the spines off. Trimming is optional, but makes it easier to eat the artichokes. Steam the artichokes for about 45 minutes. When they are done, heat up the outdoor grill. Cut each artichoke in half vertically and use a spoon to scoop out the hairy choke in the center of each half, leaving the tender inner leaves in place. In a one-cup measure, stir together the oil, vinegar, salt, and pepper. Select a bowl large enough to hold one entire artichoke half. Hold one artichoke half with the leaves pointing up over the bowl. Stir the oil mixture and pour the entire marinade over the artichoke, trying to get the marinade to go down between the leaves. Turn the artichoke over to drain a bit. Dip the cut surface into the marinade, making sure the entire cut surface is coated with oil, and place the artichoke half onto a plate. Pour the marinade back into the measuring cup. (It is useful to have a helper with clean hands do this for you.) Repeat pouring the marinade over the remaining halves of the artichokes. When all four are coated, cook them face down on the grill for about 4 minutes. Using tongs, lift the artichokes and turn them about 90° and cook them for a few more minutes. Turn them over to the round side and cook for a couple minutes. Serve immediately. These go well with an optional nice ranch or garlic dip. If you want more flavor, use Italian dressing in place of the simple marinade.

Asparagus with Parmesan

Preheat oven to 425°. Trim or snap the bases off the asparagus spears. Place the asparagus in a baking dish and drizzle with 1–2 tablespoons of olive oil. Season with salt, pepper, and garlic powder. Bake for 8–12 minutes, or until the asparagus is tender. Sprinkle with grated parmesan cheese and serve. This method works well for carrots and other vegetables too.

Au Gratin Potatoes

- 6–8 potatoes, peeled and sliced
- ¼ cup butter
- 2 cloves garlic, pressed
- ¼ cup flour
- ½ –1 teaspoon salt
- ⅛ –¼ teaspoon pepper
- 2 cups milk
- 1 cup dry bread crumbs
- 1 cup grated cheese
- 1 teaspoon paprika

Boil the sliced potatoes in just enough water to cover until they are not quite cooked or cook in the microwave with a tiny bit of water. Drain. Melt butter in a saucepan. Add garlic and cook gently. Mix in flour, salt and pepper. Add milk and cook until thickened. Thoroughly butter a baking dish. Layer potatoes in a dish. Pour sauce over potatoes. Scatter bread crumbs, cheese, and paprika over. Bake for 20 minutes at 400°.

Elizabeth Ann Pugsley Hayward (1854-1942)

Bess [Elizabeth Cripps Hayward Edwards (1892-1989)] said of her mother: “In the early days while she was home, she helped with the making of tallow candles, the carding, spinning, and dyeing of wool for cloth. A shiny, red apple at Christmas time with a home-made doll was all that could be expected.”

Baked Potato

Preheat the oven to 425° and line a baking sheet with parchment paper.

Use a fork to poke a few holes into the potatoes. Place on the baking sheet, rub with olive oil, and sprinkle liberally with sea salt all over. Bake 45 to 60 minutes, or until the potato is fork-tender and the skin is crisp.

Slice open each potato, fluff the insides, and serve with desired toppings.

Candied Yams (Heritage Recipe)

Skillet version: Melt 3 tablespoons butter in a large skillet. Place ½-inch thick slices of peeled raw yams in butter. Top with ⅓ to ½ cup brown sugar, depending on taste. Put the lid on the pan and cook at medium to low temperature for 15 minutes. Turn yams over about halfway through. When yams are tender, remove the lid so moisture can evaporate off, leaving more of the “candy” on the yams. No need to add water when you start cooking them if you use a low temperature.

Baked version: Wrap yams in heavy-duty foil and cook on a baking sheet to prevent spills in the oven. Bake yams until just tender. Peel them when slightly cool or refrigerate with peels on until ready to use. Melt butter in a large frying pan or electric skillet. Add some brown sugar and mix until bubbly. Watch carefully so this doesn’t burn. Place peeled, sliced yams into butter/sugar mixture. Turn over to coat the other side. Serve in a casserole dish with leftover candy mixture poured over. From Beverly Lucille Glade Wessman and Ann Glade Wessman Tanner.

Note: Yams can also be cooked in an electric pressure cooker, crockpot, or microwave. Check online for directions.

Carrots—Glazed

- 1 pound carrots, peeled and sliced
- ½ cup chicken broth
- 3 tablespoons sugar
- ½ teaspoon salt
- 1 tablespoon butter, unsalted
- 2 teaspoon fresh lemon juice
- Pepper

Combine the carrots, broth, 1 tablespoon sugar, and salt in a large nonstick skillet. Cover and bring to a boil. Reduce to a simmer and cook covered until the carrots are almost tender, about 5 minutes. Uncover, return to a boil, and cook until the liquid has mostly reduced. Stir in the butter and remaining 2 tablespoons sugar. Cook 3 more minutes until the carrots are completely tender. Remove from heat, stir in lemon juice and season with pepper to taste.

Glazed Carrots with Orange and Cranberries: Substitute ¼ cup orange juice for ¼ cup of the broth. Add ¼ cup dried cranberries and ½ teaspoon grated orange zest to the skillet with the carrots. Only use 1 tablespoon of sugar.

Curried Carrots with Currants and Almonds: Add 1½ teaspoon curry powder to the skillet with the carrots. Add ¼ cup currants to the skillet with the butter and sprinkle with ¼ cup toasted almonds before serving.

Honey-glazed Carrots with Lemon and Thyme: Substitute 3 tablespoons of honey for the sugar. Add ½ teaspoon minced fresh thyme and ½ teaspoon grated lemon zest to the skillet with the butter.

Cilantro Rice

- 4 cups water
- 4 cubes or 4 teaspoons chicken bouillon
- 1 teaspoon cumin
- 2 cloves garlic, minced
- 6 green onions, finely sliced
- 1 tablespoon butter
- 6 sprigs cilantro, minced or processed in blender
- 2 cups rice
- 2 teaspoons sugar, optional

Heat water in a large pot and add remaining ingredients. Bring to a simmer and cook until done, about 20 minutes. Fluff rice before serving. You can also put all the ingredients in your rice cooker and cook it there.

Coconut Rice

- 1 cup jasmine rice, rinsed until water runs clear
- 1 cup canned coconut milk, light or regular
- 1 cup water
- ½ teaspoon salt

Bring the rice, coconut milk, water and salt to a simmer in a medium saucepan. Cover, reduce the heat to low and simmer for 15–16 minutes until the liquid has mostly evaporated. Remove from the heat and let stand for 10 minutes before fluffing with a fork and serving.

Richer variation: Sauté 1 finely diced medium onion in 1 tablespoon olive oil. Add 1 clove garlic, finely minced, and cook for another minute. Add the rice and stir to coat with the oil. Add the coconut milk, water, salt, and ½ teaspoon sugar. Cook until done. Serve with grilled chicken or fish.

Coconut Rice—Pressure Cooker

- 2 cups jasmine rice, rinsed until water runs clear
- 1 (13 ounce) can coconut milk, light or regular
- 1½ cup water
- ¾ teaspoon salt
- 1 tablespoon sugar, optional
- Toasted unsweetened coconut, optional for topping

Add all ingredients to the pressure cooker. Cook using the “rice” setting. Or cook on high for 5 minutes, with 10 minute natural pressure release. Top with toasted coconut and serve warm.

Crispy Potato Wedges (Baked Fries)

- 4 medium russet potatoes
- 1 tablespoon oil
- ¼ teaspoon pepper
- ¼ teaspoon salt
- Other seasoning as desired

Scrub the potatoes and cut them into wedges. Place them in a large bowl; add cold water to cover. Let stand for 15 minutes. Preheat the oven to 425°. Spray a baking sheet with cooking spray.

Drain the potatoes in a colander. Spread them on a double layer of paper towels, cover with more towels and blot dry. Put the potatoes in a clean bowl. Sprinkle with oil, pepper, and salt; toss to combine. Arrange the potatoes in a single layer on the baking sheet.

Bake for 20 minutes. Using a spatula, turn potatoes. Bake until golden, about 20 minutes. (If you use larger potatoes and have thicker wedges it will take longer.) Serve with ketchup. You can also skip the soaking in water and just bake them. If the potatoes are microwaved beforehand, the roasting time will be less.

Fried Rice

2 cups rice, precooked and very cold (1 cup dry)
 4 tablespoons vegetable oil, divided
 ¼ cup finely sliced green onions
 2 tablespoons soy sauce
 8 slices cooked crumbled bacon or ½ cup diced fully cooked ham
 2 beaten eggs
 Red pepper flakes, optional
 1 tablespoon fresh ginger grated or 1 teaspoon powdered ginger
 ¼ teaspoon salt, if needed
 ¼ teaspoon pepper

Other vegetables as desired:

½ cup diced carrots
 ½ cup frozen corn kernels
 ½ cup frozen green peas
 ¼ cup pine nuts/almonds/peanuts/cashews

Heat 1 tablespoon of oil. Cook eggs like an omelet until set. Remove and cut into short, narrow strips. Heat remaining oil and cook ham, mushrooms, onion, spices, and optional vegetables until done (about 3 minutes). Add more oil, if needed, and stir in cooked rice. Sprinkle it with soy sauce and 1 tablespoon water. Cook 3 to 5 minutes or until warmed through. Stir occasionally. Add eggs, along with the nuts, if using. Serve immediately.

Fried rice technique: Heat oil in a large saucepan. Cook the meat and vegetables, working from those with the longest cooking time to those with the shortest. Stir in the cold rice and break up any clumps. Add more oil as necessary to make sure it doesn't stick to the pan. Add your seasonings and toppings.

Green Beans

Heat olive oil in a frying pan at medium heat. Carefully add beans to the frying pan and cover. Stir beans occasionally and cook until they are soft. Sprinkle it with garlic salt and Parmesan cheese.

Green Beans—Roasted

2–3 cups green beans, fresh or frozen
 Olive oil
 Grated Parmesan Cheese
 Garlic Salt

Move your oven rack toward the top of the oven, near the broiler. Line a cookie sheet with parchment paper, making sure the parchment doesn't fold up enough on the edges to catch fire under the broiler. You can skip parchment, but it makes cleanup easier.

To use fresh green beans, cut off the stem ends. Choose a pot that will hold all your green beans. Fill the pot with about an inch of water, and bring it to a boil. Add all the green beans and blanch them for about 3–4 minutes, until they are bright green. Remove from heat and drain the water.

Put the blanched fresh beans or frozen green beans (don't cook them) in a pile on the cookie sheet. Drizzle on a small amount of olive oil, about 1 tablespoon or so. Sprinkle on a little grated Parmesan cheese and some garlic salt. Stir the green beans well, and then spread them out into a single layer on the cookie sheet.

Turn on your broiler and put the green beans in the oven. Cook for 5 minutes, take the pan out and stir the green beans. Put them back under the broiler, and keep an eye on them. They will usually need about 2–3 more minutes, depending on your oven. They are done when they are soft enough to eat. Cook them longer if you like them crispy around the edges. Serve beans immediately.

Jessie Christensen Morgan (1893-1980)

When she [Francis Ann Thomas Christensen (1864-1950)] returned she brought a trunkful of oranges home from Phoenix. Just to tell you the kind of Mother I had, she sent a little bucket full of oranges to all of the neighbors and then we had a taste. She said we had enough and she didn't want the neighbors to go without.

Lime Rice

In a large pot, sauté:

2 tablespoons butter
 1 yellow onion, diced
 4 cloves garlic, minced

Add the following and bring to a boil:

6⅔ cups water
 8 teaspoons chicken bouillon (or cubes)
 ½ bunch cilantro, minced
 2 teaspoons cumin
 2 (4 ounce) cans diced green chiles
 1 tablespoon lime juice
 ½ teaspoon salt

Add to the boiling liquid:

3 cups of long grain rice

Reduce heat to low, cover and simmer for 30 minutes. Cook up to 15 more minutes until all liquid is absorbed. Serves 25. You can also sauté the onion and garlic and then mix everything and cook it in a rice cooker. This is really good served as a salad. Top a tortilla with rice, black beans, chicken, romaine lettuce, salsa, lime cilantro dressing, and tortilla chip crumbles.

Mexican Rice

2–3 tablespoons olive or grapeseed oil
 2 cups jasmine rice or other long-grain rice
 1 onion, finely diced
 1 (15 ounce) can fire roasted diced tomatoes
 4 chicken bouillon cubes or equivalent
 1 teaspoon roasted garlic powder
 1 teaspoon salt
 1 tablespoon Mexican seasoning
 1 cup frozen peas and carrots, optional

Heat oil in a frying pan, then add the dry rice and diced onion. Sauté until the rice turns a light golden color, similar to toasted marshmallows. Transfer the rice and onion mixture to your pressure cooker, rice cooker, or the pot you normally use to cook rice. To measure the liquid, pour the undrained can of tomatoes into a 4-cup measuring cup. Add enough water to reach the 4-cup mark, then pour it into the rice mixture. Add the remaining ingredients and stir well. Cook the rice using your preferred method. If you prefer a milder tomato flavor, you can use only half the can of tomatoes.

Paneer (Indian Cheese)

8 cups whole milk
 ¼ cup lemon juice

Bring the milk to a boil in a large pot, stirring frequently so it won't burn on the bottom. When the milk boils, add the lemon juice and turn down the heat to low. You should immediately see the curds (white milk solids) and whey (greenish liquid) separate. If the milk doesn't separate, add some more lemon juice. Remove the pan from the heat and carefully pour the contents into a cheesecloth-lined colander. Rinse with cool water to wash off the lemon juice. Gather the cheese into the cheesecloth and squeeze to get rid of the liquid. Let it drain for 5–10 minutes. Then shape the cheesecloth cheese into a brick. Place it on a plate with another plate on top. Place something heavy on the plate to weigh it down. Put the cheese into the fridge and let cool completely. Use in recipes that call for fresh cheese (e.g., saag paneer).

Parmesan and Garlic Mashed Red Potatoes

Place in a large pan and cover with water:

- 3 pounds red potatoes, scrubbed and cut into small chunks (leave the peels on)
- ½ teaspoon salt
- ¼ teaspoon minced garlic (dried or fresh)

Bring to a boil, turn down the heat, and cook (stirring occasionally) until the potatoes are tender (easily pierced with the tip of a knife). Remove from the heat and drain the water.

Add:

- 3 tablespoons margarine or butter
- ½ cup milk
- ¼ cup Parmesan cheese
- ¼–½ cup sour cream
- Salt and pepper, to taste
- Bacon, crumbled, optional

Mash with a potato masher or beat the potatoes with a hand blender until creamy. Keep hot. Serve plain or with gravy. If mashed potatoes go “gummy” there are two possible reasons: you used a waxy potato like Yukon Gold or you added the milk before the butter. If you add butter first and then start to mash, the potato gets coated with some fat and then it will whip up better.

Pilaf

A pilaf consists of grains toasted in fat (called parching) before cooking in a liquid. Parching prevents the grains from clumping while adding flavor. Pilaf can be made with almost any grain, fat, and liquid. Most cultures have a version of this dish in their diet. For extra flavor, use broth and add diced onion or garlic with the fat before parching the rice. You can also add in spices, and stir in quick cooking meat or vegetables after adding water.

- 2 cups rice
- 4 tablespoons butter
- Salt

Rinse and soak the rice. Drain. Melt the butter in a medium saucepan with a tight-fitting lid. Add the rice and cook, until the grains look shiny and smell nutty, about 5–7 minutes. Add the water and ½ teaspoon salt (Short grain rice: 2 cups of water. Medium grain rice: 3 cups of water. Long grain rice: 4 cups of water). Increase the heat to high and bring to a boil. Once the water is boiling, reduce the heat to the lowest setting, cover with the lid, and cook for 15–18 minutes. Fluff with a fork, remove from the heat, and let rest, covered, for 15 minutes.

Potato-Cheese Casserole (Heritage Recipe)

Peel and grate:

- 6 medium (about 3 pounds) potatoes, cooked, but still firm

Heat:

- ¼ cup butter or margarine
- 1 can (10.75 ounce) condensed cream of chicken soup or homemade cream of chicken soup

Add:

- 1 cup sour cream
- ½ cup finely sliced green onions or 1 teaspoon dry onions
- 1½ cups grated medium-sharp cheese
- Salt and pepper to taste

Mix all together and place in a well-greased 9x13 inch pan.

Mix together and sprinkle over the top:

- 3 tablespoons melted butter
- 2 cups cornflakes, crushed to make ⅔ cup crumbs

Or top with cheese. Bake for 40 minutes at 350°.

Notes on potatoes: You can steam whole potatoes in an electric pressure cooker for 6 minutes. Or substitute frozen hash browns, rinsed well and dry with paper towels. Add 15 minutes to baking time when using hash browns.

Sarah Ann Cripps Hayward (1830-1932)

Mrs. Hayward told of the day in Salt Lake City when floods of crickets “that hid the sun” swooped down and destroyed all of the crops. “We asked God for help and He sent hordes of His seagulls from the Great Salt Lake to devour the crickets,” exclaimed the 100-year-old woman. “That was the only time in my life I ever had to get, but we all did. We had to eat roots and sego lilies and make our tea from leaves to keep body and soul together.”

Rice and Pasta Pilaf

- ½ cup butter
- 2 handfuls vermicelli, angel hair, or spaghetti, broken into pieces
- 2 cups rice
- 5 cups chicken broth
- 1 teaspoon salt, adjust to work with saltiness of broth
- ⅛ teaspoon pepper
- 1 teaspoon rosemary
- ½ cup slivered almonds, optional

Melt the butter on low. Add vermicelli and cook until golden brown, stirring constantly. Add rice and stir. Add broth, spices, and almonds. Stir again and cook for 20 minutes or until liquid is absorbed. This is similar to Rice-a-roni.

Rice—Perfect Microwave

- 2 cups long grain rice
- 3½ cups (28 ounces) water or chicken broth (two 14 ounce cans)
- 1½ teaspoons butter or oil
- ½ teaspoon salt

In a large microwave-safe bowl, mix all the ingredients together. You can add pepper, or other spices if you wish. Cook the rice uncovered in the microwave for 10 minutes on high power. Do not stir the rice. Cook the rice for an additional 15 minutes at 50% power. Fluff the rice and serve. Makes about 5–6 cups of rice.

Other proportions: A helpful trick for microwaving rice is to ensure the water level is about one inch deep—roughly the length of the last section of your thumb. This ensures the right water-to-rice ratio, making it easy to adjust the recipe for different amounts of rice.

Risotto

- 4 tablespoons olive oil
- 6 tablespoons butter or margarine
- 1 large onion, finely diced
- 1 large clove garlic, minced
- 2 cups rice
- ⅓ teaspoon saffron, optional
- 4 (14 ounce) cans chicken or beef broth, or make your own broth with bouillon and water
- 1 cup freshly grated Parmesan cheese

Heat oil and 4 tablespoons butter and cook onion and garlic in it. Add rice and stir cook for about 3 minutes. Add broth and optional saffron. Cook uncovered until rice is done, about 20 minutes. Turn off heat and stir in cheese and remaining butter. Serves 8.

Roasted Garlic Cauliflower

Preheat the oven to 425°. Line a baking sheet with parchment paper. Wash and cut up a large head of cauliflower into bite-size pieces. Place in a large bowl. Mix 3 tablespoons of olive oil with 1 tablespoon minced garlic. Drizzle the olive oil over the cauliflower and combine well. Place the cauliflower on the baking sheet. Season with salt and pepper. Bake for about 25 minutes. Top with ½ cup Parmesan cheese and 1 tablespoon minced fresh parsley. Bake for another 3–5 minutes, until the cheese is melted.

Roasted Red Potatoes

- 2 tablespoons olive oil
- 3 tablespoons minced fresh chives, or 1 tablespoon dried
- ½ clove garlic, minced
- 2 teaspoons oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 teaspoons fresh minced rosemary, or ½ teaspoon dried
- ½ teaspoon salt
- ½ teaspoon pepper
- 2–3 pounds red potatoes (can use other types)

Preheat the oven to 400°. Add the oil and spices to a large mixing bowl, stirring with a spatula. You can swap spices, but fresh rosemary makes a big difference. There should be enough oil to coat the spices; add more if needed. Let this sit while prepping the potatoes. Scrub the potatoes clean. Cut them into 2–3 inch cubes, depending on size. Add them to the bowl and stir until evenly coated. Spread on a parchment-lined or greased baking sheet. Roast for 40–50 minutes until tender. Check for doneness by piercing a potato with a knife. They're done when soft. Keep them warm in the oven at the lowest temperature if needed.

Note: You can peel the potatoes, but they look nice and taste great with the skins on. Mini potatoes work well for this recipe.

Rosa Corn

- ¼–½ cup butter, preferably unsalted
- ½ medium white onion, diced
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 2 to 3 cups frozen white corn
- Jane's Krazy Mixed-up salt

Heat a large skillet over medium heat and melt the butter. Add the onion and peppers, then sauté for about 5 minutes, or until the onion softens. (Frozen onions and peppers can be used.) Stir in the frozen corn, cover, and cook for an additional 5 to 10 minutes, or until the corn is heated through and tender. Season with the Krazy Mixed-up salt or another seasoned salt. A full batch of a similar seasoned salt can be made from ¼ cup kosher salt, 4 teaspoons granulated garlic, 1 tablespoon ground black pepper, 2 teaspoons granulated onion, ½ teaspoon celery salt, and ½ teaspoon cayenne pepper.

Scalloped Chipotle Sweet Potatoes

- 2 cups heavy cream
- ½ tablespoon chipotle pepper puree (pureed chipotle peppers in adobo sauce)
- 3 medium sweet potatoes (about 3 pounds)
- Salt and freshly ground black pepper

Preheat the oven to 375°. Peel and thinly slice the sweet potatoes to about 1/8-inch thick. In a bowl, whisk together the heavy cream and chipotle puree until fully combined. In a 9x9-inch casserole dish, layer sweet potato slices, drizzling about 3 tablespoons of the cream mixture over each layer and seasoning with salt and pepper as you go. Repeat this process until all the potatoes and cream mixture are used. Cover the dish with foil and bake for 30 minutes. Remove the foil and continue baking for another 45 minutes to 1 hour, until the potatoes are tender, the top is browned, and the cream is absorbed.

For a 9x13-inch dish, use about 4 pounds of sweet potatoes (about 3 to 4 medium potatoes). Increase the amount of cream and chipotle accordingly.

For a lighter version, substitute half-and-half or regular cream for the heavy cream. Keep in mind that half-and-half has a lower fat content compared to heavy cream, which could result in a slightly thinner, less rich texture, and may cause curdling. Warming the half-and-half before adding it to the potatoes may also help prevent curdling during baking.

Beverly Lucille Glade Wessman (1924-2008)

Our entertainment was a weekly movie on Saturday afternoons which cost 10¢ or after I was 12 yrs. old 15¢ and then 25¢. For 5¢ we got a bag of candy.

Stuffing

- 8 fresh hamburger buns torn into pieces
- 3 stalks diced celery
- 2 medium diced onions
- ½ cup salted butter or margarine
- 3 eggs
- 1 cup whipping cream or evaporated milk or chicken broth
- 1 teaspoon dried sage or 6–10 fresh minced sage leaves
- 1 teaspoon each dried thyme, rosemary, and marjoram

Sauté onions and celery in butter. Add torn buns to a large mixing bowl, then pour onions mixture on top and fold in. In a separate bowl, beat eggs with whisk and stir in spices and whipping cream. Fold into the bun/onion mixture and carefully mix. Pour all into casserole dish or 9x13 inch pan. Cover pan with foil or use a lid. Bake for 1 hour at 350°.

Twice Baked Potatoes

- 8 medium sized potatoes
- Butter
- Milk
- Salt
- Pepper
- Cheddar cheese, 8 ounces, shredded

Wash potatoes very well and prick them with a fork or knife so they don't explode while baking. Bake in the oven (no foil) for 50 minutes at 400° or until done. You can also bake them in the microwave to speed things up. Remove potatoes from the oven. While they are still very hot, slice in half lengthwise and scoop out the insides. Leave the skins intact. If you allow your potatoes to cool, they get gummy and aren't a very nice texture.

Beat together potato insides, milk, salt, pepper, butter, and a smaller amount of grated cheddar cheese. Refill the potato skins with the cheesy mashed potatoes. You will have a few extra skins that aren't filled (either throw away or top them and broil as plain potato skins).

Place the potatoes in a 9x13 inch pan. Press a dab of butter on top of each potato and then put a slice of cheese on (or top it with grated cheese). You can always make these fancier by adding crumbled bacon or cooked sausage.

Cook at 375° for about 20–30 minutes or until heated through and the cheese is melted. Serves about 6 adults. You can prepare them earlier in the day, cover the pan, refrigerate them, and later heat them up at dinner time.

Vegetables in Garlic Butter

- 1 pound vegetables (green beans, green beans and mushrooms, Brussels sprouts cut in half, etc.)
- 1½ tablespoons butter
- 1½ tablespoons olive oil
- 3 cloves garlic, slightly smashed
- Salt
- Pepper
- Parmesan cheese, if desired

Heat the butter, olive oil, and garlic in a saucepan until the garlic is lightly browned. Remove the garlic. Add the vegetables, being careful not to get splattered with hot oil when they hit the oil. Cover and cook for about 10 minutes until the vegetables are done. Add salt and pepper to taste. Serve hot.

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Cooking Notes

Some cake recipes need to be followed exactly in order for the cake to work correctly. Others, especially the cakes with fruit in them, are more forgiving or open to experimentation. We try to indicate in the instructions which cakes work well with variations and which are slightly more difficult to make.

Adjustment	4,000 to 5,000 feet	5,000 to 7,000 feet
Reduce baking powder. For each teaspoon, decrease by	1/8–1/4 teaspoon	1/4 teaspoon
Reduce sugar. For each cup, decrease by	0–2 tablespoons	1–3 tablespoons
Increase liquid. For each cup, add	2–4 tablespoons	3–4 tablespoons

Cake Recipe Adjustment for High Altitudes

Most cake recipes need no adjustments up to the altitude of about 4,000 feet. Above that, it is often necessary to adjust recipes slightly. (Provo is located at 4,600 feet and so almost all recipes need to be adjusted for that location. High altitude adjustments for Utah are indicated in brackets in recipes that are known to need it.) Usually a decrease in leavening or sugar (or both) and an increase in liquid are needed. Only repeated experiments with each recipe can give the most successful proportions to use. Here are some basic guidelines to start. For each adjustment, start with the smallest amount first.

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For very rich cakes, it is sometimes necessary to reduce the shortening or butter by 1-2 tablespoons. Recipes using baking soda may require a very slight reduction. The amount of egg may be increased at highest altitudes in angel food and sponge cakes.

Some recipes that were developed at high altitudes may need some adjustments for use at sea level. For example, Lion House recipes or Grandma Glade's pancakes or waffles might need a bit more leavening and sugar, with a decrease in liquid. If you end up modifying recipes consistently, keep notes on the modifications and we can include the adjustments in a future edition of the cookbook.

Cake Baking Tips

If your cake doesn't want to come out of a pan, on the next attempt try greasing the pan, lining it with parchment paper, and then greasing it again. A well-tested greasing mix is equal parts flour, oil, and shortening. Beat these ingredients together and store in an airtight container. If you use this mix and parchment paper, the cake should then come out perfectly.

If your cake tends to sink in the middle when it is cooking, try this technique. After you pour the batter into the pan, take a cake decorating nail (the large one used for forming roses) and slip the wide edge into the batter so you have the nail pointing up from the middle of the pan. This will help the cake cook more evenly. You can also wrap your cake pans with wet cloths or wet heat-resistant bands (available through cake decorating stores) before putting the cake into the oven.

Angel Food Cake

1 C. sifted cake flour 1 1/4 tsp. cream of
1 1/2 C. sifted sugar tartar
1 1/4 C. egg whites 1 tsp. vanilla
(about 9 whites) 1/4 tsp. almond ext.
1/4 tsp. salt
Sift flour and measure. Add 1/2 C. sugar
and sift 4 times. Beat egg whites and salt;
when foamy add cream of tartar. Continue
beating until it stands in peaks; (not dry).
Add remaining 1 C. sugar, 2 TB at a time,
beating after each addition, until all sugar
is added. Fold in flavoring. Sift 1/4 C. of
flour over mixture and fold in lightly with
wooden spoon or spatula, and keep adding
until all flour is used.
Turn into ungreased tube pan; cut gently
through batter with knife 10 to 15 times
to remove air bubbles. Bake 350° for 35 min.
Remove from oven and let stand 2 hrs. before
removing from tube pan. Don't touch.
Beverly Wessman

James Glade (1831-1882)

For special occasions like Christmas, James [who was a baker,] baked fancy cakes and candies when sugar was \$1.00 a pound. The nuts had to be shelled and raisins and fruit cleaned. The family sat at the table working and whistling to keep the children from eating the nuts and fruit. At meal times, James sat at the head of the table. On each side of him sat one wife. Next to her sat her youngest child, with the other children arranged according to age on her side of the table. The wives never spoke unkindly to each other.

Apple Cake

2 eggs
3/4 cup oil
2 cups sugar
6 medium apples (use tart apples, like Granny Smith), peeled, cored,
and diced
1 cup chopped nuts
2 cups flour
1 teaspoon baking soda
1/4 teaspoon salt
2 teaspoons cinnamon
2 teaspoons vanilla

Blend eggs and sugar; add oil and vanilla. Blend in dry ingredients, sifted together. Add apples and nuts. Bake in a jelly roll pan for 30 minutes at 375°. Frost with Cream Cheese Frosting or serve with cream and caramel sauce.

Apple Walnut Cake

2 cups sugar
1 1/2 cups vegetable oil
2 eggs
3 cups flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon cinnamon
3 cups apples, peeled, cored, and diced
1 teaspoon vanilla
3/4 cup walnuts, shelled and chopped

Beat together sugar, oil, and eggs. Add flour, salt, and spices. Add apples and blend well. Stir in vanilla and nuts. Bake in a 9x13 inch greased and floured pan for 1 hour at 350°. Very moist. Frost with buttercream frosting.

Angel Food Cake (Heritage Recipe)

1 cup plus 2 tablespoons sifted cake flour or all-purpose flour
1 1/2 cups sifted sugar
1 1/4 cups egg whites at room temperature (about 9 whites) [1 1/3 cups]
1/4 teaspoon salt
1 1/4 teaspoons cream of tartar
1 teaspoon vanilla
1/4 teaspoon almond extract

[Amounts in brackets are for high altitudes.] Sift flour and 1/2 cup sugar together. Beat the egg whites, salt, cream of tartar, and flavoring until soft peaks form. Add the remaining sugar gradually, beating well after each 1/4-cup addition. Sift in the flour mixture in four additions, folding in each addition with 15 fold-over strokes. Use an extra 10 to 20 folding strokes after the last addition. Do not stir or beat the batter. Pour the batter into an ungreased 9- or 10-inch tube pan with a removable bottom. Bake at 375° for about 35 minutes. The cake is done when it is brown and springs back when pressed lightly. Cool the cake in the pan, upside down, for 1-2 hours. Use a long knife to loosen the cake from the sides and center tube of the pan. Lift out the cake and gently cut the cake away from the bottom section of the cake pan. From Beverly Lucille Glade Wessman.

Baked Apple Pudding

- 1 cup flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ teaspoon nutmeg
- ¼ cup butter or margarine
- 1 cup white sugar
- 1 egg, unbeaten
- 2 cups unpeeled apples, grated (about 2 small or 1½ large apples)

Core and grate apples or put them through a food processor. Cream the butter, sugar, and egg until light and fluffy. Add apples. Sift together flour, baking soda, cinnamon, salt, and nutmeg. Add and stir well. Spread into a greased 9-inch pan (an 8-inch pan may overflow when baking).

Topping:

- ½ cup chopped nuts
- ½ cup brown sugar
- 1 tablespoon butter

Mix topping and spread over batter and press in a little with a spoon. Bake for 45 minutes at 350°. Flavor blends well if allowed to sit in the freezer for a few days. Serve warm with whipped cream or ice cream. This cake works well if you double the amounts and then bake it in a greased jelly roll pan. You can forgo the topping and instead frost the cake with cream cheese frosting.

Baker's Frosting

- 1½ cup milk
- 4½ tablespoons flour
- 1½ cup butter (no substitutes)
- 1½ cup sugar
- 1 tablespoons vanilla

Whisk together the milk and flour in a small saucepan. Cook over medium heat, stirring constantly. When the mixture is thick, remove from heat, cover the pan, and cool completely. Cream the butter, sugar, and vanilla until light and fluffy. Gradually add the cooled flour mixture, and whip about 5 minutes until the frosting is a light, fluffy texture. If you rub a bit of frosting between your fingers, you should not be able to feel any sugar crystals.

This is an alternative to a buttercream if you don't like the sweetness of so much sugar or if you need a good, stable alternative to whipped cream frosting, since it does not need to be refrigerated. Use this on rich cakes like Red Velvet or chocolate. Also known as Ermine Icing.

Banana Nut Fudge Cake

- 1½ cups sugar
- ½ cup butter or shortening
- 3 eggs
- 1 teaspoon almond extract
- 1 teaspoon vanilla
- 1½ cups flour
- ½ cup cocoa
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup toasted chopped almonds
- 1½ cups pureed ripe bananas (about 3 medium)

Cream sugar and butter. Add eggs, almond extract, and vanilla, and beat until fluffy. Sift together dry ingredients and stir in nuts. Add flour mixture to creamed mixture alternately with bananas, mixing well. Pour into a well-greased Bundt pan and bake for 50 minutes in a 350° oven. Let stand in the pan for 10 minutes and then remove and cool completely. Can drizzle with chocolate glaze or dust with powdered sugar. This is a dense cake similar to a pound cake. It keeps well if you chill it.

Boston Cream Pie

- Yellow cake
- Vanilla pudding or cream pie filling or pastry cream
- Chocolate glaze or ganache

Despite the name, this is actually a cake. Bake and cool two layers of your favorite yellow cake (8-inch rounds, 9-inch rounds, or even squares). You can even take one round and split it in half. Put a thick layer of cold vanilla pudding (preferably homemade) or pastry cream between the layers. Cover the top of the cake with a chocolate glaze. The glaze can dribble down the sides of the cake a bit to look more artistic. Refrigerate the cake until you are ready to eat it.

Browned Butter Chocolate Frosting

- 4 tablespoons butter, browned and cooled
- 2 cups powdered sugar
- ¼ cup powdered cocoa
- 1 teaspoon vanilla

To brown butter, cook over low heat until light brown. Be careful not to burn. Beat cooled melted butter into sugar and cocoa until light and fluffy. Add vanilla. Can add milk to thin frosting if too thick. This frosting tastes rich fudge and makes chocolate cakes or brownies even more incredibly rich.

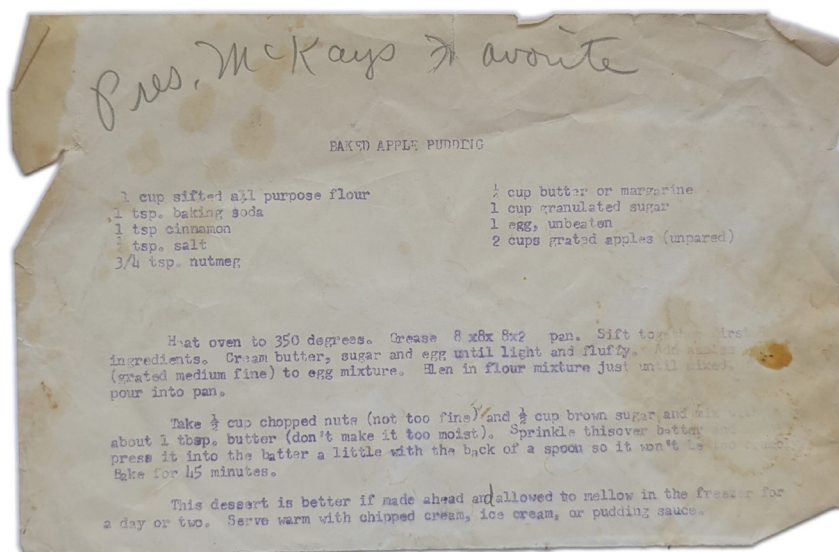
Brownie Cheesecake

- 1 package brownie mix for 9x13 pan (and the ingredients to make it)
- 4 (8 ounce) packages cream cheese, softened
- 1 cup sugar
- 1 teaspoon vanilla
- ½ cup sour cream
- 3 eggs
- 2 squares semi-sweet baking chocolate (2 ounces)

Preheat the oven to 325°. Spray a 13x9-inch baking pan with cooking spray. Prepare brownie batter as directed on the package; pour into the prepared pan. Bake for 25 minutes or until the top of the brownie is shiny and the center is almost set.

Meanwhile, beat softened cream cheese, sugar and vanilla in a large bowl with an electric mixer on medium speed until well blended. Add sour cream; mix well. Add eggs, 1 at a time, mixing on low speed after each addition until blended. Gently pour over the hot brownie layer in the pan. Bake for 40 minutes or until the center is almost set. Run knife or metal spatula around rim of pan to loosen side of dessert from pan; cool.

Refrigerate at least 4 hours or overnight. Melt chocolate as directed on the package; drizzle over cheesecake. Refrigerate for 15 minutes or until chocolate is firm. Cut cheesecake into 16 pieces to serve. Store any leftover cheesecake in the refrigerator.



James Harris Hamilton (1838-1887) and Mary Watson McNair Hamilton (1836-1922)

For 21 weeks Grandfather was confined to his bed in the hospital in Scotland [after a railway accident], enduring the misery of a cast which extended from his hip down to his ankle. Daily Grandmother rode from her home to the hospital, often taking the baby, John, with her. It is interesting to here remember that upon entering the hospitals in the old country, the shoes had to be removed and nothing for the patients to eat was ever permitted to be brought in from the outside. Grandmother was always searched for candy, etc., but knew the purpose of the law and for which patients it was designed. She, therefore, smuggled candy to her husband under her baby's dresses, and with it they spent many enjoyable afternoons.

Carrot Cake

- 2½ cups (12½ ounces) flour
- 1¼ teaspoons baking powder
- 1 teaspoon baking soda
- 1¼ teaspoons cinnamon
- ½ teaspoon nutmeg
- ⅛ teaspoon cloves
- ½ teaspoon salt
- 1 pound carrots, peeled and finely shredded
- 1½ cups (10½ ounces) sugar
- ½ cup (3½ ounces) brown sugar
- 4 eggs
- 1½ cups oil

Preheat oven to 350°. Grease and flour a 9x13 inch pan. Whisk together dry ingredients in a bowl, and set aside.

In the bowl of a stand mixer mix together sugars and eggs until frothy. While mixing, slowly add the oil and continue to mix until the mixture is light in color, and well mixed, about 1 to 2 minutes. Turn off mixer. By hand, stir in carrots and flour mixture until incorporated and no streaks of flour remain.

Pour the batter into the prepared pan, filling only halfway up the sides. Bake for 35–40 minutes, or until toothpick inserted into the center of the cake comes out clean. Cool completely. Frost with “Cream Cheese—Sour Cream Frosting.” Refrigerate.

This recipe will make a thick 9x13 cake. It will also fill a half sheet (18x13-inch) pan and 6 extra cupcakes. Fill pans only halfway up the sides. Bake a half sheet cake and cupcakes for 18–20 minutes, or until a toothpick inserted in the center comes out clean.

Carrot Cake—Lion House

- 1 cup sugar
- ½ cup oil
- 2 eggs, beaten
- 1½ cups carrots, peeled and finely shredded (3–4 medium carrots)
- 1 cup flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ cup each ground coconut, nuts, and raisins

Combine sugar and oil. Add eggs. Mix well. Add carrots. Slowly stir in dry ingredients. Add ground coconut, nuts, and raisins. Pour batter into a lightly greased and floured 8- or 9-inch cake pan. Bake for 35–40 minutes at 350°. Frost with Cream Cheese Frosting. Double or triple the recipe for a two-layer cake, baked in two 9-inch cake pans. You can bake this cake for 45–50 minutes at 325° if it gets too brown for your taste at the higher temperature.

Cheesecake—Chocolate Marble Swirl

- ¼ cup heavy cream
- 5 ounces semisweet chocolate, chopped

This is a recipe for adding a chocolate marble swirl to a vanilla cheesecake. Follow directions for making a cheesecake, then add the chocolate swirl before baking. To make the chocolate swirl, bring the cream to a boil, and as soon as it is boiling, remove the pan from the heat and add the chocolate. Let it sit for a few minutes, then stir together with a spatula until the chocolate is smooth. Drop small spoonfuls of the chocolate around the top of the unbaked cheesecake. Use a thin knife or skewer to swirl the chocolate into the cheesecake batter to make a nice design. Bake as directed in the recipe.

Cheesecake—Lime-Almond

Crust:

- ½ cup butter
- 2 cups cinnamon graham cracker crumbs (about 14 whole crackers)
- ¼ cup sugar

Cake:

- 4 (8 ounce) packages cream cheese
- 1½ cups sugar
- 1½ tablespoons lime juice (or lemon juice)
- Pinch salt
- 4 large eggs

Topping:

- 2 cups sour cream
- ¼ cup sugar
- 1 teaspoon almond flavoring

Wrap the bottom of an 8 or 9-inch springform pan with foil, folding it up around the sides. This won't affect baking but will catch any butter leaks to prevent burning in the oven.

Mix graham cracker crumbs, melted butter, and sugar for the crust. Add ⅛ teaspoon ground cloves or ½ teaspoon cinnamon if desired. Press the mixture firmly into the pan, starting with the sides, then filling in the bottom. If the crust crumbles, add 1–2 more tablespoons of melted butter. If too sticky, mix in more crumbs to prevent a hard crust.

Preheat the oven to 350°. Beat cream cheese and sugar on low speed (or by hand) until smooth, scraping the sides and bottom of the bowl. Mix in lime juice and salt. Add eggs one at a time, beating at low speed and scraping the bowl to ensure a smooth texture. Avoid mixing at high speed, as excess air will cause the cake to sink as it cools.

Pour the batter into the crust, spreading evenly. Leave space for the topping. Bake for 50–70 minutes until the center is set. Tap the pan—if the center jiggles like jello, bake longer. Let the cake rest for 10 minutes. Leave the oven on.

For the topping, mix sour cream, sugar, and almond extract. After the cake rests for 10 minutes, spoon the topping over the warm cheesecake and spread evenly. Bake for 10 more minutes. Remove from the oven and cool on a wire rack.

After 10 minutes, cover the warm cake (still in the pan) with a kitchen towel and refrigerate immediately. The towel absorbs moisture, preventing a soggy crust. Chilling while warm also prevents cracking.

Once completely cool, remove the towel and springform pan. Cover with plastic wrap and, if desired, place the pan ring back on to protect the cake. Cheesecake keeps in the fridge for up to two weeks.

Alternate Sizes: For premade mini graham cracker pie crusts, ¼ recipe will make 8–9 pies, but you will need a full topping recipe. Bake for about 25 minutes, plus 5 minutes for the topping. For 12 mini 2.75-inch cheesecakes, use ¾ cheesecake recipe, and a full topping recipe. Bake for about 25 minutes, plus 5 minutes for the topping.

Cheesecake—Mini

- 24 vanilla wafers
- ¾ cup sugar
- 2 eggs
- 2 (8 ounce) packages cream cheese
- 1 teaspoon vanilla
- 2 teaspoons lemon juice

Put vanilla wafers in cupcake liners, rounded sides up. Combine ingredients and beat until smooth. Fill cupcake liners half full. Bake for 20 minutes at 350°. Cool. Remove wrappers, top with pie filling, and serve.

Cheesecake—New York Style

Crust:

- 1 cup all-purpose flour
- ½ cup butter or margarine, softened
- ¼ cup sugar
- 1 large egg yolk

Heat oven to 400°. Lightly grease springform pan (9x3 inch size); remove bottom. Mix all ingredients with a fork until dough forms; gather into a ball. Press two-thirds of the dough evenly on the bottom of the pan. Place on cookie sheet. Bake for 8–10 minutes or until light golden brown; cool. Assemble the bottom and side of the pan. Press remaining dough 2 inches up the side of the pan.

Cake:

- 5 (8 ounce) packages cream cheese, softened
- 1¾ cups sugar
- 3 tablespoons all-purpose flour
- 1 tablespoon grated orange peel, optional
- 1 tablespoon grated lemon peel, optional
- ¼ teaspoon salt
- 5 large eggs
- 2 large egg yolks
- ¼ cup heavy whipping cream
- ¾ cup heavy whipping cream for serving
- ½ cup slivered almonds, toasted or fresh fruit or other toppings

Heat oven to 475°. Beat cream cheese, sugar, flour, orange peel, lemon peel, and salt in a large bowl with an electric mixer on medium speed about 1 minute or until smooth. Beat in eggs, egg yolks, and ¼ cup whipping cream on low speed until well blended. Pour into the crust.

Place cheesecake form on a baking sheet that is covered with aluminum foil to catch any butter that leaks out of the cake. Bake for 15 minutes. Reduce oven temperature to 200°. Bake 1 hour longer. Cheesecake may not appear to be done, but if a small area in the center seems soft, it will become firm as cheesecake cools. Do not insert a knife to test for doneness because the hole could cause cheesecake to crack.

Turn off oven; leave cheesecake in oven 30 minutes longer. Remove from the oven and cool in the pan away from drafts on a wire rack for 30 minutes. Without releasing or removing the side of the pan, run metal spatula carefully along the side of the cheesecake to loosen. Refrigerate uncovered for about 3 hours or until chilled; cover and continue refrigerating at least 9 hours.

Run metal spatula along the side cheesecake to loosen again. Remove side of pan; leave cheesecake on pan bottom to serve. Beat ¾ cup whipping cream until stiff. Spread whipped cream over top of cheesecake. Decorate with almonds or fruit or other toppings. Store, covered, in the refrigerator.

Chocolate chip variation: Fold 1 cup mini semisweet chocolate chips into cheese mixture before pouring into crust.

William John Glade (1868-1951) and Annie Harris Hamilton Glade (1873-1957)

Will had big ideas about how a wedding reception should be given [when they got married on 25 April 1893], but he and Annie had to be content with a social, devoid of the elaborate frills and fancies. Will had sent his brother, James, [James Richard Glade (1864–1910)] (who was a professional pastry cook in Ogden) five dollars to make a wedding cake. On the way home from Logan, they stopped at Ogden to visit James and to get the cake. The wedding cake was so large it had to be packed in a barrel with handles for it. It was sent by express on the same train they came down on with special orders that it should be handled with the greatest of care. After arriving in Salt Lake, they discovered that the cake was too large to be put into a hack and the express wagon was not considered safe enough. They asked permission of the street car conductor to carry it in the front end of the street car, which was allowed. Will stayed in the front end of the car with the cake and Annie was in the other end. Grandmother Hamilton had a lovely wedding breakfast and social in their honor after their arrival. The treasured cake formed a beautiful centerpiece, it was four or five layers high, beautifully frosted and decorated with fancy candies, festoonings and roses. The edges were bordered with scallops and the top smaller cake formed the platform for a miniature bride and groom. Will often said that his brother James indeed did himself proud in the making of that cake.

Chocolate Buttercream Frosting

- 6 tablespoons butter or margarine, softened
- 2½ cups powdered sugar
- ½ cup cocoa
- ½ cup milk
- 1 teaspoon vanilla extract

Beat butter. Add powdered sugar and cocoa alternately with milk; beat to spreading consistency. Add more or less milk as needed. Blend in vanilla. Langton favorite.

Chocolate Cake—Egg-Free and Dairy-Free

- 1½ cups flour
- ½ teaspoon salt
- 1 cup white sugar
- ¼ cup cocoa
- 1 teaspoon baking soda
- ⅓ cup vegetable oil
- 1 tablespoon white vinegar
- 1 teaspoon vanilla
- 1 cup cold water

Preheat the oven to 350°. Lightly spray an 8-inch square pan with non-stick spray or line cupcake tins with cupcake papers.

In a large bowl, combine flour, salt, sugar, cocoa, and baking soda. Stir with a wire whisk to combine.

In a separate bowl, combine the oil, vinegar, vanilla, and water. Add the liquids to the dry ingredients. Stir until smooth and combined.

Pour the batter into the prepared pan or cupcake tins. Bake for 30–35 minutes, or until a toothpick inserted in the center comes out clean. Cool in the pan for 10 minutes before inverting onto a wire rack to cool.

Bake cupcakes for 18–20 minutes.

Beverly Lucille Glade Wessman (1924-2008)

Our wedding cake came from Mrs. Backer's in Salt Lake. Since it was during the war, we had to take a cup of sugar to the bakery from our sugar ration so they could make the cake.

Chocolate Cupcakes

Place in a large bowl:

3 ounces bittersweet chocolate, chopped

½ cup (1 ounce) cocoa powder

Cover the chocolate with ¾ cup boiling water and let sit for 5 minutes, or until the chocolate is melted. Whisk until smooth and let cool.

Preheat the oven to 350°. Whisk together:

¾ cup (4½ ounces) bread flour or ¾ cup all purpose flour with

2 teaspoons vital wheat gluten added

¾ cup (5¼ ounces) granulated sugar

½ teaspoon salt

½ teaspoon baking soda

Add to the cocoa mixture and whisk until smooth:

6 tablespoons vegetable oil

2 large eggs

2 teaspoons distilled white vinegar

1 teaspoon vanilla extract

Fold in the flour mixture and stir the batter until smooth. The batter will be very thin. Use an ice cream scoop to divide the batter into 12 muffin cups that are lined with muffin papers. Bake for 17–19 minutes at 350° or until done. Frost with your favorite frosting.

Optional Ganache filling: Place 2 ounces chopped bittersweet chocolate, ¼ cup heavy cream, and 1 tablespoon powdered sugar in a medium bowl. Microwave for about 30 seconds, or until the chocolate is warm to the touch. Whisk until smooth and then cool in the refrigerator for up to 30 minutes.

Once the chocolate batter is in the muffin cups, place 1 slightly rounded teaspoon of ganache filling on top of each unbaked cupcake. Bake for 17–19 minutes at 350°.

Chocolate Frosting

2 ounce bittersweet chocolate

¼ cup butter

1½ cups powdered sugar

3 tablespoons milk

½ teaspoon vanilla

Melt the chocolate and butter and mix until smooth. Beat the sugar, milk, and vanilla into the chocolate until smooth. Spread the frosting while it is still warm. The frosting solidifies as it cools. This is a very rich frosting used for cakes or brownies.

Chocolate Mousse Cake with Raspberries

1¾ cups (210g) flour

2 teaspoons baking soda

1 teaspoon baking powder

1 teaspoon table salt

2 cups (397g) granulated sugar

1 cup (85g) unsweetened cocoa, Dutch-process or natural

½ cup (99g) vegetable oil

1 cup (227g) buttermilk or yogurt, at room temperature

1 cup (227g) water, boiling

2 teaspoons vanilla

3 large eggs, at room temperature

Preheat the oven to 325° and lightly grease your chosen cake pans. Line with parchment if available and grease the parchment.

In a large bowl, whisk together the dry ingredients: flour, baking powder, baking soda, salt, sugar, and cocoa, sifting if clumpy.

In a separate bowl, combine the oil, buttermilk or yogurt, boiling water, and vanilla. Add to the dry ingredients and mix until smooth. Scrape the bowl, then beat in the eggs one at a time, mixing until fully combined.

Divide the batter evenly among the prepared pans, weighing for accuracy if desired. Bake for 45–50 minutes for two deep 8-inch pans, or 25–30 minutes for three 9-inch or four shallow 8-inch pans.

Cakes are done when they pull slightly from the edges and a tester comes out with a few moist crumbs. Cool in the pans for 15 minutes, then turn out onto a rack to cool completely before filling. Cool and slice horizontally so you have four layers.

Mousse Filling:

1 cup heavy cream

1 cup powdered sugar

1 teaspoon Instant Clear Jel, optional

2 tablespoons butter, soft

1 (8 ounce) package cream cheese, room temperature

½ teaspoon vanilla extract

⅔ cup semisweet chocolate chips, melted, cooled to room temperature

½ cup semisweet mini chocolate chips

1½ to 2 pints fresh or frozen raspberries

In a large bowl, mix the butter, cream cheese, ¾ cup (85g) confectioners' sugar, vanilla, and salt on medium-low speed until smooth.

Melt the chocolate in the microwave for about a minute, stirring until smooth. Add to the bowl and mix on medium-high for 1 minute until slightly lightened and fluffy.

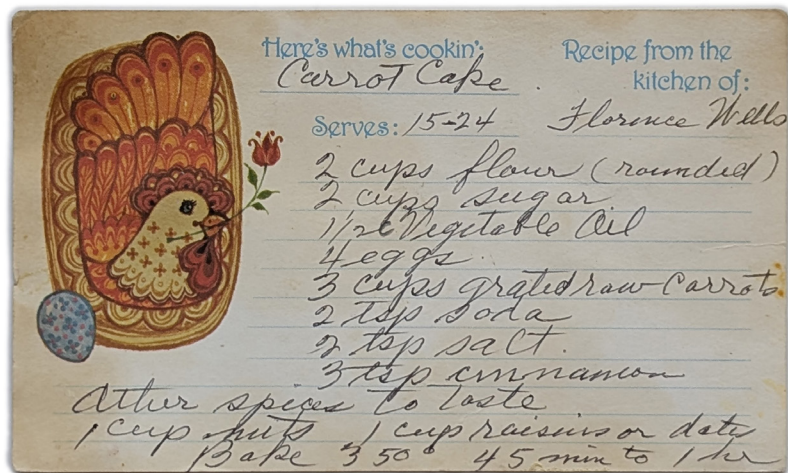
Whisk the remaining ¼ cup confectioners' sugar with Instant Clear Jel. Beat the heavy cream to soft peaks, add the sugar mixture, and beat until just stiff, avoiding over-mixing.

Gently fold the whipped cream into the cream cheese mixture, scraping the bowl to fully combine. Fold in mini chocolate chips if using.

If using two deep 8" cakes, split them horizontally; trim domed tops if using three or four layers.

Place the first layer on a serving plate lined with parchment strips. Spread with 1 cup (216g) of filling, then cover with halved raspberries. Repeat for all layers, placing the final layer bottom-side up for a flat top.

Refrigerate or freeze the assembled cake for at least 30 minutes to firm up before frosting, which prevents layers from sliding and reduces crumbs while frosting.



Jessie Maxine Morgan Tanner (1925-2008)

Maxine and her mother traveled by bus from Salt Lake City, Utah, to St. Johns, Arizona, so Maxine could marry Wallace Tanner there. They spent most of the bus ride standing up since the bus was filled with soldiers (it was during World War II) and her mother refused to take a seat from a soldier boy. They carried a wedding cake and some sweets in a box the whole way to St. Johns.

Chocolate Pound Cake—Chocolate Chip

- 1 box chocolate or devil's food cake mix
- 1 (6 ounce) box ($\frac{3}{4}$ cup) chocolate instant pudding mix
- 1 cup sour cream
- $\frac{1}{2}$ cup oil
- 4 eggs
- 1 cup semi-sweet chocolate chips

Mix dry cake mix with dry pudding mix. Add sour cream, oil, and eggs. Beat with an electric mixer for 2 minutes. Stir in chocolate chips. Bake in a greased tube or bundt cake pan at 350° for 35 to 45 minutes. This cake is delicious without any frosting. If you want a richer cake, frost with ganache.

Chocolate Torte

- 2 eggs, separated
- $\frac{1}{2}$ cups sugar, divided into $\frac{1}{2}$ cup and 1 cup [-3 tablespoons]
- $\frac{1}{4}$ cups flour
- $\frac{1}{2}$ cup cocoa
- $\frac{3}{4}$ teaspoon baking soda [- $\frac{1}{8}$ teaspoon]
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup oil
- 1 cup buttermilk or sour milk [$\frac{1}{4}$ cups]
- 1 recipe Chocolate Torte—Chocolate Cream Filling
- 1 recipe Chocolate Torte—Chocolate Glaze

[Amounts in brackets are adjustments for high altitude]. Heat oven to 350°. Grease, line with parchment paper, and flour two 9-inch round pans. In a small mixing bowl, beat egg whites until foamy. Gradually add $\frac{1}{2}$ cup sugar, beating until stiff peaks form. In a large mixing bowl, stir together remaining 1 cup sugar, flour, cocoa, soda, and salt. Add oil, buttermilk, and egg yolks. Beat until smooth. Gently fold egg whites into batter. Pour into baking pans. Bake for 25 to 30 minutes, until a toothpick comes out clean. Cool for 5 minutes in the pan, then transfer to wire racks to cool completely. With a long serrated knife, cut cake layers horizontally in half. Spread one layer with $\frac{1}{2}$ of the cream filling. Top with the next layer of cake, then cream, and so on, ending with a plain layer. Glaze cake with room temperature chocolate glaze. Decorate with chocolate buttercream frosting or chocolate leaves.

Chocolate Torte—Chocolate Cream Filling

- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup cocoa
- $\frac{1}{2}$ cups cold whipping cream
- $\frac{1}{2}$ teaspoons vanilla extract

Stir together sugar and cocoa. Add cream and vanilla and beat until stiff.

Chocolate Torte—Chocolate Glaze

- 3 tablespoons butter or margarine
- 3 tablespoons light corn syrup
- 1 tablespoon water
- 1 cup semi-sweet chocolate chips

In a small saucepan, combine butter, corn syrup, and water. Cook over medium heat, stirring constantly, until mixture begins to boil. Remove from heat and stir in chocolate chips. Stir until melted. Cool to room temperature, then use to glaze cake. You can also heat the butter, corn syrup, and water in the microwave and then stir in the chocolate chips.

Classic Chocolate Cake

- 2 cups sugar
- $\frac{1}{4}$ cups flour
- $\frac{3}{4}$ cup baking cocoa (Dutch process or dark cocoa; for a stronger chocolate flavor, increase the cocoa to 1 cup)
- $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup milk or plain yogurt or buttermilk
- $\frac{1}{2}$ cup vegetable oil
- 2 teaspoons vanilla extract
- $\frac{3}{4}$ –1 cup boiling water

Heat oven to 350°. Grease and flour two 9-inch round baking pans or one 13x9 inch pan. In a large mixer bowl, stir together dry ingredients. Add eggs, milk, oil, and vanilla; beat on medium speed for 2 minutes. Stir in boiling water by hand (batter will be thin). Pour into prepared pan or pans. Bake 30 to 35 minutes for round 9-inch pans, 35 to 40 minutes for rectangular pan or until a wooden pick inserted in the center comes out clean. Do not use 8-inch pans or the batter will overflow. Cool for 10 minutes; remove from pan to wire racks. This is an amazing chocolate cake that always turns out great.

Coconut Broiled Icing

- 3 tablespoons butter or margarine
- $\frac{2}{3}$ cup brown sugar
- 4–5 tablespoons canned milk or milk
- 1 cup coconut
- $\frac{1}{2}$ cup chopped nuts

Mix. Spread on warm cake. Broil for 1 minute. This is a quick version of the traditional coconut frosting for a German chocolate cake.

Coconut Cream Cake (Heritage Recipe)

Bake a yellow cake in a 9x13 inch pan. You can use low fat coconut milk instead of water when making the cake. When the cake is cool, take a table fork and poke holes about every inch. Pour a large (20 ounce) can of crushed pineapple and juice over cake. Then spread with 1 small package of prepared French vanilla instant pudding. Top with Cool Whip or whipped cream. Sprinkle with coconut. Refrigerate. Beverly Lucille Glade Wessman liked to make this cake.

Confetti Cake

Your favorite white or yellow cake recipe

- 1 cup rainbow sprinkles

Make your favorite cake recipe. At the very end, gently stir in the rainbow sprinkles. Bake according to your recipe.

Cream Cheese Filled Cupcakes or Self-Filled Cupcakes

- 1 package cake mix, chocolate or white (and required ingredients listed on the box)
- 1 (8 ounce) package cream cheese
- $\frac{1}{3}$ cup sugar
- 1 egg
- $\frac{1}{8}$ teaspoon salt
- 1 cup chocolate chips

Make cake mix as directed. Cream sugar, cream cheese, egg, and salt until well blended. Stir in chocolate chips. Fill cupcake papers $\frac{1}{2}$ full and drop a teaspoon of cheese mixture into the center of each cupcake. Bake as directed on the cake box. Makes about 30 cupcakes.

Cream Cheese Frosting

- ½ cup butter, softened
- 1 (8 ounce) package cream cheese, softened
- 4 cups powdered sugar (1 pound)
- ½ teaspoon vanilla
- ¼ teaspoon salt
- 1 tablespoon milk, optional
- ½ tablespoon orange juice, optional
- ½ teaspoon orange zest, optional

Cream butter and cream cheese together until smooth. Add remaining ingredients, and mix well until fully combined and smooth. You can tint this frosting for decorating cakes. For best results, use full-fat cream cheese and real butter, as light cream cheese or butter substitutes may affect the texture. You can reduce the butter to ¼ cup, but it won't work as well for piping decorations. Makes about 3 cups of frosting.

Cream Cheese Frosting—Sour Cream

- 6 tablespoons butter, softened
- 12 ounces (1½ 8 ounce packages) cream cheese, softened
- 4 teaspoons sour cream
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 1¾ cups (7 ounces) powdered sugar

Cream butter, cream cheese, sour cream, and vanilla until smooth. Add salt and powdered sugar. Beat until smooth and fluffy. Refrigerate any cakes frosted with Cream Cheese frosting. Frosts a 9x13 inch cake, or 24 cupcakes.

Cream Cheese Swirl Cake

- 1 package chocolate cake
- 1 cup water
- ½ cup margarine or butter, melted
- 3 eggs
- 2 tablespoons flour

Filling:

- ½ cup sugar
- 1 (8 ounce) package cream cheese, softened
- ½ teaspoon vanilla
- 1 egg
- 1 cup semi-sweet chocolate chips
- 1 cup finely chopped nuts
- ¼ cup sugar

Combine cake and its ingredients at low until moistened. Beat 2 minutes at high speed. Pour into a greased and floured pan. In a small bowl beat sugar, cream cheese, vanilla, egg until fluffy. Stir in chocolate chips and nuts. Spoon over batter and lightly swirl. Sprinkle remaining sugar over. Bake for 45–55 minutes at 350°.

Cupcakes—Vanilla

- ¾ cup butter
- 1¾ cups sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 3 cups flour
- 2½ teaspoons baking powder
- 1 teaspoon salt
- 1¼ cups milk [1½ cups at high altitudes]

Preheat the oven to 375°. Line two muffin pans with paper muffin cups. Cream the butter and sugar together until light and fluffy. The texture of the finished cake depends on beating the butter and sugar well. Add the eggs and vanilla and beat to combine. Sift the flour, baking powder and salt together. Alternate adding the flour mixture and the milk to the butter mixture, blending until smooth on low speed after each addition. Fill each muffin cup about half full and bake for 18–23 minutes. Remove from pans immediately.

Emily Wessman and Jake Smith

Our wedding cake was a stunning, three-tiered white masterpiece, crowned with a bouquet of fresh flowers and delicate blooms cascading down the side. But it didn't start out that way. Mindy [Melinda Tanner Bowers], who made the cake, was driving it from her apartment in Provo to our wedding reception when it slid in the car, completely smashing one side. Luckily, she had extra frosting and, with a little help from the florist, worked her magic to fix it. In the end, the cake was even more beautiful than we had imagined, and we'll always be grateful for Mindy's kindness and last-minute creativity.

Decorator's Buttercream Frosting

- 2 cups unsalted butter, room temperature [1 cup]
- 1 cup vegetable shortening (190g) [½ cup]
- 1 teaspoon salt [½ teaspoon]
- 1 teaspoon almond extract [½ teaspoon]
- 2 teaspoons vanilla extract [1 teaspoon]
- 1 teaspoon butter extract, optional [½ teaspoon]
- 3 pounds (10½ cups) powdered sugar [5¼ cups]
- ½ cup milk or water [¼ cup]
- 3 tablespoons meringue powder [1½ tablespoons]

[Amounts in brackets are for a half recipe.] The full recipe makes about 10 cups of frosting, enough for a 10-inch 2-layer cake, two 6-inch 3-layer cakes, or about 80 three-inch sugar cookies. A half recipe (about 4½ cups) will frost and decorate a 9-inch 2-layer cake or 24 cupcakes.

Cream butter and shortening together in a mixer using the cookie paddles. Add extract and blend well. Gradually add sugar, one cup at a time. Add meringue powder and mix. The icing will look pretty dry at this point.

Add the liquid and beat until light and fluffy, about 8 minutes. Add a little more liquid one tablespoon at a time until you get the right consistency for decorating. If it's too thin, add a little more powdered sugar instead.

This is a stable frosting with a mousse-like consistency. It can sit at room temperature for hours without spoiling or melting. If using within a few hours, store it in an airtight container on the counter or in a cool spot. Refrigerate leftovers. Allow the frosting to sit out for a while and then re-whip the frosting before using it, in order to get the right consistency back.

Decorator's Chocolate Buttercream Frosting

- 2 cups unsalted butter, room temperature [1 cup]
- 1 cup vegetable shortening (190g) [½ cup]
- 1½ cups unsweetened Dutch Cocoa powder [¾ cup]
- 1 teaspoon salt [½ teaspoon]
- ½ teaspoon almond extract
- 1½ teaspoons vanilla extract [½ teaspoon]
- 1 teaspoon butter extract, optional [¾ teaspoon]
- 9 cups powdered sugar [4½ cups]
- ½ cup milk or water [¼ cup]
- 3 tablespoons meringue powder [1½ tablespoons]

[Amounts in brackets are for a half recipe.] Cream butter and shortening with cookie paddles. Mix in cocoa, then add extract and blend well. Gradually add sugar, one cup at a time. Add meringue powder and mix. The icing will look pretty dry at this point.

Add the liquid and beat until light and fluffy, about 8 minutes. Add a little more liquid one tablespoon at a time until you get the right consistency for decorating. If it's too thin, add a little more powdered sugar instead.

This stable, mousse-like frosting holds up at room temperature for hours and works well under ganache. Refrigerate leftovers and re-whip before using. Makes about 10 cups.

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008) Tours France Mission

May 1986: Had a cake contest for party last Saturday at church. I made a 4 layer chocolate cake—they loved it—but winner was a 2 layer yellow cake with vanilla (pudding) Crème and half strawberries on top of crème. They never frost cakes here but have 1 layer with apple slices or pineapple on top or purchased cakes are so fancy I cannot describe and very expensive.

Decorator's Raspberry Buttercream Frosting

2 cups unsalted butter, room temperature [1 cup]
 1 cup vegetable shortening (190g) [½ cup, 85g]
 ¾ cup (4 ounces) powdered freeze dried raspberries,
 sifted to remove seeds [6 tablespoons, 2 ounces]
 1 teaspoon salt [½ teaspoon]
 1½ teaspoons vanilla extract [¾ teaspoon]
 1 teaspoon butter extract, optional [½ teaspoon]
 8 cups powdered sugar [4 cups]
 ½ cup milk or water [¼ cup]
 3 tablespoons meringue powder [1½ tablespoons]

[Amounts in brackets are for a half recipe.] Cream butter and shortening together using cookie paddles. Add extract and blend well. Mix in raspberry powder and 3 cups of powdered sugar. Gradually add the remaining sugar, one cup at a time, then mix in meringue powder. The icing will look dry—add liquid and mix well.

Let the frosting sit for 10 minutes, then beat for about 8 minutes until light and fluffy. If too soft, add powdered sugar a little at a time. If too dry, add liquid one tablespoon at a time until it reaches the right consistency for decorating.

The color and flavor will intensify as the fruit fully rehydrates. Refrigerate leftovers. To use after refrigeration, let sit at room temperature for 30 minutes, then re-whip before using. You can also use strawberries or other freeze-dried fruit. Makes about 8–9 cups.

Decorator's Tangerine Buttercream Frosting

½ cup unsalted butter, room temperature
 ¼ cup vegetable shortening
 ¼ teaspoon salt
 ½ teaspoon vanilla extract
 ½ teaspoon orange extract
 Zest from 3 tangerines or tangelos
 3½ cups powdered sugar
 2 tablespoons tangerine or tangelo juice
 ¾ teaspoon meringue powder

If using store-bought tangerines or tangelos, rinse with hot water and dry with a paper towel to remove the wax coating. Oranges can be used instead. Zest and juice the fruit.

Cream butter and shortening (or use all butter for better flavor). Add salt, vanilla, and orange extract, then mix in the zest. Gradually add sugar, one cup at a time, then blend in meringue powder. The icing will look dry—add juice and beat for 5–6 minutes until light and fluffy. Adjust consistency by adding powdered sugar if too thin or juice if too dry. The frosting should be slightly stiff for decorating.

Refrigerate leftovers. Let sit for 30 minutes before re-whipping to restore fluffiness. Makes about 3 cups.

Lemon variation: Substitute lemon extract, lemon zest from 1 large or 2 small lemons, and lemon juice. Adjust powdered sugar to the desired consistency.

Rebecca Tanner Seamons

My lovely sister Mindy made our wedding cake. It was three layers—the bottom was fake—the top two were white cake with raspberry cream filling. It was so beautiful and I know it was a lot of work.

Dessert Roll or Jelly Roll (Heritage Recipe)

4 egg yolks [5]
 ¾ cup sugar [1 cup minus 2 tablespoons]
 ½ teaspoon vanilla
 4 egg whites [5]
 ¾ cup cake flour [1 cup minus 1 tablespoon]
 ¼ teaspoon salt
 1 teaspoon baking powder

[Amounts in brackets let you make this recipe in a half sheet (18x13 inch) baking pan instead of the slightly smaller jelly roll pan.] Beat egg yolks until stiff and lemon-colored; gradually add ¼ cup of sugar and vanilla. Beat egg whites until almost stiff and add remaining ½ cup sugar. Fold yolks into whites, then add flour sifted with salt and baking powder, folding in carefully. For chocolate cake, add 2–3 tablespoons cocoa to the batter. Now follow step by step:

1. Line a 10.5-inch by 15-inch jelly roll pan with parchment paper that is 2 inches longer than pan. Don't grease paper or pan. Pour batter in and spread evenly in corners. Bake in a moderate oven (375°) for 12 minutes or until done.
2. Loosen just sides of the baked cake and turn on a tea towel sprinkled with powdered sugar. Immediately peel off parchment paper, working quickly but carefully, so the cake won't tear.
3. Trim off side crusts, using a sharp knife. If these edges are left on they will cause the cake to crack when rolled. Speed is important. When the cake grows too cool, it will crack on roll-up.
4. Lay a piece of parchment paper atop the cake and roll up quickly, paper inside. This keeps the cake from sticking to itself. Wrap the hot roll in the sugared towel, or in another sheet of parchment paper and cool on cake rake.
5. Cake cold? Unroll it and spread with filling. Roll it up again and place in the fridge until ready to serve. Cake rolled while hot and cooled before being filled won't crack as it is rolled.

Fresh Berry Filling:

Fold 1 cup sliced strawberries or raspberries into ¾ cup heavy cream, whipped stiff with 2–4 tablespoons powdered sugar. Add sugar to cream, rather than to berries. This is from Beverly Lucille Glade Wessman, who got it from *Better Homes and Gardens*, July 1941.

Easy One-Bowl Cake

½ cup butter (80g)
 1 cup sugar (200g)
 1 egg
 1 teaspoon vanilla
 1½ teaspoons baking powder
 ½ teaspoon salt
 1¼ cups all-purpose flour (150g)
 ¾ cup milk

Cream butter and sugar until light and fluffy. Beat in egg and vanilla. Add the rest of the ingredients and blend ½ minute on low speed, scraping the bowl constantly. Beat 3 minutes high speed, scraping bowl occasionally. Pour into a greased 8x8 square pan or a 9x2 round pan. Bake for 30–35 minutes at 350°. This batter is especially good for a pineapple upside-down cake.

Fondant—Rolled

- 16 ounces mini marshmallows
- ¼ cup water
- 1 teaspoon clear vanilla extract, optional
- 1 teaspoon no color butter flavor, optional
- 2 pounds powdered sugar

Grease a bowl with shortening and microwave marshmallows, water, and flavoring until melted. Stir in powdered sugar, then knead with greased hands until smooth and play-dough-like, adding sugar as needed. A mixer with a dough hook can be used instead.

Store in an airtight container at room temperature for at least 12 hours. Before use, knead with greased hands until pliable, dusting the counter with powdered sugar or cornstarch. Roll to ¼-inch thickness and cover a cold, crumb-coated cake.

Fondant can also be shaped into decorations. Add color to the melted marshmallow mix or knead it in later. If rolling is difficult, microwave for 20 seconds to soften.

Ganache

Dark Chocolate Ganache:

- 8 ounces semisweet or bittersweet chocolate (about 1½ cups) (225g)
- 8 ounces heavy cream (225g)

Milk Chocolate Ganache:

- 8 ounces milk chocolate (about 1½ cups) (225g)
- 4 ounces heavy cream (113g)

White Chocolate Ganache:

- 8 ounces white chocolate, chopped (about 1½ cups) (225g)
- 3 ounces heavy cream (84g)

Choose high-quality chocolate, as the ganache's flavor depends entirely on it. Avoid store brands and common name brands like Nestlé, Hershey's, and Toll House, which may contain too much wax and result in a lumpy texture. For accuracy, weigh the chocolate rather than measuring it, then place the chips or chopped chocolate in a glass or metal bowl.

Heat the cream in a saucepan until it just begins to boil, then immediately pour it over the chocolate. Let sit for 5 minutes, then stir gently until smooth. Be patient—ganache will come together with time. Avoid vigorous stirring to prevent air bubbles.

Let cool for 20 minutes to an hour, depending on the desired consistency for pouring or frosting. Once fully cooled, it can be whipped into frosting if desired.

German's Sweet Chocolate Cake

- 4 ounces German's Sweet Chocolate
- ½ cup boiling water
- ¾ cup shortening, butter, or margarine
- 1¾ cups sugar
- 4 eggs
- 1 teaspoon vanilla
- 2¾ cup cake flour, sifted
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup buttermilk [1¼ cups]

[Amounts in brackets are for high altitudes.] Melt chocolate in boiling water and let cool. Cream butter, gradually add sugar, and beat until light and fluffy. Add eggs one at a time, beating well after each. Blend in vanilla and melted chocolate. Sift flour with baking soda and salt, then alternately add flour mixture and buttermilk, beating until smooth. Pour into three greased, parchment-lined 9-inch pans and bake at 375° for 30–35 minutes, or until done. Frost with German's Sweet Chocolate Cake Frosting (Coconut Pecan). For a moister option, try the Classic Chocolate Cake recipe.

Henry Tanner (1852-1935)

Of a child who takes more food on his plate than he will eat, "His eyes are bigger than his stomach."

German's Sweet Chocolate Cake Frosting (Coconut-Pecan)

- 4 egg yolks
- 1 can (12 ounce) evaporated milk
- 1 cup sugar
- ¼ cup brown sugar
- 6 tablespoons butter
- ⅛ teaspoon salt
- 2 teaspoon vanilla
- 1 package (7 ounces) sweetened flaked coconut (about 2⅓ cups)
- 1 cup pecans, chopped

In a medium saucepan, whisk egg yolks, then add milk, and whisk until very well mixed; a blender works fine for this.

Whisk in sugar, brown sugar, and salt, then add the butter to the egg mixture and cook on medium heat for about 12 minutes, or until thickened. Stir constantly. If the eggs are well mixed with the milk and you stir the frosting as you cook it, you shouldn't get any lumps of cooked egg.

Remove from heat and add vanilla, coconut, and nuts. Beat well. Cool to room temperature before using this to frost a cake. If you make this ahead, refrigerate the frosting, but then let it warm up enough to be able to spread the frosting, since it is fairly thick when cold.

Refrigerate leftovers, and cakes iced with this frosting. This makes about 4 cups of frosting.

Glaze—Chocolate

- 2 cups confectioners' sugar
- 3 tablespoons unsweetened cocoa powder (preferably dark cocoa)
- 3 tablespoons heavy cream
- 2 tablespoons whole milk, or more as needed
- 1 teaspoon vanilla extract
- 1 pinch fine sea salt

In a medium bowl, whisk together the powdered sugar, cocoa, cream, milk, vanilla extract and salt until combined. You want the mixture to be thick enough to hold a line when you drizzle it, but thin enough that it's easy to dip into. To adjust the texture, whisk in additional milk, 1 teaspoon at a time, until the desired consistency is achieved.

Transfer the glaze to an airtight container and cover with plastic wrap until ready to use. Make sure the wrap touches the surface of the glaze.

Glaze—Maple

- 2½ cups confectioners' sugar
- ⅓ cup real maple syrup
- 2 tablespoons whole milk, if needed
- 1 teaspoon vanilla extract
- 1 pinch fine sea salt

In a medium bowl, whisk together the powdered sugar, maple syrup, milk, vanilla extract, and salt until combined. You want the mixture to be thick enough to hold a line when you drizzle it, but thin enough that it's easy to dip into. To adjust the texture, whisk in additional milk, 1 teaspoon at a time, until the desired consistency is achieved.

Transfer the glaze to an airtight container and cover with plastic wrap until ready to use. Make sure the wrap touches the surface of the glaze.

Glaze—Vanilla

- 2½ cups confectioners' sugar
- 3 tablespoons heavy cream
- 2 tablespoons whole milk, or more as needed
- 1½ teaspoons vanilla extract (or 1 teaspoon vanilla bean paste)
- 1 pinch fine sea salt

In a medium bowl, whisk together the powdered sugar, cream, milk, vanilla extract (or paste) and salt until combined. You want the mixture to be thick enough to hold a line when you drizzle it, but thin enough that it's easy to dip into. To adjust the texture, whisk in additional milk, 1 teaspoon at a time, until the desired consistency is achieved.

Transfer the glaze to an airtight container and cover with plastic wrap until ready to use. Make sure the wrap touches the surface of the glaze.

Hazelnut Cream (Nutella) Frosting

Cream together:

- 1 cup unsalted butter
- 1 (13 ounce) jar of Nutella (about 1½ cups)

Add:

- 1 teaspoon vanilla
- 1½ pounds powdered sugar

Add in ¼–½ cup milk or cream until you reach the desired spreading consistency.

Ice Cream Sandwich Cake

- ½ cup hot fudge sauce, warmed
- 1 container (8 ounce) Cool Whip, divided
- 1 small package chocolate instant pudding mix
- 9–12 ice cream sandwiches
- 1 cup chopped Oreo cookies (about 8 cookies)

In a bowl stir together the hot fudge sauce, about 1 cup of the Cool Whip, and the pudding mix. Stir until combined (about a minute).

Unwrap 3 (or 4 for a larger size dessert) ice cream sandwiches and lay them side-by-side on a 2 foot long piece of aluminum foil. Top with half of the pudding mixture. Add another layer of ice cream sandwiches. Layer on the remainder of the pudding mixture. Top with the last set of ice cream sandwiches. Use the remaining Cool Whip to frost the outside of the ice cream sandwich cake. Sprinkle the top with the chopped Oreo cookies. Loosely wrap the foil around the cake and place it in the freezer. Freeze for at least 4 hours. Cut into 8 or more pieces and serve.

Lamb Cake for Easter

- 2¼ cups cake flour or 2 cups flour and ¼ cup cornstarch
- 2½ teaspoons baking powder
- ½ teaspoon salt
- 1¼ cups white sugar
- ½ cup butter
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1 teaspoon lemon extract
- 5 egg whites

Prepare the mold and oil/flour carefully. Preheat the oven to 375°. Beat egg whites until soft peaks form. Set aside. Sift flour, baking powder, and salt and set aside. Cream together butter and sugar until light and fluffy. Add the flour mixture alternately with the milk. Stir the batter until smooth after each addition. Fold ⅓ of the egg whites into the batter to lighten it and then gently fold in the rest of the egg whites. Carefully fill the lamb cake mold. You will not use all of the cake batter (pour the remaining batter into a different cake pan and bake it separately). Line a baking sheet with parchment paper. Place the mold on the baking sheet. Bake for 45–60 minutes. Remove from the oven and let sit for 10–15 minutes. Then carefully remove the top part of

the mold. Let the cake sit for about 5–10 minutes more and gently remove the bottom half. Cool completely. Frost with white frosting and decorate to look like a lamb or dust with powdered sugar. This recipe is similar to the lamb cakes you find in Austria around Easter time—except those are filled with preservatives since they sit out for days in the stores.

Large Layer Cake Instructions

Duncan Hines has decreased the amount of cake mix in their boxes, so you will need to buy two cake mixes for this recipe. Use a kitchen scale to measure 18.5 ounces of mix, which is one full mix plus about ¼ of the second mix. Store the remaining mix in a Ziploc bag in your freezer for future use. This recipe yields 5½ cups of batter. To determine how much batter you need, refer to the chart below. If your pan is not listed, fill it with water and measure how many cups it takes to fill it just over halfway.

Preheat the oven to 325°. All pan sizes will bake at this temperature. Grease and flour the pan well, including the sides. Pans deeper than 2 inches are not recommended.

Chocolate or Flavored Cake Large Layer

This recipe is for Duncan Hines chocolate cake mix (Devil's food, Dark Chocolate, Swiss) or any other flavor (orange, strawberry, lemon, etc.) but not white cakes. They do not recommend using the Golden Butter, Fudge Butter, or Angel Food cakes with these instructions.

- 18.5 ounces cake mix (by weight)
- 1¼ cups water
- 3 eggs
- ¼ cup oil

White Cake Large Layer

This recipe is for a Duncan Hines white cake mix:

- 18.5 ounce cake mix (by weight)
- 1⅓ cups water
- 3 egg whites
- 1 tablespoon oil

Instructions:

Add any flour needed for high altitude cooking. If you are making a big cake, you can double the recipe, but don't triple it, unless you have a big commercial-type mixer (or a Bosch). Blend at low speed until moistened. Beat at medium speed for two minutes. Pour the batter into the pan (just above half full—no more than ⅔ full) and bake immediately (very important to the texture of the cake). Don't under-fill your cake pan, or your cake will be a skinny-inch thick on the sides, and three inches tall in the middle. If you have extra cake batter left over, put it in the fridge, and after your cake is done baking, re-beat the batter for two minutes and make cupcakes. They still turn out fine, just not as good as if you had baked them immediately. Bake using time on the chart below, until a toothpick inserted in the center of the cake comes out clean. Cool for 15 to 30 minutes in the pan on a wire cooling rack. Cut the top off evenly with the top of the pan to level the cake if you want to. Remove from the pan using the wire rack to support large layers.

Cake Pans and Batter Amounts

Pan Size	Batter Amount	Bake Time
6 inch round	2 cups	30-40 minutes
8 inch round	3½ cups	35-45 minutes
10 inch round	5½ cups	40-50 minutes
12 inch round	7½ cups	40-50 minutes
14 inch round	10 cups	45-55 minutes
16 inch round	13¾ cups	45-55 minutes
9 x13 sheet	7 cups	35-40 minutes
11x15 sheet	11 cups	45-55 minutes

Modeling Chocolate Paste

Dark Chocolate Modeling Chocolate:

7 ounces bittersweet chocolate, chopped
¼ cup light corn syrup

Semi-Sweet Chocolate Modeling Chocolate:

7 ounces semi-sweet chocolate, chopped
¼ cup light corn syrup

Milk Chocolate Modeling Chocolate:

7 ounces milk chocolate
3 tablespoons light corn syrup

White Chocolate Modeling Chocolate:

7 ounces white chocolate, chopped
2 tablespoons light corn syrup

This recipe makes about 1 cup of modeling chocolate, enough for many decorations. Melt good-quality chocolate in a double boiler or microwave, heating in 30-second intervals at 50% power and stirring each time. Avoid overheating to prevent separation. Stir in corn syrup quickly until thick and smooth. Transfer to a Ziploc bag or container and let sit for 1–2 hours. Knead until pliable. If too hard, warm small pieces with your hands; if too soft, chill briefly or work on an oiled surface. Roll between plastic wrap, using cocoa instead of flour to prevent sticking. Store in an airtight container in the fridge for up to a month.

Peanut Butter Frosting

½ cup butter
1 cup creamy peanut butter
3 tablespoons milk
2 cups powdered sugar

Beat the softened butter in the bowl of an electric mixer. Add the peanut butter and cream together until fluffy. Add the milk and powdered sugar alternately and beat until combined and fluffy. Enough to fill a three-layer cake.

Penuche Icing (Heritage Recipe)

Boil over low heat for 2 minutes, stirring constantly:

½ cup butter, melted
1 cup brown sugar
Dash salt

Stir in:

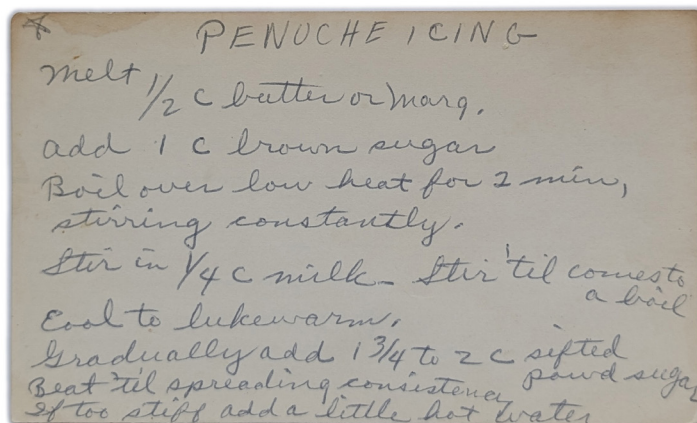
¼ cup milk

Stir until it boils. Cool to lukewarm.

Add:

3–4 cups powdered sugar

Beat well. If the frosting is too stiff, add a little hot water. Use 3 cups of powdered sugar for the top of a 9x13 pan, 4 cups for larger cakes. This is a caramel-flavored frosting. It works well on spice, apple, white or yellow cakes. From Grandma Lucile Green Glade.



Pineapple Upside-down Cake

¼ cup butter or margarine
½ cup brown sugar
1 (8 ounce) can sliced pineapple, drained
Cherries and pecans, optional
Yellow cake mix or Easy One-Bowl Cake batter

Heat oven to 350°. Melt butter over low heat in a round 8-inch or 9-inch layer pan. Sprinkle the brown sugar evenly over butter. Arrange pineapple slices neatly on brown sugar. Add cherries and pecans if you want.

Prepare cake batter and pour evenly over the fruit. Bake for 35 to 45 minutes or until a toothpick inserted in the center of the cake comes out clean.

Invert immediately onto a plate. Leave the pan over the cake for several minutes. Serve cake warm and, if desired, with whipped cream or ice cream.

Red and White Special Occasion Cake (Heritage Recipe)

1 white cake mix
1 box raspberry Danish Dessert
1 (8 ounce) package cream cheese
1 cup sugar
2 cups whipping cream or 1 (8 ounce) container Cool Whip

Prepare cake according to the directions on the box. Bake the cake in a greased and floured jelly roll or half sheet (18x13-inch) pan. Let cool.

Prepare Danish Dessert and set aside to cool, stirring occasionally.

Beat cream cheese and sugar until very smooth. Whip cream separately and then fold into cream cheese mixture. Spread the cream on the cold cake, and then top the cream mixture with cooled Danish Dessert. Keep covered and refrigerated.

Variations: You can use 1½ cups cream to make a thicker frosting; or 3 cups to make a lighter, richer cake.

Mix 2 to 3 cups fresh or frozen strawberries or raspberries into Danish Dessert; use a chocolate cake or a vanilla/chocolate swirl cake.

Royal Icing—Egg Whites

3 egg whites (room temperature)
4 cups powdered sugar
½ teaspoon cream of tartar

Beat with an electric mixer for 7 to 10 minutes. It is important to beat the frosting that long, even if it looks done sooner than 7 minutes, so that the icing doesn't separate when it sits.

The frosting hardens quickly so make a batch and store it in a tightly covered container. Or you can place it directly into a freezer zip top bag and seal. Then you can snip off a small corner of the bag to use it as a disposable pastry bag.

Royal Icing—Meringue Powder

5 tablespoons warm water
3 tablespoons meringue powder
4 cups (480g) powdered sugar
½ teaspoon clear vanilla, optional

Add meringue powder to the water and mix for 30 seconds. Add all of the icing sugar and mix slowly for 10 minutes. Add desired color(s).

The frosting hardens quickly, so you need to put it in a covered container or cover the bowl with a damp paper towel.

This recipe is much easier than ones that use egg whites. Additionally, meringue powder is pasteurized, so you do not have to worry about raw eggs.

Skillet Pineapple Upside-down Cake

Set oven to 350°. In 8-inch cast iron or oven proof skillet melt over low heat:

3 tablespoons margarine or butter

Sprinkle butter with:

$\frac{2}{3}$ cup brown sugar

Arrange in a single layer in the pan:

1 (8 ounce) can sliced pineapple, drained

In a mixing bowl, sift together:

$1\frac{1}{8}$ cups cake flour

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup sugar

Add:

1 egg

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup shortening

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{4}$ cup canned evaporated milk

Beat together for 2 minutes. Pour over the pineapple. Bake in 350° oven for 45–50 minutes, or until a toothpick inserted in the center comes out clean. Immediately run a knife around the edge of the cake. Allow the cake to cool for 5 minutes, then place a flat heat-proof cake plate over the skillet, and using oven mitts, quickly and carefully invert the skillet onto the plate. Serve warm or at room temperature. Store well covered in the refrigerator.

Spice Cake

Place in a bowl and cover; let sit 15 minutes:

$\frac{2}{3}$ cup rolled oats, blended to coarse powder

$\frac{2}{3}$ cup boiling water

$\frac{1}{4}$ cup butter, cut in cubes

Stir in:

$\frac{1}{2}$ cup white sugar

$\frac{1}{2}$ cup brown sugar

1 teaspoon baking soda

1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg

1 teaspoon vanilla extract

$\frac{1}{2}$ teaspoon salt

1 egg

$\frac{3}{4}$ cup flour

Bake in a greased 8-inch pan, at 350° for 35 minutes. When you double the recipe (9x13 inch pan), cook at 350° for 20–25 minutes.

Frost with Spice Cake Frosting, Penuche Icing, or Cream Cheese frosting.

Eliza Tanner Hawkins

I remember one year when Mom [Ann Glade Wessman Tanner] was making food for girls' camp and we made batch after batch after batch of Texas Sheet Cakes. We got really good and really quick at that recipe.

Spice Cake Frosting

2 tablespoons milk

3 tablespoons butter

$\frac{1}{2}$ cup sugar (white or brown)

$\frac{1}{2}$ cup coconut

$\frac{1}{2}$ cup nuts

Bring to a milk, butter and sugar to a boil. Stir in coconut and nuts. Gently spread over hot cake. Place under the broiler for a minute or two until brown and bubbly. This makes enough to thinly cover an 8x8 pan of cake. Double the recipe for a 9x13 inch pan.

Strawberry Frosting

$1\frac{1}{2}$ cups butter

1 cup freeze-dried strawberries

6 cups powdered sugar

1 cup cream

2 teaspoons vanilla

1 tablespoon meringue powder

If you don't have powdered freeze-dried strawberries, you can grind up freeze-dried strawberries and then sift to remove any large pieces. Cream butter and strawberries. Add the vanilla. Add the powdered sugar, one cup at a time. Add the meringue powder and mix. Beat in the cream until the frosting is light and fluffy. If the frosting is too thick, add more cream; too thin, add a bit more powdered sugar. Decrease the strawberry powder and add a little more powdered sugar for a milder taste.

Texas Sheet Cake (Heritage Recipe)

2 cups sugar

2 cups flour

$\frac{1}{2}$ teaspoon salt

1 cup butter or margarine

1 cup water

$\frac{1}{4}$ cup cocoa

$\frac{1}{2}$ cup sour cream or buttermilk

2 eggs, slightly beaten

1 teaspoon baking soda

1 teaspoon vanilla

$\frac{1}{2}$ teaspoon cinnamon, optional

Mix together flour, sugar, salt. In a pan bring to boil cocoa, water and butter. Add dry ingredients and stir. Add and blend well sour cream, eggs, and soda. Pour into greased half sheet (18x13-inch) pan. Bake at 375° for 20 to 25 minutes. Frost while still hot.

Frosting:

1 cup butter or margarine

$\frac{1}{4}$ cup milk

$\frac{1}{4}$ cup cocoa

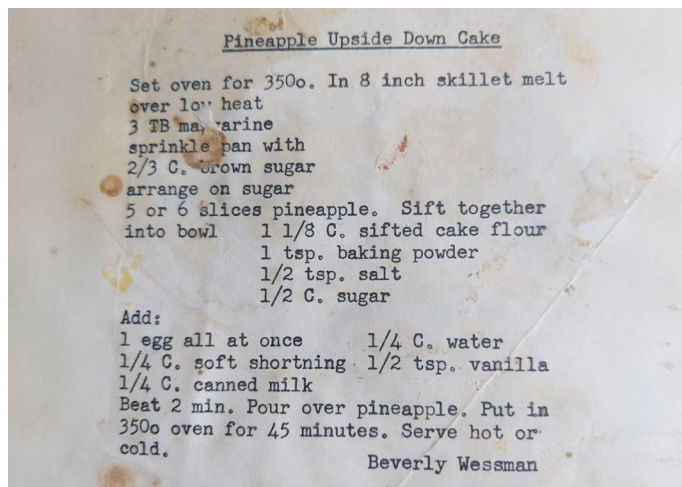
$\frac{1}{4}$ teaspoon salt

1 cup nuts, coarsely chopped, optional

4 cups powdered sugar

1 teaspoon vanilla

Boil butter, milk, and cocoa until bubbly. Add remaining ingredients and stir until smooth. You can use 1 more cup of powdered sugar if you want a thicker frosting. Pour over hot cake. Can make half of the frosting recipe if you want a thinner frosting, or use the same proportions with only $\frac{1}{2}$ cup butter.



Triple Layer Chocolate Mousse Cake

- 3 (8-inch) chocolate cake layers
- 1 envelope unflavored gelatin (2½ teaspoons or 7 grams)
- 2 tablespoons cold water
- ¼ cup boiling water
- 1 cup sugar
- ½ cup cocoa
- 2 cups cold whipping cream
- 2 teaspoon vanilla extract

Bake cake layers and cool. Use a cake mix, or the Chocolate Torte recipe. In a small bowl, sprinkle gelatin over cold water; let stand for 1 minute to soften. Add boiling water and stir until gelatin is completely dissolved and mixture is clear. Cool. In a large, cold, mixing bowl, stir together cocoa and sugar. Add whipping cream and vanilla. Beat on medium speed, scraping bowl occasionally, until almost stiff. While beating, slowly add the gelatin mixture and beat until well blended, and stiff. Do not over beat. Refrigerate for at least ½ hour. Can be used for frosting, cake filling, or just by itself.

Vanilla Sheet Cake with Strawberry Glaze

- 1¾ cups granulated sugar (350 grams)
- 1 cup unsalted butter, melted and cooled (226 grams)
- 2 teaspoons vanilla extract
- ¾ teaspoon almond extract
- 2 large eggs
- 2 large egg yolks
- 1⅔ cups buttermilk (380 grams)
- 2 teaspoons baking powder
- ¾ teaspoon baking soda
- 1 teaspoon salt
- 3 cups all-purpose flour (375 grams)

Preheat oven to 350°. Grease a half sheet pan (18x13-inch) with cooking spray and line the bottom of the pan with parchment paper. Whisk together the sugar, butter, and vanilla and almond extracts until combined. Whisk in the eggs and yolks, one at a time, then whisk in the buttermilk until combined. Sprinkle the baking powder, baking soda and salt over the bowl, one at a time, whisking after each. Gently fold in the flour just until the last streak disappears. Pour batter into the pan and bake for 17–20 minutes.

While the cake is baking, make the glaze:

- ¾ cup unsalted butter (170 grams)
- ⅓ cup milk (80 grams)
- ½ teaspoon salt
- 3 cups powdered sugar (360 grams)
- 2 teaspoons vanilla extract
- ⅔ cup freeze-dried strawberries (14 grams), finely ground into a powder, or ⅓ cup strawberry powder

Combine butter, milk, and salt in a saucepan and cook until the mixture just comes to a boil. Remove from heat and stir in powdered sugar, vanilla, and strawberry powder. Pour the warm glaze over the hot cake. Let the cake cool completely. This is a vanilla version of Texas sheet cake.

Whipped Cream—Stabilized

- 1 packet unflavored gelatin (2½ teaspoons, 7 grams)
- 2 tablespoons cold water
- ¼ cup boiling water
- 2 cups whipping cream
- ¼–½ cup sugar
- ½ teaspoon vanilla

Pour the cold water over the gelatin and let it soften. Then pour the boiling water over and mix until it dissolves completely. Let cool, but don't let it set. Whip cream until mostly thick. Add sugar and vanilla. Beat in the gelatin and finish whipping the cream. Cool the cream in the fridge for about half an hour before using it, though it will keep for a few days.

Whipped Cream—Quick Stabilized

- 1 cup whipping cream
- ¼ cup powdered sugar

Use powdered sugar, not granulated sugar, when sweetening the cream. The cornstarch absorbs some of the liquid, so the cream holds its shape for at least 24 hours. You can also add 2 tablespoons of high-quality powdered milk, mixed into the powdered sugar. You can use this as a substitute for Cool Whip in recipes that call for that ingredient.

White Chocolate Frosting

- 8 ounces cream cheese, softened
- ¼ cup butter, softened
- 1 cup white chocolate chips or 6 ounce white chocolate, melted
- 1 teaspoon vanilla
- 2½ cups powdered sugar

Beat cream cheese and butter together for about a minute. Add melted chocolate and vanilla and mix for about 1 more minute. Add powdered sugar gradually, beating well until light and fluffy.

White Frosting (Egg-free and Dairy-free)

- 1 cup vegetable shortening
- ½ teaspoon salt
- 1½ teaspoons clear imitation vanilla extract
- ¼ teaspoon almond extract (optional)
- ½ cup water
- 8 cups powdered sugar, sifted

Add the shortening, salt, vanilla, almond extract, and half of the powdered sugar into the large bowl of a stand mixer. Mix for at least 5 minutes (or more). It is important to mix it a long time. Gradually add the remainder of the powdered sugar and beat enough to combine. If it is too thick, add more water as needed.

Yellow Cake

- 4 teaspoons baking powder
- ½ teaspoon salt
- 3 cups flour, all purpose or cake (420g)
- 1 cup unsalted butter, softened (225g)
- 2 cups sugar (400g)
- 4 large eggs, separated
- 1 teaspoon vanilla extract
- 1 cup milk

Preheat oven to 350°. Grease two 9-inch baking pans and line the bottoms with parchment paper. Dust the pans with flour. Sift flour, baking powder, and salt together. In a small bowl, whisk or beat egg whites to soft peaks. In another bowl, beat butter and sugar until light and fluffy. Beat in the egg yolks one at a time. Add the vanilla and beat. Add the sifted flour mixture and milk alternately to the butter mixture in the sequence of flour, milk, flour, milk, and flour. Do not over beat. Stir in one-third of the egg whites into the batter and then gently fold in the rest of the egg whites. Pour the batter into the pans and bake for 30–40 minutes or until done.

This recipe makes a very good basic yellow cake if you are looking for an alternative to a box mix. It is sometimes called a 1-2-3-4 cake because of the butter, sugar, flour, and egg proportions. The recipe makes enough batter for two 9-inch cakes, three 8-inch cakes, one thick 9x13 cake (lower the temperature to 325° and bake for about 40 minutes), or about three dozen cupcakes (bake for 15 minutes). Doubles well if you have a large enough mixing bowl. This recipe has been made well using powdered milk that is mixed in with the flour and then water added alternately with the flour.

Tangerine variation: Add ½ teaspoon orange extract and 1 teaspoon dried tangerine zest (rehydrated in the milk while mixing the other ingredients) or 1 tablespoon fresh tangerine zest. Frost with tangerine frosting and a dark chocolate ganache.

Candy and Other Sweets

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Cooking Notes

Homemade candy and other sweets are often so labor-intensive that they are reserved for special occasions. For this reason, many of these recipes are associated in our memories with various holidays, especially Christmas and Easter.

Melinda Tanner Bowers

I remember making “All-day Suckers” with my Grandma Wessman when I was little, and what a treat that was! She made the hard candy and then poured big circles of candy around sticks on a buttered pan. So simple, and yet such a fun thing to watch the candy being made as a child. Now there are hundreds of hard candy molds available online, so you can buy lollipop molds in almost any shape. Or you can go the old-fashioned route and just pour big circles on a buttered tray.

All-Day Suckers

- 1¾ cups sugar (350 g)
- ½ cup water (120 ml)
- ½ cup light corn syrup (120 ml)
- ⅛ teaspoon salt
- Food color, optional
- ¾ teaspoon concentrated (super strength) oil based flavoring

Before you begin, gather all ingredients. Lightly oil lollipop molds with cooking spray or a thin layer of oil. If using cookie sheets, line them with a silicone mat, parchment paper, or foil, then grease well. Insert lollipop sticks about three-quarters of the way into the molds.

In a 2-quart saucepan, combine sugar, water, corn syrup, and salt. Cook over medium-high heat, stirring gently until the sugar dissolves and the mixture comes to a boil. Once boiling, stop stirring. Cover the pan with a well-fitting lid for three minutes to allow steam to dissolve any sugar crystals on the sides.

Remove the lid and attach a candy thermometer, ensuring it doesn't touch the bottom of the pan. Let the syrup continue boiling without stirring. When the temperature reaches 260°, add food coloring but do not stir—it will mix naturally as the syrup boils.

Continue boiling until the temperature reaches 295°, then remove from heat. The temperature will continue rising to 300° to 305° (hard crack stage: threads of hard candy form when the syrup is drizzled into cold water.) Tak-

ing it off the heat a couple of degrees early can help prevent burning. Let the syrup sit until bubbling subsides, cooling slightly to around 290°.

Standing back, carefully add flavoring and stir well with a clean metal spoon until fully combined and translucent. Use caution when adding flavoring, as hot syrup may release a burst of strong fumes.

Let the flavored syrup sit until the bubbling stops, then tap the pan several times on the counter to release any extra air bubbles. Quickly pour the syrup into the prepared molds, using a spoon to catch drips between pours. Allow the suckers to cool completely at room temperature for about 30 minutes. Once set, remove them from the molds, wipe off any excess oil, and wrap individually. Store in a cool, dry place for up to two months.

Using a candy thermometer ensures accuracy, as candy burns easily above 300°. Check your thermometer beforehand to confirm it's calibrated correctly. Since lollipop molds vary in size, it's helpful to have an extra oiled silicone, parchment, or foil-lined tray ready for any excess syrup.

For the best flavor, concentrated “super strength” oils are recommended. If using natural strength oils, double the amount to 1½ teaspoons. Alcohol-based extracts are not ideal, as they evaporate when added to hot syrup.

Flavors like cherry, cinnamon, clove, and mint are extra potent—consider reducing the amount used for these flavors. To enhance fruit-flavored oils, add ⅛ teaspoon powdered citric acid once the hot syrup cools to 265°, or ½ teaspoon “Tart and Sour” liquid fruit flavor enhancer when mixing in the flavoring oil. Increase to 1 teaspoon for a more intense sour effect.

For a decorative touch, add some sprinkles like nonpareils, quins, dragées, or edible glitter into the molds before pouring the syrup.

This recipe makes approximately 400g of hot syrup. This makes 18 to 20 suckers that weigh about 20g each, which is 2–3 tsp volume, if you are using a round mold that is 4.5 cm diameter (14 cm circumference) and 1 cm deep or a round mold that is about 1.75 inches across and ½ inch deep.

At high altitudes, calibrate your candy thermometer, or for every 1,000 feet elevation above sea level, decrease the temperature(s) in the recipe by 2°F.

As Good as Reese's—Chocolate Peanut Butter Candy

Mix together:

- 1½ cups graham cracker crumbs (about 10 full crackers)
- 3 cups powdered sugar

Melt together the following and add to crumbs:

- 1½ cups smooth peanut butter
- ¾ cup margarine

Press into a 9x13 inch pan.

Melt:

- ½ cup margarine
- 1 cup chocolate chips

Pour over other mixture. Freeze or refrigerate and cut.

Variation: 20 full size graham crackers, 1 cup (2 sticks) margarine, 4 cups powdered sugar, 2 cups peanut butter.

Baking Chocolate—Semisweet

- 7 tablespoons sugar
- 6 tablespoons unsweetened cocoa
- 4 tablespoons shortening or vegetable oil

Equals one 6 ounce package semisweet chocolate chips or 6 squares (1 ounce each) of semisweet chocolate. The easiest way to use this is to add the dry ingredients to the recipe and add the shortening or oil with the other oil used in your recipe. Margarine or butter are not recommended since they contain water.

Baking Chocolate—Sweet

- 4 tablespoons plus 2 teaspoons sugar
- 4 tablespoons unsweetened cocoa
- 2 tablespoons plus 2 teaspoons shortening or vegetable oil

Equals one 4 ounce bar of sweet cooking chocolate.

See “semi-sweet baking chocolate” for hints.

Baking Chocolate—Unsweetened

- 3 tablespoons unsweetened cocoa
- 1 tablespoon shortening or vegetable oil

Equals one square (1 ounce) of unsweetened cooking chocolate. See “semi-sweet baking chocolate” for hints.

Candied Citrus Peel

- 6 lemons or other citrus fruits
- 2 cups sugar

Use a vegetable peeler to thinly slice all the peel off the fruit. Try not to get too much of the white pith. Slice the peeled pieces thinly, as small as you want, so you have little pieces that look like toothpicks. You can dice the peel if you want little squares instead of strings. Cutting the peels up is the hardest part of this recipe.

Bring about four cups of water to boil. Add the peel and blanch for 1 minute. Drain peel in a strainer and rinse with cold water. Bring 2 cups water and 2 cups sugar to a boil. Turn down heat to simmer and stir until all the sugar is dissolved. Add the peel and simmer for about 30 minutes. The peel should turn translucent all the way through. Remove from heat and let the zest cool in the syrup to room temperature.

Refrigerate the zest in the syrup. Drain the zest before you use it. Really good on cakes, lemon bread, or ice cream. It is shiny and the syrup can replace frosting. If you want sparkly zest instead, rinse and dry the zest, then roll in ultra-fine sugar.

Lucy Lucile Green Glade (1898-1980)

We used to stop at the Malin Corner grocery and get a penny candy. I got used to an all day sucker or licorice stick or two caramels for 1¢ (although my friend Donna had a nickel or dime to spend). Mother bought candy for 10¢ or 25¢ a pound and sent that with us sometimes. This was the highlight of the week.

Candied Nuts

Sprinkle the bottom of a heavy skillet with white sugar. Add slivered almonds, pecans, walnuts, or whatever kind of nuts you want. Heat over low heat, stirring constantly with a wooden spoon. The sugar will melt and turn brown. Keep stirring to coat nuts. Before sugar burns, turn nuts out on parchment paper to cool. These are very good in salads as well.

Caramel

- 1 cup sugar
- ½ cup brown sugar
- ⅓ cup light corn syrup
- ⅓ cup butter or margarine
- ½ cup evaporated milk
- ¼ teaspoon salt
- 1 teaspoon vanilla

Cook everything except vanilla in a 2-quart sauce pan, stirring until a firm ball forms in icy water (250°). Remove from heat, cool slightly, and add vanilla. Can be used for caramel apples. For caramel apples this recipe makes about 4 larger apples or 5–6 small apples. Wash and dry your apples thoroughly, rubbing off the layer of wax that coats most apples sold in stores. Insert craft sticks, and set aside. Cook the caramel and allow it to cool some. If it's too hot it will run off the apples. After coating the apples with caramel, you can dip the bottoms of them in rice crispy cereal. This keeps them from sticking too much to the buttered waxed paper or buttered foil. You could use chopped nuts or something else if you would like. Allow to cool.

Caramels, Soft

- 1 cup sugar
- 1 cup brown sugar
- 1 cup butter
- 1 cup light corn syrup
- 1 (14 ounce) can sweetened condensed milk
- Dash salt

Cook in a heavy kettle. Stir constantly until it forms a soft ball in cold water (about 15 minutes). Pour into a buttered 7 x 11 inch pan. Cool, cut, and wrap in plastic wrap or wax paper. Makes about 75 pieces.

Caramels, Soft, Microwave

- ½ cup butter
- ½ cup brown sugar
- ½ cup light corn syrup
- ½ cup granulated sugar
- ½ cup sweetened condensed milk
- Dash salt

Do not double this recipe. Put all ingredients in a microwave safe bowl and stir. A 2-quart Pyrex measuring bowl is good. Set out 4 large stirring spoons. Only use the spoon one time to prevent crystallizing the mixture. Cook in microwave a total of 8 minutes on high, stirring every 2 minutes. After 2 minutes stir well with the 1st spoon. Microwave 2 more minutes. Stir vigorously with the 2nd spoon. Continue until mixture has cooked 8 minutes. Pour into a buttered baking dish. Let cool 3 hours, then cut (a pizza cutter works well) and wrap in waxed paper. Use a smallish glass loaf pan for this recipe. You can make a second batch with the other half of the can of sweetened condensed milk. This may only take 6 minutes to cook at a higher altitude.

Caramel Popcorn 1

Melt together:

- 2¼ cups firmly packed brown sugar
- ½ cup butter

Add:

- 1 cup light corn syrup
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla

Bring to a boil and boil, while stirring, for 2 minutes. Remove from the heat and pour over popped corn (about 3 gallons). This recipe is very easy and always works if you follow this method.

To make caramel popcorn more crunchy, instead of chewy, spread the mixture on a parchment paper lined baking sheet and bake at 225° or so until the popcorn is crunchy.

Caramel Popcorn 2

Bring to a boil and boil 5 minutes without stirring:

- ½ cup light corn syrup
- 1 cup margarine
- 2 cups brown sugar
- ¼ teaspoon salt
- ½ teaspoon cream of tartar

Add:

- ½ teaspoon baking soda
- 1 teaspoon vanilla

Pour over 5 to 6 quarts of popcorn. This recipe tastes just about the same as the Caramel Popcorn 1 recipe, but is more crunchy. To make it even more crunchy and to dry out the caramel some, pour the caramel covered popcorn into a large roasting pan and bake it in a 200 degree oven for about an hour, stirring every 20 minutes or so. Remove it from the oven and pour it out onto waxed paper to cool. Mix it some to break up the larger clumps. Store in a covered container.

Citrus Cinnamon Nuts

Grated rind from one or two oranges or ½ teaspoon dry minced orange peel re-hydrated in 2 teaspoons water for 10 minutes.

- ½ teaspoons cinnamon
- ¼ cup water
- 2 cups walnut or pecan halves
- ¾ cup sugar

Combine orange peel, sugar, cinnamon and water in a saucepan. Bring to boil, stirring regularly. Add nuts and reduce heat to medium low so liquid is simmering. Stir constantly while water evaporates. The glaze will be shiny but will gradually crystallize on the nuts as the water evaporates. Cook just until the liquid has almost evaporated. Remove from heat while there is still some liquid in the pan; pour onto wax paper or a cookie sheet to cool and crisp. Store in an airtight container for 2 weeks (if they last that long). These are very good in any type of tossed salad. You can make a double recipe with the same amount of water so it doesn't take so long to cook off.

Crazy Crunch Popcorn

- 2 quarts popcorn, popped
- 1½ cups pecans
- ¾ cup almonds, sliced
- 1½ cups sugar
- ½ cup margarine (80% oil) (not butter)
- 1 teaspoon vanilla
- ½ cup light corn syrup

Mix sugar, butter, and corn syrup in a saucepan. Boil, stirring constantly, for about 15 minutes, until light brown or hard crack (300°). Add vanilla and pour over popcorn. Toss, stirring constantly. Sprinkle with nuts. Spread on a buttered cookie sheet or use silicone coated parchment or waxed paper.

Cream Cheese Candies

- 1 (8 ounce) package cream cheese [3 ounces]
- ½ to 1 teaspoon flavor [½ teaspoon]
- Coloring
- 6–8 cups powdered sugar [2½ cups]
- ¼ teaspoon salt [⅛ teaspoon]

[Amounts in brackets make a small batch.] Mix cream cheese until soft. If you want all the candies to be one flavor, add the flavoring to the cream cheese. If you want more than one flavor, add the flavors later. Butter flavor added along with another flavor adds depth to the taste of the candy. Also, if you want all the candies to be one color, add the food coloring to the cream cheese mixture. If you want more than one color, add the coloring later.

Add 6 cups of powdered sugar gradually, one cup at a time. If your mixer can't handle the thick mixture, you may need to stop using the mixer and knead the sugar in by hand. Knead in up to 2 more cups of powdered sugar until the candy is the texture you want. Roll to the size of a marble. Dip one side in a small amount of sugar. Press the sugar side down into a mold. Unmold at once onto wax paper. If you are having a hard time getting them out of the molds, freeze the candy in the molds for about 30 minutes or more. Colors and flavors: green or pink—mint, yellow—lemon, etc. Also good plain.

Cream Cheese Candies Variation—Chocolate Dipped

Make one batch of the Cream Cheese Candies Recipe.

Divide the candy up for as many flavors as you want to make: mint, lemon, orange, almond, coconut (with shredded coconut mixed in) and chocolate. Form the candies into one-inch or smaller balls. Dip in chocolate. Makes about 80 (1-inch) to 180 (smaller) chocolates. Freeze the extras.

Cream Cheese Candies Variation—Pillows

Make one batch of the Cream Cheese Candies Recipe.

Roll the dough into long snakes. If your dough is too sticky, add more powdered sugar to keep it from sticking. Cut the candy into square pillow shapes with a blunt knife (they'll look like buttermints). You can use the wrong side of a butter knife. Move them to a sheet of parchment or wax paper to dry. Dry them overnight on the counter before placing them in the fridge for storage. Makes about 6 cups of Cream Cheese Pillows. These keep in the fridge for several weeks, so they can be made in advance for any occasion.

Crunchy Candy Pecans

- 1 cup white sugar
- ¾ teaspoon salt
- ½ teaspoon ground cinnamon
- 1 egg white
- 1 tablespoon vanilla extract or water
- 1 pound pecan halves (4 cups)

Preheat the oven to 250°. Grease a baking sheet or jelly roll pan; the pan needs to have sides. Use shortening only, since a Pam-type spray will burn. Or, line with parchment paper. In a large plastic zip-type bag (or a bowl), mix together sugar, salt, and cinnamon. Set aside. Separate egg white into a large mixing bowl, add the vanilla, and, using a fork or whisk, beat together the egg white and vanilla just until frothy. Add the pecans to egg white mixture and stir to coat all the nuts evenly. Pour the nuts into the bag (or bowl) with the sugar, and toss them in the sugar mixture until well coated. Spread the nuts out on the prepared baking sheet. Bake at 250° for 1 hour. Stir the nuts well every 15 minutes so they will toast evenly. Store in a sealed container. Makes about 6 cups. The smaller pieces are great on a salad. From Melinda Tanner Bowers.

Note: You can also use cashews, walnuts, or sliced or slivered almonds. Increase cinnamon to 1 teaspoon for cashews. Avoid whole almonds, as they tend to become too hard with this baking time.

Eliza Tanner Hawkins

In the 1980s, we got some new recipes and decided to make home-made chocolates for Easter. The problem we ran into was that it was so hot we had to take the chocolates downstairs to the basement so the chocolate would set up and not melt off the centers.

English Toffee

- 1 cup sugar
- 3 tablespoons water
- ¼ cup butter
- ¼ cup good margarine (80% oil)
- 1 cup chocolate chips
- ½ cup finely chopped nuts, optional

Prepare chopped nuts and spread on an ungreased cookie sheet. Cook ingredients listed above at medium-high heat, stirring constantly until candy texture changes, smokes, and is light brown (hard crack stage). Pour candy over nuts. Let stand for 2 minutes. Pour on chocolate chips. When melted, spread over candy. Sprinkle with finely chopped nuts. You can use all butter, but if you do, cook the toffee on medium heat.

Five Minute Fudge

Mix in saucepan and cook 5 minutes, stirring constantly:

- ⅔ cup evaporated milk
- 1⅔ cups sugar
- ½ teaspoon salt

Remove from heat and add:

- 1½ cups small marshmallows
- 1½ cups chocolate chips
- 1 teaspoon vanilla
- ½ cup chopped nuts

Pour into a buttered pan or pan lined with parchment paper and refrigerate. If you noticed, the milk and sugar combination is basically the same as using sweetened condensed milk.

Fudge—Classic

- 2 cups semisweet chocolate chips
- 1 cup (4 ounces) bittersweet chocolate, chopped (or substitute 1 additional cup of semisweet chocolate chips)
- 1 (14 ounce) can sweetened condensed milk
- 1–2 teaspoons vanilla extract, to taste
- ⅛ teaspoon salt
- ½–1 cup chopped nuts, optional

Line an 8-inch square pan with parchment paper, taking care to have the paper reach to at least the top of the pan. Melt chocolate chips, bittersweet chocolate, and condensed milk in a double boiler over hot, but not boiling, water. You can also do this more quickly in the microwave, melting the ingredients for about 2 minutes. Stir occasionally until the chocolate has melted and watch carefully so it doesn't burn. Stir until smooth. Stir in salt, vanilla, and nuts. Spread evenly in the prepared pan. Refrigerate uncovered for 2 hours, or until firm. Lift out the waxed paper with the fudge on top, peel off the paper, and then cut the fudge with a warm knife. Store covered in the refrigerator. Good chocolate makes a big difference in the taste of this fudge, and you can customize it to how dark or light you want your fudge to be. You can also use this as a center for dipped chocolates.

Honey Taffy (Heritage Recipe)

- 1 cup honey
- 2 cups sugar

Boil together to crackle stage. Pull. From John Hayward Wessman.

Marshmallow-Nut Fudge

Bring to a boil and cook for 10 minutes, stirring constantly:

- 4½ cups sugar
- 1 (12 ounce) can evaporated milk
- 1 cup butter
- Dash salt

Add:

- 12 ounces marshmallows
- 24 ounces semi sweet chocolate chips
- 1½ cups coarsely chopped nuts, optional
- 2 teaspoons vanilla

Stir until melted. Pour into a greased pan and cool. Keep refrigerated. This recipe makes a lot of fudge. If you put it in a 9x13 inch pan the fudge will be about 1 inch thick.

Peanut Butter Balls (Heritage Recipe)

Mix together until smooth:

- ¾ cup margarine, melted
- 2 cups peanut butter, crunchy or smooth

Add:

- 1 pound (4+ cups) powdered sugar

Stir in:

- 3 cups rice Krispies [2 cups if you want it smoother]

Roll into 1-inch balls and refrigerate for ½ hour or overnight. Dip in a dipping chocolate (it will take about 4 cups of chocolate). This makes 60 to 70 small balls. From Beverly Lucille Glade Wessman.

Pecan Logs (Heritage Recipe)

Fondant:

- 4 cups sugar
- 1⅓ cups whipping cream
- ¼ cup butter
- ¼ cup dark corn syrup

Mix all together and cook in a heavy saucepan. Use a wet pastry brush to wash all the crystals off the sides of the pan. A little water will not affect the recipe, but the sugar crystals will ruin the fondant. Cook to the soft ball stage. Pour on a buttered counter or into a glass pan. Cool completely. Beat with a wooden spoon until the fondant forms. You can also place the fondant in a mixer and beat it. It will go through the stages of sticky, to oily, and then will change quickly. When it changes to a lighter color and a consistency like play dough, stop mixing immediately. Shape into rolls about the width of your finger. You can freeze them until you are ready to dip them or roll them in caramel.

Caramel:

- 1 pint whipping cream
- 1 cup dark corn syrup
- 2 cups sugar
- 1 tablespoon vanilla
- ½ cup butter
- Dash of salt

Mix ⅓ of cream, all corn syrup, sugar, and salt. Cook to firm ball stage. Add ⅓ more cream, cook to firm ball stage. Add the rest of the cream and the butter, and cook to firm ball stage. Add vanilla. Pour on a buttered countertop, allow to cool a little, cut, and roll around fondant and then in chopped pecans. Alternatively, you can keep the caramel hot and quickly dip the fondant sticks into the hot caramel using two forks, and then roll the log in chopped pecans. Refrigerate at this point, or wrap and freeze. From Beverly Lucille Glade Wessman.

Beverly Lucille Glade Wessman (1924-2008)

April 4 Fri. 1941: Tonite in the Oratorio at the half we ate candy, cookies and peanuts. I went on the stage with a big piece of hard tack in my mouth it was the scene we were supposed to sing in. I was next to Nelimi and we got the giggles when I tried to chew it up.

William Lester Glade (1894-1952)

New Year's Eve December 31, 1917: All of us missionaries spent the evening at Turners. We had a big time making and pulling candy. The girls made several different kinds. It was all good but we had so much it nearly made us sick. We sang Billy Sunday Songs until 12:00 Mid night and when the old year went out and the new came in, we hailed the same with the shot gun.

Peppermint Bark

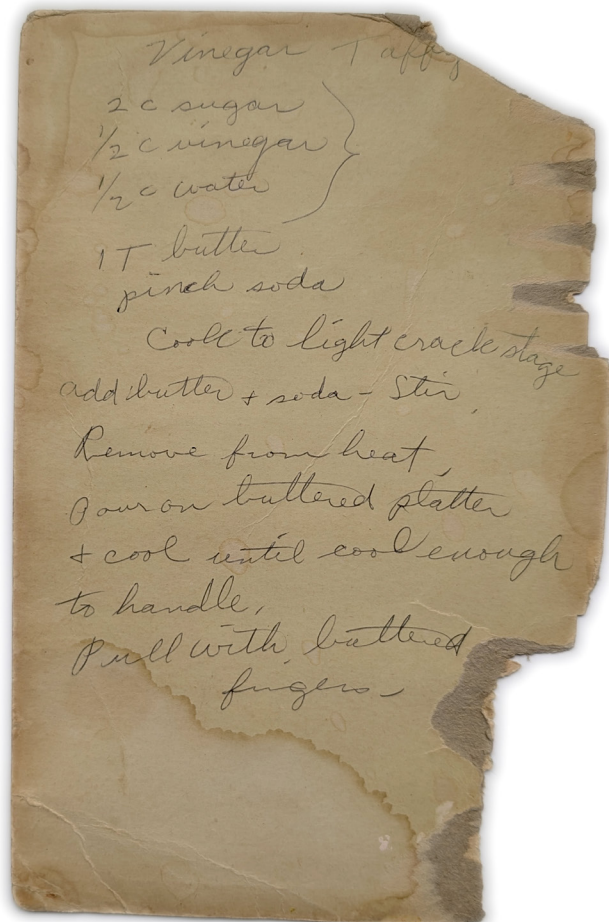
- 12 ounces (about 2 cups) semi-sweet chocolate chips (good quality)
- 12 ounces (about 2 cups) white chocolate chips (good quality)
- ½ teaspoon peppermint extract or peppermint oil (to taste)
- ⅓ cup crushed candy canes

Melt the semisweet chocolate chips and stir until smooth. About 60 seconds in a microwave is usually enough. Pour onto wax paper, spread into a thin layer, and let it harden. You can speed things up by putting it in the freezer for a few minutes, if you want. Melt the white chocolate chips and peppermint flavoring together and stir until smooth. Pour over the hardened chocolate and spread evenly. If the semisweet chocolate is cold, you need to work very quickly. Sprinkle the crushed candy canes over the top and press them into the melted chocolate a bit. Let cool until hard. Then you can break it into pieces and serve.

Popcorn Balls

- ⅔ cup light corn syrup
- ⅔ cup sugar
- ½ teaspoon salt

Bring to a boil over medium heat and boil for 2 minutes (or to soft ball stage), stirring constantly. Add flavoring and food coloring, if desired. Pour over 2 to 4 quarts of popped popcorn. Shape into balls. Makes about 10 (¾ cup or 1-cup) balls.

**Poppycock**

- 2 cups shredded/sliced almonds (optional)
- 17 ounces cinnamon Chex cereal
- 1 cup sugar
- 1 cup light corn syrup
- 1½ cup butter
- 1 tablespoon baking soda
- 1 teaspoon vanilla

Mix almonds and Chex in large bowl. Melt butter in large saucepan. Add sugar and corn syrup to butter and bring to boil. Boil for 3 minutes while constantly stirring.

Remove from heat. Add vanilla and stir. Add soda and stir. Mixture will begin to foam and grow.

Pour over almond/cereal mixture and stir till coated. Spread finished mixture over parchment paper to let cool. From Heidi Tanner.

Uncooked Fondant (Chocolate Centers)

- 2–3 pounds powdered sugar, as needed
- 1¾ cups butter or margarine
- 1 can (14 ounce) sweetened condensed milk
- ¼ teaspoon salt

Mix and knead by hand. You may need more powdered sugar. Shape into 1-inch balls. Add nuts, coconut, cherries, chocolate, flavors, or whatever you wish. Dip in chocolate.

Vanilla Sugar

Split 1 vanilla bean and chop into 1-inch pieces, or use the bean pod after the seeds have been scraped out for another recipe. Add the vanilla bean to 2–4 cups sugar. Store in an airtight container and use as a substitute for vanilla extract. Add more sugar as needed.

Vinegar Taffy

- 2 cups sugar
- ½ cup white vinegar
- ½ cup water
- 1 tablespoon butter
- ⅛ teaspoon baking soda

Butter a baking dish very well. In a saucepan over medium heat, combine sugar, vinegar, and water, stirring until the sugar dissolves. Continue cooking without stirring until the mixture reaches 250° to 265° on a candy thermometer, or until a small amount of syrup dropped into cold water forms a rigid ball. Remove from heat and quickly stir in the butter and baking soda, allowing the mixture to bubble slightly. Pour the hot taffy into the buttered dish and let it cool until safe to handle. Butter your hands, then Pull taffy by stretching out into a rope with buttered hands, folding the candy over and repeating, until taffy is white and porous and becomes too stiff to pull. Cut into 1-inch pieces with buttered kitchen shears or a buttered knife. Wrap taffy pieces in waxed paper and store in an airtight container. From Beverly Lucille Glade Wessman.

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Cooking Notes

Here we have a varied collection of bar, drop, and shaped cookies for just about every occasion—after school snacks, special holidays, and fancy desserts.

Alfajores

1 cup potato starch or cornstarch (if you use cornstarch, you will have a drier mix and will need to add ¼ cup milk or cream to the dough)
 ½ cup + 2 tablespoons flour
 1 teaspoon baking powder
 ½ teaspoon baking soda
 ¼ teaspoon salt
 ¼ cup unsalted butter, room temperature
 ⅓ cup granulated sugar
 2 large egg yolks
 1 teaspoon vanilla extract
 1 cup dulce de leche or manjar, room temperature
 Powdered sugar and dipping chocolate (or chocolate chips) for decorating

Mix together dry ingredients. Cream butter and sugar until light and fluffy. Add the egg yolks and vanilla and mix until incorporated. Add the flour mixture and stir until there are no visible white pockets. Put the dough on a piece of plastic wrap and shape into a disk. Wrap tightly and place in the refrigerator for about an hour. Heat the oven to 350°. Line baking sheets with parchment paper. Roll out cold dough to ¼-inch thickness. Cut out an equal number of small rounds (about 2-inches diameter). You will have about 32 cookies to make 16 sandwich cookies. Bake for 10–12 minutes, or until firm. Don't overbake. Remove from oven and let cool completely. Make sandwich cookies with the rounds, using dulce de leche (manjar) for the filling. Dust with powdered sugar or dip in melted chocolate, or use some melted chocolate chips to draw designs over them. These are a typical South American cookie, but turn out much better than the ones you buy there.

If you can't find dulce de leche (manjar), you can make your own. Place 1 unopened can of sweetened condensed milk in a pressure cooker. Pour in water to cover the can completely. Cook for 15 minutes at high pressure. Use natural pressure release and wait until the can is completely cool before opening it.

Anise Seed Cookies (Heritage Recipe)

Cream:

3 cups shortening or butter [2 cups, one each of shortening and butter]
 1½ cups sugar [1 cup]

Add and mix:

3 eggs, beaten [2 eggs]

Mix in:

1½ teaspoons salt [½ teaspoon]
 5 cups flour [4–5 cups, since butter absorbs more flour]
 6 teaspoons anise seed [4 teaspoons]
 1 teaspoon anise extract, optional [1 teaspoon]

[Amounts in brackets make a smaller batch of 6 dozen cookies that holds up well to being shaped and works with butter, since it absorbs into the flour differently.] Make different shapes including balls, pretzels, or doughnuts. Dip cookies in cinnamon sugar if desired. Bake at 350° for 15 to 20 minutes. Also called Biscochuelos or Mexican Holiday Cookies. Roll the warm cookies in powdered sugar to get a classic Biscochuelos cookie. Makes a lot of cookies. If you substitute butter for the shortening, you will need enough flour to make the dough the consistency of playdough.

Bar Cookies

Mix up one recipe of your favorite cookies. Spread the dough in a half sheet pan if you have about 5 cups of flour in the recipe. If you have about 2–3 cups of flour in the recipe, you can use a 9x13 pan. Bake at 350° for about 20 minutes, or until done. Cool, cut into bars.

2–3 cups flour	9x13 pan	350°	20 min
5 cups flour	half sheet pan	350°	20 min

Brownie Bites

1 box or recipe of brownies, mixed according to directions
 1–2 cups chocolate frosting, optional
 Chocolate kisses or small peanut butter cups, optional

Spray each individual cup in a mini-cupcake pan with a shot of baking spray. Carefully scoop about a tablespoon of batter into each cup, filling them about half-way. Bake in a 350° oven for about 12 minutes. They should cook for about as long as cookies take in your oven. Remove them from the oven and let cool for a short time before removing the brownies to cool on a rack. One box of brownie mix makes about 40 brownie bites. You can serve them plain or add a dab of chocolate, mint, or other flavor frosting on top. The frosting keeps them soft and chewy. To dress them up, add an unwrapped chocolate kiss or small peanut butter cup on top of the frosting.

Brownies—Best Basic

½ cup butter (115g)
 ¾ cup powdered cocoa or 4 ounces unsweetened chocolate (60g)
 2 cups sugar (400g)
 4 eggs (1 cup egg)
 1 teaspoon vanilla
 2 cups flour (210g) [high altitudes, reduce to 1½ cups]
 1 teaspoon baking powder
 1 teaspoon salt
 1 cup nuts, chopped and toasted, optional (110g)

Melt the butter. Sift dry ingredients and set aside. If you are using bar chocolate, melt the butter and chocolate together. If not using bar chocolate, mix the powdered cocoa and sugar together until well-mixed. Add the melted butter and stir to combine. Add the eggs and vanilla and stir. Gently stir in the flour mixture. Spread in a greased 9x13 pan and bake at 350° for about 25 minutes. Don't over bake these or they will turn out dry. This recipe makes brownies similar to what you get from a good box mix brownie, but they taste better. It is also almost as quick as a box mix.

Brownies—Chocolate Mint

Brownies:

½ cup margarine or butter
 2 cups sugar
 ⅔ cup cocoa
 4 eggs
 1½ cups flour
 1 teaspoon salt
 2 teaspoons vanilla

Cream margarine or butter, sugar, cocoa, and eggs. Mix in flour, salt and vanilla. Pour into a greased 9x13 inch pan. Bake for 20–30 minutes at 350° until a toothpick comes out clean. Cool completely.

Mint Filling:

3 cups powdered sugar
 3 tablespoons butter
 3 tablespoons milk with pink or green food coloring added
 1 teaspoon peppermint extract

Mix all ingredients together until smooth. Adjust the amount of milk to make the filling spread easier. Spread over the cooled brownies. Refrigerate brownies while making the chocolate topping.

Chocolate Topping:

1 cup chocolate chips
 1 to 3 tablespoons butter
 Milk

Melt together chocolate chips and butter. Add milk. Spread on mint topping and let set up. Cut into squares and serve. These also taste good when served cold. Refrigerate or freeze brownies to keep these longer.

Ann Glade Wessman Tanner

In 1980, her husband James bought her the newly released “Lion House Cookbook.” She and the children tried out many of the recipes, especially the desserts.

Brownies—Cream Cheese Filled

Make the cream cheese filling:

- 2 (8 ounce) packages of cream cheese, softened
- ½ cup sugar
- 2 teaspoons vanilla
- 1 large egg

Beat all ingredients until smooth.

Heat oven to 350°. Grease a 9x13 pan. Make one recipe of your favorite brownie batter.

Spread ½ of the brownie batter in the pan. Carefully drop tablespoons of the cream cheese filling all over the brownie batter and spread as well as you can. Drop the remaining brownie batter all over the top of the cream cheese filling and carefully spread. Bake for 30–40 minutes, or until a toothpick inserted in the center comes out clean.

Brownies—Dark Chocolate

- 1 cup butter
- 8 ounces bittersweet chocolate
- 4 eggs
- ½ teaspoon salt
- 1 cup dark brown sugar
- 1 cup granulated sugar
- 2 teaspoons vanilla extract
- 1 cup flour
- ½ cup chopped nuts or some whole nuts

Grease a 9x13-inch pan and line with greased parchment paper. Melt butter and chocolate together. Whisk eggs and add salt, sugars, and vanilla. Add chocolate mixture and fold in flour until just combined. Stir in nuts, if desired. Pour batter into the prepared pan. If using whole nuts, arrange on top of batter. Bake for 35–40 minutes in a 350° oven, or until shiny and beginning to crack on top. Cool in the pan. Store tightly covered or wrapped.

Brownies—Ethan’s

- 1 cup vegan semi-sweet chocolate
- 3 tablespoons melted vegan margarine
- ¾ cup all-purpose flour
- Pinch of salt
- 1 teaspoon baking powder
- ¼ cup unsweetened cocoa powder
- 4 ounces (by weight) peeled and roughly chopped apple (about ½ cup)
- 1 teaspoon vanilla
- ½ cup + 1 tablespoon sugar
- 1 tablespoon water

Preheat oven to 350°. In a microwavable bowl, add margarine and vegan semi-sweet chocolate chips. Microwave for 30 seconds at 50% power. Then stir, and repeat microwaving at half power and stirring two or three times or until the chocolate chips are melted. Set aside to cool a bit.

In a large mixing bowl, sift together the flour, salt, baking powder, and unsweetened cocoa powder.

In a blender, add chopped apple, sugar, chocolate mixture, vanilla, and water. Blend until smooth in texture.

Add the blended mixture to the flour mixture and gently stir together—for a few seconds—just until all the flour is moistened and well mixed.

For Mini Brownies: These work best if made in mini silicone cups. You will need about 24 individual mini size cups for this recipe. Set out the mini silicone cups on a cookie sheet and put your cooking spray next to the pan. You will spray them very well with the cooking spray right before filling the cups. Make sure you get in all the corners, if using square cups. Use a small cookie scoop (#60 size, if you have it) to portion the brownie batter.

Bake for 14 minutes. Let cool in the cups for about 5 minutes, then carefully remove them from the cups. If the brownies are sticking to the cups or falling apart, freeze them in the cups for a couple of hours. The frozen brownies will pop right out of the cups.

For a pan of brownies: Line an 8x8” square baking pan with foil. Grease and flour the foil lined pan very well. Pour the batter in the prepared baking pan. Bake at 350° for 28 minutes, or until a toothpick inserted one inch from the edge of the pan comes out with few crumbs stuck to it. Let the pan cool for about 5 minutes. Take the brownies out of the pan by holding the edges of the foil to lift it from the pan. Place it on a wire rack while still in the foil.

When completely cool, refrigerate for a few minutes before cutting. This step will give you a clean cut.

Note: If the brownies are over-baked, they can be dry. Your oven may cook faster or slower, so adjust the timing if the brownies come out under-baked or raw—or over-baked, dry and crumbly.

The type of apples you use make a difference to the taste of the brownies. These will work with any apple, but Honeycrisp or Cosmic Crisp apples taste just a bit better. The recipe uses about half an apple.

Brownies—Fudge Style

Melt and cool slightly:

- ½ cup butter (112g)
- 3 ounces unsweetened chocolate (85g)

Add to butter-chocolate mixture:

- 1 cup brown sugar (210g)
- ½ teaspoon vanilla
- ¼ teaspoon salt

Add and beat well:

- 2 eggs

Add and mix until smooth:

- ½ cup flour (70g)

Stir in:

- ¼ cup mini semisweet chocolate chips (42g)

Spread in a greased 8x8 pan and bake at 350° for 25 minutes. This makes a very dense, smooth brownie.

Brownies—Ultimate

- 5 ounces bittersweet or semisweet chocolate, chopped (141g)
- 2 ounces unsweetened chocolate, chopped (57g)
- ½ cup butter (112g)
- 3 tablespoons Dutch processed cocoa powder (18g)
- 1¼ cups sugar (250g)
- 3 large eggs
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- 1 cup all-purpose flour (140g)

Preheat the oven to 350°. Melt the butter and chocolate together in the microwave. Let cool slightly. Whisk sugar, eggs, vanilla, and salt in a large bowl until combined. Whisk in the melted chocolate mixture until smooth. Stir in the flour until no streaks remain. Spread in an 8x8 pan. Bake in a 350° oven for 35–40 minutes.

Butterscotch Brownies

- ½ cup butter, melted (115g)
- 2 cups packed brown sugar (420g)
- 2 teaspoons vanilla
- ¼ cup milk
- 2 eggs
- 2 cups flour (280g)
- 1 cup nuts, chopped, optional
- 2 teaspoons baking powder
- 1 teaspoon salt

Heat oven to 350°. Grease a 9x13 pan. Stir together melted butter, brown sugar, vanilla, milk, and eggs. Stir in remaining ingredients. Spread in pan. You can place pecan halves or chopped nuts on top, if you want. Bake for about 25 minutes or until golden brown.

Butterscotch Cookies (Heritage Recipe)

- ½ cup butter
- 1½ cups brown sugar
- 2 eggs
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2½ cups flour
- 1 cup sour cream
- ½ teaspoon vanilla

Cream butter and sugar. Add eggs and beat well. Add dry ingredients and mix. Add sour cream and vanilla, and mix until blended. Grease cookie sheets. Keep some space around the cookies so they can spread out a bit. Bake at 350° for 10 minutes. Makes about 45 cookies.

Frosting:

Cook in a small pan until it stops bubbling and just turns nut brown. It burns quickly, so watch carefully:

- ½ cup butter (no substitutes)

Add:

- 2 cups powdered sugar
- 2 to 3 tablespoons of hot water.

Blend until smooth. Add more hot water as needed to keep at the right consistency. Frost cookies. Use wax paper between cookies to stack in a container.

Cake Mix Cookies

- 1 box cake mix
- ¾ cup shortening
- 1 tablespoon milk
- 2 eggs

Mix ingredients. Form 1-inch balls and bake at 350° for 9 minutes. Let cool in the pan. Make a cookie sandwich with two cookies and frosting in the center. Some variations are Devil's Food cake mix with cream cheese frosting, spice cake mix with cream cheese frosting, chocolate cake mix with peanut butter or chocolate chips, Devil's Food cake mix with mint chips, or wrap the dough around pieces of chocolate candy.

Cake Mix Cookies—Easiest Version

- 1 box cake mix
- ½ cup oil
- 2 eggs

Put all ingredients in a bowl and stir with a spoon until mixed. This works well for children to do since there is no electric mixer involved. Form 1-inch balls or other shapes and bake at 350° for 9 minutes.

Norinne Hayward Wessman Husbands (1926-2020)

Went with mom [Hazel Jean Hayward Wessman 1887-1959] to Chula Vista, California to see Aunt Kiz and Aunt Clara. [Kezia Hayward 1862-1959, Clara Mary Hayward 1872-1971] They had a fig tree in their back yard. They would pick them, slice them and serve them with cream and sugar. I hated it, but I didn't dare tell them!

Carrot Cookies with Orange Icing (Heritage Recipe)

- 1 cup butter or shortening
- ¾ cup sugar
- 2 eggs
- 1 cup cooked, mashed or finely shredded carrots
- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup coconut or 1 cup chopped nuts
- 1 teaspoon grated orange peel, optional
- 1 teaspoon orange extract, optional

Cream butter and sugar. Add eggs and beat until fluffy. Add the rest of the ingredients and mix well. Drop by teaspoonfuls on a baking sheet lined with parchment paper. Bake at 350° for 10 minutes. Cool and then ice with a frosting made from 1 tablespoon orange juice, 2 teaspoon grated orange peel, 1 cup powdered sugar, and 2 tablespoon soft butter. To quickly prepare the carrots, finely shred them in a food processor and then put them in the microwave for 1–2 minutes to cook. Ann Glade Wessman Tanner learned this basic recipe in her high school cooking class.

Chocolate Chip Blended Oatmeal Cookies

- 1 cup butter, softened (227g)
- 1 cup packed light brown sugar (212g)
- ¾ cup granulated sugar (159g)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¾ teaspoon salt
- 2 large eggs (100g out of shell)
- 2 teaspoons vanilla extract
- 1½ cups old-fashioned rolled oats (150g)
- 2¼ cups all-purpose flour (320g)
- 2 cups semisweet chocolate chips (340 g)

Preheat the oven to 350°. Line baking sheets with parchment paper.

In a large bowl with a handheld electric mixer or in a stand mixer fitted with the paddle attachment, add the butter, brown sugar, granulated sugar, baking soda, baking powder, and salt. Mix well until light and fluffy, 1–2 minutes, scraping down the sides of the bowl as needed.

Add the eggs and vanilla. Mix until well-combined, scraping down the sides of the bowl as needed.

Measure the oats into a blender or food processor and process until the oats are blended into a coarse powder.

Add the oats and flour to the bowl and mix until a few dry streaks remain. Add the chocolate chips and mix until evenly combined.

Scoop the cookie onto the prepared baking sheets (a #40 cookie scoop holds a couple tablespoons of dough), spacing them a few inches apart.

Bake for 10–12 minutes until just lightly golden around the edges but not too dark. Remove to a cooling rack and let cool completely.

Chocolate Chip Cookies—Bakery Style

1¼ cups butter
 1¼ cups brown sugar (250g)
 1 cup + 2 tablespoons white sugar (235g)
 2 large eggs
 2 teaspoons vanilla extract
 1¼ teaspoons baking soda
 1½ teaspoons baking powder
 1½ teaspoons kosher or flake salt (1¼ teaspoons table salt)
 3½ cups flour (420g)
 1½ cups semi-sweet chocolate chips

Whisk together the flour, baking soda, baking powder, and salt. Set aside. Using a mixer with the cookie paddles, cream butter and sugar until very light, about 5 minutes. Add eggs and vanilla and mix well, about 3–4 minutes, scraping the bowl occasionally. Reduce speed to low, add the dry ingredients, and mix until all the flour is just combined, 5 to 10 seconds. Add the chocolate chips and barely blend in until they are mixed in. At this point, you can bake the cookies immediately, and they are pretty good. Or you can refrigerate the dough, well-covered, for 24–36 hours (up to 72 hours). This will allow the flavors to blend, the moisture to fully soak into the dry ingredients, and will give you the best texture for the finished baked cookies.

When ready to bake, preheat the oven to 350°. Line the cookie sheets with parchment paper. Scoop the dough onto the cookie sheet in scoops about the size of ping-pong balls. Flatten the balls until they are about as thick as small marshmallows are tall. Bake at 350° for 11 minutes.

Hint: it takes more time up front, but if you scoop the dough into balls and then refrigerate them in a big container, layered with plastic wrap, it is a cinch to toss the cookie dough balls on a tray and smash them a bit before baking them. After the dough is cold, it's a bit of a chore to scoop out the thick dough. For high altitudes you may need to increase the flour by ⅓ to ½ cup. Makes about 70 cookies.

Amounts for 1½ recipe:

1¾ cups + 2 tablespoons butter (3¾ sticks)
 1¾ cups + 2 tablespoons brown sugar
 1½ + 3 tablespoons white sugar
 3 large eggs
 1 tablespoon vanilla
 1¾ + ⅛ teaspoons baking soda
 2¼ teaspoons baking powder
 2¼ teaspoons coarse salt
 5¼ cups flour
 2¼ cups chocolate chips

Chocolate Chip Cookies—Peanut Butter Oatmeal (Heritage Recipe)

½ cup sugar (100g)
 ⅓ cup brown sugar (60g)
 ½ cup margarine (butter 115g)
 ½ cup peanut butter (125g)
 ½ teaspoon vanilla
 1 egg
 1 teaspoon baking soda (reduce to ½ teaspoon for high altitude)
 ¼ teaspoon salt
 1 cup flour (140g)
 ½ cup instant oats (50g)
 1 cup chocolate chips (170g)

Cream margarine, sugars, peanut butter, vanilla, and egg until creamy. Add the dry ingredients and mix well. Stir in the chocolate chips. Bake at 350° for 10–12 minutes (13–15 minutes). Cool for a minute on the cookie sheet before removing the cookies. Beverly Lucille Glade Wessman's favorite chocolate chip recipe.

Melinda Tanner Bowers

Grandma gave me the recipe for Peanut Butter Oatmeal Chocolate Chip Cookies one time when we visited her after I was married — so sometime after 1994. I had asked her for a different recipe, and when she was looking for it, she pulled out a recipe card, and said “This is my favorite chocolate chip cookie recipe!” Of course, I had to copy it down and add it to the cookbook. It's so funny that I remember exactly that moment, standing at the end of the kitchen island, but can't remember when we were visiting.

Chocolate Chip Cookies—Tiffany's

1 cup margarine
 ½ cup butter-flavored shortening
 1 cup brown sugar
 1 cup sugar
 2 eggs
 2 teaspoons vanilla
 3½ cups flour
 1 teaspoon baking soda
 ½ teaspoon salt
 2 cups chocolate chips
 Nuts, if desired

Cream margarine, shortening, sugars, and eggs until creamy. Add the dry ingredients and vanilla. Mix in the chocolate chips and nuts. Bake at 375° until done (9–11 minutes). For a double chocolate chip cookie, substitute ½ cup cocoa for ½ cup flour. Or you can use half of the chocolate chips called for and then add some M&Ms on top of the cookies before they bake.

Chocolate Chip Cookies—Toll House

2¼ cups all-purpose flour
 1 teaspoon baking soda
 1 teaspoon salt
 1 cup butter, softened
 ¾ cup granulated sugar
 ¾ cup packed brown sugar
 1 teaspoon vanilla extract
 2 large eggs
 2 cups (12 ounce package) chocolate chips
 1 cup chopped nuts, optional

Sift dry ingredients. Cream butter and sugar. Add vanilla and eggs. Add flour mixture. Stir in chocolate chips and nuts, if using. Bake at 350° for 10–12 minutes.

Chocolate Chip Toffee Bars

2½ cups all-purpose flour
 ⅔ cup brown sugar
 ¾ cup butter or margarine
 1 egg, slightly beaten
 2 cups chocolate chips (divided)
 1 cup chopped nuts
 1 can sweetened condensed milk
 1¼ cups (10 ounce package) Skor English Toffee Bits, divided

Stir together flour and brown sugar. Cut butter into flour mixture until it resembles coarse crumbs. Add egg; mix well. Stir in 1½ cups chocolate chips and the nuts. Reserve 1½ cups of the mixture. Press remaining crumb mixture into a 9x13 inch greased pan. Bake for 10 minutes in a 350° oven. Pour sweetened condensed milk evenly over the hot crust; top with 1½ cups toffee bits. Sprinkle reserved crumb mixture and remaining ½ cup chocolate chips over top. Bake for 25 to 30 minutes or until golden brown. Sprinkle with remaining ¼ cup toffee bits. Cool. Cut into bars. Makes about 36 bars.

Chocolate Marshmallow Cookies

- 1¾ cup flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup shortening
- ½ cup cocoa
- 1 cup sugar
- 1 egg
- ½ cup milk
- ½ cup chopped nuts
- 1 teaspoon vanilla
- 36 large marshmallows cut in half

Measure flour, sift with baking soda, salt, and cocoa and set aside. Cream shortening and sugar. Add egg and beat well. Add flour mixture and milk alternately, beating after each addition. Add chopped nuts and vanilla, mix. Drop by teaspoonfuls about 2 inches apart on a well-greased cookie sheet. Cookies will spread.

Bake in a 350° oven for about 8 minutes or until just barely done. Remove from the oven and top with marshmallow half, cut side down. Return cookies to the oven and bake 2 minutes longer until marshmallows soften. Cool 1 minute and remove to a wire rack to cool the rest of the way. Frost with cocoa frosting. Makes 6 dozen.

Cocoa Frosting: Sift 2 cups powdered sugar with 4 tablespoons cocoa and a dash of salt. Add 3 tablespoons melted butter, 5 tablespoons light cream (or milk) and ½ teaspoon vanilla. Beat until smooth and creamy. Spread on cookies.

Chocolate Mint Sticks (Heritage Recipe)

Melt together and set aside:

- 2 squares unsweetened baking chocolate (2 ounces, 57g)
- ½ cup butter

In mixing bowl beat:

- 2 eggs

Add gradually:

- 1 cup granulated sugar
- ½ teaspoon peppermint extract

Add cooled chocolate mixture. Add:

- ½ to ¾ cup sifted flour
- Dash salt

- ½ cup chopped nuts

Mix thoroughly. Bake in a greased 9 inch square pan at 350° for 20 to 25 minutes.

Cool and spread with topping.

Topping:

- 2 tablespoons soft butter
- 1 cup powdered sugar
- 1 tablespoon cream
- ¾ teaspoon peppermint extract

Melt together and dribble over the top of white frosting:

- 1 square chocolate (1 ounce, 28g)
- 1 tablespoon butter

Refrigerate. Cut in strips. To make the brownie more like a fudge brownie, use only ½ cup of flour. The brownie base for this recipe actually isn't that good. You can make something similar if you use your favorite brownie base with these toppings or follow the recipe for chocolate mint brownies. These also freeze well. From Beverly Lucille Glade Wessman. Emily Wessman suggests burning them on the bottom for an "authentic" Wessman taste.

Chocolate Turtle Bars (Heritage Recipe)

Dough:

- 1½ cups flour (can use up to ¾ cup whole wheat flour)
- 1½ cups old fashioned rolled oats
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 1¼ cups packed brown sugar
- 1 cup melted margarine or butter

Filling:

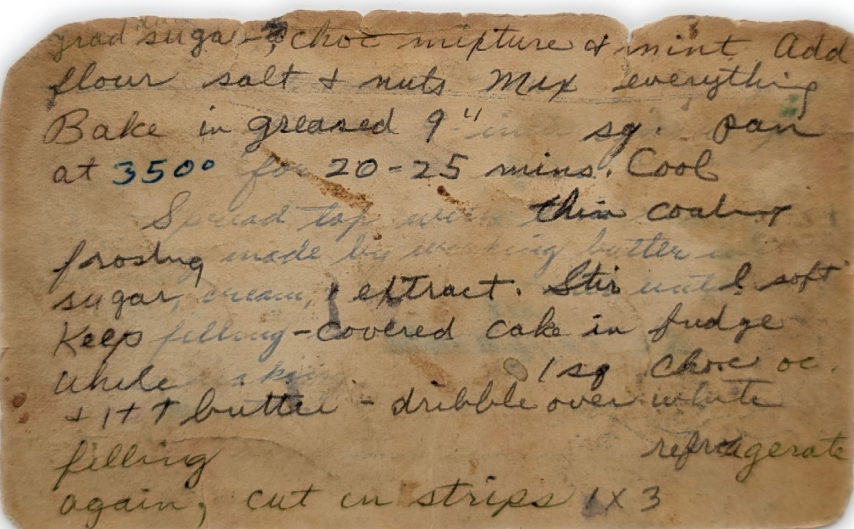
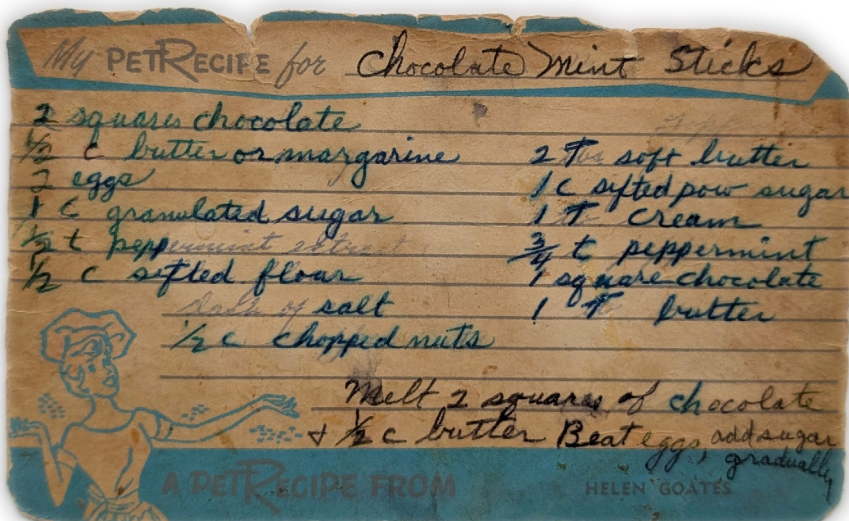
- 14 ounces caramels, unwrapped (about 48)
- ½ cup whipping cream or half and half
- 1 bag semisweet chocolate chips (12 ounces)

Stir together dry ingredients. Stir in melted butter. Mix well. Press ¾ of dough into a 9x13 inch ungreased pan. Bake at 350° for 10–15 minutes.

While these are baking, in a pan, melt caramels with cream, stirring until smooth (or use a recipe for homemade caramel). Take the crust out of the oven. Sprinkle it with all the chocolate chips. Pour caramel mixture over and spread over the chocolate chips. Carefully sprinkle the remaining dough over the caramel.

Bake at 350° for 15 minutes. Press finely chopped nuts into the top of the dough before baking if desired. Refrigerate in an airtight container. These freeze well, just make sure you cut them before freezing.

You can substitute one can of sweetened condensed milk for the caramels and whipping cream. You can also add toasted, shredded coconut if desired.



Chocolate Waffle Cookies

- 1 cup melted butter
- 1½ cups sugar
- 4 eggs
- ½ cup cocoa
- ½ teaspoon salt
- 2 teaspoons vanilla
- 2 cups flour

Mix all ingredients together. Cook in waffle iron. When slightly cool, frost with your favorite frosting recipe.

Chocolate-Nut Bars or Raw Brownies

- 1½ cups nuts (pecans or hazelnuts are nice), toasted if desired
- ½ cup cacao powder (unsweetened chocolate powder)
- ⅓ cup, dried, unsweetened coconut
- 1½ teaspoons cinnamon, optional
- 1 teaspoon vanilla, optional
- 2 cups dates, pitted (if the dates are hard and dry, soak them in hot water for 15+ minutes)
- 1–2 tablespoons water or honey

Toast the nuts, if you want a nicer flavor. You can bake the nuts at 350°, put them in a toaster oven, or stir them in a non-stick skillet on the stove until slightly browned. Be careful not to burn them.

Blend nuts, chocolate, coconut, and optional spices in a food processor until finely ground. The mix will start to turn into a nut butter. Add the dates (in smaller batches, if your food processor isn't an industrial-strength one) and process until smooth. Add water or honey, if the mixture is too crumbly. When you are finished blending, you should not see any recognizable date or nut or coconut pieces. The mix should be a dark, smooth, chocolate mass.

Press the mixture into an 8x8-inch pan. Sprinkle the top with extra toasted coconut and nuts, if desired, and press the topping into the nut bars. Refrigerate for at least an hour. Cut into small squares and serve. Makes about 16 servings.

Chocolate-Oatmeal Bars

In a (good) food processor or blender, process the following ingredients:

- ½ cup mixed nuts
- ½ cup raisins
- ½ cup raisins (or 1 cup total dried fruit)
- ¼ cup whole wheat flour
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 cup coconut flakes
- ¼ cup cocoa powder

When these are all ground up and indistinguishable, then add:

- 3 ripe bananas
- ¼ canola oil
- 1 teaspoon vanilla extract

This should make a thick batter.

Add:

- 1½ cup oats

Blend until just combined (unless you don't want to see any oat flakes). Spread in a 9x13 pan and bake at 325° for about 30 minutes. Let cool and slice into bars. These will be soft and chewy. If you want them harder, then you should bake them about 15 minutes longer. These are like the expensive "power (granola) bars" you can buy at a store. They are healthy and filling.

Henry Green (1867-1941)

Father [Henry Green] was a great outdoors man. Fishing and hunting was a great past time for him.... Many a meal was provided with his success in hunting [and fishing].

Chow Mein Butterscotch Cookies

- 1 (12 ounce) package butterscotch chips
- ½ cup peanut butter
- 6 ounces chow mein noodles (about 4 cups)

Melt the butterscotch chips and peanut butter together. Stir into the noodles. You can add nuts, chocolate chips, or marshmallows if you wish. You can also form these into little "birds' nests" and fill them with chocolate eggs for a fun spring-time treat for children.

Coconut Crispy Rice Cereal Bars

- 4 cups coconut, toasted
- ½ cup butter
- 20 ounces marshmallows
- ½ teaspoon coconut extract, optional
- 9½ cups crispy rice cereal

Toast coconut and let cool. Melt the butter. Add the marshmallows and melt. Add the extract, if using, the rice cereal, and the coconut. Mix well. Spread into a greased 9x13 pan and let set. If you want, you can make a frosting with 1 cup powdered sugar and 2 tablespoon water and spread that over the of the bars. Then sprinkle about 1 cup coconut on top and lightly press into the frosting.

Coconut Thins

- ¾ cup butter
- ¾ cup sugar
- 1 egg
- ½ teaspoon vanilla
- ¼ cup cornstarch
- ½ teaspoon baking powder
- ⅛ teaspoon nutmeg
- ⅛ teaspoon salt
- 1¾ teaspoon all purpose flour
- 2 cups sweetened flaked coconut

Preheat the oven to 375°. In a jelly roll pan, toast coconut in the oven until golden, 11–13 minutes, stirring occasionally. Cool completely. Cream butter and sugar until light and fluffy. Beat in egg and vanilla until blended. Add dry ingredients. Mix in toasted coconut. On parchment paper, shape dough into a long roll, 2x2 inches. Refrigerate 2 hours or overnight. Cut dough in thin slices and place on a cookie sheet. Cook at 350° for 10–13 minutes.

Double Chocolate Cookies

- ½ cup cocoa (half dutch process cocoa and half natural cocoa)
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter, softened
- ¾ cup brown sugar
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1½ cups flour
- 12 ounces semi-sweet chocolate chips, peanut butter chips, M&Ms, or mint chips

Beat butter, sugars, cocoa, and vanilla together until well blended. Add eggs, beating well. Add soda and salt. Gradually add flour, beating well. Stir in chips. Drop by spoonful onto a lightly greased cookie sheet. Bake 8–10 minutes at 350° until just set. Do not over bake. Makes about 30 cookies.

John Tanner (1778-1850)

President Joseph Smith recorded in his journal on 9 December 1835: "Elder Tanner brought me half of a fatted hog for the benefit of my family. A few days since, Elder Shadrach Roundy brought me a quarter of beef. And may all the blessings named above be poured upon their heads, for their kindness towards me."

Easy No-Measure Cookies

- 1 package (4 squares) margarine or butter (2 cups)
- 1 box brown sugar (2½ cups)
- 1 cup white sugar
- 4 eggs
- 1 teaspoon vanilla
- ½ teaspoons baking soda
- 1 teaspoon salt
- 3 cups flour
- 1 (18 ounce) box oatmeal (6 cups)
- 1 (12 ounce) package chocolate chips (2 cups)

Cream fat and sugar. Add through salt and beat well. Mix in flour then the rest. Bake for 12 minutes at 350°. Add nuts or raisins, if desired.

Fruit Cheesecake Squares

- 2 cups sliced ripe peaches or other fruit
- 2 teaspoons cinnamon sugar
- 2¼ cups flour
- ½ cups powdered sugar
- 1 cup butter
- 1 (8 ounce) package cream cheese, softened
- 1 (14 ounce) can sweetened condensed milk
- 1 egg
- 2 teaspoons vanilla extract

Toss fruit with cinnamon sugar and set aside. Combine flour and powdered sugar. Cut in the butter until the mixture is crumbly. Reserve 2 cups for the topping and press the remainder into the bottom of an ungreased 9x13 pan. Bake the crust for 15 minutes. Beat cream cheese until fluffy. Gradually beat in condensed milk until smooth. Add the egg and vanilla. Mix well. Spread peaches over the baked crust and pour the cream cheese mixture over the peaches. Sprinkle the reserved crust mixture over the top of the cream cheese filling. Bake for 30–35 minutes until brown in a 350° oven. Keep them covered and chilled to keep leftovers.

Gingerbread Cookies

In large bowl cream together:

- 1 cup shortening (7 ounces, 193g) (can use ½ butter, ½ shortening)
- 1 cup sugar

Stir in:

- 1 egg
- 1 cup molasses (335g)
- 1 tablespoon vinegar

Beat well. Sift together and stir in:

- ½ teaspoons baking soda
- ½ teaspoon salt
- 3 teaspoons ground ginger (if it is freshly ground, you can do less)
- 1 teaspoons cinnamon
- ¼ teaspoon ground cloves, optional
- 5 cups flour (you can substitute 1 cup whole wheat flour)

Chill 3 hours, if you have time, otherwise roll dough ¼ inch thick and cut out gingerbread houses or other cookie shapes. Bake 6 to 8 minutes at 375°. Cool slightly and remove from the cookie sheet. Makes 5 dozen 4-inch cookies. This recipe is flavorful, even with whole wheat flour.

Gingersnaps

- 2 cups unsalted butter
- 3 cups sugar
- 3 eggs
- ¾ cup molasses
- 1 tablespoon ground ginger
- ½ teaspoon ground cloves, optional
- 1 tablespoon cinnamon
- 2 tablespoons baking soda
- ½ teaspoon salt
- 6 cups flour

Preheat the oven to 350°. Cream together the butter, sugar, eggs, and molasses. Mix in the spices, baking soda, salt, and flour. Use a cookie scoop to form small portions of dough. A 1½ tablespoon scoop will make 12 cookies per sheet. Roll into balls. Dip the top of each ball into sugar and place on a cookie sheet. Alternatively, you can roll the balls in sugar and cover them completely. Bake for 9–10 minutes or just until set. These cookies will spread out as they cook. Let the cookies sit for a minute on the cookie sheet before you remove them to cool on racks. This recipe makes 5–6 dozen cookies, depending on the size.

Gingersnaps—Honey

- 1 cup packed brown sugar
- ¾ cup oil
- ¼ cup honey or molasses
- 1 egg
- 2¼ cups flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 2 teaspoons ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon salt
- Granulated sugar

Cream together the brown sugar, shortening, honey or molasses, and egg. Mix in the baking soda, spices, salt, and flour. Transfer to a covered container and refrigerate for an hour or longer. Preheat oven to 375°. Spray cookie sheets with no stick cooking spray. Use a small cookie scoop to form small portions of dough. Roll into balls. Dip the top of each ball into sugar and place on a cookie sheet. Bake 10–12 minutes (just until set). Let the cookies sit for a minute on the cookie sheet before you remove them to cool on racks. Store in an airtight container. This recipe makes a wonderfully soft and spicy gingerbread cookie.

Graham Cracker Cookies (Heritage Recipe)

- Graham cracker rectangles
- Frosting

Spread frosting between graham crackers to make a homemade version of a sandwich cookie.

Hello Dolly Cookies (Heritage Recipe)

- ½ cups graham cracker crumbs (about 1 package graham crackers) or 1½ cups crushed vanilla wafers
- ½ cup butter or margarine
- 2 cups chocolate chips or 1 cup chocolate chips and 1 cup butterscotch chips
- 1 cup chopped nuts
- ½ cups coconut
- 1 can sweetened condensed milk

Preheat the oven to 350°. In a 9x13 inch pan, melt butter in the oven. Sprinkle crumbs over butter. Layer chocolate chips/butterscotch chips, then nuts, then coconut. Spread condensed milk on top, covering fairly evenly. Bake for 20–25 minutes.

Eliza Tanner Hawkins

At Christmastime one year Mom got a small piece of paper that had half-a-dozen International Holiday Cookie recipes on it. One of the recipes was "Italian Nut Balls." We made that recipe and loved it so much that it became a Christmas tradition to make them.

Honeymoon Squares (Heritage Recipe)

Crust:

- 1 cup flour
- ½ cup margarine or butter
- 2 tablespoons sugar

Filling:

- 2 eggs
- 2 tablespoons flour
- 1 teaspoon vanilla
- ½ cup shredded coconut (unsweetened, if available)
- ¼ cups brown sugar
- ½ cup nuts, crushed
- 1 teaspoon baking powder

Mix the crust and press into an 8x8 inch square pan. Bake at 450° about 10 minutes until light brown. Watch so the crust doesn't burn. Remove crust from oven and let cool. Turn the oven down to 350°. Mix all the filling ingredients with a spoon. Stir until well mixed. Spray the sides of the pan above the baked crust with cooking spray before pouring filling onto the crust. Bake for 20–30 minutes at 350° or until coconut filling is set. The center should not be runny when you tip the pan a little. Let cool.

Make frosting with a little butter, orange juice, and powdered sugar. Spread with orange frosting. Refrigerate, then cut into squares.

Crust Variation: Use the crust from the Lemon Bars recipe, which makes a nice, flaky shortbread. Bake crust at 350° for 20 minutes, and use a double batch of filling for the 9x13-inch pan. Bake for 30–45 minutes. Beverly Lucille Glade Wessman got this recipe from her friend, Sarah Tanner, President N. Eldon Tanner's wife.

Italian Nut Balls (Heritage Recipe)

Combine and blend:

- ¾ cup sugar
- ½ teaspoon salt
- ¾ cup butter or margarine
- 2 egg yolks (reserve whites)
- ½ teaspoon vanilla
- ½ teaspoon almond extract

Blend in:

- 2 cups flour

You can use one whole egg and one egg yolk in the dough. Your cookies will be softer. You may need to add 1 tablespoon of milk if the dough is too dry. Roll dough into 1-inch balls. Dip balls into beaten egg whites, then into finely chopped nuts. You can cover the whole cookie with nuts, or just dip the top of the cookies. You will need 2–3 ounces (about 1 cup) of chopped almonds, if you only dip the tops. Place on cookie sheets and make a deep impression in the center of each cookie with fingertip. Bake at 350° for 10–12 minutes, or up to 20 minutes if you want them to turn out like shortbread. Fill centers with jelly or preserves before baking or when cooled, almond-flavored butter frosting or almond-flavored cream cheese frosting. Makes 45 1-inch cookies

To fill the cookies with frosting, use a pastry bag and pipe a little flower into the center of the cookie. You will need 1½ cups of almond flavored frosting (made using about 3 cups powdered sugar).

Jello Cookies (Heritage Recipe)

- 1 cup butter
- 1 (3 ounce) package jello (about 6 tablespoons)
- 10 tablespoons sugar (or enough to fill a one cup measure)
- 1 egg
- 2½ teaspoons vanilla
- ½ teaspoon salt
- 2½ cups flour

Pour the small jello packet into a one-cup measure, then fill the rest of the cup with sugar to make one cup of jello/sugar mixture. Cream butter and sugars. Add the egg and beat well. Mix in the other ingredients.

Put dough in a cookie press and form cookies onto an ungreased baking sheet. Bake 6–8 minutes at 375°.

You can use whatever color and flavor of jello you wish. Smaller amounts of jello will make the flavor and color a bit less intense.

Lemon Bars (Heritage Recipe)

- 2 cups flour
- ½ cup powdered sugar
- 1 cup butter

Cut ingredients together.

Press in 9x13 inch pan. Bake 20 minutes at 350° or until lightly browned. You can cut the butter to ¾ cups, but the crust will be crunchier.

A few minutes before the crust is done, begin to mix the top part:

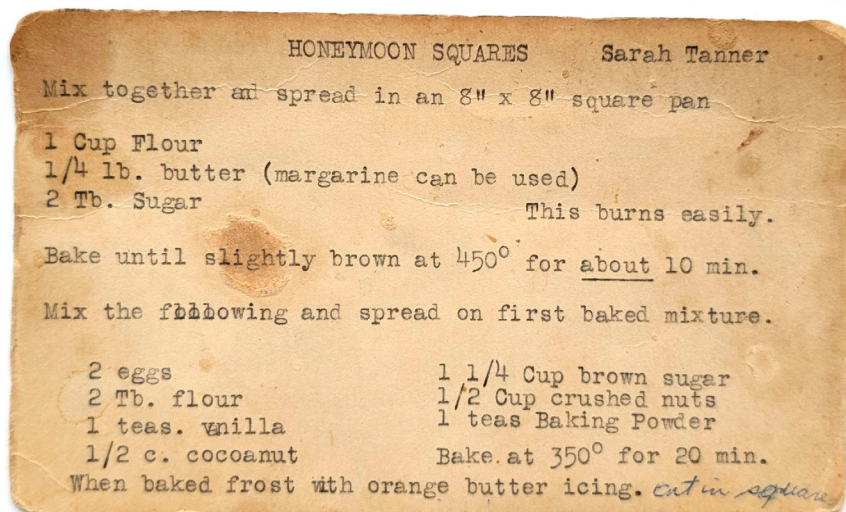
- 2 or 3 eggs, well beaten
- 2 cups sugar
- ½ cup lemon juice
- Grated rind of 1 lemon
- ¼ cup flour
- ½ teaspoon baking powder

Add all to a bowl and blend well. When the crust comes out of the oven, spray the sides of the pan above the baked crust with cooking spray if desired to keep the cookies from sticking to the pan.

Pour the lemon mixture over the hot crust and bake for 25 minutes at 350°. After baking, top with powdered sugar.

The 3-egg version makes the cookies more like a lemon meringue pie.

Lime Bars Variation: Make the crust using ½ cup brown sugar instead of powdered sugar. Substitute lime juice and lime zest for the lemon juice and lemon zest.



Lime Cookies

- 1 cup unsalted butter, softened
- 1½ cups sugar
- 2 eggs
- 4 tablespoons lime zest
- 2 tablespoons lime juice
- 3 cups sifted flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1–2 drops green food coloring, if desired

Cream butter and sugar then beat in eggs, zest, and juice. Sift the dry ingredients together or blend them with a whisk in a separate bowl, then add to the creamed mixture. Food coloring can be added at this point if you wish. These look pretty when they just have a touch of color rather than being an intense green.

Dredging sugar:

- ½ cup sugar
- 1 teaspoon lime zest

Drop one teaspoon of dough into the sugar and roll around. Place on parchment lined or lightly greased cookie sheets. Press flat with the bottom of a glass that has been dipped in the sugar mixture. Bake in a preheated 375° oven for 7–8 minutes until very lightly browned. Cool on the cookie sheet.

Frosting:

- 3 ounces cream cheese, softened
- ¼ cup butter, softened
- 3 cups confectioners' sugar
- 1 tablespoon lime zest
- 1–2 teaspoons lime juice

Cream cream cheese and butter together then blend in sugar, zest and enough juice to make a nice consistency for spreading. These also look festive with chopped nuts on the top, but are delicious with a light frosting.

Mayonnaise Cookies

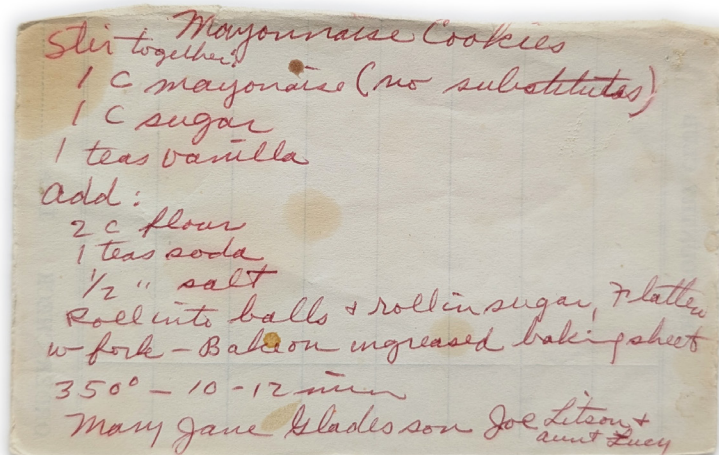
Stir together:

- 1 cup mayonnaise (no substitutes)
- 1 cup sugar
- 1 teaspoon vanilla

Add:

- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt

Roll into balls and roll in sugar. Flatten with a fork. Bake on ungreased cookie sheet at 350° for 10–12 minutes. From Beverly Lucille Glade Wessman.



Edwin Pettit (1834-1924)

At one time, after our crops were nearly ready for harvesting, the grasshoppers and crickets came by the thousands and almost caused a famine in the land by destroying our grain fields. The seagulls came to our rescue and devoured the crickets and grasshoppers and we were able to save a small portion of our crops.

Marbled Shortbread

- 1½ cups (3 sticks, 287g) unsalted butter, softened
- ¾ cup plus 1 tablespoon (100g) confectioners' sugar
- ½ teaspoon fine salt
- 1 tablespoon plus 1 teaspoon lukewarm water (may replace a portion of the water with your choice of extract, such as vanilla or almond)
- 2¾ cups (340g) all-purpose flour
- Gel or liquid food coloring, as needed
- Natural colored powders, such as turmeric, beet powder, cocoa powder or ground freeze-dried fruit, as needed
- Sprinkles, turbinado sugar, sesame seeds, nonpareils or other small decorations, for rolling

Mix butter, confectioners' sugar, and salt on medium for 1–2 minutes. Add water and/or extracts, and continue mixing on medium for 3–4 minutes. Add flour and mix on low for 2–3 minutes until no dry pockets remain. The dough will be soft and slightly sticky.

Lay a 13-by-18-inch (33-by-45 cm) piece of parchment paper on the counter with a long side facing you. Remove about 1⅓ cups (300g) of dough and place it on one side. Fold the parchment over the dough and roll it out between the sheets until edge-to-edge. Set aside at room temperature.

To color the dough, divide the remaining dough into four portions, each about ½ cup (110g). Color each portion separately, using no more than 3 drops of liquid food coloring or 1½ teaspoons of colored powder per portion to avoid altering the dough's texture.

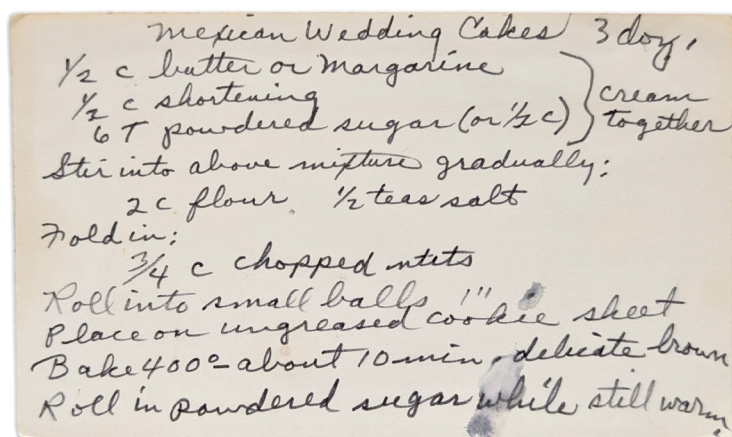
Peel back the top parchment from the plain dough, leaving it on the bottom parchment. Roll one colored portion into a 9-inch (23 cm) log and place it at the bottom of the plain dough. Lift the parchment to roll the dough around the colored log, sealing the seam and cutting away any excess. Place the covered log on a new piece of parchment. Repeat with the remaining colors. For the fourth color, form it into a log without wrapping it in plain dough.

Place two dough logs side by side, then stack the other two on top to form a 2x2 shape. Gently squeeze the logs together. Roll the dough back and forth to elongate it, then cut it in half. Stack the halves and squeeze together. Repeat the process 2–3 more times, rolling until you have the desired color effect. Roll the final log to about 14 inches (36 cm). Wrap in parchment and refrigerate for 15–20 minutes if needed to firm up.

Preheat the oven to 350° (175°C) and line two baking sheets with parchment. For slice-and-bake cookies, remove the dough from the fridge. Roll the dough in sprinkles, sugar, or seeds if desired, pressing gently to adhere. Slice the dough into ¼-inch (½ cm) rounds and place them on the sheets, spacing them ½ inch apart.

Bake for 15 minutes. The cookies will firm up as they cool. Let them cool completely on the pans.

Variation: Instead of coloring, stacking, and rolling the dough to get a marbled effect, you can divide the dough into batches, color it, and then form it into cute little animal cookies (black and white dough to make pandas, green dough to make frogs, orange and white marbled dough to make cats, and so on). Decorate the animals with candy eyes, icing, and other items.



Mexican Wedding Cakes

Cream together:

- 1/2 cup butter or margarine
- 1/2 cup shortening
- 6 tablespoons powdered sugar

Gradually add:

- 1/2 teaspoon salt
- 2 cups flour

Fold in:

- 3/4 cup chopped pecans or walnuts

Roll into 1-inch balls. Place on ungreased cookie sheet. Bake at 400° for about 10 minutes, until delicate brown. Roll in powdered sugar while still warm.

Molasses Cookies—Emily's

- 1 1/2 cups shortening or butter
- 2 cups sugar
- 2 eggs
- 3/4 cup molasses (253g)
- 2 1/2 teaspoons baking soda
- 3/4 teaspoon salt
- 2 teaspoons cinnamon
- 1 1/2 teaspoons cloves
- 1 1/2 teaspoons ginger
- 4 cups flour
- Cinnamon sugar for rolling cookies

In the bowl of an electric stand mixer, beat together the butter and sugar until light and creamy. Add the eggs and molasses and mix well 2 to 3 minutes.

Add baking soda, salt, cinnamon, cloves, ginger, and flour and mix until combined. Transfer dough to an airtight container and refrigerate dough at least 30 minutes, or preferably over night.

Preheat oven to 350°. Scoop the dough into 1-inch balls (#60 cookie scoop) and then roll the cookie dough balls in cinnamon sugar. Fit about 12 cookies on a parchment lined cookie sheet, and bake for 8–9 minutes. Makes about 90 cookies. From Emily Glade Bowers.

Keith Hayward Wessman (1925-2014) about Henry Richard Emanuel Wessman (1885-1932) and Hazel Jean Hayward Wessman (1887-1959)

Keith's first memories of his parents are of taking two cars loads full of family and friends and going up to the canyons to camp, eat, swim and play ball. On Saturdays, Jean made bread. She would also cook beans all day. After coming home from the canyons, the family would sit and eat biscuits and beans. Keith learned to love biscuits and beans from this experience. Dick loved to watch Jean cook.

Molasses Cookies—Soft and Chewy Ginger

- 4 cups all-purpose flour (568g)
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 1/2 cups salted butter, softened (340g)
- 1 1/2 cups granulated sugar (318g)
- 2 large eggs
- 1/2 cup molasses
- Sugar for rolling

Preheat the oven to 375°. Line 2 large, rimmed baking sheets with parchment paper, silpat liners or lightly coat with nonstick cooking spray. Set aside. In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, cloves, and ginger. Set aside. In a large bowl (or in the bowl of an electric stand mixer), beat together the butter and granulated sugar, 2–3 minutes, until light and creamy. Add the molasses and eggs and mix until well-combined, another 2–3 minutes. Stir in the dry ingredients and mix until combined.

The dough can be rolled and baked right away, but the cookies will be slightly thicker and chewier if refrigerated for a bit. If so, chill for 20–30 minutes (or up to several days) before rolling into balls. Roll the dough into 1-inch balls (you can make them smaller or larger, too) and then roll the cookie dough balls into granulated sugar. Space the cookies an inch or so apart on the lined cookie sheets and bake for 8–10 minutes (don't over bake if you want a soft, chewy cookie). Adjust the baking time, more or less, if the cookies are overly small or large. Remove the cookies to a cooling rack and let cool completely. These cookies stay soft and chewy well-covered for several days at room temperature and the baked cookies also freeze very well.

Nanaimo Bars

Bottom Layer:

- 3/4 cup butter
- 7 1/2 tablespoons cocoa powder (40g)
- 6 tablespoons white sugar (72g)
- 1 large egg
- 3 cups graham cracker crumbs, or a little less (317g, about 20 crackers)
- 1 1/2 cups coconut (127g)

Melt the butter in a medium-sized pot over medium heat. Whisk in the cocoa powder and sugar. Remove the pot from the heat then add the egg and whisk until it has thickened, about 30 seconds. Stir in the graham cracker crumbs and coconut, then press the crust firmly into a 9x13 pan.

Middle Layer:

- 3/4 cup butter, softened
- 1/4 cup Bird's Vanilla custard powder (30g)
- 3 cups powdered sugar (345g)
- 1/4 cup milk

Add middle layer ingredients to a large bowl and cream together well. Pour the custard mixture over the first layer and smooth the top. Refrigerate for at least 20 minutes, or until the custard is firm.

Top Layer:

- 8 ounce semisweet chocolate
- 2 tablespoons butter

Add the chocolate and butter to a microwavable bowl. Heat gradually (30 second intervals) until melted, stirring to combine. Pour the chocolate over the custard. Smooth the top with a spatula. Refrigerate for about 20 minutes, or until the chocolate is soft-set.

Optional: Cut the Nanaimo bars into bars then place them back in your fridge until they are completely set. (Cutting the bars first prevents the chocolate from cracking). Store the bars in a covered container in your fridge for a week or up to three months in your freezer. From Kristi Tanner.

Jessie Christensen Morgan (1893-1980)

On the 4th of July they'd have quite a celebration. They'd have a program in the morning and a little dance in the afternoon. At the dance they'd have a great big tub full of candy. They'd get up on the stage (there was a stage in the old schoolhouse) and throw the candy on the floor. Then the kids would have to get down on their hands and knees and scramble on the floor for the candy. I never would scramble but I wouldn't have to because all the boys would bring me some.

Oatmeal Fudge Bars

Oatmeal cookie layer:

- 1 cup softened butter
- 2 cups packed brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2½ cups flour
- 1½ cup quick oats

Fudge filling:

- 1 (14 ounce can) sweetened condensed milk
- 2 cups (12 ounces) semi-sweet chocolate chips
- ¼ cup butter
- 2 teaspoons vanilla
- 1 cup chopped nuts

Prepare a 9x13 pan by spraying with a no-stick cooking spray. Preheat the oven to 350°. Mix the oatmeal cookie ingredients together for batter (cream butter and sugar, add eggs and mix well, combine the remaining ingredients and mix well). Set aside. In a separate bowl, melt the first three fudge filling ingredients together in a microwave and stir to combine. Add the vanilla and chopped nuts. Set aside. Spread ⅔ of the oatmeal cookie batter into the bottom of the pan. Pour on the chocolate fudge filling and spread to cover. Spoon the remaining batter on top of the filling and spread. Bake for 25 minutes (or until lightly browned).

Oatmeal-Raisin Cookies (Heritage Recipe)

- 1 cup raisins
- 1 cup water reserved from cooking raisins
- 1 tablespoon soda
- 1 cup margarine or butter

Put raisins in a small saucepan. Cover raisins with at least 1½ cups water. Boil for 20 minutes. Drain 1 cup hot liquid into a measuring cup, stir in baking soda, and set aside to cool. Drain and discard any remaining liquid from the raisins. Add butter to the hot raisins in the pan and stir until the butter melts, heating again at low heat if necessary. Set aside to cool.

- 4 cups flour
- 4 cups oatmeal
- 1 teaspoon salt
- 1 teaspoon allspice
- 1 tablespoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon nutmeg

In a mixing bowl, stir together dry ingredients listed above and set aside.

- 4 eggs
- 2 cups sugar
- 1 teaspoon vanilla
- 1 cup nuts, chopped

In a large mixing bowl, beat eggs. Add sugar and vanilla. To the egg mixture, alternately add the dry ingredients and liquid/soda, mixing well. Stir in raisins with melted butter and the nuts. Bake at 350° for 12 minutes. You can use dried cranberries instead of raisins.

Ann Glade Wessman Tanner

One day, when I was visiting my step-great grandmother, Eliza Turner Green was making sugar cookies. She gave me a little ball of dough, which I held in my hand and carried on our walk home. That was a treasure. I was three or four years old at the time.

Oatmeal-Raisin Cookies—Classic

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1 cup unsalted butter, softened
- 1 cup sugar
- 1 cup dark brown sugar, firmly packed
- 2 large eggs
- 2 teaspoons vanilla
- 3 cups oats (not instant)
- 1½ cups raisins

Preheat the oven to 350°. Whisk dry ingredients; set aside. Cream butter and sugars well. Add eggs and vanilla. Stir the flour mixture into the creamed mixture until no flour is visible. Add the oats and raisins; stir to incorporate. Drop 2-inches apart onto a baking sheet sprayed with nonstick spray. Bake for 11-13 minutes until golden, but still moist beneath cracks on top. Remove from oven; let cookies sit on baking sheet for 2 minutes before transferring to a wire rack to cool.

Peanut Butter Cookies—Classic

- 1 cup shortening (7 ounces, 193g)
- 1 cup brown sugar
- 1 cup white sugar
- 1 cup peanut butter (9 ounces, 250g)
- 2 eggs
- 2 tablespoons water
- 1 teaspoon vanilla
- 2 cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda

Cream together the shortening, sugars, and peanut butter. Add eggs, water and vanilla, and mix well. Sift and add flour, baking soda, and salt. Bake at 325° for 12 to 15 minutes. These do not work as well with margarine, but if you use margarine, reduce the salt to ¼ teaspoon. You can add chocolate chips if desired. Makes 60 cookies. From Rebecca Tanner Seamons.

Peanut Butter Cookies—Soft and Chewy

- 2½ cups flour
- 1 teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 cup butter, softened
- 1 cup packed light brown sugar
- 1 cup granulated sugar
- 1 cup peanut butter (extra-crunchy is best)
- 2 teaspoons vanilla
- 2 large eggs
- 1 cup dry-roasted salted peanuts, ground fine, optional

Sift dry ingredients. Cream butter and sugars. Add peanut butter, vanilla, and eggs and beat well. Slowly stir in flour mixture and ground peanuts, if using. Roll the dough into balls and put on parchment-lined baking sheets. Make a crosshatch design on the cookies using a fork. Bake until the edges are golden, about 8-10 minutes in a 350° oven or 325° convection oven.

Peanut Butter M&M Cookies

- 1 cup brown sugar
- ½ cup butter, softened
- ½ cup crunchy peanut butter
- 1 teaspoon vanilla
- 1 egg
- 1½ cups flour
- 1 teaspoon baking soda
- ¾ to 1 cup M&Ms or chocolate chips

Heat oven to 375°. Beat brown sugar, butter and peanut butter until light and fluffy. Add vanilla and egg. Blend well. Add flour and baking soda, and mix until well incorporated. Add M&Ms, mix until blended. Bake for 6 to 10 minutes. Don't over bake.

Pecan Pie Bars

Cookie Crust:

- 1¾ cups flour
- ½ cup sugar
- ¾ cup butter

Pecan Layer:

- ¾ cup packed brown sugar
- ⅓ cup +1 tablespoon flour
- 4 eggs
- 1 tablespoon vanilla extract
- ½ teaspoon salt
- 1½ cups light corn syrup
- 2 cups coarsely chopped pecans

Line a 9x13 baking pan with parchment paper (make sure it goes up the sides and hangs over the end a bit). Preheat oven to 350° for metal, and 325° for a glass pan. Stir together flour and sugar in a bowl. Cut the butter into the flour/sugar mixture and mix well. Press the mixture into the prepared pan. Bake for 20 minutes. Meanwhile, in a bowl mix together flour and brown sugar. Whisk in eggs, vanilla, salt, and corn syrup. Stir in the pecans. Let the mixture stand while the crust bakes. Stir occasionally. Pour topping on crust as soon as it comes out of the oven. Return to the oven and bake for 40-50 minutes until the filling is set. When the pan is shaken the center can wobble but should not be runny. Remove from the oven and cool to room temperature. Cover and chill in the refrigerator for several hours or overnight. To cut, use the parchment paper to lift the cookies from the pan. Place them on a cutting board and use a long serrated knife to gently saw through all layers. Cut one row at a time and then cut individual bars off the row. Serve at room temperature. Refrigerate leftovers. These also freeze very well.

Peppermint Sugar Cookies

- 1½ cups butter
- 1½ cups sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 eggs
- ¼ teaspoon peppermint extract
- 4 cups flour
- ½ cup crushed peppermint candy canes

Cream butter, sugar, baking powder, and salt. Add eggs and peppermint extract. Mix in flour and peppermint candy. Chill dough until easy to handle, if the dough is too soft. Roll dough out and cut out shapes. Bake at 375° for 8-10 minutes. Cool on the cookie sheet for a few minutes so the candy has time to solidify again. Makes about 60 cookies.

Frost with peppermint-flavored Sugar Cookie Icing, if desired. You can also make these as drop cookies and dress them up with some melted semi-sweet chocolate chips drizzled over the tops.

Refrigerator Variation: Shape dough into logs and roll in colored sugar. Cover with plastic wrap and refrigerate until firm. Slice and bake for 8 minutes.

Ann Glade Wessman Tanner

One dessert that Beverly [Lucille Glade] Wessman made sounds really strange; it's baked Alaska in a half grapefruit. You loosen all the grapefruit sections but leave a space in the middle. Put in a scoop of well-frozen ice cream. Top with meringue and brown the meringue in the oven. She was always willing to try something new and different.

Pie Crust Cookies (Heritage Recipe)

Pie Crust

Cinnamon Sugar

Roll out the pie dough on a cookie sheet. Generously sprinkle the dough with cinnamon sugar. Cut the dough into squares using a pizza cutter or pastry cutter. Bake at 400° for 8-10 minutes.

This is a good way to use up extra pie dough. You can spread the pie crust with softened butter or spray it with Pam before adding the sugar to get a crispier sugar coating.

Pizzelles

- 3 large eggs
- ¾ cup sugar
- 2 teaspoons vanilla extract
- ½ cup (1 stick) butter/margarine, melted and cooled
- ½ teaspoon anise seed (optional)
- 1¾ cups all-purpose flour
- 2 teaspoons baking powder

Melt butter and set aside. Beat eggs and sugar until light yellow, 2-3 minutes. Add melted butter and vanilla. Beat until blended, add remaining flour and fold again until just incorporated. Heat pizzelle iron, place about 1 to 1½ tablespoon of batter on the grid just behind the center of the pattern. Bake until golden brown for about 1 minute. Remove and cool on a rack. Repeat with remaining batter.

Chocolate variation: Omit the anise seed; add 3 tablespoons cocoa and 3 tablespoons granulated sugar.

Almond variation: Omit the vanilla and anise seed. Add 1 tablespoon almond extract. Add 1 cup finely chopped/ground almonds to the batter.

Citrus variation: Omit the vanilla and anise seed. Add 1 teaspoon lemon/orange/lime zest and 1 teaspoon lemon/orange/lime extract.

Pumpkin Cookies

- 1¾ cups pumpkin (1 small 15 ounce can)
- ½ cup sugar
- 1½ cups brown sugar
- 1 cup margarine or butter
- 2 eggs
- 1 teaspoon vanilla
- 3 cups flour (low altitude may need 4 cups of flour)
- 1½ teaspoons salt
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1-2 cups chocolate chips
- ½ cup chopped nuts
- 2 teaspoons cinnamon
- ½ teaspoon ground cloves, optional
- 1 teaspoon nutmeg, optional
- 4 teaspoons ginger, optional

Combine sugars, margarine, eggs, and vanilla and beat well. Add the pumpkin, and blend well. Stir in the dry ingredients. Fold in the chocolate chips and nuts. Drop onto a greased baking sheet. Bake at 350° for 10 to 15 minutes. Makes 65 cookies.

Melinda Tanner Bowers

Sometimes when we would visit, Grandma Beverly Wessman (1924-2008) would bake Raspberry Meringue Kisses. Since they were usually for Relief Society or a wedding reception, we usually didn't get to eat very many. There would be trays of kisses covered with towels on every flat surface in the kitchen and Grandpa's office.

Pumpkin Squares**Crust:**

- 1 cup flour
- ½ cup quick oats
- ½ cup brown sugar
- ½ cup margarine or butter

Filling:

- 2 cups pumpkin
- 1 can (12 ounce) evaporated milk
- 2 eggs
- ¾ cup sugar
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cloves

Topping:

- ½ cup chopped pecans
- ½ cup brown sugar
- 2 tablespoon margarine

Combine crust ingredients and mix until crumbly. Press into a 9x13 inch pan. Bake at 350° for 15 minutes. Stir spices and sugar together in a large mixing bowl. Add pumpkin, milk, and eggs. Beat until smooth. Pour over the hot crust and bake at 350° for 20 minutes. Stir together the topping. Sprinkle topping on pumpkin and return pan to oven. Bake for 15-20 minutes more, until the pumpkin is set; a knife inserted in the center should come out clean. Cover loosely and refrigerate before serving. Store cooled bars tightly covered.

Raspberry Meringue Kisses (Heritage Recipe)

- 3 egg whites (scant ½ cup)
- 1 teaspoon vinegar
- ¼ teaspoon salt
- 3 tablespoons red raspberry gelatin (½ small 3 ounce package)
- ¾ cup sugar
- 1 cup chocolate chips (mini chips work best)

Grease well 2 large cookie sheets. Adjust your oven racks to fit both pans in the oven at the same time. Preheat oven to 250°.

Beat egg whites, vinegar, and salt until you have a stiff meringue, but not dry. While beating slowly, gradually add raspberry gelatin and sugar. Beat meringue until shiny and stiff peaks form. Lightly fold in chocolate chips. Drop from a tablespoon onto the greased cookie sheets to make a nice "kiss" shape. Fit about 18 on a sheet.

Bake at 250° for 25 minutes. Turn off the heat and leave them in the oven for 40 more minutes. The kisses should be dry. Leave them out to dry a little more, but not too long. Store in a sealed container. Makes 3 dozen small cookies.

From Beverly Lucille Glade Wessman. She said, "They'll keep about 5 days, but they're so good they won't last that long anyway." She had the recipe memorized.

Refrigerator Cookies (Heritage Recipe)**Cream:**

- ½ cup shortening or butter
- ½ teaspoon salt
- ½ cup brown sugar
- ½ cup sugar
- 1 egg

Sift dry ingredients and mix in:

- 1½ cups flour
- ¼ teaspoon baking soda
- ½ cup chopped nuts

Shape into a roll about 2½ inches in diameter. If desired, roll the cylinder of dough in sugar or colored sugar to coat the sides. Roll in waxed paper then wrap in plastic and refrigerate overnight.

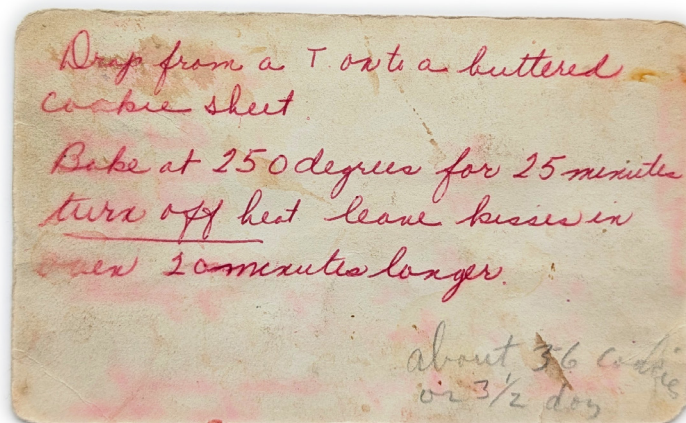
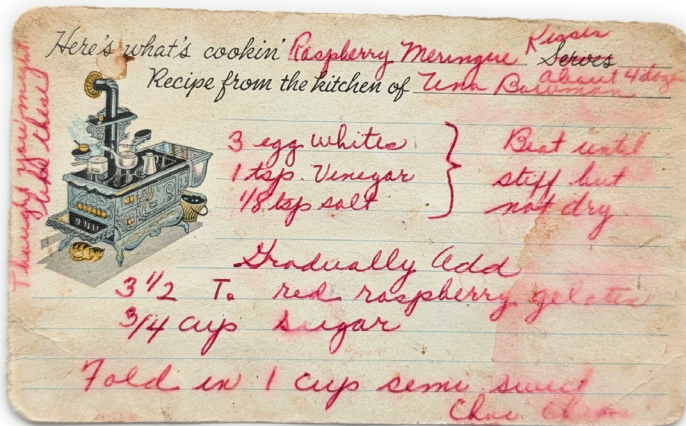
Cut dough into thin slices and bake at 350° for 9 to 12 minutes.

The dough also freezes well. You can make a double batch and freeze a roll for later. This cookie has a butterscotch taste because of the butter and brown sugar. It is an old recipe that we grew up making.

Rice Krispie Treats

- 4 tablespoons margarine or butter (you can brown the butter, if you want)
- 5 cups miniature marshmallows (10 ounces)
- 1 teaspoon vanilla, optional
- 6 cups rice Krispies (5 cups for creamier treats)
- ¼ teaspoon sea salt, optional

Melt margarine in a large pan over low heat. Add marshmallows and stir until melted and well blended. Remove from heat. Stir in vanilla. Stir in cereal until well coated. Press into a greased 9x9 or 9x13 inch pan. Cool. To make in the microwave, first melt butter, stir in marshmallows and coat them with butter, microwave marshmallows until melted, stirring frequently, pour mixture over Rice Krispies and mix. The 1940s recipe used ⅓ cup butter and 8 ounces of marshmallows.



Scotcheroos

- 1 cup light corn syrup
- 1 cup sugar
- 1 cup peanut butter
- 6 cups rice Krispies
- 1 cup chocolate chips

Bring corn syrup and sugar to a boil over medium heat, stirring constantly. Remove and add peanut butter. Mix well. Add Rice Krispies and mix. Pour into a buttered 9x13 inch pan and spread. Put chocolate chips on top and spread when they are melted. Cut when they are still soft. Freeze leftovers.

Sierra Nuggets

Cream:

- 1 cup butter
- 1 cup brown sugar
- 1½ cups sugar

Mix in:

- 1 tablespoon milk
- 1½ teaspoons vanilla
- 2 eggs
- 1 cup cornflakes, crumbled (uses about 2 cups cornflakes)
- 3 cups oatmeal

Mix in:

- 1½ cups flour
- 1¼ teaspoons baking soda
- 1 teaspoon salt
- ½ teaspoon mace
- 1½ teaspoons cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon ground cloves

Mix in:

- ½ cup coconut, optional
- 2 cups chocolate chips
- 1 cup nuts, chopped

Place small spoonfuls of dough on cookie sheets. Bake at 350° for 10-13 minutes (until they don't look raw and are barely brown on the bottom). Let the cookies cool on the cookie sheets for one minute before transferring them to wire racks to cool. Makes about 55 cookies.

Skillet Peanut Butter Chocolate Chip Blondies

- ½ cup (1 stick) unsalted butter, at a slightly soft room temperature
- ⅔ cup crunchy peanut butter (not natural-style) (5⅓ ounces; 153 grams)
- ¾ cup packed light brown sugar (5⅞ ounces; 145 grams)
- ⅔ cup granulated sugar (5½ ounces; 155 grams)
- 2 teaspoons vanilla extract
- 2 large eggs
- 1¼ cups flour (6½ ounces; 181 grams)
- 1 teaspoon kosher salt
- 1 teaspoon baking powder
- ⅔ cup peanut butter chips (122 grams; 4¼ ounces)
- ⅔ cup chocolate chips (milk or dark) (122 grams; 4¼ ounces)

Preheat the oven to 350°. Grease a 10-inch oven-proof skillet or a pie pan. Combine the unsalted butter, peanut butter and both sugars and beat on low speed until blended. Increase the speed to medium; beat for about 2 minutes until creamy, scraping down the sides of the bowl once or twice as needed. Add the vanilla extract, then beat in the eggs one at a time, thoroughly incorporating after each addition. Stop to scrape down the bowl.

Whisk together the flour, salt and baking powder in a separate bowl; alternatively, you can sift them directly into the mixer bowl. With the motor off, add the flour mixture to the mixer bowl, then beat on low speed until just incorporated, to form a soft dough. Add the peanut butter chips and chocolate

chips; beat on low speed until evenly distributed.

Spread the dough in the skillet, smoothing the top. Bake (middle rack) for 40 to 45 minutes, until the crust is a little golden on the edges but the center is still soft. The cookie might seem under-done when it comes out of the oven, but it will firm up as it cools. Let cool for 15 to 20 minutes in the skillet, then cut into wedges or any portions you want. Serve warm or at room temperature. If you don't want to use peanut butter chips, double the amount of chocolate chips.

Snickerdoodles—Classic

- 1½ cups sugar
- ½ cup margarine or butter
- ½ cup shortening
- 2 eggs
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2¾ cups flour

Cinnamon Sugar:

- ¼ cup sugar
- 2 teaspoons cinnamon

Cream butter, shortening, and 1½ cups sugar. Add eggs. Mix in cream of tartar, soda, and salt. Add flour and mix well. Roll out into 1-inch balls. Mix ¼ cup sugar and cinnamon. Roll balls in cinnamon sugar. Bake at 375° for 8-9 minutes. Makes about 50 cookies.

Snickerdoodles—Soft

- 1 cup butter
- 2 cups sugar
- 2 eggs
- ½ cup milk
- 3¾ cup flour
- ½ teaspoon baking soda
- ½ teaspoon cream of tartar
- ½ teaspoon salt
- 1 teaspoon vanilla

Beat butter, sugar, eggs and milk until fluffy. Add dry ingredients, beating until well combined. Form dough into 1 inch balls and roll in a cinnamon-sugar mixture. Place balls 2 inches apart on cookie sheet. Flatten slightly. Bake for about 8 minutes in a 375° oven. These make a soft cake-like cookie.

Spritz Cookies

- 1 cup butter
- 1 cup sugar
- 1 egg
- 2½ teaspoons vanilla
- ½ teaspoon salt
- 2½ cups flour

Cream butter and sugar. Add the egg. Mix in the other ingredients. Put in a cookie press and form cookies onto an ungreased baking sheet. Bake for 8-10 minutes at 375°.

Jello variation: Replace ⅓ cup to ½ cup of the sugar with jello. The easiest way to do this is to pour the amount into a measuring cup and then add sugar to fill up 1 cup. (A 3 ounce package of jello is about 6 tablespoons.) Mix and bake as directed above. You can use whatever color and flavor of jello you wish. Smaller amounts of jello will make the flavor and color a bit less intense.

Sugar Cookie Icing

1 cup powdered sugar
4 teaspoons milk
1 tablespoon light corn syrup
¼ teaspoon vanilla, almond, peppermint, or other flavoring extract
Food coloring

Mix all ingredients until smooth. Brush or drizzle on cookies. This makes enough icing to cover 1-2 cookie sheets of cookies. If the icing gets too thick, you can thin it with more milk or corn syrup. The icing hardens completely in 1-2 hours, though after about half an hour it is hard enough to drizzle a second coat over the first one. You will need to thin it even more than the recipe if you just want to drizzle it over something.

Sugar Cookies

¾ cup margarine (80% vegetable oil) or butter
1 cup sugar
2 eggs
1 teaspoon vanilla
½ teaspoon almond extract
1 teaspoon baking powder
½ teaspoon salt
2½ cups flour

Cream butter and sugar. Add eggs. Mix in vanilla, almond extract, baking powder, and salt. Add flour and mix well.

Roll out about ¼-inch thick, cut out cookies. Avoid handling dough too much or the cookies will be tough. You can make the dough beforehand and refrigerate it until needed. Bake at 375° for about 6-8 minutes. Frost or decorate. These freeze well.

Note: if you use margarine (80% vegetable oil) instead of butter, your cookies will come out softer and stay softer for days. The advantage is that you can make these the day before you need them for a party using margarine, and they will still be soft and good.

Sugar Cookies—Eliza's Favorite

1 cup butter
1 cup sugar
1 large egg
1½ teaspoon almond or vanilla extract or a combination of the two
3 cups flour, spooned into the cup and leveled
1½ teaspoon baking powder
½ teaspoon salt (reduce if using salted butter)

Cream butter and sugar until light and fluffy. Add the egg and flavoring. Sift together dry ingredients. Add to sugar mixture.

Chill the dough so it will roll out more easily. Roll out and cut out shapes. Bake for 8-10 minutes at 350° (or 325° convection oven).

Sugar Cookies—Sour Cream

1 cup butter
1 cup sour cream
1 teaspoon vanilla
1 teaspoon baking soda
2 teaspoon baking powder
1 cup sugar
2 eggs
4-5 cups flour
½ teaspoon salt

Cream sugar, butter and eggs. Add sour cream and vanilla. Add dry ingredients and mix well.

Roll out in flour or powdered sugar to ¼ inch thick and cut. Cook in a 350° oven for 7-8 minutes. Bottoms should be brown but tops should not be brown at all. These make cake-like cookies.

Wessman Grandchildren

Grandma [Beverly Lucille Glade Wessman] once hosted a special day of baking with all the grandchildren who lived close by. She had a recipe box for each family, and Grandpa had carefully typed out copies of every recipe on 3 x 5 cards. The highlight of the day was the most popular cookie—mayonnaise cookies!

Grandma kept a clear glass cookie jar on the counter, its lid proudly labeled "Grandma's Cookies." It was always a disappointment when the jar was filled with cheap store-bought cookies, but the grandchildren knew they had hit the jackpot when they spotted the pale pink of raspberry meringue kisses inside. Other favorites included Chocolate Mint Sticks, Honeymoon Squares, Double Chocolate Peanut Butter Chip Cookies, Italian Nut Balls, Angel food cake with strawberries and whipped cream, ice cream cones, and bottled peaches with buttered toast.

Sugar Cookies—Whole Wheat

2 cups sugar
1 cup butter
¼ cup milk
1 teaspoon grated lemon peel
2 teaspoons vanilla, optional
2 eggs
3½ cups whole wheat flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon nutmeg

Cream sugar and butter. Add milk, lemon peel, vanilla and egg and beat well. Add flour, baking powder, baking soda, salt and nutmeg and mix well. Refrigerate at least 30 minutes. In a small bowl, combine ¼ cup sugar and 1 teaspoon cinnamon. Shape dough into 1-inch balls and roll in sugar mixture. Bake at 375° for 7 to 10 minutes. High altitude: increase flour to 4 cups.

Unbaked Cookies (Heritage Recipe)

Mix in pan:
2 cups sugar [1 cup]
½ cup milk [¼ cup]
½ cup margarine (80% vegetable oil) or butter [¼ cup]
⅛ teaspoon salt [pinch]
4 tablespoons cocoa, optional [2 tablespoons]

Bring to a boil and boil for one minute. Remove from heat and add:
½ cup (4.5 ounces) peanut butter, chunky [¼ cup (2.25 ounces)]
3 cups quick oatmeal [1½ cup]
1 teaspoon vanilla [½ teaspoon]

[Amounts in brackets are a half recipe] Drop on wax paper to cool. Makes about 20 cookies.

Notes: If you double the recipe, cook the sugar/milk/butter mixture for almost 2 minutes instead of 1, so your cookies will set up properly. Margarine gives more consistent results. If you use old-fashioned oatmeal, the cookies do not usually set up.

Chocolate Chip Marshmallow Variation: Omit cocoa. Make recipe as written, but right before scooping onto the waxed paper, fold in ¼ cup (or a handful) semisweet chocolate chips and ¾ cup marshmallows.

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Cooking Notes

In this section you will find ice cream, pudding desserts, crisps, cobblers, and other delicious recipes. Recipes found in other sections, such as a streusel in the quick breads chapter or frostings and toppings from the cake chapter, work well with many of these desserts.

Gammon Hayward (1828-1883) and Sarah Ann Cripps Hayward (1830-1932)

At one time they had nothing to eat and her husband walked to Farmington [from Salt Lake City] to try and get some flour that was promised him for work, but not finding the man at home, he walked home again empty handed.

Apple Crisp

Mix together in the bottom of a 9x13 inch pan:

- 7–8 cups sliced apples
- ¼–1 cup sugar, depending on sweetness of apples
- ¼ cup flour
- 2 teaspoons cinnamon
- ½ cup water, optional

In a separate bowl combine the following, in the order listed:

- ¾ cup butter or margarine, melted
- 1 cup brown sugar
- 1 cup oatmeal
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ teaspoon soda
- 1 cup flour
- ½ cup chopped pecans or other nuts, optional

Spread mixture over the apples and bake at 350° for 30 minutes or until brown and apples are tender.

You can also use the same topping on any combination of fruit or as a top crust for a pie. If you make this in a large cookie sheet with sides (lined with parchment paper), increase the apples to 10 or more cups and double the topping. Reduce the cook time to 25–30 minutes at 350°. This works well with any fruit or fruit combination or as the top crust for a pie.

Baklava

- 1 pound Filo or Phyllo dough
- ¾ pound pecans or other nuts, chopped
- ¼ cup sugar
- 1–2 teaspoons cinnamon
- ½–1 cup butter, melted

Mix the chopped nuts with the sugar and cinnamon and place in a bowl.

Make a simple syrup by heating 1 cup water, 1 cup sugar, and ½ cup honey. (Supposedly, Turkish baklava doesn't include honey in the syrup and Greek baklava does.) Remove from heat and add 1 teaspoon vanilla extract. Let the syrup cool completely.

Grease a 9x13-inch pan. Unroll the Phyllo dough and cover with a slightly damp paper towel, if it starts to dry out. Working quickly, put one sheet of dough into the pan and brush or spray with melted butter. You don't need that much butter on each layer. Repeat this 12 times, so you have 12 sheets of dough on the bottom of the pan. It is OK if the dough isn't completely flat.

Cover the dough with ⅓ of the nut/cinnamon mixture. Then do 4 more sheets of dough/butter. Place ⅓ of the nut mixture and 4 more sheets of dough/butter. Then put the last of the nut mixture and cover with the remaining sheets of dough/butter, about 10 sheets.

Carefully cut the baklava into diamonds with a very sharp knife. If you are having problems cutting the baklava, put the baklava into the freezer for about 30 minutes to get it harder and then cut it.

Bake at 325° for about 35–45 minutes until it is golden brown on top.

Take the baklava out of the oven and pour about ½ cup to ⅔ cup of cold syrup over the hot baklava. Let cool completely before serving.

You can freeze the baked (or unbaked) baklava and then defrost before serving (or baking).

Ann Glade Wessman Tanner

Beverly Wessman made meringue pie shells and filled them with chocolate mousse. She topped them with whipped cream and shaved chocolate curls. Those were elegant desserts.

Brownie Trifle

- 1 pan (9x13) of brownies cut into 1-inch cubes
- 1 box instant chocolate pudding (mixed according to directions)
- 1 large (16 ounce) container Cool Whip or 1 pint whipping cream (whipped and sweetened)
- 6–8 Skor or Heath Candy Bars (crushed) or 1 bag Heath Milk Chocolate Toffee Bits or 1 large Symphony with toffee candy bar, chopped

Layer in a trifle bowl starting with half of the brownies, then half of the chocolate pudding, then half of the Cool Whip/whipped cream, and then half of the crushed candy bars. Repeat layers with remaining ingredients and refrigerate. Prepare it an hour or two in advance.

It is also good the next day since the brownies soften a bit. The Cool Whip would keep better long term than whipped cream. If you are using whipped cream and want it to keep for a long time you may want to use powdered sugar to sweeten your whipped cream to make a stabilized whipped cream.

Chocolate Eclair Pie (Heritage Recipe)

Butter a 9x13 inch glass pan. Place in it 15 graham crackers

Beat together for 2 minutes:

- 2 (3 ounce) packages French Vanilla Instant Pudding
- 3½ cups milk

Fold in:

- 1 (8 ounce) container Cool Whip

Put ½ of pudding on graham crackers. Put another layer of 15 graham crackers. Put rest of pudding on. Top with a layer of 15 graham crackers.

Put it in the refrigerator to set up. Mix together:

- 6 tablespoons cocoa powder
- 2 tablespoons vegetable oil
- 1 tablespoon light corn syrup
- 1½ cups powdered sugar
- 1 teaspoon vanilla
- 3 tablespoons milk
- 3 tablespoons melted butter

Mix together cocoa powder and oil, then add other ingredients. Beat this well and spread on top. Or make half a recipe of Chocolate Buttercream Frosting, and thin it a bit to spread smoothly. Chill for a few hours, so the graham crackers have time to get soft. Serve cold, and keep refrigerated. The cocoa, oil, and corn syrup replace the original recipe's "Nestle's Choco Bake", which is no longer made. From Beverly Lucille Glade Wessman.

Chocolate Fondue

- ½–¾ cup whipping cream (or evaporated milk)
- 2 cups chocolate chips or shaved chocolate (semi-sweet, milk chocolate, bittersweet, or a combination)

Heat the cream in a small saucepan over medium heat; stir and watch it carefully. When small bubbles appear and it begins to gently boil, remove from heat and add the chocolate. Whisk to combine the two. Serve from that pot or transfer to a fondue pot. You can place your favorite treats on a plate and drizzle the chocolate over the top or use skewers or forks to hold your dipping treats to dip into the chocolate. If the chocolate begins to thicken add a small amount of cream or reheat slightly.

Ideas for dipping treats: small cubes of cake, pretzels, marshmallows, strawberries, bananas, orange sections, and many other kinds of fruit.

Beverly Lucille Glade Wessman (1924-2008)

In 1958, the Salt Lake Tribune carried a story about Beverly and her fruit ice cream recipe. The recipe in the paper had 3 eggs, 2½ cups sugar, 1 cup juice from 3 lemons and one orange, 2 cans evaporated milk, 3 or more cups milk, ½ cup whipping cream, and about 1 quart fruit. (The eggs were not cooked, but mixed in and frozen with the other ingredients, so the recipe we have in the cookbook is her easy version without the eggs.) In the newspaper article, Beverly is quoted as saying, "It is reckless to give a recipe for just one kind of fruit ice cream, because the idea is to use the fruit you have handy—or mix it with flavors to concoct your own concoctions." The fruit suggestions are for about 1 quart of crushed pineapple, or crushed peaches, or strawberries or raspberries, or apricot puree, or bananas and pecans.

Chocolate Mousse (Heritage Recipe)

- 1 envelope unflavored gelatin (2½ teaspoons or 7 grams)
- 2 tablespoons cold water
- ¼ cup boiling water
- 1 cup sugar
- ½ cup cocoa
- ¼ teaspoon salt
- 2 cups cold whipping cream
- 2 teaspoons vanilla extract

In a small bowl, sprinkle gelatin over cold water; let stand for 1 minute to soften. Add boiling water and stir until gelatin is completely dissolved and mixture is clear. Cool.

In a large, cold, mixing bowl, stir together cocoa, salt, and sugar. Add whipping cream and vanilla. Beat on medium speed, scraping bowl occasionally, until almost stiff. While beating, slowly add the gelatin mixture and beat until well blended, and stiff peaks form. Do not overbeat. Refrigerate for at least ½ hour. Can use for frosting, cake filling, or just by itself. When using Chocolate Mousse as frosting, it is best to spread or pipe on the mousse before you chill it. This recipe will barely frost a two-layer 9-inch cake. Tastes rich, but not heavy. From Beverly Lucille Glade Wessman.

Vanilla Mousse Variation: Omit cocoa and reduce sugar to ¾ cup to make vanilla mousse.

Chocolate Nut Ball

- 1 (8 ounce) package cream cheese, softened
- ¼ cup butter
- 2 tablespoons brown sugar
- 3 tablespoons unsweetened cocoa
- ¾ cup powdered sugar
- ¼ cup mini chocolate chips (semi-sweet)
- ¼ teaspoon vanilla
- ¼ teaspoon almond extract

Blend all together. Form into a ball, wrap in plastic and refrigerate until ready to use. Serve with thin crisp cookies.

Danish Cream Cheese Filling

- 8 ounces cream cheese, softened
- ¼–½ cup sugar
- 1 egg yolk
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract

Mix all ingredients together. Use this as a filling for baked Danishes or other desserts where you need a cream cheese filling and the cake or rolls will be baked. This is not a frosting recipe.

Flan

Creamy Flan:

- ¾ cup sugar
- 1½ cups milk
- 1½ cups half-and-half
- 3 eggs
- 5 egg yolks
- 1½ teaspoons vanilla

Rich Flan:

- ¼ cup sugar
- 1½ cups milk
- 1 (14 ounce) can sweetened condensed milk
- 3 eggs
- 4 egg yolks
- 1½ teaspoons vanilla

Caramelizing the molds: Use 6 6-ounce or 4 8-ounce cups. Measure ¾ cup sugar into a small saucepan. Dribble ⅓ cup water over the sugar and set over medium-high heat. When the mixture comes to a boil, wash down the sides of the pan with a brush dipped in water to dissolve any extra sugar crystals. Reduce the heat to medium and boil without stirring until the syrup turns gold. Start swirling the pan over the heat until the syrup is a golden color. Remove from heat and swirl until it is a deep gold-brown color. Quickly pour a portion of caramel into each mold and immediately tilt the molds to cover the bottoms with caramel. The caramel will harden almost instantly. Put the molds into a large pan, such as a 9x13 pan.

For the Flan: Choose which recipe to use. Heat oven to 325°. Combine the sugar and milk in a saucepan and stir until it comes to a simmer. Whisk the eggs and yolks or put in a blender and quickly blend. Add some warm milk to the eggs and then add the eggs-milk mixture to the rest of the milk. Whisk or blend in the blender. Stir in the vanilla. Strain through a fine mesh strainer and then pour a portion into each caramelized mold.

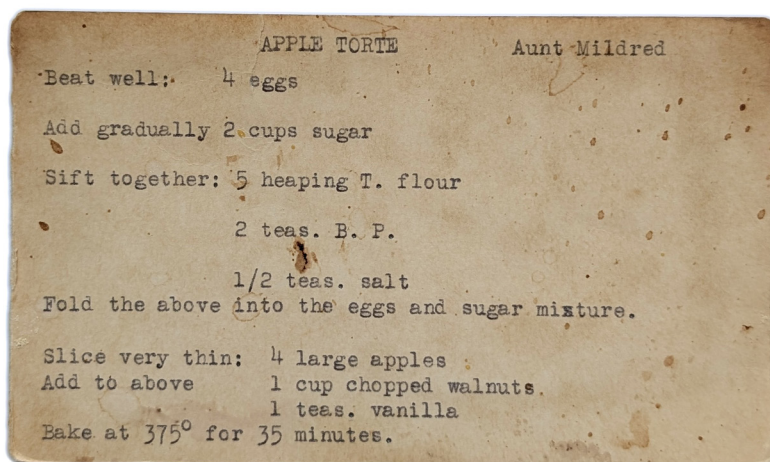
Put the pan with molds in the oven and carefully pour warm or simmering water in the pan, being careful not to get any water in the flan molds. Bake until the custards are barely set in the middle, about 50–60 minutes. Let the custards cool in the hot water bath for about an hour. Cover each cooled flan with plastic wrap pressed to the top of the custard and refrigerate for at least 2 hours, though they can keep for up to 5 days. To serve them, slide a sharp knife around the upper edge of the custard. Turn the mold onto a serving plate and tap or gently jiggle until the flan falls out. Scrape any remaining caramel onto the flan. (Rick Bayless recipe)

Fried Ice Cream Balls

- ½ cup firmly packed brown sugar
- ¼ cup butter
- 2 teaspoons cinnamon
- 3 cups crushed cornflakes or crisp rice cereal
- ½ cup nuts, chopped, optional
- Vanilla ice cream (or peppermint or your favorite flavor)

Melt butter, add sugar and cinnamon. Stir until well blended. Stir in cereal and nuts, if using, and spread on a cookie sheet to cool. Crumble and store in an airtight container. Roll vanilla ice cream balls into the mixture. Refreeze these until ready. Serve with chocolate, caramel, or strawberry sauce. Top with whipped cream and a cherry. For a traditional topping, drizzle on honey instead. These are sort of like fried ice cream, except without the extra fat. This recipe makes enough to cover about 30 (½-cup) ice cream balls.

Variation: Instead of making balls, you can also put down a layer of the crumb mixture in a 9x13 pan, spread the slightly softened ice cream over the crumbs and sprinkle the rest of the crumbs on top. Put the covered pan in the freezer until needed. Pull out a few minutes before serving, cut into squares and serve as above.



Fruit Cobbler—Basic Technique with Variations

- 1 recipe fruit filling
- 1 cup flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup buttermilk
- 4 tablespoons unsalted butter, melted and cooled
- ½ teaspoon vanilla
- 1 tablespoon cinnamon sugar

Heat the oven to 400°. Place the fruit filling in a 9-inch pan and place the pan on an aluminum-covered baking sheet. Bake until the fruit begins to release liquid, 20–30 minutes. (If you are short on time, cook the fruit to boiling in the microwave and then proceed with the recipe.)

While the fruit is cooking, whisk the flour, ¼ cup sugar, baking powder, baking soda, and salt in a large bowl. In a separate bowl, whisk the buttermilk, melted butter, and vanilla together. When the fruit is hot and bubbly, stir the buttermilk mixture into the dry ingredients. Drop the mixture onto the hot fruit and sprinkle it with cinnamon sugar. Bake until the topping is golden brown, about 15–20 minutes. Preheating the fruit prevents a gummy or undercooked topping.

Fruit fillings:

- Apricot: 1¾ pounds fruit, halved and pitted, 2 teaspoons cornstarch, ½–⅔ cup sugar, 1 teaspoon vanilla, ½ teaspoon almond extract
- Blackberry: 6 cups fruit, 1 tablespoon cornstarch, ⅓–½ cup sugar, 1 teaspoon vanilla
- Blueberry: 6 cups fruit, 1 tablespoon cornstarch, ½–⅔ cup sugar, ½ teaspoon cinnamon, 2 tablespoons lemon juice
- Cherry: 1¾ pounds pitted fruit, 1½ tablespoons cornstarch, ⅔–¾ cup sugar, 2 teaspoons almond extract
- Peach or Nectarine: 1¾ pounds fruit, peeled, pitted, sliced, 2 teaspoons cornstarch, ⅓–½ cup sugar, ⅛ teaspoon cloves, 1 teaspoon vanilla
- Plum: 1¾ pounds fruit, pitted and quartered, 2 teaspoons cornstarch, ½–⅔ cup sugar, ½ teaspoon cinnamon, 1 teaspoon vanilla
- Raspberry: 6 cups fruit, 1 tablespoon cornstarch, ½–⅔ cup sugar, 1 teaspoon vanilla extract
- Strawberry: 2 quarts fruit, halved, 1 tablespoon cornstarch, ⅓–½ cup sugar, 1 teaspoon vanilla extract

To use frozen fruit, substitute 2 pounds frozen fruit and double the amount of cornstarch. You don't have to thaw the fruit. Just increase the baking time to 60 minutes. Two pounds of fruit is about equal to 4 cups.

Mary Isabell Pettit Green (1866-1905)

8 June 1890. Harry walked home with me. We made ice cream in the afternoon to try our new freezer. It works like a charm. We went to evening meeting. Listened to Bro. J. Higgs and Geo. Lambert. Came home and ate ice cream. Sat on the porch with Pa [Edwin Pettit] and Harry [Henry Green].

Fruit Cobbler—Blueberry-Peach

Fruit filling:

- 4 cups peaches (about 8 large)
- 1–2 cups blueberries
- 2–4 tablespoons sugar
- 1 teaspoon cinnamon

Crust:

- ¼ cup butter, softened
- ½ cup sugar
- 1 egg
- ½ teaspoon vanilla
- 1½ cup flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ½ cup milk

Streusel topping:

- 2 tablespoons flour
- 1 tablespoon (heaping) sugar
- 1 tablespoon butter (room temperature)
- ½ teaspoon cinnamon

Preheat the oven to 375°. Grease a 9x13 pan. For fruit filling, peel and slice peaches. Wash berries. Stir together peaches, blueberries, sugar, and cinnamon. Pour into a greased pan.

For crust, cream butter and sugar. Add egg and vanilla, and beat until fluffy. Add baking powder, salt, cinnamon, flour, and milk, and stir gently until combined. Carefully spoon batter onto fruit and spread out a bit. It doesn't have to go all the way to the edges.

For streusel topping, cut together flour, sugar, butter and cinnamon, until crumbly. Sprinkle topping over batter. Bake for 25–30 minutes until the crust is golden brown. Cobbler is best served warm, especially with vanilla ice cream or whipped cream.

Fruit Cobbler—Fresh (Heritage Recipe)

- 6 cups fresh fruit
- 1½ cups sugar
- ¼ cup flour
- 1 teaspoon cinnamon
- 2 tablespoons butter

Cake:

- 2 cups flour
- ¼ cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- ¾ cup melted butter
- 6 tablespoons milk
- 2 eggs

Arrange fruit in a greased 9x13 inch pan. Top with sugar, flour, and cinnamon. Dot with butter, cut up. Mix flour, sugar, baking powder, and salt. Add melted butter, milk, and eggs. Stir. Drop by spoonfuls onto fruit and bake at 350° for 30 minutes.

Fruit Cobbler—Judy's

- 1 cup sugar
- 1 cup flour
- 1½ teaspoon baking powder
- Dash salt
- 1 cup milk
- ½ cup butter or margarine
- 2 cups diced fresh fruit or 1 quart peaches with 1 cup juice.

Preheat the oven to 350°. Melt butter in a 9x13 pan in the oven until bubbly. Meanwhile mix flour, sugar, milk, baking powder and salt. Pour batter into pan over melted butter, then spoon fruit and juice over the batter. Do not stir. Bake for 45 minutes to 1 hour. Serve hot with a scoop of vanilla ice cream.

Note: When making peach cobbler, add ½ teaspoon cinnamon to the flour.

Fruit Cobbler—Peach

Batter:

- 6 tablespoons melted butter
- 1 cup flour
- ½ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup milk
- 1 egg

Filling:

- 1 (28 ounce) can sliced peaches, drained
- ½ cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Melt butter in a 9x13 inch pan. Mix together flour, sugar, baking powder and salt. Stir in milk and egg. Pour evenly over melted butter. Combine peaches, sugar and spices and spread over batter; do not stir. Bake for 35–45 minutes at 350° until the batter comes to the top and is golden brown. Serve warm with ice cream. You can use fresh, sliced peaches instead of canned ones.

Fruit Mousse

- 1 envelope unflavored gelatin (2½ teaspoons or 7 grams)
- 2 tablespoons cold water
- ¼ cup boiling water
- ¾ cup sugar
- ¼ teaspoon salt
- 2 cups cold whipping cream
- 2 teaspoons vanilla extract
- 2 ounces (60g) freeze dried strawberries (about 1½ to 2 cups)
- ¼ cup milk or water
- 1 tablespoon fresh lemon juice, optional

In a small bowl, sprinkle gelatin over cold water; let stand for 1 minute to soften. Add boiling water and stir until gelatin is completely dissolved and mixture is clear. Cool.

Using a blender or food processor, grind the freeze-dried strawberries into a powder. In a large, cold mixing bowl, stir together sugar, salt, whipping cream and vanilla. Beat on medium speed, scraping bowl occasionally, until almost stiff. Gradually add the strawberry powder, milk (or water), cooled gelatin mixture, and lemon juice (if using). Continue beating until the mixture is well blended and stiff peaks form. If needed, adjust the consistency by adding up to ½ cup more liquid. Avoid overbeating.

This recipe works well with other freeze dried fruits, though some may need sifting to remove seeds. Can be used as frosting, cake filling, or enjoyed on its own. This amount will lightly frost a two-layer 9-inch cake. When using as frosting, apply it before chilling for best results. Keep in mind that both flavor and color will intensify over several hours. Omit the milk for an extra-thick and rich mixture. Add additional fruit powder for more intense fruit flavor.

Lillian Hill Pettit (1873–1941)

The farm produced lots of hay, lucern and vegetables, fruit. Mother [Rebecca Hood Hill Pettit (1844–1922)] had lots of chickens... We always made our own soap, candles and sausage, butter, cheese, smoked ham and bacon and pickled beef for winter use. We had plenty of milk, cream and butter, pickled cabbage. We raised our own potatoes, stored fruit, lots of hay and grain for the stock. One of our winter evening chores was to put a spade over a wooden tub and shell the corn for the animals to eat, we also made the lye out of wood ashes. We hulled the corn for family use, ate it with milk, or fruit or hominy. Our apples were stored in long pits, each fifty bushel size out in the orchard, also potatoes. In the spring we all had to sprout potatoes when the pit was opened. Father [Edwin Pettit (1834–1924)] would sell them and some of the wheat.

The home was improved from time to time... fine granary with cellar below, a well dug for drinking water, two pickling pear trees grew by the well. Farther on, near the large front gate two “puckery” pear winter trees grew. How we loved them to eat while green, in spite of warnings, in front of the house board walk from porch to gate border and two Bartlett pear trees, father’s [Edwin Pettit (1834–1924)] favorite fruit, grew, one spitzburger and several apple and plum trees, dewberries and currant bushes, strawberries farther to the south. All were bound by a neat picket fence painted white, which was the occasion of much family pride.

Em (Emeline Pettit (1870–1947)) was the champion knitter, a stocking a day was her record. Daisy [Daisy Elizabeth Pettit (1875–1949)] was the champion and could beat us all on sewing carpet rags. Alice [Alice Maria Pettit (1861–1923)] liked to wash dishes best of all. May [Mary Isabell Pettit Green 1866–1905]] did most of the cooking, with Mother’s help. [Rebecca Hood Hill Pettit (1844–1922)]

Fruit Tart

Dough:

- 1 large egg yolk
- 1 tablespoon heavy cream
- ½ teaspoon vanilla extract
- 1¼ cups flour (6¼ ounces)
- ⅔ cup powdered sugar (2⅔ ounces)
- ¼ teaspoon salt
- 8 tablespoons butter, cut into small cubes & chilled

Makes one 9-inch tart or 16–18 individual 2½ inch tarts. To make the dough, whisk egg yolk, cream, and vanilla together in a small bowl. In a food processor, mix flour, sugar, and salt for a few seconds. Scatter the butter over the flour and pulse until mixture resembles coarse cornmeal. With machine running, slowly add egg mixture and run just until the dough pulls together around the blades.

Roll dough into an 11-inch circle on lightly floured pastry cloth, silicone sheet, or parchment paper. Use the cloth or paper to transfer the dough to a 9-inch tart pan. Press the dough well into the fluting on the sides. Trim excess dough by running a rolling pin across the top edge of the pan to cut off the extra dough. Wrap tart shell in plastic and freeze for half an hour or until completely frozen. This will keep the dough from shrinking when it bakes. You can freeze the dough for up to a month.

Heat oven to 375°. Set tart pan on a cookie sheet. Press a double layer of foil into the pan and fill with pie weights or coins. Bake for about 30 minutes, rotating the sheet once. Remove weights and bake for 5 to 10 more minutes, until the shell is fully baked and golden. Let cool. Makes about 10 individual tart shells, depending on the tin size. Individual shells bake for about 15 minutes.

Pastry Cream:

- 2 cups half-and-half
- ½ cup sugar, divided into 6 tablespoons and 2 tablespoons
- Pinch of salt
- 5 large egg yolks
- 3 tablespoons cornstarch
- 4 tablespoons butter, cut into 4 pieces
- 1½ teaspoons vanilla

For the pastry cream, bring half-and-half, 6 tablespoons of sugar, and salt to a simmer, stirring occasionally.

While the mixture is heating, whisk egg yolks, cornstarch, and remaining 2 tablespoons of sugar together in a medium bowl until smooth.

As soon as the cream mixture begins to boil, remove from the heat. Begin whisking the egg mixture, and while whisking, slowly add about 1 cup of hot cream mixture into the eggs to temper them. Place the pan with the remaining cream mixture back on the stove. Slowly pour the tempered egg mixture into the pan of cream, whisking well as you pour. Cook on medium heat, whisking well, until the mixture thickens and a few bubbles burst on the surface, about 30 seconds or a minute or so.

Remove from heat and add the butter and vanilla. Whisk well, until smooth. Pour into a clean bowl or tupperware, and press plastic wrap onto the surface, sealing to the edges so there are no air bubbles on the surface. Chill for at least 3 hours, or up to 2 days.

Choose whatever fresh fruit you want on your tart, such as:

- Bananas, sliced
- Blackberries
- Blueberries
- Kiwis, peeled, sliced, halved
- Nectarines, sliced
- Peaches, sliced
- Raspberries
- Strawberries, sliced

Assemble the tart when you are ready to serve it. Prepare your fruit by slicing thinly. Make sure berries are dry. Some fruit can be cut ahead of time, but if the fruit will turn brown, cut right before you need it. Spread pastry cream into the tart shell. Decorate the top with cut fruit and/or berries. Making concentric rings with one type of fruit for each ring is an effective design.

To serve, remove the outer ring of the tart pan, then slide the tart off the bottom of the pan onto a plate. Use a thin metal spatula to loosen the crust if necessary.

Grandma Glade’s Rice Pudding (Heritage Recipe)

Cook in 2 cups boiling water:

- 1 cup rice

Add to:

- 3 cups milk
- 2 eggs, lightly beaten
- Butter
- 2 tablespoons sugar
- Nutmeg

Cook in a double boiler for half an hour, stirring constantly, until thick. Serve.

To avoid having chunks of hard-cooked egg in your rice pudding, try the following technique. Bring 3 cups of milk and the sugar to a simmer in a double boiler. Lightly beat eggs in a separate bowl. Add a cup of the hot milk to the eggs and beat. Pour the egg-milk mixture back into the double boiler, stirring constantly. This is the more traditional way of making custard. Add the rice (about 1 cup cooked rice is plenty), nutmeg, and butter. Cook until thick. Beverly Lucille Glade Wessman liked the rice pudding with more custard than rice.

Emily Wessman

During a visit to see Mindy [Melinda Tanner Bowers] in Arizona, we stopped at a little deli for lunch and discovered a dessert so incredible we couldn't stop talking about it. We loved it so much that we bought an extra one to take home, determined to recreate it. After plenty of tasting, searching, and experimenting, we not only perfected the recipe—we made it even better! The hardest part? Naming it. Since we were in Arizona, we considered desert-themed names like Mesa Bars, Cactus Bars and Sonoran Bars, but nothing felt quite right—until Emily [Emily Glade Bowers] came in and pointed out, “Hey, they have layers like the Grand Canyon!” And just like that, the name was born.

It's fun to see how each generation continues what Grandma [Beverly Lucille Glade Wessman] always did—experimenting with recipes and recreating flavors. In a way, we're carrying on her legacy, one delicious bite at a time.

Grand Canyon Bars

- 54 single club crackers (or more, if you break a lot. 54 crackers is about 3 “Snack Stacks”)
- ½ cup butter
- ½ cup brown sugar
- ½ cup white sugar
- ¼ cup milk
- 1 cup graham cracker crumbs (about 7 full crackers)
- 1 cup chocolate chips (semi-sweet or milk chocolate)
- ½ cup butterscotch chips
- 1 tablespoon creamy peanut butter
- ⅛ teaspoon coarse sea salt, or to taste

Make sure all your ingredients are ready to go.

Line an 8-inch square pan with silicone-coated parchment paper (like the Kirkland brand parchment), or butter some normal parchment paper. You may want to fold and cut the parchment to fit the corners well.

Place a layer of club crackers in the pan, and set aside. You may have to trim some crackers in halves or thirds using a serrated knife.

Melt together the chocolate chips, butterscotch chips, and peanut butter. To microwave, add all ingredients to a glass bowl. Microwave 30 seconds. Stir. Repeat microwaving and stirring until the mixture is smooth, about 3 or 4 times in the microwave. Set aside.

In a saucepan, on medium heat, melt the butter. Add the sugars and milk. Bring to a boil, set timer for 2 minutes, and add the graham cracker crumbs. Continue to stir the caramel for 2 minutes. Remove from heat, and immediately pour half the caramel carefully over the crackers. Spread the caramel layer somewhat evenly over the crackers, and then add a second layer of crackers, trimming to fit if needed.

Pour the second half of the caramel mixture onto the crackers, and spread it as evenly as you can. Add the third layer of crackers on top of the caramel.

Pour on the chocolate mixture, and then spread it evenly over the crackers.

Sprinkle on some coarse salt as a garnish.

Refrigerate for about 8 hours, or overnight. When ready to cut, remove from the fridge and allow it to warm up for about 15–30 minutes. Use the parchment to remove the bars from the pan, and put on a cutting board. Use a large, sharp knife to cut the bars into squares. The bars are rich, so smaller bars might be a good idea. Once cut, the bars do not have to be refrigerated, unless you prefer to eat them cold. Store in an airtight container.

Ice Cream—Brickle Slickle

- 2 cups cream
- 1 (12 ounce) can evaporated milk
- 1 (14 ounce) can sweetened condensed milk
- 4 cups whole milk
- 1 small package instant vanilla pudding
- ¾ cups sugar
- 4 teaspoons vanilla
- 3 Butterfinger candy bars, crushed

Combine all ingredients except candy bars. Mix well with an electric mixer. Pour into the ice cream freezer. Layer crushed ice and salt around the can. Use a lot of salt and keep the ice full as it settles and melts. Freeze until soft, then add crushed candy bars. Continue freezing until done. This is good even if you don't like Butterfingers. It just adds a bit of flavor and nice chocolate specks to the ice cream.

Ice Cream—Custard Base

The following method works for all custard-based ice cream recipes. I'll describe the method and then give the ingredients for all the flavors.

Mix the cornstarch, sugar, and salt in a large (5 or 6 quart) saucepan. Stir in the milk and/or half and half and the extract (or chocolate). Cook over medium heat until it begins to simmer; don't let it boil. Beat the eggs well in a blender. Add about 1 cup of the warm milk mixture into the beaten eggs to temper them. Blend briefly. Stir the eggs and milk back into the pan. Add the half and half and cream and cook until slightly thickened, about 2–5 minutes. Eggs are cooked at 160°, so you don't have to boil the mixture. Remove from heat and stir in fruit, if using.

Cool completely—overnight is best. Freeze in an ice cream freezer. These recipes fill a 6-quart freezer.

You can add in crushed chocolate cookies or other treats during the last 5 minutes of freezing time. You may have to decrease the milk by a cup if you are adding in a lot of candy, crushed cookies, or other treats.

Remove the ice cream from the freezer and pack in a large, sturdy container. When you are packing the ice cream, you can swirl syrups or jams or other treats into it. Freeze at least overnight. This ice cream never turns into an ice block; rather, it is an amazing creamy treat better than almost anything you can buy.

Chocolate Ice Cream variation

- 2 tablespoons cornstarch
- 2⅔ cups sugar
- ½ teaspoon salt
- 2 cups milk (or 1 cup milk and 1 cup half and half)
- 2 teaspoons vanilla extract
- 4 eggs
- 12 ounces semisweet chocolate, broken in chunks
- 3 cups half and half
- 4 cups cream

Note: Melt the chocolate and blend it with the eggs and warm milk. Then stir it into the saucepan.

Fruit Ice Cream variation

- 2 tablespoons cornstarch
- 3 cups sugar
- ½ teaspoon salt
- 4 cups fruit, puréed (strain seeds from raspberries)
- 1½ tablespoons vanilla extract
- 4 eggs, well beaten
- 2 cups half and half
- 4 cups whipping cream

Note: The fruit can be mixed with the cream and then cooled, or it can be mixed right before pouring into the ice cream freezer.

Vanilla Ice Cream variation

2 tablespoons cornstarch
 2¼ cups sugar
 ½ teaspoon salt
 3 cups milk
 1½ tablespoons vanilla extract or vanilla bean paste
 4 eggs, well beaten
 3 cups half and half
 4 cups whipping cream

Peppermint Candy variation

Make vanilla ice cream variation, and add

2 cups of crushed peppermint candy
 ¼ teaspoon peppermint oil

The candy will turn the ice cream pink.

Passion Fruit Ice Cream variation

2 tablespoons cornstarch
 5 cups sugar
 ½ teaspoon salt
 28 ounces passion fruit pulp (frozen, prepackaged, no seeds)
 1 tablespoon vanilla extract
 4 eggs, well beaten
 2 cups half and half
 4 cups whipping cream

Note: Don't stir in the passion fruit until you are ready to put the mixture into the ice cream freezer. Otherwise, the acid will do funny things to the milk and cream (turn it into cheese).

Lemon Ice Cream variation

2 tablespoons cornstarch
 3 cups sugar
 ½ teaspoon salt
 4 eggs, well beaten
 2 cups milk
 2 cups half and half
 4 cups whipping cream
 2 cups lemon juice mixed with 2 cups sugar (heated to dissolve the sugar, and then cooled)

Note: Don't stir in the lemon juice/sugar until you are ready to put the mixture into the ice cream freezer. Otherwise, the acid will do funny things to the milk and cream (turn it into cheese).

Tin Roof Sundae variation

After the chocolate or vanilla ice cream is made, pack it into a container with layers of chocolate sauce, marshmallow swirl, and Spanish peanuts.

Ice Cream—Fudge Ripple

½ cup sugar (100g)
 ⅓ cup light corn syrup (100g)
 ½ cup water (125ml)
 6 tablespoons unsweetened cocoa powder, natural or Dutch-process (50g)
 ½ teaspoon vanilla extract

Make the fudge ripple by heating the sugar, corn syrup, water, and cocoa powder in a medium saucepan until it starts to boil, stirring frequently. Reduce the heat and let simmer for 1 minute, stirring often. Remove from heat and add the vanilla extract.

Transfer into a small bowl and chill thoroughly before using. Layer or swirl into homemade ice cream as you pack it into a container.

This chocolate sauce is similar to the Hershey's chocolate flavored sauce.

Ice Cream—Marshmallow Swirl

3 large egg whites, at room temperature
 ½ teaspoon cream of tartar
 ⅓ cup water (74g)
 ¾ cup granulated sugar (149g)
 ¾ cup light corn syrup (234g), dark corn syrup, or ¾ cup honey (255g)
 1 teaspoon vanilla extract

Place the egg whites and cream of tartar in the bowl of an electric mixer fitted with a whisk attachment and set aside.

In a medium saucepan, combine the water, sugar, and corn syrup or honey. Stir to combine. Insert a candy thermometer and heat the mixture over medium-high heat. Don't stir the mixture as it cooks or it will become grainy. When the sugar syrup begins to form large bubbles and the thermometer reads about 225°, begin to beat the egg whites to soft peaks (this should take about 3 to 4 minutes). By the time the egg whites are done, the sugar syrup should be at 240°. Remove the syrup from the heat and, with the mixer running at medium-low speed, carefully pour it down the side of the bowl into the whites in a thin, steady stream.

The whites will deflate a little at first, but continue to beat and the mixture will begin to expand. Whip for 7 to 8 minutes, until the spread is very thick and glossy. Add the vanilla and whip for 1 more minute. Pour the spread into an airtight container and store at room temperature.

Layer this marshmallow swirl in homemade ice cream as you pack it in a container. This marshmallow swirl is like store bought marshmallow fluff.

Ice Cream—Simple Vanilla

Ingredient	2 Quart	4 Quart	6 Quart
Milk	2 cups	3 cups	3½ cups
Sugar	1 cup	1-¾ cups	2¼ cups
Salt	⅛ tsp	½ tsp	½ tsp
Half and half	1 cup	2 cups	2½ cups
Vanilla extract	1-½ tsp	1 Tb	1-½ Tb
Whipping cream	1 cup	3 cups	4 cups

Scald milk until bubbles form around the edge. Remove from heat and stir in sugar, salt, half and half, vanilla, and whipping cream. Cover and refrigerate until ready to use. Freeze in ice cream maker. A 6-quart freezer holds about 10 cups of milk/cream/liquids with the other ingredients. The ice cream is even creamier if you use cream and half and half with no milk. Instead of vanilla extract, you can use vanilla bean sugar; just replace about 1 cup of the plain sugar with the vanilla sugar.

Variations: Add crumbled cookies, crushed candy, or granola to the ice cream the last 5–10 minutes of freezing. Crushed Butterfinger candy is especially good. Mint Cookies and Cream flavor can be made by adding 2 teaspoons peppermint extract, about 12 drops green food coloring, and 2 cups crushed fudge mint cookies.

Ice Cream—Vanilla with Fruit

2¼ cups sugar
 ½ teaspoon salt
 1½ tablespoons vanilla extract
 2 cups half and half
 4 cups whipping cream
 4 cups fruit, pureed

Prepare the fruit (strawberries, raspberries, peaches, etc.) and puree in a blender. You can leave a few larger chunks of fruit. Dissolve the sugar in the fruit and mix with the rest of the ingredients. (You can follow the Vanilla Ice Cream recipe and scald the half and half, if you want, but it isn't necessary.) Freeze in an ice cream freezer. The amounts here fill a 6-quart freezer.

Instant Pudding Mix

For vanilla instant pudding:

- 2 cups sugar (or vanilla sugar)
- 2 cups instant clear jel
- ½ teaspoon salt
- 1 tablespoon vanilla powder (if not using vanilla sugar)

For chocolate instant pudding:

- 2 cups sugar
- 2 cups instant clear jel
- ½ teaspoon salt
- 2 cups cocoa powder (Dutch process)
- 1 teaspoon vanilla powder

To make the pudding mix: Add the sugar, clear jel, salt, and vanilla powder to a food processor fitted with a blade or a blender and process until completely mixed and finely powdered. Let sit for about 5 minutes.

For the chocolate pudding, let the contents sit for 5 minutes and then add the cocoa powder and blend until the mixture is a uniform color. Let the contents rest again to settle.

Carefully spoon the mixture into airtight containers with tight fitting lids. This can store for up to a year.

To make the pudding:

- 2 cups milk
- ¾ cup pudding mix

Whisk together until smooth and thickened.

Note: You could make this into a "just add water" mix by incorporating powdered milk into the recipes. You would add 2 cups cannery powdered milk (4 cups instant powdered milk) to the vanilla recipe or 3 cups cannery powdered milk (6 cups instant powdered milk) to the chocolate recipe.

Lemon Ice Cream

- | | | |
|--------------------------|--------------|------------------|
| ¾ cup lemon juice | [¾ cup] | [*6 tablespoons] |
| 4 cups sugar | [4 cups] | [*2 cups] |
| 2 cups cream | [4 cups] | [*1 cup] |
| Milk to fill | [4-6 cups] | [*2 cups] |
| ½ teaspoon lemon extract | [¼ teaspoon] | [*dash] |
| ½ tablespoon lemon zest | [1 teaspoon] | [*a pinch] |

Freeze. If you are using an ice and salt freezer, you probably need to get it extra-cold with more salt. This makes 4 quarts. [The amounts in brackets make 6 quarts. The amount in starred bracket [*] makes 2 quarts.]

Mother's Easy Ice Cream (Heritage Recipe)

- 1 quart strawberries or other fruit
- 1½ cups sugar
- ½ cup lemon juice
- 1 quart whipping cream
- 1 can evaporated milk
- Milk to fill

Mash strawberries or peaches, or other fruit. Dissolve sugar with fruit. You may need to heat the fruit slightly to dissolve the sugar. Cool before adding cream.

Add lemon juice, or use orange juice or a mixture of orange/lemon juice. Whip the cream until soft peaks form. Add to fruit and stir in canned milk.

Pour into freezer and add milk to fill the container ¾ full. Freeze in the ice cream maker. Makes 4 quarts. From Beverly Lucille Glade Wessman.

My Favorite Recipe

Basic Treat: Fruit Ice Cream

By Bonnie Lake
Tribune Home Service
Director

No better way in the world to wear out over-energetic children than to fill up the ice cream freezer. But a strong mother's hand is necessary at the end when it says: "Allow to stand 2 to 3 hours before using."

Mrs. John H. Wessman, 1839 Bryan Ave. Mrs. Wessman (1565 South) knows whereof she speaks. There are four boys—Roger, 10, Richard, 8, David, 6 and Craig 4 . . . plus 1 girl, Ann, 13 . . . in her



family. They all clamor for ice cream.

Mrs. Wessman has worked out a basic fruit ice cream recipe, which includes any kind (almost) of fruit she happens to have handy in the house. "It is reckless," she maintains, "to give a recipe for just one kind of fruit ice cream, because the idea is to use the fruit you have handy—or mix it with flavors to concoct your own concoctions." This way you can have a different kind of ice cream every time.

Basic Fruit Ice Cream Recipe

- 3 eggs, well beaten
 - 2½ cups sugar
 - 1 cup juice from 3 lemons and 1 orange.
 - 2 large cans evaporated milk
 - 3 cups milk (more if needed)
 - ½ cup whipping cream
- Use one of any of the following fruits or mix fruits to equal same quantity:
- 1 No. 2 can crushed pineapple
 - 1 quart crushed peaches (fresh or canned)
 - 1 quart strawberries or raspberries
 - 1 quart apricot puree
 - 3 bananas, mashed and 1 cup pecan nuts

Add sugar gradually to well beaten eggs; add lemon and orange juice; add fruit mixture, milk, and lastly, fold in stiffly beaten whipped cream. Pour in freezer can. Mixture should fill only ¾ of can. Ice cream expands as it freezes. When freezer can is in place, put crank on freezer. Then fill about ¾ full of crushed ice and salt, and continue until freezer is filled with ice mixed with salt. Use about 4 parts crushed ice to 1 part coarse salt. Turn freezer 15 minutes, if by hand. Drain off water, then lift out dasher. Pack mixture down solidly, using a spoon. Repack in freezer, covering top of lid

(dasher hole) with cork. Let ripen 2 or 3 hours before serving.

Yummy Fruit Dip

- 1 carton sour cream
 - 4 macaroons, crushed.
- Blend sour cream and macaroons together; sweeten to taste with powdered sugar. Use as dip for any fresh fruits . . . pineapple, berries, grapes, peaches, pears, apples, etc.

Cottage Cheese Dressing

- Beat together till smooth:
- ½ cup cottage cheese, ½ cup cream, ½ cup lemon juice, ½ teaspoon salt, 1 tablespoon honey or sugar, 1 tablespoon chopped chives, dash of paprika. Wonderful on fruit salad. Makes 1½ cups dressing.

Beverly Lucille Glade Wessman (1924-2008)

The Salt Lake Tribune carried a story about Beverly and her fruit ice cream recipe. Her recipe includes raw eggs, and for food safety reasons, we don't serve food with raw eggs anymore. Since the eggs give ice cream a smooth texture, custard ice cream recipes are a better option. 'Mother's Easy Ice Cream' is also a good substitute for the newspaper version.

Frances Ann Thomas Christensen (1864-1950)

Jessie Maxine Morgan Tanner said: Grandma's house was where the grade school has their playground now, the one grade school. And she had quite a nice house, and all of that yard was in — she had a garden, and when grandpa [Marinus Christensen] was alive they had a big barn on the lot, and she had it for many years after.

When we first used to go to visit grandma she didn't have a refrigerator. She had a cooler box that they put out under the tree and they would put the butter and things in there to keep cool in the summer-time, and it did. They kept the — it was like burlap material, and they would keep that wet and the breeze would cool the food. And they had a granary and they had an underground... root cellar, where they kept apples and carrots, all the vegetables, which kept well.

Peach-Pecan Tart

Butter Crust:

- 1 cup plus 2 tablespoons flour
- 2 tablespoons finely chopped pecans
- ½ cup butter
- 2 tablespoons sour cream

Filling:

- ¾ cup sugar
- ½ cup flour
- ⅓ cup sour cream
- 3 egg yolks
- 1 teaspoon vanilla
- ½ cup plus 2 tablespoons finely chopped pecans
- 8 peach halves, drained and sliced
- ¼ cup apricot jam

For butter crust, combine flour and pecans. Cut in butter. Add sour cream and stir until dough forms a ball. Press into a tart pan. Prick bottom with a fork and bake at 375° for 10 minutes. Remove and prick again with a fork. Return to the oven and bake for 10 minutes until the pastry is set. Cool to room temperature.

For filling: combine sugar, flour, sour cream, egg yolks, and vanilla. Beat with a mixer. Stir in 2 tablespoons chopped pecans. Pour into the tart shell. Bake at 350° for 20 minutes, until set. Top with peaches, then glaze with warmed apricot jam. Sprinkle ½ cup pecans on top.

Fruit Tart Variation: To make this as a fruit tart, do not put the nuts into the filling and do not put the nuts on top. Instead, just make the filling. When it is done, arrange the fruit on top and then drizzle warmed jam over it.

Pineapple Buttermilk Sherbet

- 2 cups buttermilk [4 cups]
- 2 cups milk [4 cups]
- 1 cup whipping cream [2 cups]
- 1 cup crushed pineapple & juice [15 ounce can]
- 1½ cups sugar [3 cups]
- Zest from one orange, optional

[Amounts in brackets make 6 quarts. You can also use a 20 ounce can of pineapple.] Mix well and freeze in an ice cream freezer. Adjust amount of pineapple to taste. From Marie Wessman Goddard.

Martha Roach Pugsley (1829-1906)

Sister Eliza Broadbent heard that there was a sick sister [Martha Pugsley] at the square [just arrived in Salt Lake from crossing the plains] and came up with a loaf of newly baked bread. To a woman who had been sick for months, it was a Godsend and mother was the kind who never forgot a favor done for her.

Raspberry Danish Dessert

Crust:

- 2 cups graham cracker crumbs (14 crackers)
- ¼ cup brown sugar
- ½ cup butter
- ¼ cup finely chopped walnuts or pecans

Melt butter. Combine above ingredients. Save ½ cup for topping. Press into a 9x13 inch pan. Bake for 5–10 minutes at 350°. Cool.

White layer:

- 2 packages Dream Whip
- 1 (8 ounce) package cream cheese
- 1 cup powdered sugar

Follow directions on the package to prepare the Dream Whip. Set aside. Mix cream cheese and powdered sugar until well blended and smooth. Fold in the Dream Whip. Spread on cooled crust.

Top layer:

- 1 package Danish Dessert
- 1 package frozen raspberries or strawberries (optional)

Cook as directed. Add raspberries or strawberries and stir until melted. When Danish Dessert has cooled to room temperature, spoon onto top of white layer, and spread evenly. Top with the saved crumbs when set up.

Valentine's Day Variation: Cook the Danish Dessert first, so it can cool. When you get to the white layer, only spread half the filling onto the cooled crust. Add two or three spoonfuls of Danish Dessert to the white filling left in the bowl. Stir until the color is evenly pink. Spread the pink layer on top of the white layer. Then top it with the remaining Danish Dessert.

Tapioca Pudding

- ⅓ cup sugar
- ¼ cup instant or minute tapioca
- 1¾ cups milk
- 1 egg, well beaten
- 1 teaspoon vanilla

Mix all ingredients together in a medium saucepan and let stand for 5 minutes. Cook on medium heat, stirring constantly, until mixture comes to a full boil. Remove from heat and cool. Serve warm or chilled. This works with all types of milk (powdered milk, canned milk, whole milk) or even with part cream.

Tapioca—Hawkins Traditional

- 3–4 tablespoons instant or minute tapioca
- 3 tablespoons sugar
- 1 egg yolk
- ⅛ teaspoon salt
- 2 cups milk

Beat together in a large saucepan and let soak for 10 minutes. Cook on medium heat until thick and boiling. Stir constantly. Remove from heat.

Whip 1 egg white until soft peaks form. Add 2 tablespoons sugar and whip to stiff peaks. Fold egg whites into the tapioca. Stir in ¾ teaspoon vanilla. Serve warm or cold. Darrell Hawkins, Kirk's father, made this for his family.

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Cooking Notes

The first step for most pies is the pie crust. To ensure the bottom crust browns as well, use an aluminum or metal pie pan. Glass may not work as well. Since shortenings have been reformulated, it is much more difficult now to blind bake a crust (bake a crust by itself). The best way is to use special pie weights. If you don't have that, you can carefully place aluminum foil over the unbaked crust, fill the crust with dried beans, and then bake it. When it is almost done, you remove the foil and beans (carefully), and let it bake for a few more minutes to become brown. If you are still having problems, try putting the formed, unbaked crust (in the pie tin) in the freezer for about 30 minutes or more. Then put it straight into the oven. This helps.

Once the crust is done, you can start in on the actual pie. When you bake pies, you can place the pan on foil or a cookie sheet during baking to guard against spills in the oven. If your pies get too brown around the edges, you can fold some foil around the edges for the first part of the baking. Just as a note, you can freshen up the taste of store-bought fruit canned pie filling (cherry, berry, apple, etc.) by adding ½-¼ teaspoon almond extract. You don't actually taste the almond extract; it just makes the filling taste better. A trick Ann Tanner learned in a food class long ago is to dust the bottom of the baked shell with powdered sugar which will help prevent the juices from soaking into the crust (strawberry or peach pies).

Beverly Lucille Glade Wessman (1924-2008)

Beverly was a wonderful cook. She often kept a baked pie crust in the cupboard in case someone stopped by and she would need a quick dessert. She would say a prayer and the food she had prepared would somehow stretch and feed everyone who was there.

Apple Pie

- 1 (9-inch) double unbaked pie crust, top and bottom
- ¾ cup sugar
- ¼ cup flour
- ½ teaspoon nutmeg
- 1 teaspoon cinnamon
- ⅛ teaspoon ground cloves
- Dash salt
- 6 cups thinly sliced pared apples or 8 cups for a deep dish apple pie
- 2 tablespoons butter or margarine, optional

Prepare apples and crust. Stir together dry ingredients. Mix with apples. Put in the pie crust. Dot with butter. Put the top on. Bake for 35 to 50 minutes at 425°, until filling bubbles out the slits and crust is brown.

Apple Pie Filling—Canning or Freezing

- 6 quarts sliced fresh apples
- 5¼ cups granulated sugar
- 1½ cups Ultra Gel or Clear Jel
- 1 tablespoon cinnamon
- 2½ cups cold water
- 5 cups apple juice
- ¾ cup bottled lemon juice

Yield 7 quarts. Wash, peel, and core apples. Place in cold water with lemon juice or ascorbic acid. Place 6 cups of apples at a time in 1 gallon of boiling water. Boil each batch 1 minute after the water returns to a boil. Drain, but keep heated fruit in a covered bowl or pot. Combine sugar, spices, Ultra Gel, water, and apple juice in a large kettle. Stir and cook until the mixture begins to thicken. Add the lemon juice and boil for 1 minute, stirring constantly. Add the drained apple slices immediately and fill jars with the mixture, leaving 1 inch headspace. When canning, use recent guidelines from your university extension for processing times and safety guidelines. You can also place the mixture in freezer bags (about 4 cups in each bag) and freeze it for several months.

Amy Tanner Thiriot

Several times in college I went up to Salt Lake City to stay at Grandma and Grandpa Wessman's house over the weekend. For a late dinner they opened a bottle of peaches and served it with toast and postum. Grandma made me a pecan pie once for my birthday, but she used self-rising flour and the crust rose up until it was just under the pecans. It tasted great anyway!

Apple-Blueberry Pie

1 unbaked pie crust

Filling:

4 cups sliced baking apples
2 cups blueberries
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ teaspoon cinnamon
1 tablespoon lemon juice

Topping:

1 cup flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{3}$ cup butter

Mix filling ingredients. Mix topping ingredients until crumbly. Put the filling in the pie crust. Spread topping over. Bake at 425° for 50 to 70 minutes. Cover edges with foil if necessary to prevent burning.

Baked Alaska Pie

1 baked pie crust
1 quart peppermint ice cream
2 to 3 tablespoons chocolate syrup
5 egg whites
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{2}{3}$ cup sugar

Spoon ice cream into the pie crust. Drizzle with chocolate. Freeze until ready to use. Beat egg whites, vanilla, and cream of tartar until foamy. Gradually beat in sugar until mixture is stiff and glossy. Cover pie with meringue. (Can freeze up to a day here.) When ready to serve, bake on the lowest oven rack 3 to 5 minutes at 500°. Serve or freeze immediately. Leftovers can be refrozen and served later.

Berry Pie

1 (9-inch) double unbaked pie crust, top and bottom

Stir together:

8 cups frozen or fresh berries (all one kind or a mix of raspberries, blueberries, blackberries, marionberries, cherries, or other berries)
 $\frac{1}{2}$ cups sugar (may reduce to 1 cup if the berries are very sweet)

Cook over medium heat until the berries start to reduce and their juice is released.

Add to the berries:

$\frac{1}{2}$ cup Ultra gel (if you use corn starch, you will need to mix it with the sugar and cook it with the berries first)
 $\frac{1}{2}$ teaspoon almond extract
2 teaspoons lemon juice

Cook until it is thick. Cool. Pour into the pie crust. Put the pie crust top over the berries and seal. Brush with beaten egg white and sprinkle with sugar. Bake for 45–50 minutes at 400°.

Beverly Lucille Glade Wessman (1924-2008)

Once when Wallace and Maxine Tanner dropped in to visit unexpectedly, Beverly whipped out some borscht soup, a salad, and bread for an elegant lunch. She pulled a baked pie crust out of the cupboard and filled it for a dessert.

Buttermilk Pie

1–2 unbaked pie crusts [1]
 $\frac{3}{4}$ cup sugar [$\frac{1}{2}$ cup]
 $\frac{1}{2}$ cup flour [$\frac{1}{4}$ cup]
1 teaspoon salt [$\frac{1}{2}$ teaspoon]
6 eggs [3 eggs]
1 cup melted butter [$\frac{1}{2}$ cup]
1 cup buttermilk [$\frac{1}{2}$ cup]
1 tablespoon vanilla [$\frac{1}{2}$ teaspoons]

[Amount in brackets makes one pie.] Combine sugar, flour, and salt in a large bowl. Whisk together until combined. Crack eggs into a separate bowl and gently whisk until slightly beaten. Pour melted butter into the sugar mixture and gently stir. Add beaten eggs into the bowl with the sugar mixture. Stir gently until smooth. Softly add in buttermilk and vanilla. Stir gently to combine. Pour into raw pie crust. Bake at 350 for 40–55 minutes. They are done when a knife inserted in the middle comes out clean. The recipe makes quite a bit of filling, so use a deep pie dish or 2 pie crusts.

Caramel Apple Pie

1 (9-inch) double unbaked pie crust, top and bottom

Combine in a large saucepan:

$\frac{2}{3}$ cup brown sugar
2 tablespoons cornstarch
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon salt

Add:

2 teaspoons vanilla extract
 $\frac{2}{3}$ cup water
 $\frac{1}{4}$ cup butter

Bring the mixture to a boil, stirring constantly. The mixture will thicken, creating a caramel sauce. Add 6 cups sliced and peeled apples and continue cooking for 4–5 minutes, stirring constantly. If the your apples are very juicy, you may need to use 3 tablespoons of cornstarch in the recipe. Pour mixture into an unbaked pie crust. Top with another crust and bake for about 35 minutes at 400° until the crust is brown and filling starts to bubble out.

Apple Pumpkin Pie variation: Make half of this recipe and put the apple-caramel mixture in a pie crust. Then, instead of putting a top crust on the pie, pour about 2 cups of a pumpkin pie filling (see recipes for pumpkin pies) over the apples and bake at 375° for 40–50 minutes, or until the pumpkin pie is set.

Cherry Pie Filling—Canning or Freezing

6 cups cherries (preferably sweet), pitted
 $\frac{1}{2}$ cups sugar
1 teaspoon almond extract
1 teaspoon cinnamon
1 tablespoon lemon juice
 $\frac{1}{4}$ cup cornstarch, clear jel, or ultra gel
 $\frac{1}{2}$ cup water, or more as needed

Combine in pan and heat until the cornstarch dissolves and the filling thickens. If you use clear jel or ultra gel, you can bottle the filling. When canning, use recent guidelines from your university extension for processing times and safety guidelines for pie fillings.

Chocolate Angel Pie (Heritage Recipe)

Meringue pie shell:

- 2 egg whites
- Pinch of salt
- ⅛ teaspoon cream of tartar
- ½ cup sugar
- ½ teaspoon vanilla

Chocolate filling:

- 6 ounces milk chocolate bar with almonds (or any chocolate bar with nuts), chopped
- 3 tablespoons water
- 1 teaspoon vanilla
- 1 cup heavy cream

Topping:

- ½ cup whipping cream
- 2 tablespoons sugar
- ½ teaspoon vanilla
- Grated chocolate

Preheat the oven to 300°. In a mixing bowl, beat the egg whites until foamy. Add the salt and cream of tartar, then continue beating until soft peaks form. Gradually add the sugar while beating until the meringue holds stiff peaks that remain upright without drooping. Stir in the vanilla, then spread the meringue evenly into an 8- or 9-inch pie tin, shaping it into a shell. Bake for 1 hour, then let it cool completely before adding the filling.

For the chocolate filling, place the chopped chocolate and water in a double boiler. Stir while heating until the chocolate is fully melted. Remove from heat and stir in the vanilla, then let it cool to room temperature. In a separate mixing bowl, whip the heavy cream until stiff peaks form, then gently fold the cooled chocolate mixture into the whipped cream. Pour the filling into the cooled meringue shell and refrigerate overnight.

Before serving, add ½ cup whipping cream, sugar and vanilla to a mixing bowl and whip until soft peaks form. Spread the sweetened whipped cream over the pie and sprinkle with grated chocolate. From Beverly Lucille Glade Wessman.

Chocolate Mousse Pie

- 1 (9-inch) graham cracker or chocolate pie crust
- 1 envelope unflavored gelatin (2½ teaspoons or 7 grams)
- 2 tablespoon cold water
- ¼ cup boiling water
- 1 cup sugar
- ½ cup cocoa
- 2 cups cold whipping cream
- 2 teaspoon vanilla extract

In a small bowl, sprinkle gelatin over cold water; let stand 1 minute to soften. Add boiling water and stir until gelatin is completely dissolved and mixture is clear. Cool.

In a large, cold, mixing bowl, stir together cocoa and sugar. Add whipping cream and vanilla. Beat on medium speed, scraping bowl occasionally, until almost stiff. While beating, slowly add the gelatin mixture and beat until well blended, and stiff peaks form. Do not overbeat. Scoop into a pie shell and refrigerate for at least ½ hour. Garnish with whipped cream, if desired. Makes 1 large pie with a little extra.

Vanilla Variation: Omit cocoa and reduce sugar to ¾ cup to make vanilla mousse.

You can make vanilla mousse and layer and swirl with the chocolate to make a very nice presentation. Tastes rich, but not heavy.

Mint Chocolate: Add ¾ teaspoon mint extract per batch of mousse

Orange Chocolate: Add 1 teaspoon orange extract per batch of mousse.

Julia Ann Shepherd Tanner (1829-1899)

On the 4th of September 1852, just months after Julia had [her son] Henry Martin [Tanner], San Bernadino had a large harvest festival. There were prizes for the largest vegetables and there were displays and parties, dances and fun.

Chocolate Pecan Pie

- 1 unbaked pie crust

Mix together:

- 2 tablespoons flour
- 1½ cups pecans, toasted and chopped
- 4 ounces semisweet chocolate, chopped (chocolate chips don't work as well)

Put the mixture in the bottom of the pie crust.

Combine in a small bowl:

- 4 eggs
- ¾ cup brown sugar
- ½ cup + 2 tablespoon dark corn syrup
- 2 teaspoons vanilla

Slowly add ½ cup melted butter and mix until smooth. Pour mixture over the nuts/chocolate in the pie crust. You can arrange some pecan halves on top of the pie, if you want, at this point. Bake at 325° for 45–55 minutes.

Chocolate Swirl Cheesecake Pie

- 1 (10-inch) graham cracker crust

Filling:

- 1½ pounds cream cheese (three 8 ounce boxes)
- 1 cup plus 2 tablespoons sugar
- 1½ teaspoons vanilla
- Pinch salt
- 3 large eggs

Chocolate Swirl:

- ¼ cup heavy cream
- 5 ounces semisweet chocolate, chopped

Preheat oven to 350°. Mix cream cheese and sugar at a very low speed (or by hand) until smooth, scraping the sides and bottom of bowl to get all the lumps. Blend in lime juice and salt. Add eggs one at a time at low speed, scraping the bowl to ensure that the mixture is smooth.

Place the pie pan with the graham cracker crust on a cookie sheet. Pour in the filling, spreading evenly into the shell. Don't overfill the crust — keep the filling about a quarter inch below the top of the graham cracker sides to leave space for the chocolate. If you have extra filling, just pour the extra filling into a buttered custard dish and put it on the cookie sheet with the pie to bake.

To make the chocolate swirl, bring the cream to a boil, and as soon as it is boiling, remove the pan from the heat and add the chocolate. Let it sit for a few minutes, then stir together with a spatula until the chocolate is smooth.

Drop spoonfuls of the chocolate around the top of the pie. You can add more spoonfuls of the filling to fill the pie to just below the top of the crust. Use a thin knife or skewer to swirl the chocolate into the pie.

Bake for 40–50 minutes until it is not runny in the center. You can tell the pie is done by tapping the side of the cookie sheet. It should not shake like a jello or look like liquid – you should not see ripples in the center when you tap the pan.

If your pie turned out dry, you baked it too long. If it's runny in the center, it's still edible, but you needed to bake it longer.

Beverly Lucille Glade Wessman (1924-2008)

April 26 Sat. 1941: Larry [Lawrence Ray "Scoop" Wagstaff 1920-2019] took me to the Hotel Utah Starlite Gardens...It was a Dental Assistants dance. After we went to Apostle Lee's house for ice cream, cookies and pineapple. I wore my black and white striped skirt, white blouse and red band and Jean let me take her evening cape (black velvet) Larry brought me a beautiful corsage 2 gardenias and little white flowers.

Cream Cheese Pastry Dough

- 2 cups flour
- ¼ teaspoon salt
- 1 cup butter
- 1 (8 ounce) package cream cheese

Cream butter and cream cheese. Add flour and salt and mix until just combined. Chill dough until easy to handle. To make filled pastries, roll dough <⅛-inch thick. Cut into shapes (bottom and top). Put filling on one piece of dough, brush with egg wash (1 egg and 1 tablespoon water), and cover with more dough. Seal edges with fork. Brush with egg wash and sprinkle with sugar. Bake at 375° for 10–12 minutes. Suggested fillings include almond paste and fruit preserves.

Cream Cheese Peach Pie

- 2 (9-inch) graham cracker crusts

Beat together:

- 1 (8 ounce) package of cream cheese, softened
- ¾ cup powdered sugar
- ½ teaspoon vanilla

Fold into mixture:

- 2 cups (8 ounce container) Cool Whip
- 1 cup whipped cream, whipped

Divide in half and put in each pie shell.

Topping:

- 2 tablespoons cornstarch
- 2 tablespoons lemon juice
- ½ cup water
- ½ cup sugar
- 1 tablespoon butter

Mix together until cornstarch is not lumpy, bring to a boil and boil 1 minute. Add ¼ teaspoon almond extract if desired. Cool until warm. Add 4 large sliced or diced peaches to this mixture and pour onto cream cheese mixture. Refrigerate until ready to eat. 2 quart jar of bottled peaches is a good substitution. This works in any pie crust but graham cracker crust is the best.

Cream Pie

- 1 (9-inch) baked pie crust
- 5 tablespoons cornstarch
- ¾ to 1 cup sugar (depending on how sweet you want it)
- ¼ teaspoon salt
- 2½ cups milk
- ¾ cup half and half
- 3 egg yolks, beaten
- 2 tablespoons butter
- 1 teaspoon vanilla

Mix cornstarch, sugar, and salt in a saucepan. Add the milk and half and half (you can vary the individual amounts or use cream instead of half and half as long as you end up with 3¼ cups liquid). Cook over medium heat, stirring constantly, until smooth and thick. Pour about ½ cup of the mixture into the egg yolks and mix well. Pour egg-milk mixture back into the saucepan and cook for 2–3 more minutes. Remove from heat and stir in butter and vanilla. You can substitute vanilla bean sugar for the vanilla extract, using it in place of the plain sugar. You can also scrape the seeds out of a vanilla bean pod

and add them to the milk before you start to cook it. Pour custard into a baked 9-inch pie crust. If you think there might be lumps, strain the custard before pouring it in the crust. Cover tightly with plastic wrap and cool completely in the fridge for 3–4 hours. Before serving, remove the plastic and cover the top of the custard with sweetened whipped cream. Based on the Lion House recipe.

Coconut Cream Pie: Add ½ cup toasted coconut to the pie filling before pouring it into the crust. Sprinkle another ½ cup toasted coconut over the whipped cream on top of the pie before serving it.

Banana Cream Pie: Slice bananas into the bottom of the baked pie shell before pouring in the custard.

Chocolate Cream Pie: Decrease sugar to ¾ cup and add ½ cup chocolate syrup to the custard before pouring it into the pie shell. Instead of the chocolate syrup, you can mix in ¾ cup semisweet chocolate chips and stir until melted.

German Chocolate Pie: Reduce the sugar to ¾ cup. After the custard is made, stir in ¾ cup semisweet chocolate chips, ½ cup coconut, ¼ cup chopped pecans, and ¼ cup caramel ice cream topping. Stir until well-blended and chocolate chips are melted.

Raspberry Pie: Mix ⅓ cup raspberry jam with 1 tablespoon warm water. Spread over the chilled custard before serving.

Almond Coconut Pie: Mix in ⅓ cup coconut and ⅓ cup chopped and toasted almonds into the custard. Put ½ cup grated chocolate into the bottom of pie shells. Pour filling over and cool. Garnish with chocolate, coconut, and almonds.

Tropical Pie: Mix in ½ cup coconut, ⅓ cup drained crushed pineapple, and ⅓ cup drained mandarin oranges.

Pralines and Cream: Mix in ½ cup caramel ice cream topping and ½ cup chopped pecans.

Double Lemon Cream Pie

- 1 (9-inch) graham cracker crust or 1 baked pie crust
- 6 tablespoons butter
- ¾ cup lemon juice
- 1¼ cups sugar
- ⅛ teaspoon salt
- 5 eggs yolks, plus 3 whole eggs
- 1 cup sour cream
- Vanilla Mousse or sweetened whipped cream, optional

Chop the butter into smaller cubes and put it in the freezer.

Cook lemon juice, sugar, and salt in a medium saucepan over medium-high heat, stirring frequently, just until the sugar is dissolved. Do not boil.

In a large glass bowl, whisk eggs and yolks until well mixed. While whisking eggs briskly, slowly pour in the lemon juice mixture, until all combined. Pour the tempered mixture back into the pan, and cook the curd over medium heat, whisking constantly, until the mixture is very thick.

Remove from heat, and stir in the frozen butter until smooth and well mixed. If there are lumps in the mixture, strain the curd through a strainer to remove the lumps.

Fill the pie crust about halfway with lemon curd, reserving at least 1 cup of lemon curd. In a separate bowl, stir 1 cup of the curd into the sour cream. Spread the lemon curd-sour cream layer into the crust, leaving a little room for the cream topping if desired. Press plastic wrap to the surface of the pie and refrigerate for at least an hour before topping with vanilla mousse or whipped cream. Refrigerate for at least 6 hours, or preferably overnight to allow it to set.

Store extra lemon curd with plastic wrap pressed onto the surface.

Fauxcan Pie

- 1 (9-inch) unbaked pie crust
- ½ cup dairy free butter
- 1 cup firmly packed dark brown sugar
- ½ cup light corn syrup
- ½ cup dark corn syrup
- ¾ teaspoon table salt
- 3 large eggs, lightly beaten
- 1 teaspoon vanilla
- 2 cups broken pretzels

Slightly crush pretzels until they are in smaller pieces, but do not crush to powder. Set aside.

In medium saucepan over medium heat, combine brown sugar, corn syrups, butter and salt. While stirring, bring to a boil. Remove from heat, mix in vanilla, and cool to warm or room temperature. Whisk in eggs. Mix crushed pretzels in and pour into prepared pie crust.

Position the oven racks at the bottom and center positions, place a foil lined rimmed baking sheet on the bottom rack, and preheat the oven to 425°.

Place the pie on the baking sheet on the lowest oven rack and bake for 20–25 minutes, or until the pastry is set and beginning to brown. Lower the oven temperature to 375°, move the pie, **still on the baking sheet**, to the center oven rack. Continue to bake until pastry is a deep golden brown and the middle of the pie barely jiggles, 30–35 minutes longer. From Emily Wessman. Similar to pecan pie but tree-nut and dairy free. We love this more than regular pecan pie!

Fresh Peach Pie (Heritage Recipe)

- 1 (9-inch) baked pie crust
- 1 cup sugar
- 2 tablespoons cornstarch (heaping)
- 2 cups fresh peaches, mashed
- 2 cups fresh peaches, sliced
- 2 tablespoons lemon juice

Prepare and bake a single-crust pie shell, then set it aside to cool. In a saucepan, stir together the sugar and cornstarch. If the peaches are really sweet, you can reduce the sugar to ½ cup. Add the mashed peaches and cook over medium heat, stirring constantly until the mixture becomes very thick and translucent. Remove from heat and stir in the sliced peaches and lemon juice. Pour the mixture into the cooled pie shell and refrigerate for several hours or overnight until set.

Note: If using canned peaches, drain them well and add 1 to 2 extra tablespoons of cornstarch to account for the additional liquid.

Frosted Cranberry-Cherry Pie

- 1 (9-inch) double unbaked pie crust, top and bottom

Filling:

- 1 (14 ounce) can whole cranberry sauce
- ¼ teaspoon cinnamon
- 1 tablespoon cornstarch
- 1 (21 ounce) can cherry fruit pie filling

Glaze:

- ½ cup powdered sugar
- 1 tablespoon light corn syrup
- 3 to 4 teaspoons water
- ¼ cup almond slices or chopped almonds

Heat oven to 400°. Prepare desired pastry for two-crust pie using a 9-inch pie pan. In a large bowl, combine pie filling, cranberry sauce, cornstarch and cinnamon. Spoon into a pastry-lined pan. Top with remaining pastry; fold edge of top pastry under bottom pastry. Flute edge; cut slits in several places.

Bake at 400° for 40 to 50 minutes or until the crust is golden brown and the filling is bubbly. Remove from the oven; immediately combine powdered sugar, corn syrup, and enough water until thin enough to drizzle. Drizzle over hot pie; decorate or sprinkle with nuts. Cool at least one hour before serving. If desired, almonds can be toasted in the oven while the pie is baking. Place in a shallow baking pan; bake about 3–5 minutes or until golden brown. Use as directed. Can also cover the edge of the pie crust with a strip of foil during the last 10 to 15 minutes of baking if necessary to prevent excessive browning. From Carlene Olsen.

German Chocolate Cream Pie

- 2 chocolate cookie crusts, store-bought or homemade
- 1 recipe German's Sweet Chocolate Cake Frosting
- 1 recipe Chocolate Mousse

Makes 2 pies. Make frosting and mousse according to the recipes. Spread ½ of the frosting in each crust, reserving two spoonfuls to garnish the tops. Spread the chocolate mousse on the top of the frosting. Add a scoop of the frosting on top as garnish. Add cream or vanilla mousse, chocolate curls, or sprinkles as garnish if desired.

Ice Cream Pie

- 1 (9-inch) graham cracker or cookie crumb crust, store-bought or homemade
- 1½ quarts softened ice cream

Whipped cream, hot fudge, cherries, or additional garnishes

Soften your ice cream and gently spoon it into the crumb crust. Re-wrap with plastic wrap and chill in the freezer until needed. Allow to soften a few minutes before serving. You can keep in the freezer for up to a week.

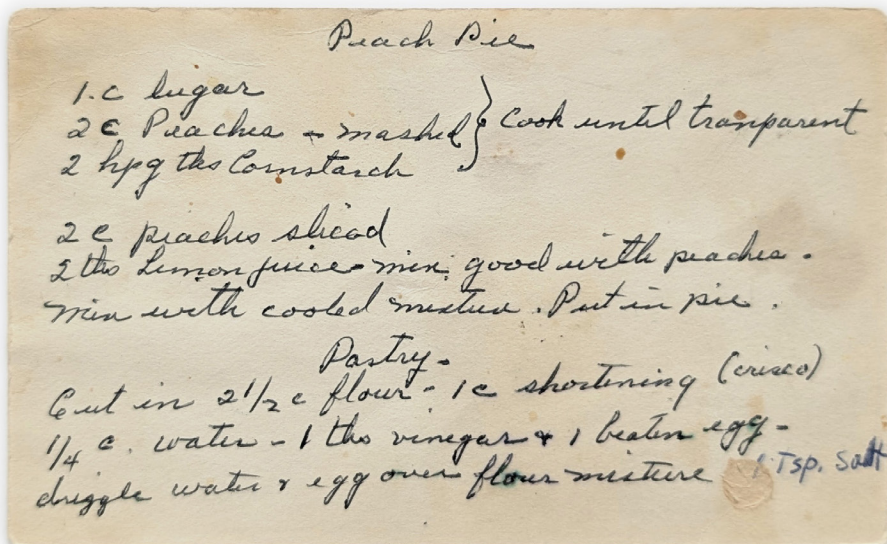
Key Lime Pie

- 1 (9-inch) graham cracker crust
- 4 large egg yolks
- 4 teaspoons lime zest
- 1 (14 ounce) can sweetened condensed milk
- ½ cup fresh lime juice

Whisk the egg yolks and lime zest together. Add milk and whisk until smooth. Add lime juice and mix.

Let the mixture sit until it thickens, about 15–30 minutes. Pour the filling into the pie crust.

Bake for 15–20 minutes at 350° until the center is firm but wiggles slightly when you tap the edge of the pie tin. Cool completely and refrigerate.



John Tanner (1778-1850) and Elizabeth Beswick Tanner (1803-1890)

From the journal of Nathan Tanner and Eliza Partridge Lyman, we learn some of the details of the aid given to the needy Saints who were forced from their homes before they were ready. The first camp of the emigrants at Sugar Creek was not far from the big Tanner farm, and their spare rooms and beds were filled with grateful friends and others who were made welcome. John Tanner gave a fat calf to Father Huntington, stepfather of Eliza Partridge Lyman, which he butchered for their use. Mother Tanner (Elizabeth Beswick) let her company use mincemeat and other ingredients to make pies. Albert Tanner hauled hay from the ample Tanner Stacks to feed stock at Sugar Creek.

Lemon Pie

Crust:

- 1 sleeve or 5 ounces saltine crackers
- 10 tablespoons butter, melted
- ¼ cup light corn syrup

Preheat the oven to 350°. Put the saltines in a food processor and pulse to coarse crumbs. Add melted butter and corn syrup and pulse until the crumbs are broken down into small pieces. Press the mixture into a greased 9-inch pie plate, working it carefully up the sides of the pie tin. Place the pie plate on a baking sheet and bake until light golden brown, about 17–19 minutes. While the pie crust is baking, make the filling.

Filling:

- 1 (14 ounce) can sweetened condensed milk
- 4 large egg yolks
- ¼ cup heavy cream or ¼ cup sour cream (sour cream makes the pie softer like a cheesecake)
- 1 tablespoon lemon zest
- ½ cup fresh lemon juice
- ⅛ teaspoon salt

Whisk everything except the lemon juice together. Add the lemon juice until fully incorporated. Pour the filling into the warm crust. Bake pie until the edges are beginning to set, but the center still jiggles when shaken, 15–17 minutes. Remove from the oven and let cool completely. Refrigerate pie until fully chilled, about 4 hours. Top the pie with lightly sweetened whipped cream before serving. This is like a lemon meringue pie, but much easier to make and always sets up perfectly.

Mini Mixed Berry Pies

- 1 recipe of Never Fail Pie Crust
- 4 cups frozen blueberries, blackberries, and raspberries
- 3 tablespoons cornstarch
- ¾ cups sugar
- 1 tablespoon lemon juice

Mix up and roll out the pie dough. Cut out 4-inch circles of pie dough. Gently place the dough circles into the individual muffin tins.

Pour the berries into a bowl and toss with the sugar, cornstarch, and lemon juice. Spoon the berry filling into the individual crusts. If there is leftover sugar/cornstarch mixture, sprinkle it on top. If you want you can add a small cut out shape made with the leftover pie dough. Sprinkle a bit of cinnamon sugar on top.

Bake in a preheated 400° oven for about 22–24 minutes. Remove from the oven and allow to cool for a few minutes. Gently remove them from the tins and cool completely on a wire rack. Store in a covered container. Serve warm or room temperature with a dollop of whipped cream or a scoop of vanilla ice cream.

Orange Cream Pie

- 1 (9-inch) shortbread cookie or graham cracker crust
- 1 cup (227 grams) heavy cream
- 8 ounces (227 grams) cream cheese, softened
- ½ cup (100 grams) granulated sugar
- ⅓ cup orange marmalade (store-bought or homemade)
- 2 teaspoons orange zest (from 1 orange)
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt
- Whipped cream, for garnish

A shortbread cookie crust tastes best, but this is good in a graham cracker crust as well. To make the filling, in a mixing bowl, whip the heavy cream until stiff peaks form, then set aside. In another bowl, beat the cream cheese and sugar on medium speed for about two minutes until smooth. Scrape down the sides and add the marmalade, orange zest, and vanilla extract, beating for another minute until combined. Gently fold in one-third of the whipped cream with a rubber spatula until incorporated. Add the remaining whipped cream and carefully fold it in, ensuring it stays light and airy. Spread the filling into the prepared pie crust, smoothing the top evenly.

Refrigerate for at least four hours, preferably overnight (about 12 hours), to allow it to set. If desired, just before serving, place the pie in the freezer for 30–60 minutes to achieve clean slices. Garnish with whipped cream and orange slices or a little marmalade before serving.

Oreo Cream Pie

- 3 (9-inch) Oreo Pie Crusts, store-bought or homemade
- 2 boxes (4.2 ounce) Oreo pudding
- 3 cups milk
- 2 cups cream, whipped or 1 large (16 ounce) container Cool Whip

Whisk pudding and milk together for 2 minutes. Fold in cream or Cool Whip. Pour into Oreo crust. Makes three 9-inch pies.

Peach Pie

- 1 (9-inch) double unbaked pie crust, top and bottom
- 5 cups sliced peaches (about 9 medium)
- 1 teaspoon lemon juice
- ½ to 1 cup sugar, depending on sweetness of peaches
- ¼ cup flour or ultra gel
- ¼ teaspoon cinnamon
- 2 tablespoons butter or margarine
- ⅛ teaspoon almond extract, optional

Prepare pastry. Prepare peaches. Add lemon. Mix dry ingredients and put in peaches. Put in a shell. Dot with butter. Put the top on. Bake for 35 to 45 minutes at 425°.

Peach Pie Filling—Canning or Freezing

- 6 quarts sliced fresh peaches
- 7 cups granulated sugar (can do less if the peaches are sweet)
- 2 cups + 3 tablespoons Ultra Gel or Clear Jel
- 1 teaspoon cinnamon
- 5¼ cups cold water or fruit juice
- 1¾ cups bottled lemon juice

Yield 7 quarts. Wash, peel, and slice peaches. Place in cold water with lemon juice or ascorbic acid. Combine sugar, spices, Ultra Gel, and water or juice in a large kettle. Stir and cook until the mixture begins to thicken. Add the lemon juice and boil for 1 minute, stirring constantly. Add the drained peach slices and continue to heat for 3 minutes. Fill jars with the mixture, leaving 1 inch headspace. Adjust lids and process: 1-1000 feet—30 minutes, 1000-3000 feet—35 minutes, 3000-6000 feet—40 minutes. Check current extension service guidelines for any revised recommendations. You can also place the mixture in freezer bags (about 4 cups in each bag) and freeze it for several months.

Pecan Pie

- 1 unbaked pie crust
- ½ cup sugar
- ¼ cup margarine or butter, melted
- 1 cup light corn syrup
- ¼ teaspoon salt
- 3 eggs
- 1 cup pecans

Mix sugar, softened butter or margarine, corn syrup, and salt by hand. Beat in eggs, one at a time. Add nuts and stir until they are coated. Pour into shell. Bake at 350° for 50 to 60 minutes or until done. The pie is done when you tap the side and the center doesn't jiggle. From Carlene Olsen.

Pecan Pie—Nutty

- 1 unbaked pie crust, frozen
- 3 eggs
- ¾ cup light corn syrup
- 2 tablespoons dark corn syrup
- ¾ cup light brown sugar
- 3 tablespoons butter, melted
- ¼ teaspoon salt
- ½ cup pecans, finely crushed
- 1 cup pecans, quartered
- 1 cup pecan halves

Preheat the oven to 350°. In a medium bowl, carefully beat together the eggs, just until they are well beaten. Add the light and dark corn syrups, brown sugar, butter, salt and the ground pecans. It's very easy to do this by hand, but you can use a hand mixer if you are careful to use a low speed and try to keep air from being incorporated into the mixture. If you don't have dark corn syrup, combine the amounts for both types, which is 7 fluid ounces of corn syrup.

Spread the quartered (or roughly chopped) pecans in the bottom of a frozen pie crust. Pour syrup mixture over the top of the chopped pecans. Then arrange the pecan halves on top of the pie. Start a circle of pecans right at the crust, and just lay the pecans around in concentric circles, working to the center of the pie.

Bake at 350° for one hour or until firm; let cool for at least one hour before serving. If you want to avoid excessive browning on the nuts, cover the pie with foil after about 45 minutes. Refrigerate if you like cold pecan pie.

Pie Crust—Cookie Crumb

- 1½ to 2 cups of finely crushed cookies (Oreos, vanilla wafers, chocolate cookies)
- 2 tablespoons melted butter for cream filled cookies or 4 tablespoons melted butter for plain cookies

Crush the cookies and stir in the melted butter. Press the crumbs into a 9-inch pie pan. Bake in a 350° oven for about 8 minutes. Cool. Fill as desired. Makes one crust.

Pie Crust—Crisco Single

- 1½ cups sifted flour
- ½ teaspoon salt
- ½ cup Crisco
- 3 tablespoons water

Mix flour and salt. Cut in shortening. Sprinkle with water a tablespoon at a time and toss with a fork. Work dough into a firm ball with your hands. Roll. Bake for 10 to 15 minutes at 425° if you need a baked crust. Makes one crust.

Pie Crust—Easy

- 2½ cups flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1½ cups butter, cut into cubes
- 6+ tablespoon cold water

Combine 2 cups flour, sugar and salt in a food processor. Pulse to incorporate. Put in butter chunks. Pulse until no dry flour remains and dough begins to collect in clumps. Sprinkle the last ½ cup of flour over the dough and pulse until the dough is broken up (about 5 short pulses). Transfer the dough to a large bowl. Sprinkle with water and mix until the dough comes together. Form two disks from the dough and wrap in plastic wrap. Refrigerate for two hours before rolling and baking (can skip this step if necessary). Freezes well. Just wrap well and freeze, then pull it out later to defrost and then roll out. Makes one double-crust pie.

Pie Crust—Graham Cracker

- 8 graham crackers, broken
- 3 tablespoons sugar
- 5 tablespoons butter, melted and cooled

Preheat the oven to 325°. Melt butter and set aside to cool. Break 8 graham crackers into a food processor, and process into fine crumbs. Add sugar, and run the food processor to combine together. Add butter and process until the butter is incorporated into the crumbs. If you don't want to use a food processor, crush the graham crackers in a Ziploc bag or a bowl, stir in the sugar and then mix in butter. Press into a pie tin. Bake at 325° for 10–15 minutes. Makes one crust.

Pie Crust—Never Fail (Heritage Recipe)

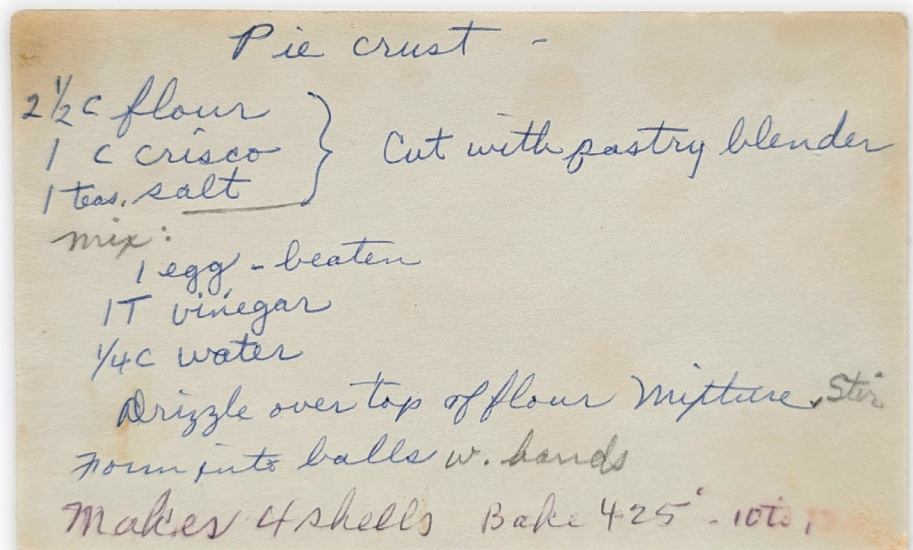
Blend:

- 3 cups flour (about 435g)
- ½ teaspoon salt
- 1½ cups shortening or other fats (288g shortening, 340g butter)

Mix in separate bowl:

- 1 egg, beaten
- 2 teaspoons vinegar
- ½ cup water
- ¼ teaspoon baking soda

Pour over dry ingredients and mix. Roll out. Bake at 425° for 10 to 12 minutes if you need a baked crust. If you use butter in your pie crusts, they don't work as well for single baked crusts. Freeze before baking for best results. Makes at least 2 crusts or 1 double crust pie. A double recipe makes 5 single (8–9 inch) pie crusts.



Wessman Grandchildren

The Wessman family's Thanksgiving pies are a serious operation. Every two years, the extended family meets for a huge Thanksgiving feast. Weeks before the holiday, we hold conference calls, and create elaborate spreadsheets, complete with lists of ingredients and detailed shopping lists, to figure out which pies to keep and which don't make the cut. Each year, we add a new pie flavor to the mix.

The day before Thanksgiving, a group of cousins gather to make most of the pies, while others are baked at home. By the time we're done, we usually end up with over 30 beautiful pies. We also make extra of our favorites for "Black Pie Day" on the Friday after Thanksgiving, when we get together to enjoy the leftover pies. It's a tradition we've perfected over time.

Pie Crust—Oil Pastry

- 1¾ cups flour
- 1 teaspoon salt (or less)
- ½ cup oil
- 3 tablespoons cold water

Mix together the flour and salt. Stir in the oil until it is all absorbed. You can use a spoon or hand for this. Add the water a tablespoon at a time until it is a good consistency. Roll it out between two pieces of waxed paper. To roll it out, overlap an edge of the waxed paper over the counter and lean on it. That will keep your paper from scrunching up so much. Just be patient and roll it and roll it until the pastry is big enough. The pastry works really well and tastes good with a meat pie. If you are baking it without filling, bake it at 350° for about 15 minutes. Makes one crust.

Pie Crust—Shortbread

- 8 ounces (2 cups) shortbread cookie crumbs
- 4 tablespoons (58 grams) butter (or more if needed), melted
- 2 tablespoons (24 grams) granulated sugar

Combine the crumbs, melted butter, and sugar in a medium bowl, mixing until the texture resembles damp sand and holds together when squeezed. If the mixture is too dry, add more melted butter one tablespoon at a time. If too wet, incorporate additional cookie crumbs until the consistency is just right.

Pour the mixture into a 9-inch pie plate and press it up the sides to form the edges first. Once the edges are shaped, distribute the remaining crumbs evenly across the bottom and press them down firmly. Bake the crust at 325° for 10–15 minutes.

Pumpkin Pie—Two Pies

- 2 (9-inch) unbaked pie crusts
- 4 eggs, beaten
- 1 large (29 ounce) can pumpkin (3 cups)
- 1 cup sugar
- ½ cup brown sugar
- 1 teaspoon salt
- 2½ teaspoons cinnamon
- 1 teaspoon ginger
- 1 teaspoon nutmeg
- 1 (12 ounce) can evaporated milk plus regular milk to total 2 cups

Mix in order listed. Pour the filling into the pie crusts and carefully transfer to the oven. Bake the pies at 425° for 15 minutes and then lower the temperature to 325° for 30 minutes to finish baking. If you have really fresh spices, reduce the amount of spices you add. You can substitute all the spices listed above with 3 to 4 teaspoons of pumpkin pie spice, depending on how strong you want the flavor.

Raspberry Cherry Pie

- 1 (9-inch) double unbaked pie crust, top and bottom
- 2 cups fresh or frozen raspberries
- ¼ to ½ cups sugar
- 1 tablespoon flour
- 1 (21 ounce) can cherry fruit pie filling

Heat oven to 400°. Prepare desired pastry for two-crust pie using 9-inch pie pan. In a large bowl, combine all filling ingredients; mix lightly. Spoon into a pastry-lined pan. Top with remaining pastry; fold edge of top pastry under bottom pastry. Flute edge; cut slits in several places. Bake at 400° for 40 to 45 minutes or until the crust is golden brown and the filling is bubbly. Place the pan on foil or cookie sheet during baking to guard against spills. Let it cool at least a couple of hours before cutting or the filling will be too runny. From Ann Tanner's friend, Carlene Olsen.

Note: If you are using bottled cherries (not canned pie filling), then use the Berry Pie recipe instead so the proportions work out better.

Raspberry Dream Pie

- 1 (9-inch) baked pie crust or graham cracker crust [2]

Raspberry filling:

- 5 ounces frozen raspberries [10 ounces]
- ¼ cup sugar [½ cup]
- 1¼ tablespoons cornstarch [2½ tablespoons]
- Pinch salt [2 pinches]
- Reserve 12 whole raspberries for garnish [24]

[Amount in brackets makes 2 pies.] Combine frozen berries, sugar, cornstarch, and salt in a saucepan. Stir together and cook over medium-high until thickened, stirring constantly. Set aside to cool while making pastry cream.

Pastry Cream:

- 2 cups half and half [4 cups]
- ½ cup sugar, divided in 6 tablespoons and 2 tablespoons [1 cup divided in ¾ cup and ¼ cup]
- Pinch of salt [2 pinches]
- 5 large egg yolks [10]
- 3 tablespoons cornstarch [6 tablespoons]
- 4 tablespoons butter, cut into 4 pieces [8 tablespoons]
- 1½ teaspoons vanilla [1 tablespoon]

[Amount in brackets makes 2 pies.] For the pastry cream, bring half and half, 6 tablespoons [¾ cup] of sugar, and salt to a simmer, string occasionally. While the mixture is heating, whisk egg yolks, cornstarch, and remaining 2 tablespoons [¼ cup] of sugar together in a medium bowl until smooth. As soon as the cream mixture begins to boil, remove from the heat. Begin whisking the egg mixture, and while whisking, slowly add about 1 cup of hot cream mixture into the eggs to temper them. Place the pan with the remaining cream mixture back on the stove. Slowly pour the tempered egg mixture into the pan of cream, whisking well as you pour. Cook on medium heat, whisking well, until the mixture thickens and a few bubbles burst on the surface, about 30 seconds or a minute or so.

Remove from heat and add the butter and vanilla. Whisk well, until smooth. Pour into a clean glass bowl, and press plastic wrap onto the surface, sealing to the edges so there are no air bubbles on the surface. Cool for about 8–10 minutes.

Spread a thin layer of warm pastry cream across the bottom of the crust. Add alternating mounds of cream filling and raspberry filling. Make two layers, finish with raspberry filling. With a spoon, slightly swirl the two fillings together. Smooth plastic wrap onto the surface of the pie to prevent skin from forming and refrigerate for 4+ hours. Pie is better if it can set overnight. Decorate with fresh cream and berries. This is good in a graham cracker crust.

Mary Ann Linton Morgan (1865-1951)

Jessie Maxine Morgan Tanner said: I can remember Grandma was – she was a health food person, and she was always drinking carrot juice and prune juice and all these kinds of juices and never ate anything else. She was before her time.

Snickers Pie

- 1 Oreo cookie or chocolate cookie crust, store-bought or homemade
- 1 (8 ounce) package of cream cheese
- ¾ cup dulce de leche
- 1 cup powdered sugar
- 1 (8 ounce) container Cool Whip, thawed
- 3 Snickers candy bars, chopped
- ¼ cup salted peanuts, chopped
- Melted chocolate, for drizzling (optional)

Spread ¼ cup of dulce de leche on the bottom of the pie crust. Sprinkle on 1 of the chopped Snickers and half of the chopped peanuts.

In a large bowl, beat ¼ cup of the dulce de leche with the cream cheese until smooth. Add powdered sugar and beat until smooth. Fold in Cool Whip. Stir in 1 chopped Snickers. Spread filling into crust.

Dollop the remaining ¼ cup of dulce de leche on top of the pie and swirl in with a knife. Top with remaining snickers and peanuts. If desired, drizzle the top of your pie with melted chocolate. Refrigerate for at least an hour before serving. You can substitute a spreadable caramel sauce for the dulce de leche.

Strawberry Pie (Heritage Recipe)

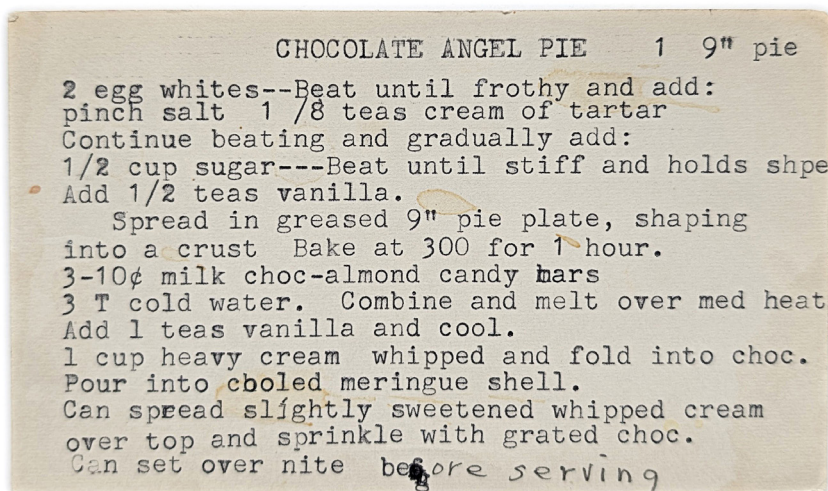
- 1 (9-inch) baked pie crust
- Strawberries
- Powdered sugar
- 1 box strawberry or raspberry Danish Dessert

Put powdered sugar on the bottom of the pie shell. Wash strawberries and take the tops off. Place in the pie shell. Prepare Danish Dessert as directed. Pour over strawberries. Let it set up in the refrigerator. Serve with whipped cream. You can also add sliced strawberries to Danish Dessert and then pour the mixture into the pie shell.

Sunshine Lemon Pie

- 1 (9-inch) unbaked pie crust
- 1 large lemon
- 4 eggs
- ½ cup melted butter
- 1 teaspoon vanilla
- 1½ cups sugar

Preheat the oven to 350°. Have unbaked pie crust prepared using your favorite recipe. Wash the large lemon then zest it. Peel off the remainder of the rind and discard, or cut the lemon in half, discard seeds, then scoop out all the sections. Put the lemon sections in a blender, after removing the seeds, along with the eggs, butter, vanilla, and sugar. Blend until smooth and creamy. Pour into the unbaked pie crust and bake at 350° for about 40 minutes. If the crust becomes too brown, cover gently with foil and finish baking. This is nice to serve with a dollop of whipped cream.



Triple Berry Cherry Merry Pie

- 1 (9-inch) double unbaked pie crust, top and bottom
- 4 cups frozen blueberries, blackberries, raspberries, and cherries
- 3 tablespoons cornstarch
- ¾ cups sugar
- 1 tablespoon lemon juice

Position the oven racks at the bottom and center positions, place a foil lined rimmed baking sheet on the bottom rack, and preheat the oven to 425°.

Pour the berries into a bowl and toss with the sugar, cornstarch, and lemon juice. Spoon the berry filling into a pie crust. If there is leftover sugar/cornstarch mixture, sprinkle it on top. Cover with top crust, pinch edges, and cut slits or designs in the top crust.

Place the pie on the baking sheet on the lowest oven rack and bake for 20–25 minutes, or until the pastry is set and beginning to brown. Lower the oven temperature to 375°, move the pie, still on the baking sheet, to the center oven rack. Continue to bake until pastry is a deep golden brown 30–35 minutes longer. Use any combination of frozen berries, including sliced strawberries.

Camping

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Cooking Notes

Camping Meal Planning & Food Storage Tips

Plan Ahead: Organize meals in advance to ensure you have all necessary ingredients and equipment. Prepping ingredients like chopping vegetables or marinating meats at home saves time and reduces clean-up at the campsite. Consider portioning out spices and seasonings in small containers to avoid carrying unnecessary bulk.

Cooler Organization: Layer food by meal and day, placing items needed first on top. Pre-chill food and drinks before packing, and use frozen water bottles to keep things cold and provide drinking water as they melt. Store perishable foods in a separate cooler from drinks to minimize temperature fluctuations from frequent opening.

Safe Food Storage: Keep food away from sleeping areas to prevent attracting animals. Store raw meats separately to avoid contamination and use leak-proof containers. Consider using a bear-proof food container or hanging food in a tree if camping in bear country.

Efficient Cleanup: Consider meals that minimize dishes. Dispose of trash properly and clean up immediately after eating to maintain a tidy campsite. Bring biodegradable soap, a collapsible sink, and a drying rack to make dishwashing easier. Use disposable or reusable food covers to keep insects away from prepared meals.

Cooking at the Campsite

Portable Cooking Equipment: A portable stove, grill, or even an electric pressure cooker (if power is available) makes meal preparation easier. Pack extra fuel or batteries to ensure you have enough for the entire trip.

Keep It Simple: Opt for easy-to-cook meals like tacos, sandwiches, or foil-pack dinners. One-pot meals or sheet-pan style cooking help reduce cleanup and cooking time.

Dutch Oven Cooking: A Dutch oven allows you to bake, stew, and roast over charcoal. Most recipes requiring a 350° oven can be adapted for a Dutch oven.

- Rotate the pot and lid frequently for even cooking.
- Adjust coal placement based on cooking needs—more heat on top for baking, more underneath for boiling or frying.
- Keep extra coals on hand for longer cooking times.
- Lining the oven with parchment paper or foil simplifies cleanup.
- Use a lid stand to prevent dirt and ash from getting into your food when checking on meals.

Experiment with Dutch oven desserts like cobblers and brownies to add a special touch to your camping meals.

Temperature Guide for Dutch Oven Cooking

Basic Heat Method: Double the oven size (e.g., for a 12" oven, use 24 coals—8 on bottom, 16 on top).

Rule of 4: Add 4 to the oven size for the number of top coals; subtract 4 for the bottom.

Coal Rings: Place one ring of coals around the base and one around the top edge for even heat; add a second ring on top for higher temperatures.

Camping and cooking outdoors is about simplicity, preparation, and enjoying time together. With a little planning, mealtimes can be as much a highlight of the trip as the adventure itself!

Backpacking Apple Crisp

- 1 cup freeze-dried apples
- 3 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 1 pinch ground cloves or nutmeg
- 1 tablespoon powdered cream, optional
- 2 tablespoons granola with nuts

At home: Place the freeze-dried apples, brown sugar, cinnamon, and cloves in a sealable bag. In a second bag, place the granola.

At camp: Cover apples and spices with about ½ cup boiling water. Let sit until the apples are rehydrated. Sprinkle the granola over the top.

Backpacking Bean Salad

- ⅓ cup freeze-dried black bean flakes
- ¼ cup freeze-dried corn
- ¼ cup freeze-dried tomatoes, bell peppers
- ¼ teaspoon cumin
- 1 teaspoon dried cilantro
- ¼ teaspoon chili powder
- ⅛ teaspoon salt
- 1 teaspoon lime powder
- 1 olive oil packet

At home: Mix ingredients and place in bag.

At camp: Add about ¾ cup cold water to mix and let stand until rehydrated. Add olive oil. Serve with tortilla chips or corn chips.

Tiffany Tanner Langton

On our family camping trips, when we were children, we used to cook using a Kangaroo Kitchen. It was a self-contained unit with pans and propane stove.

Backpacking Berry-flavored Milk Drink

- ½ cup milk powder
- 1 tablespoon freeze-dried strawberry powder or other berry powder
- 2 tablespoons vanilla sugar or plain sugar

At home: Put all ingredients in a bag or container to be used in the back-country.

At camp: Add 1 cup cold water and shake or stir to mix well.

Backpacking Broccoli Salad

- ¼ cup freeze dried broccoli
- 1 tablespoon sliced almonds
- 1 tablespoon raisins
- 1 tablespoon dried cranberries
- 1 teaspoon vinaigrette dressing mix (with salt)
- 1 tablespoon olive oil (1 packet)

At home: Place broccoli and dressing mix into a bag. Pack almonds, raisins, craisins separately, with olive oil packet.

At camp: Add ½ cup cold water and olive oil to broccoli. Stir. Let stand until rehydrated. Drain excess water. Add nuts, raisins, and cranberries. Stir well.

Backpacking Chicken Marbella

- ½ cup couscous
- ½ cup dried prunes chopped into bite-sized pieces
- 1 tablespoon dried oregano
- 1 tablespoon brown sugar
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 1 broth packet or 1 teaspoon powdered chicken bouillon
- 1 tablespoon olive oil or 1 olive oil packet
- 1 (7 ounce) pouch chicken
- 1 (2.5 ounce) pouch pitted green olives

At home: Place the couscous, chopped prunes, oregano, sugar, salt, and garlic powder in a small bag. Pack along the other packaged ingredients: chicken, olives, olive oil, broth packet, and vinegar packets.

At camp: Combine the couscous mixture, chicken, and broth. Pour ½ cup boiling water over the couscous mixture. Allow it to stand 5 minutes to allow the couscous to absorb all the liquid. Once the couscous has fluffed up, add the olives and stir again to combine. Makes 2 servings.

Backpacking Chicken Salad

- 1 (7 ounce or so) packet of cooked chicken
- 2 packets of mayo
- Spices, as desired

At camp: Mix mayo and spices into the chicken. Serve on rice cakes, tortillas, or with chips or crackers.

Backpacking Chocolate Milk

- ½ cup milk powder
- 2 teaspoons cocoa powder
- 1½ tablespoons confectioners' sugar

At home: Put all ingredients in a bag or container to be used in the back-country. Makes ½ cup powder per serving.

At camp: Add 1 cup cold water and shake or stir to mix well.

John Hayward Wessman (1917-2004) and Beverly Lucille Glade Wessman (1924-2008)

Grandma and Grandpa's ancestors had a deep love for camping in the canyons around Salt Lake City, a tradition they passed down through generations. In the summer of 1983, they decided to start a Wessman Family Camp, where all their children and families would gather for a long weekend of camping. Grandma and Grandpa prepared breakfast each morning, while each family provided their own lunch and treats. For dinner, each family took turns cooking for everyone. Camping as a large family was a lot of work, but the memories created were priceless. Cousins formed lifelong friendships, and family and friends became one and the same. Over the years, these cherished camps took place in the following locations: Calf Creek Falls, Steamboat Springs, Zion National Park, Great Basin National Park, Flaming Gorge/Green River, Posey Lake, San Clemente Beach, and Bear Lake.

Backpacking Cream of Wheat with Fruit

- 1 packet instant cream of wheat
- ½ cup milk powder
- 3–4 tablespoons freeze-dried berries or fruit
- 2 teaspoons brown sugar
- 1 pinch salt

At home: Put all ingredients in a bag.

At camp: Add ½ cup boiling water and stir to mix well. Let stand until the berries rehydrate.

Backpacking Curry Chicken and Noodles with Peanut Sauce

- ½ brown rice noodle pack
- ¼ cup freeze dried veggies (peas)
- ¼ cup freeze dried chicken
- 1 tablespoon chopped peanuts, optional
- Sauce (Makes 5 tablespoons per serving)
- 3 tablespoons powdered coconut milk
- ½ teaspoon curry powder (more or less depending on preference)
- 1 tablespoon powdered peanut butter
- ¼ teaspoon True Lime
- ½ teaspoon salt (if needed)
- 1 tablespoon olive oil (1 packet)

At home: Mix all the dry ingredients, except peanuts, and pack in a Ziploc bag. Pack the oil in a separate container or use an individual serving. Put peanuts in a separate bag.

At camp: Bring ¾ cup (6 ounces) of water to a boil. Add the water to the food, along with the oil, and let sit for about 5 minutes or until the rice, chicken, and veggies are rehydrated. Add peanuts, if desired.

Backpacking Granola with Fruit

- 1 cup granola, full-fat
- ¼ cup milk powder, whole
- 1 tablespoon blueberries, freeze-dried
- 2 tablespoons strawberries, freeze-dried
- 4 ounces (120 ml) water

At home: Put all ingredients in a bag.

At camp: Add cold water and stir to mix well. Let stand until the berries rehydrate.

Variations: Try different freeze-dried fruit combinations.

Granola with Yogurt Variation: Replace the milk powder with powdered yogurt (or yogurt drops that you have ground to a fine powder).

Backpacking Hot Chocolate Mix

- 3 cups powdered sugar
- ½ cup vanilla sugar or plain sugar
- 1 cup cocoa powder
- 3 cups powdered non-fat instant milk
- ½ teaspoons salt

Mix all ingredients together (be careful, since it is very messy) and store in a tightly-closed container. Add 2 or more tablespoons of hot chocolate mix to 8 ounces hot water and stir to make instant hot chocolate.

Variations: Mexican hot chocolate: add 1–2 teaspoons cinnamon. Candy Cane chocolate: replace ½ cup sugar with ½ cup finely ground candy canes.

Extra creamy: Add 1 cup powdered creamer. Chocolate chip: add 1 cup mini chocolate chips.

Backpacking Instant Pudding Mix

Vanilla instant pudding:

- 2 cups sugar (or vanilla sugar)
- 2 cups instant clear jel
- ½ teaspoon salt
- 1 tablespoon vanilla powder (if not using vanilla sugar)
- 4 cups instant powdered milk

Chocolate instant pudding:

- 2 cups sugar
- 2 cups instant clear jel
- ½ teaspoon salt
- 2 cups cocoa powder (Dutch process)
- 1 teaspoon vanilla powder
- 4 cups instant powdered milk

To make the pudding: Add the sugar, clear jel, salt, and vanilla powder to a food processor fitted with a blade or a blender and process until completely mixed and finely powdered. Let sit for about 5 minutes. For the chocolate pudding, let the contents sit for 5 minutes and then add the cocoa powder and blend until the mixture is a uniform color. Let the contents rest again to settle. Mix in the powdered milk. Carefully spoon the mixture into airtight containers with tight fitting lids. This can store for up to a year.

At home: Place ¼ cup mix in a bag.

At camp: Mix in 2 tablespoons of cold water and let sit for 15 minutes. Serve with cookies.

Backpacking Mexican-style Beef Dinner

- ½ cup instant rice
- ½ cup instant refried beans or black bean flakes
- ¼ cup freeze-dried beef
- ¼ cup combined freeze-dried bell peppers (assorted colors), onions, and tomatoes
- 1 teaspoon taco (Mexican-style) seasoning
- 1 tablespoon tomato powder
- 2 tablespoon powdered cheese
- 2 tablespoon instant sour cream
- ¼ tsp salt
- 1 tsp freeze dried jalapeños (optional)
- Tortilla or corn chips

At home: Place dry ingredients, except tortilla chips, into a bag. Place tortilla chips in separate bag or use individual bagged chips.

At camp: Add 1¼ cups boiling water. Stir and let stand for 5+ minutes until food is rehydrated. Eat with tortilla or corn chips

Backpacking Mixed Berry Smoothie

- 1 ounce yogurt drops, freeze-dried mixed berry, 1 package = 1 ounce
- ½ cup strawberries, freeze-dried
- ¼ cup raspberries, freeze-dried
- 2 tablespoons blueberries, freeze-dried
- 2 tablespoons coconut, shredded and unsweetened
- 1 tablespoon chia seeds
- ½ cup milk powder, whole

At home: Put all ingredients, except the milk powder, in a grinder and blend until a fine powder forms. Put the powdered ingredients in a bag or container and add the milk powder.

At camp: Add 10 ounces of water to the bag or container for a milkshake consistency. Additional water may be added to reach the desired consistency. Stir or shake vigorously to mix well.

Backpacking Oatmeal—Homemade Instant Packets

- 2½ cups quick cooking steel-cut oats
- 2 cups quick oats
- 2 cups quick oats, blended into powder
- 1 cup brown sugar
- 2 teaspoons cinnamon
- 1 teaspoon vanilla powder
- 1 cup instant powdered milk

Mix all ingredients in a large bowl. You can portion the oatmeal into ½-cup packets by putting ½ cup mix into a small Ziploc bag. To make the oatmeal, measure ½ cup dry mix into a bowl and add ½–⅔ cup boiling water. Stir and let sit for a few minutes.

If you don't have or don't want the steel-cut oats, use 3 cups quick oats and 3½ cups quick oats blended into powder.

To make different flavors (like you see in the store), mix in dried fruit, chopped nuts, mini chocolate chips, or sprinkles. Some people like to add in chia seeds, flax seeds, or wheat bran.

Variations for individual servings

Cinnamon Roll: Add pecans and raisins.

Pina Colada: Add freeze-dried pineapple, coconut flakes, and 1 tablespoon powdered coconut milk.

Backpacking Parmesan Pesto Ramen

- 1 package ramen noodles (or brown rice noodles)
- 2 tablespoons pine nuts
- 2 teaspoons basil, dried
- ⅛ teaspoon garlic powder
- ⅛ teaspoon table salt
- 2 tablespoons parmesan cheese, shelf-stable
- 3 tablespoons olive oil
- Optional: add freeze dried chicken for protein

At home: Discard ramen noodle spice packet and put noodles in a bag. Put the remaining dry ingredients in a separate bag to be stored inside the noodle bag or container. Pack 3 tablespoons of olive oil in a leakproof container to be added to the meal when consumed.

At camp: Remove the pesto packet. Add 6 ounces boiling water or enough to cover the noodles. Let stand to allow the noodles to rehydrate. Discard the noodle broth. Add pesto packet and 3 tablespoons olive oil to the noodles. Stir to mix well.

Backpacking Strawberry Cream Cheese Spread

- ½ cup strawberries, freeze-dried and powdered or 1 tablespoon freeze-dried strawberry powder
- ½ cup cream cheese powder
- 1 tablespoon sugar

At home: Mix dry ingredients together.

At camp: Add 1 ounce (2 tablespoons) cold water to the dry mix. The cream cheese mixes best if prepared in a rigid container. Stir to mix well. Cream cheese will thicken if allowed to stand for a few minutes before consuming.

Add additional water as desired droplets at a time since the mixture can quickly become too thin.

Stir to mix well, spread, and enjoy on crackers, pita bread, or tortillas.

Backpacking Sweet and Spicy Cashew Chicken Wrap

- 1 (7 ounce) packet cooked chicken
- 2 tortillas or wraps
- ½ cup chopped cashews or other nuts
- 2 mayo packets about 2 tablespoons
- 2 honey packets about 2 tablespoons
- 1 Sriracha packet
- 1 teaspoon dried cilantro

At home: Place the cashews, honey, mayo, Sriracha packet, cilantro, and salt into a bag. Pack this bag along with the chicken pouch and the tortillas.

At camp: Mix all ingredients into the chicken pouch (draining off water beforehand, if necessary). Spread in tortillas and roll up like a wrap.

Backpacking Unbaked Cookies

- ½ cup oats, quick-cooking
- 2 tablespoons milk powder, whole
- 2 tablespoons pecans or peanuts, finely chopped
- 2 tablespoons brown sugar
- 1 tablespoon butter powder
- 2 teaspoons dark cocoa powder, unsweetened
- ½ teaspoon vanilla powder

At home: Put all ingredients in a bag.

At camp: Shake the bag to make sure ingredients are mixed. Add 1 ounce of cold water to the bag or container. Be careful to not add too much water, as the cookies will not hold their shape.

Stir until a stiff dough forms. Drop spoonfuls of the mixture onto a plate of cook pot lid or enjoy the cookie dough as-is. The recipe makes about 4–5 cookies. Let stand for up to 15 minutes, to allow the cookies to take shape.

Dutch Oven Rolls

Make one recipe of your favorite dinner rolls. Line the Dutch oven with parchment paper (so it goes up the sides to the top) and place the formed rolls inside, leaving some room for rising. About ⅓ to ½ of the dough will easily fill a 10-inch Dutch oven. Cover the Dutch oven and let the rolls rise until doubled. When you are ready to bake them, set the covered oven on the coals and put the desired number of coals on top. See the Dutch oven basics for more instructions. You want a temperature close to 350°. If in doubt, go a little bit cooler and remove some coals from underneath so the rolls don't burn. Bake for 15–20 minutes, or until done. Turn the oven ⅓ turn (and the top the opposite direction ⅓ turn) every 5 minutes or so. You can tell when they are done because they will smell good and when you look at them, they will be nicely browned.

Freezer Variation

Make one recipe of your favorite dinner rolls, increasing the yeast slightly. (Freezing can damage yeast that is growing, so it helps to

double it.) Form the rolls using a cake pan that will fit into a Dutch oven or on a baking sheet. Let them rise slightly and then place into the freezer. When you are packing, put the frozen rolls into the parchment paper-lined Dutch oven and pack the Dutch oven in the car. The rolls slowly defrost and rise while traveling. Follow the baking instructions. Some instructions for frozen rolls say you can leave the frozen rolls out for 10–12 hours before baking.

Dutch Oven Turkey and Vegetables

- ½ cup butter
- 1–2 large onions, sliced
- 1 turkey breast, precooked or fresh
- Salt and pepper
- Potatoes, peeled, if needed, and quartered
- Carrots, peeled and cut into thick slices, or whole baby carrots
- Zucchini and summer squash, sliced, optional

Double line your Dutch oven with heavy duty aluminum foil for an easy clean-up. Melt butter in hot Dutch oven. Add the sliced onions. Then add the turkey, and add salt and pepper. Surround the turkey with quartered potatoes and carrots. Bake, with coals on top and underneath about 2 hours (may be more depending on the size of the turkey breast). Use a meat thermometer to check temperature at 165°. Slice the turkey and serve. If you use a precooked turkey breast, you just need to cook this until the turkey breast is hot and the vegetables are done. You can add sliced zucchini and/or summer squash the last 15–20 minutes.

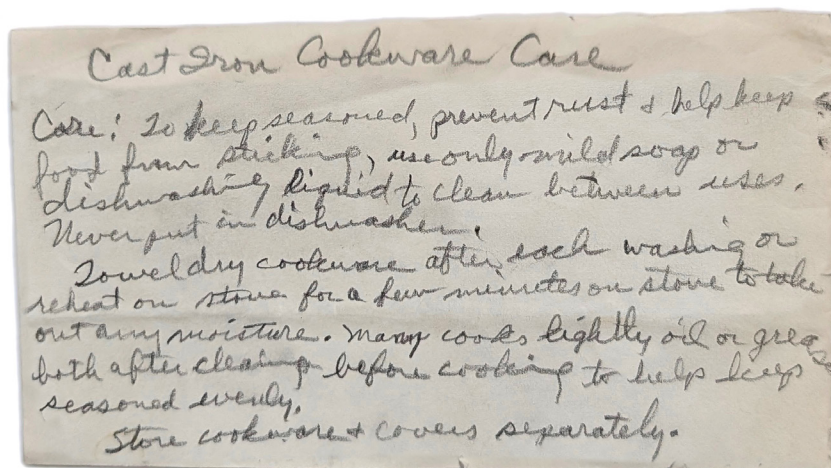
Dutch Oven Crisp

Combine, in the order listed:

- ¾ cup butter or margarine, melted
- 1 cup brown sugar
- 1 cup oatmeal
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ teaspoon soda
- 1 cup flour
- ½ cup chopped pecans or other nuts, if desired

Line the Dutch Oven with parchment paper or aluminum foil.

Mix 7–8 cups of fruit with ¼ to 1 cup of sugar, depending on the sweetness of the fruit, and ¼ cup flour. You can also add cinnamon or other spices. Put the fruit on the bottom of the Dutch oven. Crumble the crisp over the fruit. When you are ready to bake it, set the covered oven on the coals and put the desired number of coals on top. See the Dutch oven basics for more instructions. You want a temperature close to 350°. If in doubt, go a little bit cooler and remove some coals from underneath so the crisp doesn't burn. Bake for 20–30 minutes, or until done. Turn the oven ⅓ turn (and the top the opposite direction ⅓ turn) every 10 minutes or so, if you are worried about it burning. You can tell when the crisp is done because it will smell good.



Fun Stuff

Bubble solution

1/3 cup Dawn (or other) liquid dishwashing soap [2/3 cup]

7 2/3 cups water [15 1/3 cups]

1/2 tablespoon glycerin, optional [1 tablespoon]

[Amounts in brackets make 1 gallon.] Stir all ingredients together slowly, without making too much foam. Regular blue Dawn is the best brand to make bubbles, but other brands of dish soap will work fine. Just a note for quick measuring: the recipe will make 2 quarts. If you make it in a 2 quart pitcher, measure out the soap, then add water to fill the pitcher.

Notes: Glycerin is optional but helps bubbles last longer and can be found at drugstores or in the cake decorating aisle of some stores. Letting your bubble solution sit uncovered for a day improves it, though it works right away. Refill store-bought bottles or make wands from items like coat hangers, wire, or pipe cleaners. Avoid creating too much foam, as it makes bubbles pop faster.

Fingerpaint

1 envelope unflavored Knox gelatin

1/4 cup cold water

1/2 cup cornstarch

3/4 cup cold water

2 cups boiling water

Food coloring

Soak gelatin in cold water until dissolved. Mix cornstarch and 3/4 cup cold water into a smooth paste in a saucepan. Stir in 2 cups of boiling water and cook over medium heat until it boils and is clear. Remove from heat and stir in dissolved gelatin and food coloring. Cool and store in airtight container.

Peanut Butter Play Dough

2 cups powdered sugar

1 cup peanut butter

1/2 cup honey

Mix and use as a play dough. To store, place in an airtight container or a Ziploc bag with the air taken out.

Pioneer Wagon Treats

Assemble your supplies to make Pioneer Wagon Treats:

Something for the wagon box: granola bars, cut brownies, miniature candy bars

Something for the wheels: mini Oreos, lifesavers, round gummy candies, round fruit snacks

Large marshmallows for the wagon cover

Something to stick it together: melted chocolate, frosting

Optional: licorice for the pull bar, animal crackers for the oxen, additional treats to decorate a scene

Each child gets to make their own. It ends up being sticky and messy, but that's part of the fun.

Play Dough—Best Recipe

Mix together:

2 1/2 cups flour

1/2 cup salt

1 tablespoon alum

3 tablespoons baby or mineral oil

1 1/4 cups water (may need more)

Food coloring

Mix together flour, salt and alum and set aside. Bring water to a boil in a large saucepan. Add baby or mineral oil. Add food coloring if desired. Remove water from stove and immediately stir in the dry ingredients. If you want to make several different colors with the same batch of play-

dough, add the water and oil to the flour mixture and stir until completely mixed. Then divide the dough into the various portions and add the different colors. Protect your hands with food-service gloves and knead the colors into the dough. Knead as much as possible. It is pretty sticky at first, but will stiffen and become "play dough" as you work it. Store in an airtight container. It will keep for months.

Play Dough—Conductive

Use the recipe for Best Play Dough or another one that uses salt. This play dough will conduct electricity.

Play Dough—Insulating

1 1/2 cups flour

1/2 cup sugar

3 tablespoons vegetable oil

1 teaspoon alum

1/2 cup deionized or distilled water

Mix together flour, sugar, and alum and set aside. Bring water to a boil in a large saucepan. Add oil. Add food coloring if desired. Remove water from stove and immediately stir in the dry ingredients. Use this play dough when you are making electrical circuits. This playdough should not conduct electricity.

Slime

1 teaspoon borax powder

1 1/2 cup water divided

4 ounces or 1/2 cup Elmer's glue, clear or white

food coloring

To make slime, start by adding borax powder to 1 cup of water and stirring until it dissolves, then set it aside. In a medium mixing bowl, pour in the glue and add 1/2 cup of water. Mix in a few drops of food coloring until you achieve the desired color, stirring until the solution is smooth. Next, pour the borax mixture into the glue mixture and observe as solids begin to form. Stir for a few moments, then use your hands to gather the mass, which will initially feel very soft and wet. Continue kneading the mixture until it firms up and feels dry, discarding any excess liquid left in the bowl. The more you knead and play with the slime, the firmer it will become. For long-term storage, keep the slime in a ziplock bag or an airtight container, where it will last indefinitely.

Stickers

2 parts Elmer's Glue

1 part white vinegar

Mix. Brush on back of picture or paper item. Let dry. Brush on second coat. Let dry.

Sugar Cube Mortar

1 tablespoons cornstarch

1 tablespoons flour

1 tablespoons water (more or less, if needed)

Mix all together and use to cement sugar cubes together. It dries extremely hard. The only draw back is that the children wish it had sugar in it so they could just eat their whole creation.

Substitutions

Brown Sugar Substitute

For light brown sugar mix 1 cup of granulated sugar with 1 tablespoon of molasses.

For dark brown sugar mix 1 cup of granulated sugar with 2 tablespoons of molasses.

Buttermilk Substitute

For 1 cup buttermilk: Put 2 tablespoons lemon juice or vinegar in a liquid cup measure and then add milk to the cup mark. Let sit for about 5 minutes.

This isn't good to drink, but it works just fine in recipes calling for buttermilk. You will have a bit of a lemon or vinegar taste, so make sure that works with the recipe.

Cream Substitutes

To make Half-and-half: half cream, half milk. Or 60% cream, 40% water.

To make Heavy Cream from milk: Combine $\frac{1}{4}$ cup (57 grams) of melted butter with $\frac{3}{4}$ cup (178 ml) of milk and mix thoroughly to make 1 cup (237 ml) of heavy cream.

You can also add a tablespoon (8 grams) of flour to thicken the liquid, especially if you're using low-fat milk.

Keep in mind that this substitute works well for cooking and baking recipes in which heavy cream is used to add flavor and creaminess. However, it won't whip the same way that heavy cream does.

To make Heavy Cream from Greek Yogurt: Blend together equal parts Greek yogurt and whole milk and use it in place of the same amount of heavy cream.

Note that this substitute can add thickness to dishes like soups or sauces, but it shouldn't be used in recipes that require whipping.

Additionally, Greek yogurt is lower in fat and may not provide the same tenderness or flavor as heavy cream in baked goods or desserts.

Evaporated Milk: Evaporated milk is a canned, shelf-stable milk product with about 60% less water than regular milk.

Thus, it's thicker and creamier than milk and can be an easy lower-calorie alternative to heavy cream in some recipes.

Evaporated milk is best for recipes in which heavy cream is a liquid ingredient, such as in baked goods, since it will not provide the same thickness as heavy cream and does not whip as well.

For best results, substitute heavy cream with an equal amount of evaporated milk. If you're making a dessert, you can also add a few drops of vanilla extract to sweeten it.

Canned: Canned coconut cream may be used to replace cream in many recipes.

Milk Substitute

Canned milk is a good substitute for fresh milk; one (12 ounce) can of milk can be diluted with water to make 3 cups of milk. You can also thin it up to 4 cups of liquid, without changing the recipes. Use at least a 1:1 ratio of condensed milk and water.

Shortening Substitute

Lard is a perfectly acceptable substitute for shortening in most recipes.

Butter or margarine (80% vegetable oil) can be used instead, adding a couple of extra tablespoons per cup of shortening called for in a recipe. So for every 1 cup of shortening called for in a recipe, use 1 cup butter or margarine plus 2 tablespoons.

Butter has a lower melting point than shortening and might change the texture of your recipe slightly, making it more or less crisp, less flaky or less fluffy.

Spice Substitutions

Cilantro is also called coriander.

You can substitute dry spices for fresh spices. Because dried herbs are often more potent and concentrated than fresh herbs, you need less. That means the correct ratio is one tablespoon of fresh herbs to one teaspoon of dried herbs. For example, if a recipe calls for one tablespoon of fresh oregano, you need only one teaspoon of dried oregano. The same goes for basil, dill, parsley, and any other herb that you fancy. When cooking, it's always easier to add more flavor than it is to take it away, so taste as you go to make sure the dish is properly seasoned.

You can rehydrate dry spices by soaking them in a bit of water for about 5 minutes.

Egg and Dairy Substitutions

There are excellent commercial egg replacers available, but you can also use simple homemade alternatives.

Instead of one egg, substitute:

Flaxseed Method: 1 tablespoon ground flaxseed meal + 3 tablespoons water (let sit for 5 minutes until gel-like)

Other Options: $\frac{1}{4}$ cup applesauce or mashed banana can work in some baked goods but may slightly alter flavor and texture.

To convert a recipe to dairy free:

Use margarine, oil, or shortening in place of butter.

Replace milk with coconut milk, almond milk, oat milk, soy milk, or even juice (depending on the recipe).

Spices

Spices should be stored in airtight jars in a dark cabinet or drawer away from any heat source. Baby food jars work great. If you don't have a baby, the little jars are still cheaper to buy than the jars sold with bulk spices. Look for inexpensive spices at health-food stores and co-ops. The rule of thumb for freshness is two years for ground spices and four years for whole spices except pepper, which has a shorter shelf life. If in doubt about a spice, smell it. If it smells good it probably is good. To store fresh ginger, put it in the freezer.

Equivalencies and Conversions

Equivalencies

a pinch = 1/8 teaspoon
 3 teaspoons = 1 tablespoon
 4 tablespoons = 1/4 cup
 16 tablespoons = 1 cup
 1 cup = 8 fluid ounces
 1 cup = 1/2 pint
 2 cups = 1 pint
 4 cups = 1 quart
 2 pints = 1 quart
 4 quarts = 1 gallon
 16 cups = 1 gallon

Equivalents for Different Types of Ingredients

Standard Cup	Fine Powder (ex. flour)	Grain (ex. rice)	Granular (ex. sugar)	Liquid Solids (ex. butter)	Liquid (ex. milk)
1 c	140 g	150 g	190 g	200 g	240 ml
3/4 c	105 g	113 g	143 g	150 g	180 ml
2/3 c	93 g	100 g	125 g	133 g	160 ml
1/2 c	70 g	75 g	95 g	100 g	120 ml
1/3 c	47 g	50 g	63 g	67 g	80 ml
1/4 c (4 tablespoons)	35 g	38 g	48 g	50 g	60 ml
1/8 c (2 tablespoons)	18 g	19 g	24 g	25 g	30 ml

Liquid Ingredients by Volume

1/4 tsp	=	1 ml
1/2 tsp	=	2 ml
1 tsp	=	5 ml
3 tsp	= 1 Tbs	= 1/2 fl oz = 15 ml
2 Tbs	= 1/8 cup	= 1 fl oz = 30 ml
4 Tbs	= 1/4 cup	= 2 fl oz = 60 ml
5 1/3 Tbs	= 1/3 cup	= 3 fl oz = 80 ml
8 Tbs	= 1/2 cup	= 4 fl oz = 120 ml
10 2/3 Tbs	= 2/3 cup	= 5 fl oz = 160 ml
12 Tbs	= 3/4 cup	= 6 fl oz = 180 ml
16 Tbs	= 1 cup	= 8 fl oz = 240 ml
1 pt	= 2 cups	= 16 fl oz = 480 ml
1 qt	= 4 cups	= 32 fl oz = 960 ml
		33 fl oz = 1000 ml = 1 l

Temperature Conversions

Fahrenheit	Celsius	Gas Mark	Oven Terms
225° F	110° C	1/4	Very Cool/Warm
250° F	130° C	1/2	Very Slow
275° F	140° C	1	Very Slow
300° F	150° C	2	Slow
325° F	165° C	3	Slow
350° F	177° C	4	Moderate
375° F	190° C	5	Moderate
400° F	200° C	6	Moderately Hot
425° F	220° C	7	Hot
450° F	230° C	8	Hot
475° F	245° C	9	Hot
500° F	260° C	10	Extremely Hot
550° F	290° C	10	Broiling

Dry Ingredients by Weight

<i>To convert ounces to grams, multiply the number of ounces by 30.</i>			
1 oz	=	1/16 lb	= 30 g
4 oz	=	1/4 lb	= 120 g
8 oz	=	1/2 lb	= 240 g
12 oz	=	3/4 lb	= 360 g
16 oz	=	1 lb	= 480 g

Meat Temperature Chart

MEAT	FAHRENHEIT	CELSIUS	DONENESS TEST
BEEF:			
Medium	140°F to 145°F	60°C to 65°C	Thumb to ring finger
Medium-Well	150°F to 155°F	65°C to 70°C	
Well Done	160°F and above	70°C and above	Thumb to pinky
POULTRY:			
Chicken	165°F to 175°F	75°C to 80°C	Visual
Turkey	165°F to 175°F	75°C to 80°C	Visual
PORK:			
Fresh Pork	145 to 155°F	63°C to 70°C	Thumb to pinky
Ham (Fully-Cooked)	140°F	60°C	Visual
Ham (Uncooked)	145°F	63°C	Visual

Meat Doneness Without a Thermometer

Visual Check

If you don't have a meat thermometer, there are three visual checks that must be done, especially for poultry. Pierce the thickest part of the meat with a fork or skewer and check that:

1. The juices run clear. No pink or cloudiness in the juice.
2. It is piping hot all the way through (it should be steaming)
3. There is no pink meat left.

Knife Tip Method

Use a thin knife. Go in at an angle in the middle of the thickest part of the meat, wait for a second, and then touch the tester to your wrist. If it's cold, the meat is raw. If it's warm — close to your body temperature — then the meat is medium rare. If it's hot, it's well done.

Touch Test

For cooking a steak, if you don't have a meat thermometer, the touch test works:

Touch the cut of meat with your finger and then feel the fleshy part of your hand underneath your thumb. The meat is **raw** if it feels like the fleshy part. Now hold your thumb and index finger together: The meat is **rare** if it feels like that. Now touch your thumb to your middle finger: The meat is **medium rare** if it feels like that. Next, connect your ring finger and your thumb: If the meat feels like the fleshy part of your palm now, it's **medium**. Finally, join your pinky and thumb: The meat is **well done** if it feels like that. It's a method a lot of chefs and home cooks use.

Pioneer Recipes

Danish Dumplings

- 1 cup milk
- ¼ cup butter
- ½ teaspoon salt
- 1 slice white bread
- Scant cup flour
- 2 eggs
- 1 teaspoon sugar

Place milk and bread in skillet on stove and stir until bread is all mixed with milk. Add salt, sugar and flour and continue cooking, stirring constantly, until mixture sticks together. Remove from heat and add eggs, one at a time, beating after each egg. Drop from tablespoon into gently boiling soup. Dip spoon in soup between each spoonful so dumplings will slide off spoon easily. Cover kettle and simmer about 7 minutes until dumplings come to top of soup.

Head Cheese

Cut lean meat off pig's head and boil. Also boil the tongue in salt water and peel off outer layer. Grind tongue and cooked meat and season with salt, pepper and sage. Put in a bowl with a plate on top to press it down and set in cold place. Don't leave the plate on any longer than one hour. Slice when cool.

Beans Cooked in Ground

Dig a hole 18 inches square. Make fire in the hole and let it burn down to hot coals. Put a pot of beans in the hole with plenty of water, salt and pepper, and add a piece of bacon. Cover tightly, place coals and ashes around pot and cover with dirt. Cook 6 to 8 hours.

Extra Rooster Chicken and Noodle Stew

Kill a rooster not young, not the oldest. Scald, pluck feathers, and singe. Wash. Cut up. Put in heavy kettle. Barely cover with water. Season with salt and pepper to taste. Boil one hour for each year old till almost tender. Add 1 cup diced potatoes, 1 cup diced carrots, ½ small diced onion. Cook until almost tender. Add noodles and cook about 10 minutes. Melt ¼ cup butter, 1 tablespoon flour and mix together real good. Add this thickening to your stew-as much as you want for as thick as you like. Cook a few minutes and it's ready.

Noodles

- 1 egg
- 1 egg-shell water
- ½ teaspoon salt
- 1 cup flour

Beat egg, water, salt and add flour until dough is very stiff. Roll very thin with plenty of flour on board. Flour thoroughly, fold and roll out again and repeat adding plenty of flour each time, then flour again and roll lightly like a jelly roll and slice very thin. Shake out into strings of dough and cook in soup or stew.

Porridge

For one serving:

- ¾ cup water or milk
- ¼ cup meal (whole wheat flour or cornmeal)
- ¼ teaspoon salt

Stir often while heating. When it is thickened and starts to bubble, it is done. Delicious as a hot cereal; can be used with a dab of butter and/or pepper, or with sugar or honey; may cook with raisins for variation.

James Parkinson (1808-1870) and Elizabeth Chattle Parkinson (1806-1872)

When the Parkinsons traveled to Australia by ship to colonize they went under the 1840 Act of Parliament which provided certain rations for steerage passengers on ships. ...

A loaf of bread, between 2 to 3 lbs. each day. One pound preserved meat per week, usually served in ½ lb. lots twice a week, 1 lb. preserved salt pork each week, 1 lb. salted beef served the same way. Half lb. pickled fish per week, 3 lbs. flour per week, 6 oz. suet, 1 oz. tea and ½ ozs. Coffee, a little mustard, pint of oatmeal, ½ pint preserved cabbage or vinegar, and three quarts of water daily. ...

One person from each family would prepare the food in the galley. Most of the food was suitable only for converting into a pie or pudding which was tied in a strong cloth and boiled under the supervision of the ship's cook.

Potatoes for Each Day of the Week

Sunday: peel, steam and mash; add milk, butter, salt and then steam and beat up like cake batter until nice and light

Monday: bake potatoes in the skins

Tuesday: peel and bake with roast beef, cooking them under the meat

Wednesday: Kentucky-style

Thursday: peel, steam and serve whole

Friday: peel, cut in thin slices lengthwise, sprinkle with pepper and salt, fry on a greased griddle greased with butter, and turn like pancakes

Saturday: potatoes boiled in their jackets

Bread Pudding

- 2 eggs
- ½ teaspoon salt
- ½ cup sugar
- 2 cups stale bread cubes
- 1 teaspoon vanilla or nutmeg
- 2 cups milk

Beat eggs only until mixed, add sugar, salt and flavoring. Scald milk and pour over bread crumbs. When well soaked combine mixtures and pour into greased baking dish. Bake in slow oven (300°). Test as for custard. Raisins may be added if desired.

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Grandma Elades Rice Pudding
Cook in plenty of water 1 cup rice - stir w fork
+ cover + cook til tender

Mix: 3 eggs - beaten light
3 cups milk
Butter
2 T sugar
nutmeg

add cooked rice + cook in dbl boiler for 1/2 hr

Homemade Soup
cook soup base, add carrots potatoes
a cut up turnip.

Use other vegetables if you have them

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Caramels
 2 c w. sugar } Boil until
 2 c w. syrup } it starts to
 change color
 10-15 min
 add Scalded 3 cups whipping cream
 about 1/4 c at a time - add slowly
 So mixture doesn't stop Boiling
 Bowl - to firm ball stage
 add 1/2 c Eagle Brand milk
 (scalded) slowly. Cook to
 firm Ball stage - add 1/4 tsp
 salt 2 tsp vanilla 1 c nuts

Miss Beverly Glade

*from Mrs. Glade
 10-15 min
 10-15 min
 10-15 min*

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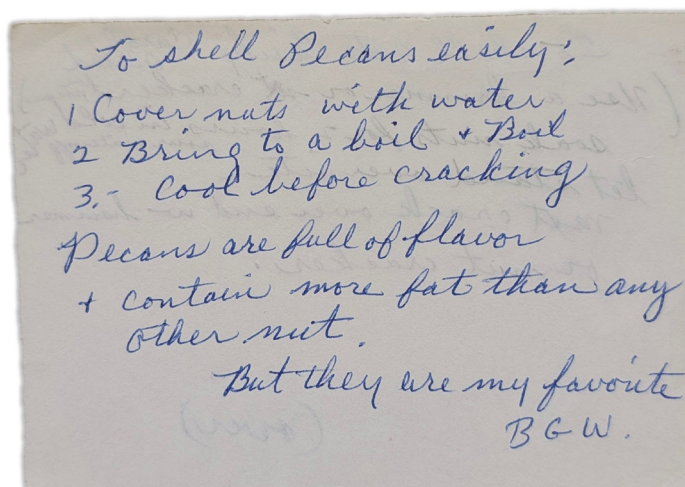
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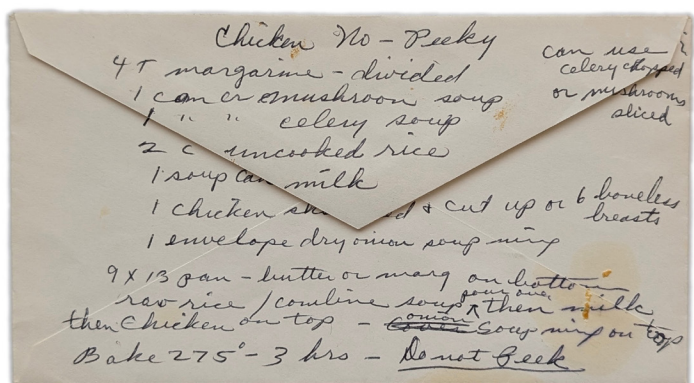
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Lucille's Shrimp Salad

1 can shrimp
1 3 oz lemon jello } set til syrupy
1 cup water
2 Teas grated onion
1/2 c canned smth - whip - fold into
1/2 c salad dressing or mayonnaise
1 1/2 c chopped celery
1 T green pepper - chopped
1 c grated cheese

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AUNT BETTY'S YUMMY SET SALAD Serves 12 amply.

2 pkgs orange jello
1 cup hot water
1 cup canned crushed pineapple and juice
2 cup grated carrots
1 cup diced celery
1 small green onion (or juice)
1 cup chopped pecans
1 lb. small curd cottage cheese.
3/4 cup mayonnaise

Mix and add 1/2 pt whipping cream--whipped.

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Another Aunt Betty Salad Serves 6 or 8

1/2 cup small curd cottage cheese
 1 pkg lemon or lime jello
 1 cup boiling water
 1/2 cup crushed pineapple and fruit juice (sm can)
 1 teas sugar
 pinch salt
 1/2 cup walnut
 1/2 cup canned cream
 1 T horseradish (may use less)

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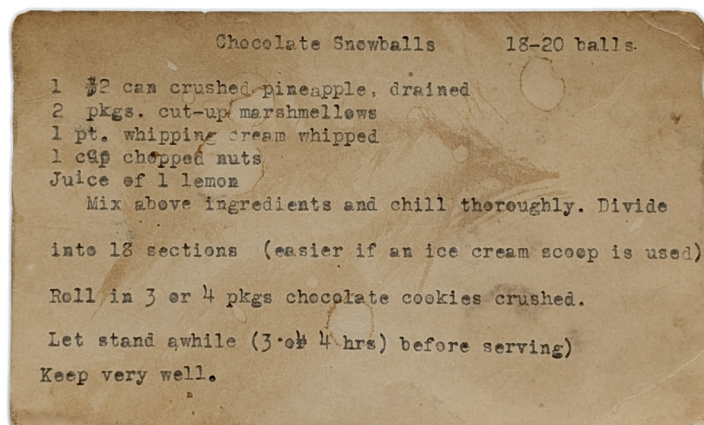
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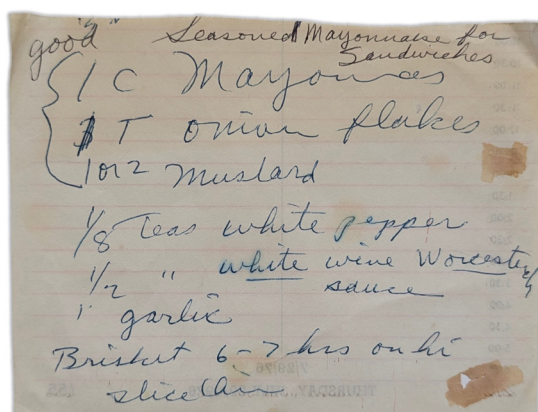
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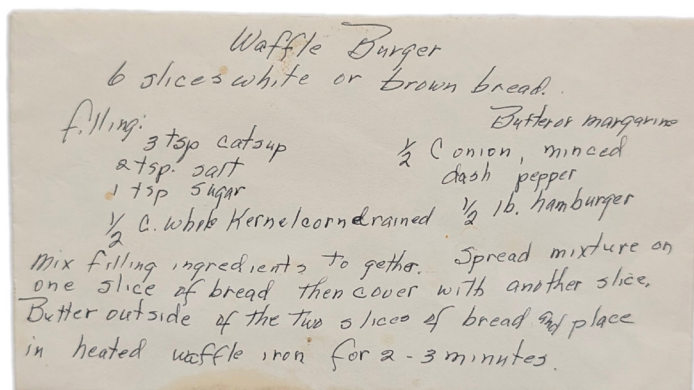
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Chip Beef Casserole

1 1/4 cup uncooked macaroni
 1 can mushroom soup
 1 soup can of milk + 1/4 cu milk
 1/4 lb. chip beef
 1 cup grated cheese (sharp)
 3 Tb chopped onion or 2 Tb dried minced onion
 2 hard boiled eggs.

Mix soup til creamy, add milk, cheese, onion, uncooked macaroni, and chip beef. Fold in eggs. Put in 1 1/2 qt casserole and store in refrigerator overnight. Bake 325 1 1/2 hours. Serves 6

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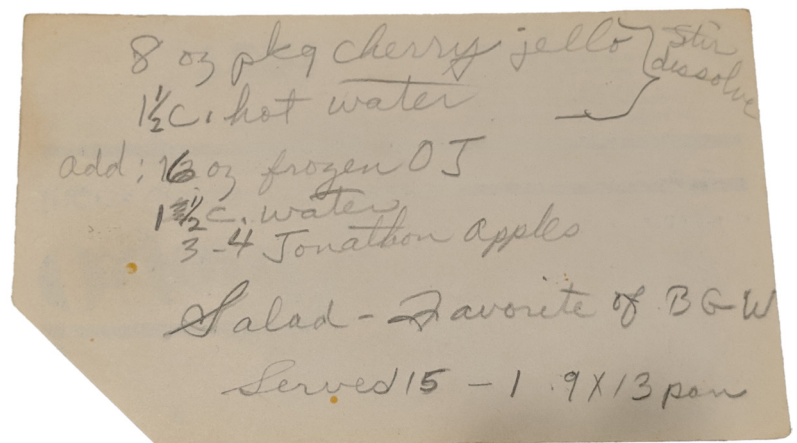
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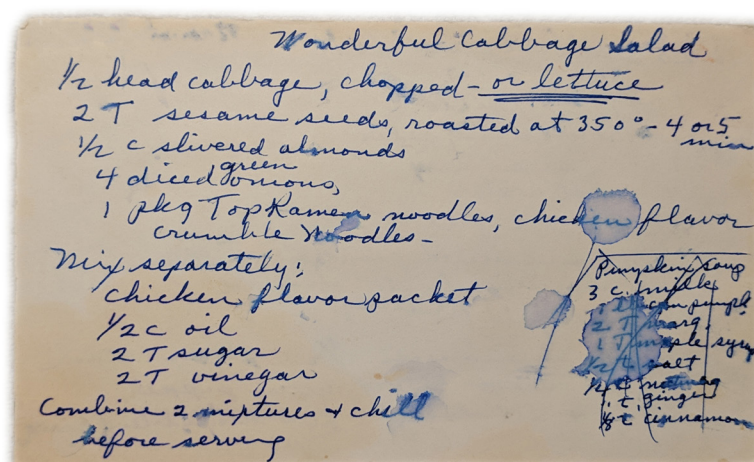
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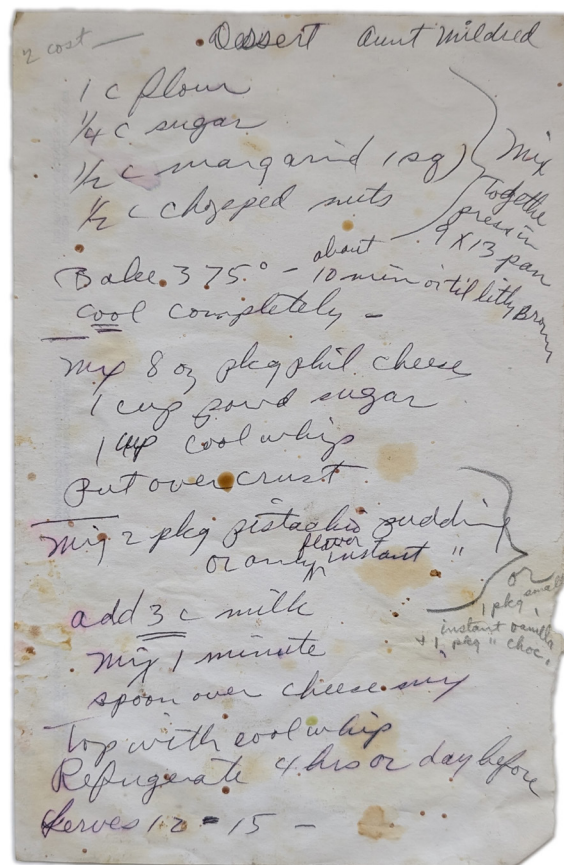
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