

Beach Family Recipes

Steve, Pearl and Rose Beach

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Chapter 1

Side Dishes

1.1 Pickled Eggs

Mix together 1 cup vinegar, 3/4 cup sugar, 1 teaspoon salt, and the juice from a 1 pound can of sliced beets. Add in 6 peeled hard boiled eggs, and then cover with the beets so that the eggs are totally covered with the juice. Cover and keep in refrigerator for 2-3 days before eating.

1.2 Hard Boiled Eggs

To boil eggs, first use a small nail to drill a hole into the end of the egg with the air sac (see which end floats!). Cover 1" deep with cold water, and then bring quickly to a boil. Remove from heat, cover, and let sit for 18 minutes. Drain, cool in cold water, and then finish cooling in the refrigerator.

1.3 German Potato Salad

This is the good stuff, with the vinegar dressing.

Start by browning 1/2 pound of bacon (cut up) and 1 large onion. (Leave the fat in.) Add about 1/3 cup of flour. Get that mixed up well, and then add 1/2 cup vinegar, 1 cup of water, and 1/2 cup sugar. Boil and thicken, and then pour over 3 to 5 pounds of potatoes that have been sliced, boiled gently until done, and cooled. Chill, maybe add a stalk of finely chopped celery, and serve.

1.4 Deviled Eggs

Take some hard boiled eggs, cut in half and scoop out the yolks.¹ Mix in some mayo and a touch of yellow mustard, and then some ground pepper. Put the mixture back into the egg whites, and then eat them up yum!

1.5 Apple Butter

This is one of the great long-term projects of all time. It will take you two days to make this.

Early in the morning of day 1, take a full size crock pot, turn it to high, and fill it with the following: about 5 quarts of unsweetened applesauce, 2 cups sugar, 2 tablespoons of ground cinnamon, 1 teaspoon of ground cloves, and 1/2 teaspoon of allspice. Mix well, and then wait. After it heats up and boils, take the lid off, and let it boil slowly all day. As the stuff boils, you'll see it turning darker, as well as reducing in volume. As space permits, add more applesauce (up to 4 more quarts) and two more cups sugar. In order to keep the process going, warm up the applesauce before you add it. Be sure to stir every so often, and be sure to top it up before you go to bed.

The next day, continue adding and monitoring until it looks done.² When it's done, spoon into clean pint mason jars (wide mouth works best!), put lids on and process for 5 minutes in a boiling water canner. (It's a high acid food, it's already been cooked, and by gosh it's hot. It doesn't need that long, but if you want, give it 15 minutes.) Remove, make sure everything seals, and then put on labels. Give them away, make people happy.

¹Which of the following sentences is correct: "The yolk of an egg is white." or "The yolk of an egg are white."?

²I.e., thick and rich, dark and nommy.

Chapter 2

Quick Breads

2.1 Betty Crocker Muffins

From the 1981 Betty Crocker Cookbook.

Ingredients:

- 1 egg
- 3/4 cup milk
- 1/2 cup oil
- 2 cups flour
- 1/3 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt

Heat oven to 400 degrees. Get 12 muffin cups or grease 12 muffin tin. Beat egg, stir in milk and oil. Stir in remaining ingredients until just barely mixed. Spoon into muffin cups, and bake for 20 minutes. Remove from pan and cool them as long as you have to to avoid burning your fingers and mouth as you gobble them down.

Apple-Nut Muffins Take the basic recipe, and mix in 1 good size eating apple and about 1/2 cup chopped nuts. Add in 1/2 teaspoon cinnamon. Substitute brown sugar for the white sugar.

Oatmeal-Raisin Muffins Add 1 cup raisins with the milk, and substitute 1 cup quick oats for 1 cup of the flour. Add in 1/2 tsp cinnamon and 1/4 tsp nutmeg.

2.2 PB Muffins

Written by Pearl Beach, when she was six years old.

Mix 1/2 cup peanut butter¹, 3/4 cup milk, 2 eggs, 1/2 cup oats, 1/3 cup sugar, JTRA² of cinnamon. Add in 3/4 cup flour and 2 teaspoons baking powder and mix. Put into 12 muffin cups and bake at 375 degrees for 20 minutes.

Chocolate Chip PB Muffins If desired, add about 1/2 cup of chocolate chips, but not if Pearl is going to eat them, since she doesn't like chocolate chips in her PB muffins!

2.3 Cornbread

Heat oven to 400 degrees, and grease a 9x9 pan. Mix together 1 cup flour, 1 cup cornmeal, 1/4 cup sugar, and 2 teaspoons baking powder. Mix together and beat 1 egg, 1 cup milk, and 1/4 cup oil. Mix everything together just until moist, put into greased baking pan, and bake for 20-25 minutes until top is golden brown.

2.4 Zucchini Bread

(From the 1991 Betty Crocker Cookbook.)

Heat the oven to 350. Grate 3 cups of zucchini³, and mix in 1 2/3 cup sugar, 2/3 cup vegetable oil, 2 tsp vanilla, and 4 eggs. Mix in 3 cups flour, 2 tsp baking soda, 1 tsp salt, 1/2 tsp baking powder, 1 tsp cinnamon, 1/2 tsp ground cloves. If desired, mix in 1/2 cup nuts and/or 1/2 cup raisins. Pour into two greased bread pans, and bake for about 55 minutes, until done.

¹creamy

²Just The Right Amount

³Depending on your definition of "medium", that could be half of a medium zucchini, or 3 medium zucchinis.

2.5 Banana Bread

Heat oven to 375 degrees, and grease a large loaf pan. In the mixer, cream together well 1 stick of butter and 3/4 cup sugar. Add three bananas and mix until bananas are well mashed. Add 1 cup oatmeal, JTRA of cinnamon, nutmeg and vanilla extract. Mix. Add in 1 cup flour and 2 teaspoons baking powder, and mix until moist. Put into the pan and bake about an hour, until a wooden skewer comes out clean. Cool on rack.

Variations Add 1/2 cup raisins and/or 1/2 cup chopped nuts, but not if Rose and Pearl are around, as they don't like either.

2.6 Scones

Pre-heat the oven to 400. Mix together 2 cups flour, 1/3 cup sugar, 1 tsp baking powder and 1/4 tsp baking soda, along with a dash of salt. In a separate bowl, mix together 1/2 cup sour cream and a large egg. Into the flour mixture, grate 1 stick of butter, frozen.⁴ Mix in 1/2 cup raisins, currants, or chocolate chips, and then the sour cream mixture. The batter will be sticky, hard to work with, and you will swear that it will not absorb all the flour, but keep trying anyway. Form into a rectangle and cut into 8 triangles, then bake for 15-17 minutes, until golden. Try to resist eating them for at least five minutes.

⁴Gosh, that's gotta be the niftiest direction I've ever written. "Grate the butter" is just not something one is directed to do often. "Toast the ice" comes to mind.

Chapter 3

Breakfast

3.1 Waffles

Beat 2 eggs. Mix in 1 5/8 cups milk and 1/4 cup oil. Mix in 1 cup oats (either quick or old-fashioned). Add JTRA cinnamon, and a dash of vanilla, along with two tablespoons of sugar. Put in 1 cup flour and two teaspoons of baking powder and mix. Put in waffle iron and eat them up YUM! This makes 5-6 in a standard waffle iron, 3-4 in the rose waffle iron, and 7-8 in the hello kitty waffle iron.

Banana Waffles Mix in 1-2 bananas with the oatmeal, and mash up well.

3.2 Book Waffles

From the book “Everything on a Waffle” by Polly Horvath, about (in part) a restaurant where everything comes on top of a waffle, even the waffles!

Mix together 2 cups flour, 1 tbsp baking powder, 2 tablespoons sugar, 1/2 teaspoon salt. In another bowl beat well 3 eggs, then add 1 1/2 cups milk. Mix into the flour mixture, and then add 1/2 stick (1/4 cup) melted butter while stirring. Use in a waffle iron, eat them up, YUMM!

3.3 French Toast

Heat a cast iron skillet, and melt some butter in it. Take one egg, and beat well in a pie pan. Add about 1/4 cup or so milk, and mix well. Add cinnamon if desired. Dip two pieces

of whole wheat bread in the egg mixture, both sides, and place in the hot skillet. Pour any remaining egg mixture over the bread. Fry until golden brown, and then flip and fry the other side until golden brown.

3.4 Omelette

Thoroughly heat a well seasoned cast iron skillet that isn't too big. Beat two eggs well and mix in about an eighth of a cup of milk. Pour into the skillet, covering bottom, and then add about a quarter of a cup of cheese in small bits and whatever other fillings you like (ham, green pepper, mushrooms, and salmon lox are nice). Cook gently until the bottom is set, and then lift the edges to allow the runny stuff to get to the bottom. Cook until there is a nice crust on the bottom, and most of the runny stuff is gone. Fold in half, and then flip onto a plate. Yum!!

3.5 Eggs Benedict

Make poached eggs, toasted english muffins, and hollandaise sauce, and procure cheese and sliced canadian bacon. Build with a half muffin on the bottom, topped with the canadian bacon, a poached egg, a dollop of the hollandaise sauce, and a sprinkle of the cheese. Serve with pepper and an assortment of drinks for possibly the best breakfast a guy can have.

3.5.1 Eggs Benjamin

Possibly the only breakfast that could beat Eggs Benedict. Same recipe, but replace the slices of canadian bacon with slices of smoked salmon (lox).

3.5.2 Eggs Beauregard

For the vegetarians out there (you know who you are Rose!). Replace the canadian bacon with fried slices of tofu or eggplant.

3.6 Oatmeal

The old standby, but by gosh it's good. Bring 1 1/2 cups of water to a boil, and then pour in 3/4 cup (or maybe just a touch less) of oatmeal. Simmer for 3-4 minutes, then mix in a

handful of raisins, turn off the heat and let stand for five more minutes or so.

Another alternative is to use a double boiler, possibly with milk. Keep the same proportions, but just mix the oatmeal and liquid in the top and let cook for a half hour or so while taking a shower. This has two advantages: 1) no need to stir or fuss or fret, 2) you have some hot water all nice and boiled for your morning tea!

3.7 Baked Oatmeal

Taken from a recipe in the Wisconsin State Journal of April 20 2012 from Crema Cafe (next to Fired Up Pottery!)

Mix together 1/4 cup oil and 1 egg. Mix in 1/2 cup milk, 1/3 cup sugar, 1/4 tsp vanilla, 1/4 tsp salt, and 1/4 tsp orange extract¹. Mix in 1 1/2 cups oats, 1/4 tsp cinnamon, and 1/2 tablespoon baking powder. Finally, mix in 1/4 cup nuts (toasted pecans if you have them, walnuts if you don't) and 1/4 cup fresh cranberries (or 1/4 cup leftover cranberry sauce²). Yep, it will be thick. Put it into a small greased Corningware. Let it sit for a while while you heat the oven to 350. Bake for an hour, uncovered. If it is browning too fast, reduce heat to 325.

If cooking for multiple people, triple the recipe and use an 8x8 glass pan.

3.8 Cornmeal

The best way to make this, by far, is to use a double boiler. If one uses a regular saucepan, one is apt to get lumps (from not stirring enough) or splattered with boiling cornmeal (from daring to stir). Best to cook it slowly and avoid both. It's dead easy as well. Mix together 1/2 cup cornmeal and 2 cups cold water in the top of the double boiler. Get the steam going, and then wait. Give it a stir every 15 minutes or so, and after 45 minutes, it will be ready to go. For non-breakfast meals, go ahead and mix in some garlic or other spices.

¹Or orange peel, if you don't have any extract.

²Yes, you do have some from last thanksgiving, and yes, it is still good. Look in the bottom rear of the fridge!

Chapter 4

Desserts

4.1 Great Depression Cake

From a Sun-Maid raisin box, circa 1988.

In a large saucepan, simmer 2 cups sugar, 2 cups strong coffee, 1/2 cup shortening, 2 cups raisins, and 1 apple (peeled, cored and grated) for 10 minutes, stirring occasionally. Remove from heat and cool in the refrigerator *at least 15 minutes*.¹ Blend together 2 cups flour, 1 teaspoon baking soda, 2 teaspoons baking powder, 1 cup chopped walnuts, and 1 teaspoon of each of the following: cinamon, allspice, cloves and nutmeg. Mix the flour mixture and cooled raisin mixture together, and pour into a greased and floured 13 by 9 pan. Bake at 350 degrees for 25 to 30 minutes, or until a toothpick comes out clean.

4.2 Rice Pudding

In a 3 quart baking dish (a Corningware, perhaps) beat 4 eggs. Mix in two cups milk, and about 2/3 cup sugar. Add a dash of vanilla or almond extract, if desired, along with a shake of cinnamon or nutmeg, if desired. Mix in 3 cups of cooked rice (long grain brown rice works well). Pour in raisins, but do not mix, or they will all end up on the bottom – just gently poke under the surface. Put the baking dish in a larger pan with about 1 inch of hot water.² Bake in a 325 degree oven for about an hour, or until set. If you overbake, no big problem, it will just have cracks in it.

As an alternative, this can be made on the stovetop in a double boiler. Less energy,

¹If you don't cool it long enough, the baking powder will go fizz in the next step, making a big mess!

²This prevents the bottom from getting too hot and browning.

just as tasty, a bit faster, a cooler kitchen, and a chance to whip out that nice underutilized kitchen gadget.

4.3 Cherry 1-1-1

For a 9 by 9 inch pan: For the topping, mix 1 cup oats, 1 cup flour, 1 cup sugar, 1 teaspoon cinnamon, and 1 stick of melted butter. For the filling take the juice from one can of pie cherries, mix with 3 tablespoons of cornstarch and 1/2 cup sugar. Heat until thick over the stove, then mix in 1 cup sugar, a dash of almond extract, and two cans of drained cherries. Pour into a pan, pour on the topping, and bake at 375 degrees for about 45 minutes, until the filling is bubbling and the topping is slightly browned. Serve warm with evaporated milk.

For a large bread pan, just cut the above recipe in half.

4.4 Apple 1-1-1

For a 9 by 9 inch pan: For the topping, mix 1 cup oats, 1 cup flour, 1 cup sugar, 1 teaspoon cinnamon, and 1 stick of melted butter. For the filling, peel, core and slice 4-5 medium apples, until you've got a good 1.5 inch layer. Mix in a generous dash of cinnamon and some nutmeg, and about 3/4 cup of sugar. Pour on the topping, and bake for about 45 minutes, until the filling is bubbly and the top is lightly browned. Serve warm with evaporated milk.

Oh, the apple variety is important – Jonathons work best, but Macintoshes and Golden Delicious work also.

4.5 Blackberry Cobbler

Mix together 1 cup of sugar and 2+ tbsps of cornstarch. Mix in a pound of blackberries (frozen works great), and toss into a large corningware. Mix with a pastry cutter 2 cups flour, 1 tsp baking powder, 2 tsp sugar, and 1/3 cup shortening. Add enough milk to make it the right texture (a thick batter, not a dough), and spoon onto the blackberries. Bake at 375 until the berries are bubbling and the biscuit topping is brown, about 30 minutes or so. (If using frozen berries, bake about 10 minutes before putting the biscuits on.)

4.6 Apple Tart

This is what you do when you want an apple pie, but don't have enough apples! The key is to make it pretty, and let the eye emphasize the taste of the apple. Start with a basic bottom crust, on the smallest, lowest pie pan you have.³ Carefully peel, core and slice the apples, arranging in one layer on the crust in pretty circles. Sprinkle with a cinammon sugar mix, and then bake at 375 until the crust is brown and the apples are done.

4.7 Rhubarb Cake

Mix together 1/2 cup margarine (NOT BUTTER!), 1 1/2 cups sugar, 1 egg and 1 tsp vanilla. In a separate bowl, mix together 2 cups flour, 1 tsp soda. Alternately mix together 1 cup sour milk (i.e., milk treated with lemon juice or vinegar), the flour, and the egg mixture. Fold in 2 cups rhubarb, cut into pieces about the size of the end of your pinkie. Pour into a greased 9 x 13 pan. Sprinkle the top with a mixture of 1/2 cup sugar (either white or brown) and 1 tsp cinnamon. Bake at 350 for 40-45 minutes or until a wooden skewer comes out clean.

Note: There may be another ingredient – my source isn't clear. You may want to drizzle a bit of melted butter on the cake before topping with the sugar & cinnamon.

4.8 Chocolate Cake in a Cup

No, this isn't a cup cake, it's a cake made in a cup! It takes only about 5 minutes or so to make in a microwave. Be sure to use a really big cup!

In the cup, mix together 1/4 cup cake flour, 1/4 cup sugar, and 2 tablespoons cocoa. Crack in an egg, whisk it up, and then take about half of it and put it in the cup, along with 3 tablespoons milk and 3 tablespoons oil. Mix well, then microwave for 3 minutes or so on high, until it is set and stops rising. Let it cool a bit, and then dig in!

Variations: Mix in some chocolate chips, or some extracts, like a splash of vanilla or peppermint. Cinnamon could work too, if you feel adventurous.

³A small pizza pan would also work.

4.9 Chocolate Goo Cake, a.k.a., Hot Fudge Sundae Cake

In an ungreased 9x9 pan, mix together well 1 cup flour, 3/4 cup white sugar, 2 tablespoons cocoa, 2 teaspoons baking powder and 1/4 teaspoon salt. Mix in 1/2 cup milk, 1/8 cup oil, 1 teaspoon vanilla, and some nuts (if desired). Keep stirring until it is *thoroughly* mixed, with no powder left. It will be thick. Put on top 1 cup packed brown sugar and 1/4 cup cocoa. Pour over 1 3/4 cup of hot water, and then bake in a 350 oven until done (i.e., lots of bubbling everywhere). The cake will be on the top, and the goo will be on the bottom – magic how that happens!

Chapter 5

Pies

5.1 Apple Pie

The key to good apple pie is good apples. I like Jonathon apples. Becky like Macintosh apples. I will never use Granny Smith apples – the one apple pie I couldn't eat was a Granny Smith apple pie, and I'm not going to go to the work of peeling the apples if I don't like to eat the result!

Anyway, make two pie crusts. Peel and slice apples until you've got about 6 cups of apple slices. Mix 1 1/2 cups sugar (or so), 3 tablespoons of minute tapioca, and spices (cinnamon, allspice, nutmeg) to taste. Mix with the apples, and put into the biggest pie plate you've got. Bake at 375 or 400 F until it's done, about an hour or so. (Yes, there is a lot of "whatever" in this recipie. Just do what works.)

Variations: Mix in about half a cup of raisins. You may also want to make about 1/3 of the sugar brown sugar, but not more.

5.2 Cherry Pie

Get two cans of pie cherries, and open and drain them, saving the juice. Prepare two pie crusts and heat the oven to 400 degrees. In a medium saucepan, mix together 3 tablespoons cornstarch, 1/2 cup sugar, 3/4 cup juice from the cherries (about one can's worth). Heat until thickened, stirring constantly with a wire whisk. When thickened, mix in 1 cup sugar, 1/4 teaspoon almond extract, 1 tbsp butter, and some red food coloring (if desired). Mix in the drained cherries, and put into pie crust. Top with a lattice crust, and bake for 50-60

minutes, until the crust is nicely brown and the filling is bubbling throughout.

Note: You will want to use one of your larger pie pans for this one, as well as having something underneath to catch the drips. Nothing says “Cherry Pie” like smoking glops on the bottom of the oven!

Tapioca Cherry Pie This is another good cherry pie recipe, that’s maybe a little less work than the above. Mix two cans of drained pie cherries with 1 1/2 cups sugar, 1/4 tsp almond extract, and 3 tablespoons of Minute Tapioca. Let stand for 15 minutes (now would be a good time to heat the oven and make the crust!). Put into the crust, top with a lattice crust, and bake as above.

5.3 Chocolate Pie

Melt 2 tablespoons of butter and 2 ounces of unsweetened chocolate. Mix in 1/2 cup sugar, 3/4 cup dark corn syrup, and 3 eggs. Beat well. Pour into unbaked 9 inch pie shell (with walnuts or pecans, if desired) and bake at 350 degrees for about 45 minutes, until the crust is light brown and the filling is puffed up and cracked. Let cool, and eat it all up.

Pearl’s Paw Print An idea from Pearl, when she was only six. Take the excess dough and shape it into one big ball and three small balls. Put it into the chocolate pie so that it looks like a cat stepped into the pie. Eat it up, YUMM!

5.4 Derby Pie

Pre-bake a pie crust. While it’s baking, mix up a half stick of melted butter, 2 large eggs and 1 tsp vanilla extract. Add 1 cup brown sugar, and 1/2 cup flour, and mix thoroughly. Fold in 3/4 cup chopped walnuts and 3/4 cup chocolate chips. Pour into the crust, and bake until puffed and golden brown, about 30 minutes.

5.5 Gooseberry Pie

This is a wonderful pie, but not for everybody. If you’re going to make this, make another pie for the unenlightened.

First, get a bottom pie crust ready (in a small pie pan). Mix together 1/2 cup sugar, 1 tablespoon flour, and 1/4 teaspoon cinnamon. Open up a can of gooseberries, and drain the syrup into the sugar mixture, and gently heat up until it's thick. Gently mix in the gooseberries, and pour into the pie crust. For the topping, cream together 6 tbsp butter and 6 tbsp brown sugar. Mix in 3/4 cup flour until it looks like coarse meal. Sprinkle over the top of the pie, and then bake at 375 until the crust is done.

5.6 Mincemeat Pie

To me, nothing says “thanksgiving” as much as mincemeat pie and coffee. Nope, not even the turkey. After a real meal, nothing hits the spot like the magical combination of hot coffee, flakey pastry and the subtle, nuanced flavor of well aged mincemeat. If whoever is reading this invites me to thanksgiving dinner some day, be sure to make a mincemeat pie!

The pie itself is easy to make. Take a quart jar of aged mincemeat, put it inside a set of 9 inch pie crusts, bake for 45 minutes at 375, or until the center is bubbling and the crust is nicely brown.

The hard part is the mincemeat. Start by roasting 4.5 to 5 pounds of chuck until medium well done. Grind everything (yes, including the fat and the gristle) up in a sausage grinder, and put into a big kettle (12 quarts, if you've got one). Add three quarts of winesap / macintosh apples (cored and chopped, no need to peel), along with three pounds of raisins, two pounds of canned pie cherries, 2 pounds of cranberries (or the same amount of gooseberries), one brick (11 ounces) of dates (chopped up), and one pound of mixed candied fruit. Mix in 2 cups of brown sugar, 4 teaspoons of cinnamon, 2 teaspoons of ginger, 2 teaspoons grated lemon peel, 1 teaspoon *each* of cloves, mace, allspice and nutmeg. Add 1 or 2 cups of chopped walnuts, if desired (I do). Now for the liquid: 1/2 cup *each* lemon juice and orange juice. If you need extra liquid, add 1 cup grape juice. Stew in the pot for about 1/2 hour, until the consistency is nice and the apples look gently cooked. You will notice the change as it stews. After stewing, pressure can in quart jars according to FDA or Ball Blue Book recommendations. This is not the stuff to screw around with – if you don't do it right, canned meat and meat products can kill people! (I'm pretty sure that is 75 minutes boiling under 10 pounds pressure, but check for yourself.)

The mincemeat is best aged at least 3 months to a year, and it lasts for at least three years. But, no matter how old it is, make sure the seal is still good as is the aroma when you open it. Be sure to label and enjoy.

5.7 Raisin Pie

Take 1 pound raisins and 1/2 cup lemon juice. Add water just to cover, and bring to a boil gently. Boil three minutes, then let cool at least 20 minutes. Drain. Mix together 1 tablespoon corn starch and 1/2 cup sugar, then mix into the raisins. Put into an unbaked 9 inch pie crust, top with another crust, and bake for about 45 minutes at 375 degrees.

5.8 Buttermilk Pie

Heat oven to 325 F. Beat until frothy 3 eggs, 1 stick butter (melted). Add 1 1/2 cups sugar mixed with 1 tablespoon flour. Add 2/3 cup buttermilk, 1/4 tsp salt, 1 1/2 tsp vanilla, 1 tsp lemon extract, and 1 tsp minced lemon peel. Pour into a pie crust. Bake at 325 F for 10 minutes, then raise the heat to 350 F and bake for 50 minutes.

5.9 Pie Crust

For each crust, use 1 cup flour, 1 tablespoon of sugar, 1/16 teaspoon of baking powder, and 1/3 cup shortening. (Crisco works fine, and butter doesn't work. Lard and chickenfat have been rumored to work, but I haven't tried them.) Cut the fat into the other ingredients thoroughly, and then mix with just enough water to make the dough hang together. Roll out between wax paper, fill, eat, and go "aaahhhhhh."

Variations: The main thing you can change is the fat. I don't recommend butter, as the one time I tried it, it came out hard as a rock. The water in the butter, when worked with the flour, will bring out the gluten, making the crust hard. If you do use butter, work gently.

Chapter 6

Bread

6.1 Grandma Rolls

Mix together 2 tablespoons dry yeast, 1 1/2 cups bread flour, about a tablespoon of sugar, and 1 1/2 cups warm milk. Let sit, covered with a wet towel, for 6-18 hours to ferment. Mix in 3/4 cup sugar, a dash of salt¹, 3 eggs (room temperature) and 1 1/2 stick of butter (room temperature). Mix with enough flour to give a good solid consistency (about 2-4 cups), and knead until done. Let rise in a warm place covered with a wet towel until double, about 1 hour. Punch down and form into rolls of the proper size², and let rise in a warm place covered with a towel until double, about 45 minutes. Meanwhile, pre-heat the oven to 375 degrees. Bake until golden brown, about 15-20 minutes, cool on racks, and then give them away to the neighbors, who will absolutely adore them.

6.2 Cinnamon Rolls

Mix together 1 1/2 tablespoons dry yeast, 1/2 cup dry milk, 1 tablespoon sugar, 1 tsp salt, and 2 1/2 cups flour. Mix in 2 1/4 cups warm milk, and set aside to rise under a damp towel for 3-4 hours. Mix in 1/2 cup sugar, 1/2 cup warm butter, two warm eggs, 1 tsp vanilla. Mix in enough flour (about 3 1/2 cups more), and knead. Cover with a damp towel, and let rise until double, about an hour.

Divide dough into two balls. On a floured board, roll out one ball of dough to about 12 inches square. Sprinkle with mixture of 1/2 cup sugar and 4 tablespoons of cinnamon.

¹Up to a teaspoon, if you must.

²About 12 ounces each if Uncle John is around, about 6 ounces each otherwise.

Dot with butter. Roll up, cut with dental floss (unwaxed), and place on a pan to rise before putting into oven. Bake at 350 for about 10 minutes.

Makes two dozen cinnamon rolls.

6.3 Cornish Splitters

Cut together 2-3 Tbsp of butter with 2 cups of flour³ and 2 Tbsp of sugar. Then mix in 1 1/2 Tbsp of dry yeast. Then mix in 1 cup of hot milk (a minute in the microwave works well), and stir until smooth (you'll know it when you see it). Let rise uncovered while you are heating the oven to 400 degrees. After 45 minutes of rising time, drop six spoonfuls onto an ungreased pan, and bake for 15 minutes or so until brown on top.

Note: I find that preheating a cast iron griddle in the oven works well. You get a nice bottom crust, it never sticks, there's no cleanup, and it just adds to the flavor.

6.4 Oatmeal Bread

Mix together about 1 1/4 cup of oats, 1 cup bread flour, a tablespoon of yeast, and a touch of sugar. Mix in 1 1/2 cup of warm milk.⁴ Leave that to rise for a while (at least an hour, and up to a day – the longer the tastier!), and while you're at it, get a stick of butter and an egg out of the fridge and let them warm up. When ready, mix in the butter, the egg, and a half cup of sugar, as well as any spices you feel like (cinnamon and allspice work well, as does nutmeg). Add enough flour while kneading to get it to a proper dough, and knead until done. Let rise for an hour or so, punch down and put into two greased bread pans. Let rise about 40 minutes or so, and then bake at 375 for 45-50 minutes or so.

Note: You can use whole wheat flour instead of the oats (increase to 2 cups or so), as well as put raisins and/or nuts in.

³Maybe one of those cups should be whole wheat.

⁴The microwave is a wonderful thing!

6.5 Artisan Rye Bread

Mix together 1 1/2 Tbsp of yeast, 2 tsp salt, 1 1/2 cup rye flour, 5 cups bread flour, and 1 1/2 Tbsp of caraway seeds. Mix in 3 cups of lukewarm water, just until mixed (no need to knead). Let set and rise for two hours or so, and then cover and put into the fridge. When you want a loaf, take 1/3 of the original batch out, massage into shape, and let it sit and rise on a bread peel for 40 minutes (with some cornmeal to keep it from sticking!). Slash if you want to. Pre-heat the oven to 450, along with a cast iron griddle or pizza stone. For a glaze, take a teaspoon of corn starch, mix it with 3/4 cup of cold water, and microwave for a minute. It will be nice and thick, perfect for getting caraway seeds to stick to the top, as well as making it look golden. Bake with steam (spilling water onto the stone / griddle works well) for 30-35 minutes, until crisp, golden and hollow sounding.⁵

6.6 Artisan White Bread

Much like the rye bread above, just without the glaze and the caraway seeds, but with 6 1/2 cups of bread flour. Doesn't get much easier than that!

6.7 Artisan Whole Wheat Bread

Much like the rye bread above, just with whole wheat flour instead of rye. Forget the glaze and the caraway seeds.

⁵From the book "Artisan Bread in Five Minutes a Day"

Chapter 7

Main Dishes

7.1 Beef and Noodles

Take about 3/4 of a pound of chuck roast, and cut into about 3/4 inch pieces. Brown well, with two medium diced onions, then cover with 3 cups water. Add Worcestershire sauce, garlic, salt and pepper to taste. Bring to a boil, and then reduce heat and simmer for at least 45 minutes. Add one package (16 ounces) extra wide egg noodles. Cook until noodles are done, stirring gently as needed.

Home-made noodles If you really, really want to work hard, you can make home made noodles. For each half pound of meat, knead together 1 egg, 1 cup flour, 1 eggshell of water and a pinch of baking powder. Roll out very thin, cut, and let dry for about 30 minutes before cooking.

7.2 Bulgogi

Take a medium round steak (about 1 to 1 1/2 pounds) and cut into 3/4 inch cubes. Marinate for at least 1/2 hour in a mixture of 1/2 cup soy sauce¹ 1/4 cup honey, 2 teaspoons powdered ginger, 1 tablespoon sugar, a handful of chopped chives (or garlic or whatever) and 1/2 cup water. After marinating, fry up two large onions, and add the drained meat. After that is nicely browned, add the marinade and cook until done. Thicken with cornstarch and water. Serve piping hot with freshly cooked brown rice.

¹Note that Kikkoman is the good stuff. Do not use La Choy, as that is imitation soy sauce, made without the benefit of real bacterial fermentation.

7.3 Mexican Night

Disclaimer: This is about as authentically mexican as Al Gore. Possibly less. But I've got to include it here since we do it so often to such acclaim.

The basic idea is that burritos are fun. Start by making a fresh pot of rice (1 cup brown rice (well rinsed), three cups water in the top of a double boiler until done), a microwaved can of refried beans, some shredded cheese, maybe some sour cream, and the meat topping. For the topping, cut up maybe a pork steak or leftover chicken / turkey, or maybe 3/4 of a pound of beef. Throw in the small skillet, and pour over some salsa. Heat gently while the rice is cooking, and you'll have a yummy mix of salsa and meat that's perfect. I would stay away from ground beef – it's way too stereotypical. Serve on flour tortillas that have been nuked, alongside canned fruit salad or fresh cantaloupe, and life is pretty darn good.

7.4 Roast Chicken

I put this in here mostly because we do it so often. There's no real need, since it's so darn easy. Just roast the darn bird at 375 until crispy on the outside and done on the inside (maybe an hour and a third). Serve with giblet gravy and potatoes, and everybody is happy.

7.5 Gamish

This recipie and name were invented by Becky. Take about 5 potatoes, peel, cube, and boil. While the potatoes are boiling, take a medium onion, cube, and brown it in a skillet. Add in about a half pound of cut up keilbasa or smoked sausage cut into small pieces. Fry that up for a bit, and then add in the potatoes when they are done boiling. Fry for a bit to get the tastes mixed up and brown the potatoes a bit. Put some colby or cheddar on top, cover, and give the cheese a chance to melt. Enjoy!

7.6 Chicken Vesuvio

Take a frying chicken, cut it up into serving pieces, and dredge in 3/4 cup flour seasoned with 1/2 tsp garlic salt and pepper. Let dry of at least 10 minutes. Also, dredge 2 pounds of red potatoes (peeled and quartered) in the same mixture. Brown in hot olive oil that is at least 1.5 inches deep (this takes a while!). As the pieces brown, take them out and arrange them in a roasting pan. Sprinkle with oregeano, garlic salt and Parmesan cheese. Add a can

of chicken broth to the olive oil, and then pour over the chicken and potatoes. Swoosh it all around to that the spices are distributed, and then bake in a 350 oven for one hour, basting a few times with the juices. It will be yummy and crispy, if not lava encrusted.

Chapter 8

Thanksgiving

Thanksgiving is my favorite holiday. I just loving having the whole family around, cooking for all of them, and then eating it up! I have cooked thanksgiving dinner with all of the trimmings every year since 1984. That includes at least two years of cooking at the Blaisdells, two years cooking at my Mom's house, and even the year I took Thanksgiving dinner to Becky while she was on call at Lutheran General. I realize that someday I won't be cooking thanksgiving dinner, but I hope that's a long, long, long way away, and that my daughters will have mastered it by then.

8.1 Menus

What makes thanksgiving special isn't any one dish, but the assemblage, all at once, of the good basic food that we are comfortable with. That and the pie and the Meier's Sparkling Pink Catawba.

Given that, you have to think of the menu first, and work from there. Make sure you get the goodies, and don't worry too much if it's too much.

The key to the menu is to break everything into genera, and then choose the appropriate number of items from each.

- Turkey
 - Turkey
 - Stuffing
 - Gravy

- Bread
 - Grandma Rolls (Note: There is no other choice. Anything else was, is, and always will be an abomination.)
- Starches
 - Mashed potatoes
 - Candied sweet potatoes
 - Baked potatoes (Note: This isn't as good for thanksgiving as the individual mashed potatoes are not fungible. With so much stuff, it's important to be able to take "just a little bit" of each.)
- Vegetables
 - Broccoli
 - Asparagus
 - Green bean casserole (Note: never been one of my favorites, but some people demand it.)
 - Salad
- Color
 - Cranberry sauce. (Note: under "color" since hardly anybody eats it.)
- Desserts
 - Chocolate Pie
 - Cherry Pie
 - Apple Pie
 - Mincemeat Pie
 - Raisin Pie
 - Pumpkin Pie
 - Cherpumple
 - Trifle

– Black Forest Pake¹

- Beverages

- Meier’s Sparkling Pink Catawba

- Beer – something like a Sam Adams or a Capital Brewery Dark

- Coffee

8.2 Turkey and Stuffing

8.3 Gravy

8.4 Cranberry Sauce

8.5 Candied Sweet Potatoes

¹No, that’s not a typo. Google it.

Chapter 9

Cookies

9.1 Bette's Butter Cookies

Cut together as for pie crust 4 1/2 cups flour, 1 cup butter¹, and 1/2 teaspoon salt.

In a separate bowl, beat 2 eggs and 1 cup sugar together until light yellow and foamy, and then beat into first mixture.

Mix together 4 tablespoons (1/4 cup) milk, 1 teaspoon of baking soda, and 1 teaspoon almond or lemon extract, and then mix into dough.

Chill overnight, and keep extra dough refrigerated as you roll out the cookies.

Roll between waxed paper to 1/8 inch thick, and cut. Bake at 350 for 6 to 8 minutes, or until lightly brown. Cool, then ice with frosting and decorate to your heart's content.

9.1.1 Buttercream frosting

Mix together with a mixer 1 stick butter and about 1 cup powdered sugar. Add in 1/4 cup milk, food coloring, and enough powdered sugar to achieve the desired consistency.

9.2 Gingerbread Boys

Mix together 1/3 cup shortening, 1 cup brown sugar, and 1 1/2 cups dark molasses². Add 1/2 cup water.

¹Not margerine, unless you wish the cookies to taste like garbage.

²The darker the molasses, the stronger the flavor, so I reccomend against blackstrap molasses.

In a different bowl, mix together well 7 cups flour, 1 teaspoon salt, 1 teaspoon allspice, 1 teaspoon ginger, 1 teaspoon ground cloves, and 1 teaspoon cinnamon. Mix in the gooepy sweet stuff. Warning – it will be stiff and sticky.

After that is all mixed together, separately mix together 2 teaspoons baking soda and 3 tablespoons water, and then mix in to dough.

Chill overnight, and keep the extra dough chilled while rolling out.

Roll out between waxed paper about 1/2 inch thick, cut with cookie cutter and decorate with raisins for the eyes and buttons and sliced candied cherries for the mouth. Bake at 350 for 15 minutes on lightly greased cookie sheet or until lightly browned.

Makes a metric ton of cookies.

9.3 Bourbon Balls

Mix together 3 cups crushed vanilla wafers³ (i.e., a whole box!), 1 cup powdered sugar, and 1 1/2 cups chopped nuts (either walnuts or pecans). Mix together and then mix in 3 tbsps light corn syrup and 1/4 cup bourbon. You'll need to squeeze it together by hand, so don't be afraid of getting messy. If you have to mix in a bit more liquid, don't be afraid. Squeeze into balls, and then coat with powdered sugar. Let sit and dry out for a while, and then pack in a tin and let age for a while.

³Crushing in a big zip-lock bag with a rolling pin works well.

Chapter 10

Fun Stuff

10.1 Flubber Gak

You will need: 5 TBS Borax, 2 cups Elmers Glue, 2 cups water, liquid water color if color is desired. Mix 1- cups of the water, and 2 cups of the glue in a big bowl. Add color. Stir it up. In a separate cup or bowl, mix together the remaining 1-cup of water and the 5 TBS of Borax. After it is dissolved, pour the Borax mixture slowly and a little at a time into the glue and water mixture. Watch it coagulate! Mix with your hands or a sturdy wooden spoon. At first it appears slimy, but keep kneading until it becomes one big flubber gak ball! It will keep in an airtight container or ziploc for a few weeks. When it begins to flick apart or when it gets too hard, it is time to make a new batch! Play with it, explore it, try to get it to blow a bubble with a straw! Watch it stretch as you hold it!!

10.2 Playdough

Combine in a saucepan and mix thoroughly: 1/2 cup salt, 1 cup flour, 1 tablespoon cream of tartar, 1 tablespoon oil, 1 cup water, and food coloring (if desired). Heat gently, stirring constantly, until it thickens. When all thickened, turn out onto a cutting board and knead until smooth and cool. Turn over to your young one for hours of contentment and joy.