

# A Taste of Harmony



*This Collection is Dedicated to my  
Amazing Chorus*

## *The Women of Note*

*Our bodies are nourished by these  
delicious recipes.*

*Our souls are filled by the music we  
create together.*

*We are Truly Family*

*Enjoy, share, and sing and dance with  
joy you while you cook and bake!*

*With love, Patty Hans*

*2020*

# ***Thank You Contributors!!***

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Recipes are listed in Random Order. Please have fun just looking around. Try them all!!

# Poppy Seed Chicken Casserole

Jamie Fisher

- 1 Rotisserie chicken - shredded
- 1 can Campbell's Cream of Chicken (or Onion) Soup
- 8 oz Sour Cream
- 1 cup peas
- 1 small onion
- 2 tbsp poppy seeds
- 1 box Ritz Crackers (try the buttery garlic for added zing)
- 1 stick butter - melted

Preheat the oven to 375 F. Chop and pan fry onion until translucent. In a baking casserole, combine cream of chicken soup and sour cream. Add shredded chicken, onions, peas, and poppy seeds. Crush crackers and mix with melted butter. Spread crackers evenly over the top of the casserole. Cover with aluminum foil and bake at 375 F for 30 minutes.

Tip: add additional veggies!

## Ingredients:

1 1/2 large challah cut into cubes  
1 large onion, chopped  
2 small pkgs. mushrooms, sliced  
1 pkg. celery hearts, chopped  
4 tsps. dried sage  
2 eggs beaten  
1 cup low-sodium vegetable or chicken broth  
1 bunch chopped parsley  
6 TBSP of butter or margarine  
salt & pepper to taste



Preheat oven to 325F

Spread challah cubes in a single layer on large baking pan. Bake, mixing occasionally, until golden brown. About 5 minutes. (Don't bake too long or make cubes too hard or too brown)

Transfer to large bowl

In a large, heavy frying pan over high heat, melt butter. When hot, add onion and cook, stirring occasionally until golden brown - about 20 minutes.

Reduce heat to medium. Add mushrooms and celery and cook, stirring frequently until tender. About 8 minutes.

Add to bowl with challah and add sage and parsley.

Add broth to frying pan and bring to boil, scraping up any browned bits. Add to bowl with challah and season with salt and pepper. Mix in eggs.

Lightly grease large baking dish with butter. Spoon stuffing into dish. Cover with foil and bake for 30 minutes. Uncover and bake until top is golden brown, about 30 additional minutes.

Makes about 12-15 cups stuffing.

## Buckeye Brownies

- 1 (19.5 oz) pkg brownie mix
- 2 cups powdered sugar
- $\frac{1}{2}$  cup plus 6 Tbsp butter, softened and divided
- 1 cup creamy peanut butter
- 1 (6 oz) pkg semi-sweet chocolate chips

Prepare and bake brownie mix in a greased 9 x 13 inch baking pan according to package directions. Let cool. Mix together powdered sugar,  $\frac{1}{2}$  cup butter and peanut butter; spread over cooled brownies. Chill for one hour. Melt together chocolate chips and remaining 6 Tbsp butter in a saucepan over low heat, stirring occasionally. Spread over brownies. Let cool and cut in squares.

Yield: 2-3 dozen

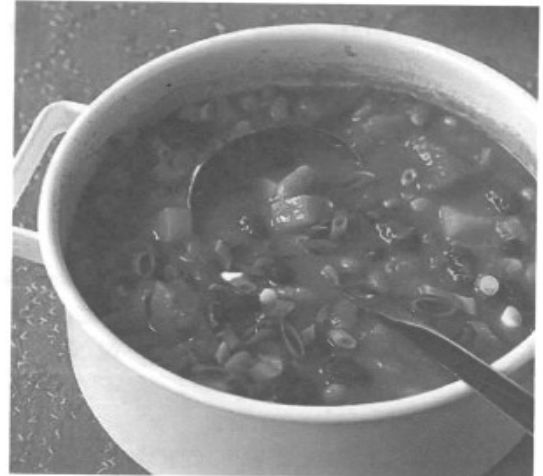
## Chunky Vegetarian Chili

- 1 Tbsp. canola oil
- 2 cups frozen chopped onion (or fresh onion chopped)
- 1 yellow, 1 green, 1 red pepper – chopped
- 1 tsp. fresh or bottled minced garlic
- 1 tbsp. brown sugar
- 1 ½ tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- ½ tsp. salt
- ½ tsp pepper
- 2 (16 ounce) cans stewed tomatoes undrained
- 1 can black beans – drained and rinsed
- 1 can red beans - drained and rinsed
- 1 can white beans – drained and rinsed
- 1 zucchini - sliced

Heat oil in large pan – medium heat  
Add onions, bell peppers and garlic – sauté 5 minutes until tender  
Add sugar and remaining ingredients – bring to slow boil  
Reduce heat and simmer 30 minutes – stirring occasionally.  
(8 servings)

Serve with parmesan cheese or grated cheddar  
Can also top with sour cream

Serve with a salad



## Gram's Carrot Bread

1 c. sugar  
½c. oil  
2 eggs  
1 ½c. flour  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cinnamon  
¼tsp. salt  
1 c. grated raw carrot

In one bowl, sift the flour, baking powder, baking soda, cinnamon, and salt

In another bowl, cream together the sugar, oil, and eggs.

Gradually add the sifted mixture to the creamed mixture.

Add the grated carrot last.

Bake in a greased and floured bread pan for 50 - 60 minutes at 375 degrees or until done. Bread is done when an inserted toothpick comes out clean.



## Yummy Carrot Pudding

3# carrots, cooked and mashed or 4 cans sliced carrots puréed in food processor

1 cup flour (or cake meal - great for Passover)

3/4 cup melted margarine

3 eggs

1 teaspoon salt

Combine carrots, sugar, marg, eggs (all can be mixed in processor)

Add flour

Lightly spoon onto greased casserole dish

Bake uncovered 45' or until tester is clean

## Easy 'Fiesta Soup'

1 can black beans, rinsed and drained

1 can fat-free refried beans

1 can corn, drained

1 jar salsa, I use Mild - feel free to use Hot

Vegetable broth to desired consistency

Combine all in a large saucepan. Heat and mix til all smooth. Add more broth as needed.

### Mango Lassi

2 ½ C Mango (about 2 Mangoes)

1 C ice

1 C lowfat buttermilk

¼ C honey

Blend until smooth

Top with ground Cardamom and finely chopped pistachios

### Savory Lentils

1 C dried green lentils

2 Bay leaves

1 onion

Cook lentils in 3 C of water on medium low with bay leaves and onion for about an hour or until tender.

Drain and discard onion and bay leaves.

Place in a serving dish and while lentils cool, add 1 diced raw onion , about ¼ C olive oil and salt and pepper.

Mix to incorporate ingredients.

When cool, garnish with tomato slices or cubes and chopped Italian parsley.

## Blintz Soufflé

Judy Conway

12 blintzes (2 boxes Cheese, Blueberry or Cherry) It tastes really good when you alternate two different flavors in the baking dish. I like cheese and blueberry.

5 eggs

1 C sour cream

1 TBLSP orange juice

¼ C sugar (I think honey might work too)

1 tsp Vanilla

½ C melted butter or substitute

Pre-heat oven to 350 degrees:

Spray a 9x13 glass baking dish with cooking spray.

Alternately place the blintz's in the dish, 1 cheese, 1 blueberry...or alternate with cherry, etc.

Pour melted butter over all the blintzes.

Whip the remaining ingredients together ( eggs, orange juice, sour cream, sugar, vanilla)

Pour the egg mixture over the blintzes.

Bake for about 45 minutes or until lightly browned.

Enjoy with your favorite topping...maybe maple syrup, honey, sour cream or how about a lovely bourbon or maple sauce?

## Orange Cheesecake

### Crust

1 ½ cups graham cracker crushed  
3 tablespoons sugar  
½ teaspoons cinnamon  
1 cup butter, melted

Combine all ingredients. Press into bottom and up sides of a 9-inch flan pan.

### Filling

24 ounces cream cheese  
¼ cup sour cream  
¾ cup sugar  
5 teaspoons cornstarch  
3 eggs  
1 egg yolk  
½ cup frozen orange juice, thawed  
2 teaspoons vanilla extract

In food processor combine cream cheese, sour cream, sugar, and cornstarch. Mix until smooth. Add eggs and yolk one at a time mixing well after each addition. Add orange juice and vanilla extract and mix well. Make sure to scrape the sides of the processor several times to assure mixture is well combined.

Bake at 350° for 15 minutes. Reduce temperature to 225° and bake for 1 hour and 15 minutes or until the center no longer looks shiny. Remove cake from oven and run a knife around the inside edge. Chill uncovered overnight. Invert cheesecake onto a plate and top with fruit. Cover only after the cheesecake has been cut.

Makes 12 to 18 slices



## Crème De Menthe Cheesecake

### Mint Cookie Crust

15 chocolate mint cookies, girl scouts thin mints work best, crushed  
3 tablespoons melted butter

Combine cookies and melted butter. Line the bottom of a 9-inch springform pan with aluminum foil. Press cookie mixture onto bottom of pan.

### Crème de Menthe Filling

24 ounces      cream cheese  
¾ cup          sugar  
5 teaspoons    cornstarch  
3                eggs  
1                egg yolk  
⅔ cup          green crème de menthe liquor or Torani® crème de menthe syrup  
¼ teaspoons   vanilla extract

In food processor combine cream cheese, sugar and cornstarch. Mix until smooth. Add eggs and yolk one at a time and blend well after each addition. Add crème de menthe and vanilla extract and mix well scraping the sides of the food processor to make sure all ingredients are mixed well. Pour over cookie crust.

Bake at 350° for 10 minutes. Lower temperature to 200° and bake for 1 hour and 15 minutes or until the center no longer looks shiny. Remove cake from the oven and run a knife around the inside edge of the pan. Chill uncovered overnight

Makes 12 to 18 slices

## Slow Cooker Red Wine-Braised Short Ribs

### YIELD

Serves 4

### PREP TIME

10 minutes

### COOK TIME

8 hours to 10 hours

## INGREDIENTS

- 1 large yellow onion
- 2 medium carrots
- 2 medium stalks celery
- 3 to 3 1/4 pounds bone-in English-style beef short ribs
- 3 teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon vegetable or canola oil
- 1 cup low-sodium beef broth
- 2 bay leaves
- 4 fresh thyme sprigs
- 1/4 cup all-purpose flour
- 2 tablespoons tomato paste
- 3 cups dry red wine

## INSTRUCTIONS

- 1 Dice 1 large yellow onion, peel and cut 2 medium carrots into 1-inch pieces, and cut 2 celery stalks into 1-inch pieces.
- 2 Pat 3 to 3 1/4 pounds short ribs dry. Season all over with 2 teaspoons of the kosher salt and 1/2 teaspoon black pepper. Heat 1 tablespoon of the vegetable oil in a large, high-sided frying pan or Dutch oven over medium-high heat until shimmering. Add half of the short ribs and sear on 3 sides, 3 to 4 minutes per side.
- 3 Transfer with tongs to a 6-quart or larger slow cooker. If needed, add the remaining 1 tablespoon vegetable oil and repeat with the remaining short ribs. Transfer with tongs to the slow cooker. The short ribs will not be cooked

through. Add 1 cup low-sodium beef broth, 4 fresh sprigs thyme, and 2 bay leaves to the slow cooker.

**4** Add the onion, carrot, and celery, to the pot, season with the remaining 1 teaspoon kosher salt, and cook, stirring occasionally until softened, about 5 minutes. Add 1/4 cup all-purpose flour and 2 tablespoons tomato paste, stir to coat the vegetables and cook until darkened in color, about 2 minutes. Pour in 3 cups dry red wine and stir to combine, scraping up any browned bits. Bring to a boil. Reduce the heat and simmer until slightly thickened, about 5 minutes.

**5** Pour the hot liquid and vegetables into the slow cooker. Cover and cook on the LOW setting until the meat is tender and pulls away from the bone, 8 to 10 hours.

**6** Transfer the short ribs to a large plate with tongs. Some of the short ribs may separate from the bone. Strain the liquid through a fine-mesh strainer into a large glass measuring cup or bowl and discard the cooked vegetables, bay leaves, thyme sprigs, and any loose bones. Serve the short ribs with sauce spooned over top.

## RECIPE NOTES

**Make ahead:** The short ribs can be cooked up to 1 day in advance and stored in an airtight container in the refrigerator with the sauce. Scrape off the fat and reheat on the stovetop to serve.

**Storage:** Store leftovers in an airtight container in the refrigerator for up to 4 days.

## Special Brisket

Cindy Moeller

3 - 5 lbs. first cut/flat cut brisket

1) bag onion soup mix

2) cans cranberry sauce (jellied, whole berry or one of each)

2) 15 oz. cans of tomato sauce - try to find Manischewitz tomato/mushroom sauce if you can

Preheat oven to 350°

Trim fat (but leave some on) off brisket. Place brisket fat side up in aluminum pan.

Sprinkle with onion soup mix.

Mix together cranberry sauce and tomato sauce and pour over brisket.

Cover with aluminum foil.

Bake 2 1/2 - 2 3/4 hours.

Let cool then slice on the diagonal.

I usually make this for Passover and Rosh Hashanah a week in advance and then freeze. Then defrost and warm on stove top.





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## CHEESE BLINTZ SOUFFLÉ

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Diana Rosensweet

<b>6 frozen cheese blintzes</b>	<b>½ t vanilla</b>
<b>½ pt sour cream</b>	<b>2 T orange juice</b>
<b>½ stick butter or margarine</b>	<b>2 T sugar</b>
<b>2 eggs</b>	

Preheat oven to 375. Melt butter or margarine in bottom of Pyrex dish. Place frozen blintzes in dish so that they are very close together. Mix all other ingredients so it is a nice smooth consistency. Pour over blintzes and bake at 375 until slightly browned, at least one hour. Enjoy.

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## PECAN CRESCENTS

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Diana Rosensweet

**½ lb butter**  
**5 T sugar**  
**2 t vanilla**  
**1 T water**

**2 c flour**  
**½ t salt**  
**1 c pecans, chopped**  
**powdered sugar**

Preheat oven to 325. In medium bowl, beat together butter, sugar, vanilla and water. Stir sifted flour and salt into mixture. Add pecans and mix thoroughly. Roll walnut-sized pieces of dough into crescent shapes. Bake for 20 minutes. While cookies are still warm, roll in powdered sugar. Makes 4 dozen cookies. Enjoy.

**BUTTERNUT SQUASH SOUP WITH GINGER**  
**(SERVES 6)**

**INGREDIENTS:**

- 2 butternut squash (about 4  $\frac{3}{4}$  pounds total), halved lengthwise, seeded
- 2 tablespoons vegetable oil
- 2 cups sliced onion
- 1 tablespoon brown sugar
- 2 teaspoons minced fresh garlic
- 2 garlic cloves, coarsely chopped
- $\frac{1}{2}$  cinnamon stick
- 5 cups (or more) chicken broth
- Chopped fresh parsley
- 2-3 tablespoons coconut milk ( varies depending on thickness desired)
- Optional: Pesto sauce

**PREPARATION:**

Preheat oven to 375 degrees F. Oil baking dish. Place squash, cut side down, on baking sheet. Bake until squash is very soft about 50 minutes. Using paring knife, remove peel from squash; discard peel. Cut squash into 2-inch pieces. Heat oil in a heavy large pot over medium low heat. Mix in onion, brown sugar, ginger, garlic and cinnamon. Cover pot and cook until onion is tender, about 15 minutes. Add squash and 5 cups chicken broth. Bring to boil. Reduce heat to medium-low. Cover and simmer 10 minutes.

## **HELLO DOLLIES**

**(MAKES 24 SQUARES)**

### **INGREDIENTS:**

- 3/4 cup melted butter (1 ½ sticks)
- 2 cups graham cracker crumbs
- 2 cups chocolate chips
- 2 cups butterscotch chips
- 2 cups shredded coconut
- 2 cups chopped pecans

### **PREPARATION:**

Preheat oven to 350 degrees. In a large mixing bowl, combine butter, graham crackers, chocolate chips, butterscotch chips, shredded coconut, and pecans. Spread mixture into a 12 x 18-inch ungreased cookie sheet. Evenly cover the mixture with condensed milk. Bake for 30-40 minutes until honey brown in color. Do not over bake! Cut into squares

# Mushroom Soup a la Jacques Pépin

Patty Hans

I have adapted this for my own taste. The original can be found in Jacques Pépin's Fast Food My Way.

Yield: About 6 cups.

## Ingredients

1 Tb. sliced garlic

1.5 Tbs. all-purpose flour

4 cups chicken stock (homemade) or low-salt canned chicken stock

About ½ - ¾ tsp. salt

¼ tsp. freshly ground pepper

1 lb. white button mushrooms coarsely chopped, around 7 cups (preferably older ones with open gills)

1 tsp. thyme

3 Tbs. sherry or dry red wine

(I omit the dried tree ear mushrooms, sliced almonds, and half-and-half from the original recipe and have added the thyme and sherry. I keep the salt on the low side, but adjust for personal taste.)

## Method

- Heat butter in a saucepan over medium heat and add shallots and garlic. Cook for 2 minutes or until softened.
- Add flour and stir well.
- Stir in stock, thyme, sherry, salt, and pepper and bring to a boil.
- Add mushrooms. Bring back to a boil, then reduce the heat to low and simmer, partially covered, for 30 minutes.
- When soup is cooked, emulsify in a blender.
- Re-taste and correct seasonings, if needed.

I find it's creamy enough without the half-and-half, but ½-1 cup can be added after the soup is emulsified. Just bring it back to a boil. You can serve with a topping of sautéed 1/3 cup sliced almonds, which I also omit.

## James Beard's Batter Bread

Tools: 1 and ½ quart straight sided casserole or souffle dish; Electric mixer (optional)

### Ingredients

2 pkg. Dry yeast	2 tsp salt
2 C warm water	2 garlic cloves, finely chopped
1/3 C nonfat dry milk	4 C flour
2 T sugar	1 egg white mixed with 1 TB water
2 T butter	sesame seeds

### Method

In a large mixing bowl, or the bowl of an electric mixer, proof 2 packages active dry yeast in 2 cups warm water (105° - 110°F).

Add 1/3 cup nonfat dry milk, 2 Tablespoons each of sugar and butter, 2 teaspoons salt, 2 finely chopped garlic cloves, and 2 cups flour.

Beat the batter by hand or with the mixer at medium speed for 2 minutes.

Stir in by hand 2 cups flour and stir the mixture well to make a soft dough.

Cover it with a damp towel and let it rise in a warm place for about 40 minutes or until it is double in bulk.

Stir it vigorously and pour into a buttered 1 and ½ quart straight sided casserole or souffle dish.

Brush the top with 1 egg white combined with 1 Tb water and sprinkle with sesame seeds.

Bake the bread in a moderately hot oven (375°; I bake it at 350°) for about one hour or until delicately browned.

This was my first foray into any kind of bread baking. I love this recipe! Hope you do too!  
Patty

## Garlic Stuffed Challah Knots

### INGREDIENTS (10 challah rolls)

#### For the dough:

1 egg  
1/3 cup olive oil  
1 3/4 cups warm water  
4 1/2 tsp (2 packets) active dry yeast  
1/3 cup sugar  
1 tbsp salt  
7 cups all-purpose flour, sifted

#### For the garlic filling:

1/3 cup olive oil  
8 cloves garlic, sliced  
parsley flakes

#### For topping:

1 egg for basting  
4 cloves garlic, chopped  
parsley flakes  
kosher salt

### PREPARATION

In a large mixing bowl, add the egg, oil, water, yeast, salt and sugar. Whisk well.

Gradually add the sifted flour and mix until a dough forms. Use your hands to knead for 5 mins. Stretch and fold the dough as seen in the video. Form into a ball, cover and let rise for 1 hour or until it doubles in size.

Meanwhile, for the filling, cook the sliced garlic and olive oil over low-medium heat for about 4 minutes or until light golden. Stir occasionally and enjoy the amazing smell!

When the dough has finished rising, pull off an apple-sized piece of dough. If you want the rolls to be exactly the same size, cut the entire dough into half, then each of those into 5 equal parts. There should be 10 pieces.

Dust the piece of dough with a little flour. Roll out with a rolling pin into a rectangle until 1/4 inch thick. Fill dough with a tablespoon of garlic and oil. Spread. Be very gentle with these next steps. Roll up each strand. Pinch the ends. Stretch with your hands. You don't need to roll it on the table. This might squeeze out the filling. Twist into a knot (see video).

Place the rolls on baking trays and cover with a towel. Let it rise for 30 mins. Preheat oven to 425F/218C.

Baste the rolls with egg and sprinkle the chopped garlic, parsley and salt. The top it our favorite part!

Bake for 15-20 minutes or until crust is browned to your preference.



**Best Challah (Egg Bread)** Adapted from Joan Nathan

The secrets to good challah are simple: Use two coats of egg wash to get that laquer-like crust and don't overbake it. Joan Nathan, who this recipe is adapted from, adds that three risings always makes for the tastiest loaves, even better if one of them is slowed down in the fridge.

Time: about 1 hour, plus 2 1/2 hours' rising

Yield: 2 loaves

1 1/2 packages active dry yeast (1 1/2 tablespoons)  
1 tablespoon plus 1/2 cup sugar  
1/2 cup olive or vegetable oil, plus more for greasing the bowl  
5 large eggs  
1 tablespoon salt  
8 to 8 1/2 cups all-purpose flour  
1/2 cup raisins per challah, if using, plumped in hot water and drained  
Poppy or sesame seeds for sprinkling.

1. In a large bowl, dissolve yeast and 1 tablespoon sugar in 1 3/4 cups lukewarm water.
2. Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading, but be careful if using a standard size KitchenAid—it's a bit much for it, though it can be done.)
3. Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees then turned off. Punch down dough, cover and let rise again in a warm place for another half-hour.
4. At this point, you can knead the raisins into the challah, if you're using them, before forming the loaves. To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1 1/2 inches wide. Place the 6 in a row, parallel to one another. Pinch the tops of the strands together. Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move second strand from the right over to the far left. Start over with the outside right strand. Continue this until all strands are braided. For a straight loaf, tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way. Place braided loaves on a greased cookie sheet with at least 2 inches in between.

5. Beat remaining egg and brush it on loaves. Either freeze breads or let rise another hour.

6. If baking immediately, preheat oven to 375 degrees and brush loaves again. Sprinkle bread with seeds, if using. If freezing, remove from freezer 5 hours before baking.

7. Bake in middle of oven for 30 to 40 minutes, or until golden. (If you have an instant read thermometer, you can take it out when it hits an internal temperature of 190 degrees.) Cool loaves on a rack.

**Note:** Any of the three risings can be done in the fridge for a few hours, for more deeply-developed flavor. When you're ready to work with it again, bring it back to room temperature before moving onto the next step.



# Turkey Scallopini Marsala

Patty Hans

Mama Hans Turkey Scaloppini Marsala

(Based on Craig Claiborne's Veal Marsala II)

Pots/pans needed: Large skillet and casserole with cover.

## Ingredients:

- 1.5 pounds boneless turkey breast (i.e., turkey cutlets or special turkey scaloppini cut)
- All-purpose flour
- Salt and freshly ground black pepper
- 2 TB vegetable oil (I use olive oil)
- 1 TB butter (maybe more needed)
- ½ pound mushrooms (I use a mix of white and Portobello), thinly sliced.
- 1 clove garlic (I use up to 3, depending on size), finely minced
- 2 TB finely chopped Italian parsley (flat parsley; I chop additional to add as a garnish)
- 1 tsp dried basil
- 1 cup peeled, seeded, and chopped tomatoes (I use a good brand of Italian style stewed tomatoes; garlic and basil added. I don't even drain them.)
- ½ cup Marsala

## Method:

1. Preheat the oven to 350°
2. If using turkey cutlets, cover with plastic and pound with flat side of a heavy knife, or a meat pounder, until thin. If using scaloppini cut, skip this step.
3. Cut into 2-inch squares and dredge in flour. Sprinkle with salt and pepper. (Actually, I dredge them and let them sit while the skillet heats. I salt and pepper the pieces after they're in the pan and again, when I flip them over.  
(Have the casserole in proximity to the skillet for easy transfer of the cooked turkey and sauce)
4. Heat the oil and butter in the skillet and brown the meat on both sides. Don't forget to add the salt and pepper to both sides. Watch the turkey; it browns quickly and will finish cooking in the casserole. Once browned, transfer turkey to the casserole. This will be done in several batches; don't crowd the turkey. ( I sometimes have to add a little additional oil and butter, especially if I'm making more than the recipe calls for.)
5. Add garlic and stir a couple of times, add mushrooms and cook together briefly.
6. Add remaining ingredients to the skillet; stir to blend. (I add the dried basil first, then the wine, then the tomatoes, and then the parsley, stirring quickly after each addition)
7. Pour over turkey in the casserole. I gently mix everything to distribute the ingredients.
8. Cover and bake. The original veal recipe calls for 45 minutes. For turkey, I usually cook for 30 minutes or so.
9. Serve over hearty pasta that will stand up to the dish, but not overwhelm it; not whole wheat or other flavor which would compete with the other flavors.

Feel free to change it up to suit your own tastes!!  
Mangia bene, vivi felice! (Eat well and live happy!)



## Recipe for Orange Cornish Hens. By Joni Friess

### Ingredients:

6 Cornish hens  
2 quart Orange juice You will probably have left over to drink.  
Corn syrup. Bottle  
1 stick Butter or Marjoram  
Salt  
2 cups of instant rice  
String

### How to Make:

Set the oven to 325 degrees  
Cook 1 hour and a half

Use large pan with sides. Put some orange juice on the bottom before putting in the hens.

Clean and prepare Cornish hens for pan with a dusting of salt..

Make rice Using 1/2 water and 1/2 orange juice as it tells you on the box. In this case bring 1 cup water mixed with 1 cup orange juice to a boil and take off heat, mix with rice and let set. You will have orange rice.

Melt the about a stick of butter.

When rice is ready, stuff the hens and tie each one's the legs together . You should have left over rice to put around the hens in the pan.

Take an 8 oz. glass and fill with 1/2 corn syrup and 1/2 orange juice and the butter. Baste the hens with this mixture and put them in the oven.

Continue to baste these hens every 15 minutes with this mixture. If you don't have enough, make more.

After an hour and a half, you will have orange Cornish Hens.

Enjoy.

## Taco soup

1+ lb beef (or turkey)

2 cans each:

Black beans

White beans

Red beans

Corn

Rotel (orig)

2 packets each:

Ranch dressing

Taco seasoning

2 beers (any kind)

Brown beef in lg pot, drain corn (not beans). Add all ingreds to pot and simmer about an hour.

Serve with Shredded cheddar, a dollop of sour cream and Tostito chips.

This is big pot, so you could cut all in half for 2-3 people.

Recipes from Susan Lichtman (sglrbl@aol.com)

**Avocanana Bread** – LOVE this, it always comes out nice and moist, never dry! And it's great to try with our Florida avocados.

## Ingredients

1 cup flour  
1/3 cup old fashioned oats  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
1 tsp. cinnamon (although I always use a little more)  
1 ripe avocado  
¼ cup oil  
1 cup brown sugar  
2 eggs  
2 ripe bananas peeled and coarsely mashed  
½ cup chopped walnuts  
¼ cup buttermilk or yogurt  
1 tsp. vanilla

## Instructions

- 1) Preheat oven to 350 degrees F.
- 2) Butter and flour a 9x5x3 inch loaf pan. Set aside.
- 3) In a medium bowl combine flour, oats, baking powder, baking soda, salt and cinnamon.
- 4) Scoop the avocado and mash it lightly in a large bowl. Add oil and brown sugar. Mix with an electric until the mixture is light and creamy.
- 5) Add eggs in one by one, beating well after each addition.
- 6) Stir in bananas and dry ingredients until blended. Then add walnuts and buttermilk until it is incorporated.
- 7) Pour the batter into the prepared loaf pan.
- 8) Bake for approximately 1 hour, 10 minutes, depending on your oven. Check at the last minute with a toothpick.

# Kahlua Candied Yams Pumpkin, Sweet Potato, and Peanut Butter Soup

Susan Lichtman

**Kahlua Candied Yams** – my daughter-in-law made this for Thanksgiving – yum, yum, yum!!!

4-6 servings

## **Ingredients**

4-5 medium-sized yams (or sweet potatoes)

¼ cup butter

1/3 cup brown sugar

¼ cup Kahlua

## **Instructions**

- 1) In a large saucepan, boil yams until tender but still firm. Peel.
  - 2) Cut yams into serving pieces.
  - 3) In a heavy skillet, melt butter with sugar. Add Kahlua and cook for 1 minute.
  - 4) Add yams. Keep turning until brown on all sides.
  - 5) Cover, reduce heat, and continue cooking – about 15 minutes.
- - - - -

**Pumpkin, Sweet Potato and Peanut Butter Soup** – one of my very favorite soups, especially good for Thanksgiving!

10-12 servings

## **Ingredients**

4 Tbsp. (1/2 stick) unsalted butter or margarine

4 cups cooked or canned pumpkin

2 cups sweet potatoes, cooked and pureed

1 cup smooth peanut butter

6 cups chicken stock

1 tsp. each salt and freshly ground pepper

Snipped fresh chives for garnish

## **Instructions**

- 1) Melt margarine or butter in soup pot over medium heat.
- 2) Stir in the pumpkin, sweet potatoes and peanut butter.
- 3) Add the chicken stock, pepper and salt and stir well until smooth.
- 4) Reduce heat to a simmer and cook for 20 minutes.
- 5) Before serving, garnish with chives.

For the cranberry orange bread:

- 2 cups (250 grams) all-purpose flour (spooned & leveled)
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup (120ml) vegetable or canola oil
- 1 cup (200 grams) granulated sugar
- 1 cup (230 grams) sour cream (or plain Greek yogurt)
- 2 large eggs
- 2 tablespoons (30 ml) fresh orange juice
- 2 teaspoons orange zest
- 2 teaspoons pure vanilla extract

- 2 teaspoons orange zest
- 2 teaspoons pure vanilla extract
- 1 and 1/4 cups (130 grams) fresh cranberries , chopped (I cut mine in half, then measured them)

For the orange glaze:

- 1 cup (120 grams) powdered sugar
- 1.5 -2 tablespoons (23-30ml) fresh orange juice



Bread.

1. Preheat the oven to 350°F (177°C).  
Spray a 9x5-inch loaf pan with nonstick cooking spray and set aside.
2. In a large bowl, whisk together the flour, baking powder, and salt. Set aside.
3. In a separate bowl, whisk together the oil, sugar, sour cream, eggs, orange juice, orange zest, and vanilla extract until fully combined. Add the dry ingredients to the wet ingredients and mix until just combined. Then, gently fold in

the chopped cranberries.

4. Pour the batter into the prepared loaf pan and bake at 350°F (177°C) for 50 to 60 minutes or until a toothpick inserted into the center comes out clean. If needed, cover loosely with foil for the last 10 to 15 minutes of baking to prevent excess browning.
5. Remove from the oven and allow to cool for about 20 minutes in the loaf pan. Carefully remove from the loaf pan and transfer to a wire rack to cool completely.

## Gluten free pull apart rolls

### Ingredients

- 2¾ cups (11½ oz.) very good quality gluten-free flour blend
- 1 1/2 tsp. xanthan gum (only if flour doesn't have this in it)
- 2 tsp. instant yeast
- 1/4 cup sugar
- 1 tsp. salt
- 1 cup warm water (105-110°)
- 2 Tbsp. butter, dairy-free margarine
- 1 egg (preferably room temp)
- 1 tsp. cider vinegar

### Instructions

- In the mixing bowl of your electric mixer, mix together flour, xanthan gum, instant yeast, sugar, and salt.
- With mixer running on low speed, add in the hot water (be sure to test temperature with thermometer, melted butter (or substitute), egg, and cider vinegar).
- Mix on medium speed 3 minutes.
- Spray 8" or 9" round cake pan or pie plate with cooking spray. Using a 2" scoop or 1/3 cup measuring cup, scoop dough into 9 mounds in the pan. I place one mound in middle, then scoop 8 mounds of dough side by side all the way around the pan.
- Dip your fingertips into warm water and use to smooth out the tops of the rolls, continuing to wet fingers as needed.
- Cover with a dry towel and let rise in a warm place 45 minutes to 1 hour.
- During the last few minutes that the rolls are rising, preheat oven to 400°.
- Bake in 400° oven for 25-28 minutes. Tops should be golden brown and if you measure temperature of dough, it should measure 200°.
- Brush rolls with additional 1/2-1 Tablespoon of margarine

# Healthy "Faux" Potato Soup

Marcy Samuels

Healthy "faux Potato" Soup- tastes like potato soup but so much healthier. Warm up this fall with this Creamy Cauliflower Soup.

Prep time: 5 minutes

Cook Time: 20 minutes

Yield: 2 servings

Per serving: 370 calories | 17g fat | 13g carbohydrates | 42g protein

## Ingredients:

3 cups cauliflower florets

2 cups low-sodium chicken or vegetable broth

¼ tsp salt

½ tsp garlic powder

½ tsp onion powder

8 oz (2 cups) reduced-fat, shredded cheddar cheese

Chives for garnish (optional)

## Directions:

1. In a medium pot, steam cauliflower florets in about one-quarter to one-half cup of water on medium-high heat until tender.
2. Mash cauliflower. Add broth, salt, garlic powder, and onion powder to pot, and bring to a boil.
3. Remove from heat. Stir in cheese.
4. Transfer mixture to a blender (or use an immersion blender), and puree soup until smooth. Serve immediately.

## Veal Vermouth

1 lb of veal cutlets pounded very thin  
(Can substitute chicken but still pounded)  
Salt, pepper, some flour and finely grated Parmesan  
Cheese for dredging (mixed together)  
Butter, margarine or ghee for sautéing  
1 Large onion, chopped  
2 Carrots, sliced (not too thin)  
1 cup of mushrooms, sliced (about 1/2 lb)  
2 teaspoons of better than bouillon or 2 bouillon cubes (chicken)  
1 cup boiling water

1 cup vermouth or dry white wine



Sprinkle or dredge lightly the cutlets with the salt, pepper, flour and cheese  
Brown both sides of the cutlets in the butter in a heavy skillet  
Place them in a 2 quart casserole dish  
Sauté onions, carrots, and mushrooms in the skillet. And more butter if necessary  
Dissolve bouillon in boiling water  
Pour over veggies and deglaze (get all goodies off the bottom of skillet)  
Add wine  
Pour mixture over veal (or chicken)

This can now be refrigerated and cooked the next day OR  
Bake, uncovered at 325 degrees for 1 hour  
Serves 2 hungry people or 4 smaller eaters

If you want a little thicker sauce mix 1 tsp cornstarch with 1/4 cup of water or wine and stir into sauce  
Juice is yummy on mashed potatoes or noodles



## Marilyn's Noodle Pudding

### Ingredients

½ pound broad noodles

½ cup sugar

¼ pound butter melted

4 ounces cream cheese softened

½ cup raisins

1 cup sour cream

3 eggs beaten

Boil noodles till soft (per directions) and drain

Mix all ingredients into drained noodles one at a time

Put into 8 1/2 by 11 pan.

Put on top cinnamon/sugar mixture and crushed corn flakes

Dribble additional butter on top.

Bake at 350 degrees 45 minutes.

Enjoy!

I usually double but enough for a 4-5 people with this.

## Shrimp Scampi

This is a great dish to make a day ahead for company.  
Pop it in the oven to heat it up and no mess!

3 or 4 whole cloves garlic for each batch

12 shrimp

3 tbs of butter

1/2 teas salt and pepper

1 tbs fresh parsley

half cup clam juice

3 tbs white wine

The above measurements are for 12 shrimp at a time. So it depends on how much shrimp you're cooking. Also, you don't have to measure out the wine and clam juice...use your own judgement. For a large batch I usually use about two sticks of butter.

1. Melt butter in pan and throw in a few pieces of whole garlic. I like to use the whole garlic because you can take it out when it's ready to serve. Some guests don't like to eat Garlic.
2. Put seasoned bread crumbs in a large baggie to coat the shrimp (do about 6 at a time).
3. Add shrimp in melted butter and sauté on a med flame.
4. Once you turn the shrimp over slowly add wine and then clam juice.
5. Add (fresh, but you can use dried if it's what you have) parsley and take out when pink. Pour the entire pan into a baking dish or tin.....and

start over from the beginning. You don't want to cook the shrimp entirely because it will cook once you heat it.

You have to cook this fast. Best to have all of your ingredients in front of you.

If you find you can't add the wine and clam juice before the shrimp cook all the way, just add wine in one batch and clam juice in another batch. It's all going to be mixed together in the baking dish.

Bread Crumbs - this is key...make your own!

1. Use pecorino romano cheese - buy large bag in cotsco it's cheaper. For every cup of Bread crumbs add two cups of cheese. Add a handful of dried parsley at a time. (as much as you want) Keep adding until it looks Right.
2. Add dried minced garlic
3. Add Salt and pepper.

## Little Minnie's Applesauce Fruitcake

1c. butter      1c. pecans  
2c. sugar    2c. mixed candied fruits  
3 eggs      1tsp. soda mixed in sauce  
2c. applesauce    1Tbsp. nutmeg  
3c. plain flour    1Tbsp. Cinnamon  
1lb. raisins      1Tbsp. cloves  
1c. English Walnuts

Cream butter and sugar together. Dissolve soda in applesauce and add to creamed mixture. Add eggs one at a time. Dredge fruits in  $\frac{1}{2}$  c. of the flour. Add spices to flour. Add fruit and flour alternately and bake in moderate oven 300 degrees for  $2\frac{1}{2}$  hours.



# Brenda's Butter Recipe

## Gluten Free Almond Cookies; Two versions

Brenda Rantala-Sykes

### Brenda's butter recipe:

My basic butter is 1 pound of butter with a cup of olive oil. Makes spreadable butter that can be kept in the refrigerator. Use any of your favourite oils to mix with butter. (Avocado oil has less taste than olive oil and better colour)

### Gluten Free Almond Cookies

#### SIMPLE INGREDIENTS

- **Almond flour** – make sure you are using ultra-fine almond flour and not coarse almond meal. The recipe works with both, but an almond meal adds a gritty texture to cookies and a darker color.
- **Maple syrup** – or agave syrup. I didn't try the recipe with any other liquid sweetener.
- **Coconut oil** – this is a gluten-free shortbread cookie recipe with coconut oil. Coconut oil is a great plant-based fat to make crunchy vegan cookies. You can use refined coconut oil to avoid the coconut flavor from the oil. Don't replace with any other oil, or the cookies would be way too soft.

1 1/2 cup **Almond flour** - , packed

- 3 tablespoons **Maple syrup**
- 3 tablespoons Melted Coconut oil

#### **Optional ingredients - recommended to add flavors**

- 1/4 teaspoon **Salt**
- 1/2 teaspoon **Vanilla extract**
- 1/2 teaspoon Almond extract
- 1 tablespoon of cardamon ground

BAKE @ 325 FOR 10 - 12 MIN ON PARCHMENT PAPER . COOL 5 MIN BEFORE PUTTING ON COOLING RACK.

### Gluten Free Almond Cookies 2

PUT PARCHMENT PAPER ON A COOKING SHEET. SPREAD GLUTEN FREE CRACKERS ON PAPER. COVER WITH SLICED ALMONDS.

DRIZZLE ENOUGH MAPLE SYRUP TO JOIN THE NUTS AND CRACKERS..NOT TOO MUCH. BAKE UNTIL EDGES BUBBLE AND MIDDLE. COOL THEN CRACK INTO INDIVIDUAL CRACKER SIZES.

(NOTE DIFFERENT NUTS MAY BE USED AND IF YOU DON'T CARE ABOUT GLUTEN FREE YOU CAN SUBSTITUTE WITH SODA CRACKERS OR RITZ.)

Peach/Cucumber Salad

Ingredients:

2 peaches, firm  
2 cucumbers, peeled  
1 shallot  
1 T cider vinegar  
2 T olive oil  
1 T fresh thyme  
salt and pepper to taste

Method:

1. Slice peaches and cucumbers into very thin slices.
2. Slice shallot into thin slices.
3. Toss everything together with vinegar and oil.
4. Season to taste with salt and pepper.
5. Adjust for taste; add more oil or vinegar (I do).

This is incredibly refreshing! Please make sure to use fresh thyme; it really makes a difference!

Enjoy!  
Patty

## Ice Cream Cone Cupcakes



## Muffin Mix Pancakes

I stumbled across a post saying they make pancakes out of muffin mixes and their kids love them because there are so many flavors.

Success. One packet mixed with 2/3 cups of milk and one egg will make roughly 7 good sized pancakes.

So simple, ENJOY!! 🥞😊



# Just Because It's 2020

## STRESS DIET

### BREAKFAST:

- 1/2 Grapefruit
- 1 slice Whole Wheat Toast
- 8 oz. Milk

### LUNCH:

- 4 oz. Lean Broiled Chicken Breast
- 1 cup Steamed Zucchini
- 1 Oreo Cookie
- Herb Tea

### MID-AFTERNOON SNACK:

- Rest of the package of Oreos
- 1 quart Rocky Road Ice Cream
- 1 jar Hot Fudge

### DINNER:

- 2 loaves Garlic Bread
- Large Pepperoni and Mushroom Pizza
- Large Pitcher of Pepsi
- 2 Milky Way Candy Bars
- Entire Frozen Cheesecake eaten directly from the freezer

Violet M. Taylor

# WON Cookbook Recipe List 2020

Jamie Fisher	Poppy Seed Chicken Casserole
Sharon Brick	Thanksgiving Challah Stuffing
Karen Parker	Buckeye Brownies
Gail Katz	Chunky Vegetarian Chili
Marcy Wiseman	Grands Carrot Bread
Susan Skantar	Yummy Carrot Pudding
Judy Conway	Mango Lassi
	Savory Lentils
	Blintz Soufflé
Amy Fisher	Orange Cheesecake
	Creme de Menthe Cheesecake
Amy Mrazik	Slow Cooker Red Wine-Braised Short Ribs
Cindy Moeller	Special Brisket
Wendy Moyer	Butternut Squash Soup with Ginger
	Hello Dollies
Diana Rosensweet	Blintz Soufflé
	Pecan Crescents
Patty Hans	Mushroom Soup a la Jacques Pépin
	James Beard's Batter Bread
	Garlic Stuffed Challah Knots
	Turkey Scallopini Marsala
Joni Friess	Orange Cornish Hens
Elaine Haugan	Taco Soup
Susan Lichtman	Avocanana Bread
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Brenda Rantala-Sykes	Brenda's Butter
	Gluten Free Almond Cookies; 2 Versions
Patty Hans	Peach/Cucumber Salad
	Family Fun
	Stress Diet

*M*usic gives a soul to the universe,  
wings to the mind, flight to  
the imagination and life to  
everything.

~ Plato



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*Women  
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Note*