

# A TASTE OF HOME:

## Phred & Mnchkyn's Most Excellent Cookbook

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Second Edition



Recipes Used by the Crew of the  
Sailing Vessel Tumbleweed  
Paradise, Michigan  
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## APPETIZERS

### Beer Cheese Dip

1 cup beer	1 oz. blue cheese
1 TBS cornstarch	½ tsp Dijon mustard
2 cups sharp cheddar cheese, grated	½ tsp Worcestershire sauce.

Mix a small amount of beer with the cornstarch in a small bowl to make a thin paste. Add paste to remainder of beer and heat until clear. Add cheeses slowly, and stir in mustard and Worcestershire sauce. Serve in a bread bowl.

### Conch Fritters with Remoulade Sauce

This recipe is most like our favorite conch fritter place—a Greek Restaurant in downtown Nassau, Bahamas. The basic recipe source is from the internet at: [www.usvi.net/conch-fritters](http://www.usvi.net/conch-fritters) I have changed a few ingredients to suit our tastes.

#### Fritters:

1 quart oil for frying	1 cup chopped conch* meat
¾ cup all-purpose flour	½ onion, chopped
1 egg	1 jalapeno pepper, minced
½ cup milk	½ green bell pepper, chopped
Paprika to taste	2 stalks celery, chopped
Mrs. Dash garlic & Herb to taste	2 cloves garlic, chopped
Salt, Cayenne, and Pepper to taste	

#### Remoulade Dipping Sauce:

1 ¼ cups mayonnaise	2 large cloves garlic, minced
¼ cup Creole mustard	½ tsp black pepper
1 TBS Hungarian paprika	½ tsp oregano
2 teaspoons prepared horseradish	½ tsp thyme
1 tsp lime juice	½ tsp cayenne pepper
1 tsp hot sauce	½ tsp onion powder or finely minced onion.

Heat the oil in a large pot or deep fryer to 365 degrees F (185 degrees C). In a bowl, mix the flour, egg, and milk. Season meat with cayenne. pepper, salt, and pepper. Mix in the conch meat, onion, bell pepper, celery, and garlic. Drop the batter by rounded tablespoons into the hot oil, and fry until golden brown. Drain on paper towels. In a bowl, mix the remoulade sauce ingredients.. Serve dipping sauce on the side with the fritters. \*Conch can be replaced with any seafood, like chopped calamari, shrimp or crab meat.

## Guacamole

2 large ripe Haas Avocados (black-skinned) or  
1 Florida Avocado  
1 large tomato, finely chopped  
1 small onion, finely chopped

3 cloves garlic, finely chopped  
1-3 fresh jalapeno peppers, finely chopped  
Juice of ½ lime  
Dash of salt

Halve avocados and scoop out flesh, removing from the seed. Mash the avocado flesh in a bowl with a fork, mix in the rest of the ingredients. Refrigerate and serve.

## Hummus

Recipe adapted from the South Beach Diet Cookbook.

2 cups of chickpeas—canned will work fine.  
2 TBS freshly squeezed lemon juice (about ½  
large lemon)  
1/2 cup tahini (toasted sesame seed paste)  
1/4 cup chopped onion  
3 cloves garlic, finely chopped

2 tsp extra-virgin olive oil or canola oil  
2 tsp ground cumin  
1/8 tsp ground red pepper  
1/2 tsp salt  
Chopped fresh parsley (optional)

Drain liquid from chickpeas, reserving 1/4-1/2 cup of the liquid. Combine the chickpeas, lemon juice, tahini, onion, garlic, oil, cumin, pepper, and salt in a blender or food processor and puree until smooth adding the chickpea liquid if needed to thin the puree. Refrigerate for 3-4 hours before serving to blend the flavors. Serve with bagel chips.

## Rumaki

Rumaki was a New Year's Eve family tradition in the Johnson home, usually cooked by Dad. It is messy in the oven, but works very well on the barbeque grill.

1 can Water Chestnuts, sliced  
1 lb. Bacon, sliced

1 pkg Chicken Livers  
1 cup Teriyaki Sauce

Cut bacon slices in half. Roll bacon around 1 piece of chicken liver and 1 slice of water chestnut and hold in place with a wooden toothpick. Continue with the remainder of the water chestnuts, livers, and bacon. Place in a bowl with a tight-fitting lid. Pour Teriyaki sauce over the pieces and refrigerate, turning at least once. Let sit for 1-2 hours. Bake on a foil covered cookie sheet at 350° F until bacon is crisp. Serve warm.

## Spinach Dip

1 pkg Knorr Leek Soup mix  
1 10 oz. pkg. frozen Spinach, thawed  
1 cup Sour Cream

1 cup Mayonnaise  
2 TBS Parmesan Cheese, grated

Mix, refrigerate, and serve in a bread bowl.

## BEVERAGES

### Doug's 360 Double Chocolate Raspberry

Ingredients:

2oz 360 Double Chocolate  
1/2oz Agave Nectar  
5 Raspberries

1oz Sour Mix  
1/4oz Raspberry Liqueur and lemon-lime soda

Mixing instructions: Shake & Strain. Splash Lemon-Lime Soda or Soda.

### Doug's Cat 5 Hurricane

Aged rum  
Dark rum  
Lime juice  
Orange juice

Passionfruit juice  
Agave syrup  
151 rum

### Liquid Apple Pie

Apple juice/cider  
Cinnamon sticks

Vodka  
Brandy

Combine 1 gallon of apple juice or cider, one fifth of vodka, one fifth of brandy 10 cinnamon sticks. Bring to a boil, allow to cool. Set aside for 4 weeks. Chill and enjoy!

### Peach Sangria

4 large ripe peaches sliced  
1 cup agave syrup (optional)  
1 bottle of white wine

1 bottle Peach Schnapps  
1 2-liter bottle of Vernor's Gingerale  
1 TBS slice ginger (optional)

Mix ingredients, chill and serve.

### Rum & Coconut Water

1 shot of Shellback Rum  
1 can coconut water with no sugar added

1 lime wedge (optional)  
Nutmeg, freshly grated (optional)

### Traditional West Indian Rum Punch

1 part sour  
2 parts sweet  
3 parts strong

4 parts weak  
5 drops bitters and Nutmeg Spice  
Serve chilled with lots of ice.

## **Ginger Peach Cocktail**

1 double-shot of Bird Dog Peach Whiskey  
6 oz Vernor's Gingerale  
Mix and serve over ice.



## BREADS

### Apricot Scones

1 <sup>3</sup> / <sub>4</sub> cups flour	1/4 cup butter
2 1/4 tsp baking soda	2 eggs
1/4 cup sugar	1/3 cup heavy cream
1/2 tsp salt	1/2 cup dried apricots, diced

Sift together dry ingredients in a bowl, add apricots and mix well. Blend in butter with a fork until the mixture is the size of small peas. In a separate bowl mix eggs and cream, then slowly add the egg and cream mixture to the dry ingredients. Mix well, and turn dough out onto a floured board and pat into a 8-9 inch round. Cut into pie like slices (wedges) and bake in an oven at 450° F until golden brown, about 12-15 minutes. Serve warm with butter and honey. Makes 8-12 scones.

### Cranberry-Orange Relish Muffins

This recipe is designed to use the leftover relish from Christmas and Thanksgiving feasts.

1 cup leftover cranberry-orange relish	2 large eggs
2 cups flour	1/4 cup olive oil
1 TBS baking powder	3/4 cup milk or cream
1/2 tsp salt	

Mix ingredients, bake in a muffin pan at 400° F for 15-20 minutes, until an inserted toothpick comes out clean.

### Gladys' Quick & Easy One Hour Rolls

1 pkg. dry yeast	1/2 tsp. salt
3/4 cup warm water (105°-115°)	1 egg
2 TBS sugar	2 1/2 - 2 3/4 cups flour
2 TBS oil	Soft butter (or margarine)

Dissolve yeast in water in a 2 1/2 quart bowl. Add sugar, oil, salt and egg. Stir. Add 1 cup flour, mix, and let rise 15 minutes. Grease a square 9 x 9 x 2 inch pan. Stir down batter, and add 1 1/2 cups flour. Knead 3 minutes (if sticky knead in additional 1/4 cup flour. Divide into 16 balls, and place in pan. Brush tops with butter. Cover and let rise 25 minutes. Preheat oven to 425°. Bake 12-15 minutes or until light brown. Brush tops with butter. Serve warm.

### Quick & Easy Pizza Dough

2 1/2 cups Flour	1 TBS plus 2 tsp Olive Oil
1/2 tsp Salt	1 cup lukewarm Water
1 (1/4 oz.) packet of dry Yeast	

Preheat oven to 400° F. Grease a 9 x 13 baking sheet. Combine flour, salt, and yeast. Combine water and oil, and stir into dry ingredients to form a dough. Knead on a lightly floured surface for 5 minutes. Roll out dough and press into baking sheet. Cover and let rise 10 minutes. Bake for 5-7

minutes. Remove from oven and add sauce, toppings and cheese. Return to oven and bake an additional 15-20 minutes or until crust is lightly browned.

## MAIN DISHES

### Bagel Pizza (a child friendly recipe)

1 pkg garlic flavored bagels	Mozzarella Cheese, grated
1 small can tomato sauce	Garlic powder or granules
Parmesan Cheese, grated	Basil, chopped

Cut bagels in half, and place on a cookie sheet inside up. Spoon tomato sauce on each half, then sprinkle with garlic powder and basil. Add Parmesan Cheese, then top with Mozzarella. Place under the broiler until cheese bubbles.

### Becky's Spinach Enchilada Casserole

1 ½ lbs. lean ground beef	1 small can tomato sauce
1 small onion	1 large bell pepper, diced
1 clove garlic, minced	12 corn tortillas
2 med. tomatoes, seeded and chopped	1 cup sour cream
1 TBS lime juice	¾ cup Monterey Jack cheese, shredded
1 ½ tsp. salt	¾ cup cheddar cheese, shredded
1 ½ cup picante sauce	½ cup sliced ripe olives
1 pkg. frozen chopped spinach	Shredded lettuce

Brown meat with onion, and garlic. Drain. Add picante sauce, spinach, tomato sauce, tomatoes, bell pepper, lime juice, and salt. Simmer covered 15 minutes stirring occasionally. Line a 9 x 13 x 2 inch pan with 6 corn tortillas (they will overlap.) Top with ½ of meat mixture, sprinkle with cheese. Place remaining tortillas on top of cheese, add remaining meat mixture, and top with remaining cheese. Cook in a 350° oven until hot and bubbly. Garnish with lettuce and olives.

### Chicken & Dumplings

1 lb. chicken, deboned	2 bay leaves
2 quarts chicken broth	2 whole cloves
1 onion	Salt
2 carrots, whole	Black Pepper
1 stalk celery, with ribs removed	Bisquick® (Biscuit Mix)

Peel onion and insert cloves into the side. In a large pot, boil chicken, clove studded onion, carrots, celery, bay leaves, salt and pepper until the chicken is done. Remove chicken, set aside and let cool. Remove onion, celery, carrots with enough broth to liquefy in a blender or food processor. Discard bay leaves and cloves. Return blended vegetables to broth. Remove the bones and skin from chicken. Cut chicken into pieces and return meat to broth, discarding skin and bones.

Mix Bisquick® with water or milk to make biscuits. Return broth to simmer. Place biscuits in broth and place clear lid on the broth for 10 minutes. Do not remove the lid before the 10 minutes is up.

### Corn Chowder

1 lb. chicken, deboned  
2 quarts chicken broth  
6 large potatoes, quartered  
1 onion  
2 carrots, sliced  
1 stalk celery, sliced

1 bay leaf  
2 whole cloves  
1 can whole kernel corn, drained  
Salt  
Black Pepper

Peel onion and insert cloves into the side. In a large pot, boil chicken, clove studded onion, quartered potatoes, carrots, celery, bay leaves, salt and pepper until the chicken is done. Remove chicken, set aside and let cool. Remove onion, celery, carrots with enough broth to liquefy in a blender or food processor. Discard bay leaves and cloves. Remove potatoes separately. Return blended vegetables to broth. Cut potatoes into small pieces. Remove the bones and skin from chicken. Cut chicken into pieces and return meat to broth, discarding skin and bones. Add a can of whole kernel corn and return broth to simmer.

### **Denise Grant Kye's Spaghetti**

1 lb. bulk Italian Sausage  
1 pkg spaghetti noodles  
1 jar of Prego spaghetti

Brown sausage, add sauce to simmer. Cook noodles according to directions. Serve with garlic bread.

### **Fay's Jerk Chicken**

3 ½ lbs. Chicken legs and thighs  
4 Cloves Garlic, finely chopped  
1 1/2 Onions, chopped  
1 to 3 Hot Peppers  
2 TBS Thyme, chopped  
1 TBS Allspice, ground  
1 TBS Brown Sugar  
1 TBS Salt  
1 tsp Black Pepper  
1 tsp Cinnamon  
1 tsp Nutmeg

2 tsp Ginger, chopped  
1/4 cup Olive Oil  
1/4 cup Soy Sauce  
Juice of one lime  
1/2 cup orange juice  
1/2 cup white vinegar  
2 TBS Dark Rum  
2 tsp Molasses

Marinate, grill and baste with remaining sauce.

### **Grilled Chicken Thunder Thighs**

Rub Chicken with a mixture of:

Rub with a mixture of:

2 cups Brown Sugar  
Chinese Five Spice  
Chili Powder

Cayenne  
Curry Powder  
Dry Mustard

Salt

Pepper or Mrs. Dash Caribbean Citrus

Grill until done and baste with barbeques sauce

1 shot Shellback Rum per cup of BBQ Sauce

1 Bottle of Sweet Baby Ray's Vidalia Onion Barbeque Sauce

### **Hopped Up Hoppin' John**

Cooked rice, 4 cups

Black eyed peas, 2 cans

Rotel®, 1 can (diced tomatoes with chilis)

Celery, 1 stalk, diced

Bell Pepper, 1 small, diced

Onion, 1 small, diced

Carrot, 1 thinly sliced (optional)

Jalapeno Pepper, 1 thinly sliced (optional)

Bacon bits or French fried onion bits (optional)

Garlic, 3 cloves, diced

Olive oil, 1 tsp

Bay leaf

Thyme, ½ tsp

Cumin, ½ tsp

Cayenne, ½ tsp or to taste

Salt, to taste

In a warm skillet put olive oil, with celery, bell pepper, onion, and garlic and lightly brown. Remove from heat. Place beans, Rotel®, browned vegetables (celery, bell pepper, onion, carrot, jalapeno, and garlic), bay leaf and spices in a crockpot for several hours on low heat.

Serve in a bowl over rice.

### **Huevos Rancheros for Two**

4 corn tortillas

1 can Rotell (tomatoes with green chilies)

4 eggs

Salt

Black Pepper

Olive Oil

Over medium heat, in a large cast iron skillet sprayed with olive oil, spread corn tortillas until just touching. Pour Rotell on top of tortillas. Break eggs and place on top of salsa and salt and pepper eggs to taste. Place a clear lid on top, watch eggs until you achieve the desired doneness. Scoop and serve, leaving the eggs intact.

### **Macaroni and Cheese**

1 TBS Olive Oil or Canola Oil

1 TBS Softened Butter or Ghee Butter

2 TBS All Purpose Flour

1 Cup Milk

1 tsp Garlic Granules or Powder or finely minced garlic (optional)

1 tsp Onion Powder or finely minced onion (optional)

½ tsp grated horseradish (optional)

Salt and Pepper to taste.

2 ½ cups Grated Cheese

Add oil, butter, and flour to skillet and stir until well blended (no lumps) and turn stove on medium heat. Stir in milk and continue to stir until thickened like gravy. Remove from heat and add cheese,

stirring until well blended. Pour over cooked elbow macaroni. At this point you can either serve the macaroni or bake it in a casserole dish in the oven until lightly browned around the edges.

### **Pinapple-Mango-Chicken Stir Fry**



1 cup fresh Pineapple Chunks  
1 cup Mango chunks  
½ lb of boneless chicken thighs cut into strips  
1 Onion, chopped  
1 Bell or other sweet pepper, chopped

1-2 Jalapeños, sliced  
2 cloves Garlic, chopped  
Salt and Pepper to taste  
2 TBS Olive Oil for frying

#### Sauce:

1 cup Soy Sauce  
¼ cup juice from the pineapple or sherry  
1 tsp ground Ginger  
1 TBS Cornstarch

Heat skillet or wok and add oil. Cook chicken until done and begin adding the rest of the ingredients until done. Mix sauce ingredients in a small bowl and stir in with cooked ingredients, stirring constantly until clear.

Serve over cooked sticky rice.

## **Sex on a Bone (or Doug's Famous BBQ Ribs)**

2 racks of pork ribs

Rub with a mixture of:

2 cups Brown Sugar  
Chinese Five Spice  
Chili Powder  
Cayenne

Curry Powder  
Dry Mustard  
Salt  
Pepper

Let sit overnight in the refrigerator. Smoke on the grill for 6-8 hours or bake in an oven at 200° F, wrapped in foil for 4 hours. Remove from foil and brown on the grill, basting with your favorite BBQ Sauce.

## **Swedish Meatballs**

½ lb. ground pork  
½ lb. ground hamburger meat  
1 pt. Sour Cream  
2 slices dried bread crumbled

½ cup leftover brewed coffee  
1 egg  
1 tsp. Cardamon seed, ground  
Salt and pepper to taste

Mix meat, eggs, bread crumbs and spices, roll into 1-inch balls, brown in a skillet and serve with cream sauce over noodles.

## **SALADS & SALAD DRESSINGS**

### **Carrot & Raisin Salad**

3 cups grated carrots  
1 cup raisins  
1 cup crushed pineapple

½ cup coarsely chopped pecans  
½ cup mayonnaise  
½ cup sour cream

Mix, chill and serve.

### **Cranberry Orange Relish**

1 pkg whole, fresh cranberries  
1 whole navel orange

1 cup sugar  
1 cup pecans or walnuts

Grind in a meat grinder or food processor. Refrigerate before serving.

### **Cucumber & Onion Salad**

2 medium cucumbers, peeled and thinly sliced  
1 small red onion, thinly sliced  
2 tsp salt

⅔ cup sour cream  
1 tsp lemon juice

Mix, refrigerate and serve.

### **Ma Bate's Buttermilk Dressing**

Buttermilk  
Mayonnaise  
Cider Vinegar

Sugar  
Paprika  
Salt  
Black Pepper

### **Great Grandma Barthel's German Potato Salad**

3 medium onions  
1 lb. bacon  
1 cup sugar

1 tsp. celery seed  
1 tsp. black pepper  
1 ½ cups vinegar

Place potatoes in cold water in a large pot, bring to a boil, and simmer for 1-2 hours. Peel and cut up potatoes in a large bowl. Chop onions and place on top of potatoes. Put sugar, celery seed and black pepper on top of onions.

Chop bacon into ½ in strips cook in a skillet until brown, stirring occasionally. Remove bacon from pan and place on top of other ingredients in the bowl.



Carefully put vinegar in the skillet with the hot grease, and bring almost to a boil, then pour skillet contents over ingredients in the bowl. Stir. Let stand about 1 ½ hours and stir again. Potato salad will thicken as it sits.

According to family tradition, this recipe will fail if the ingredients are not placed in the bowl in the correct order.

### **Party Tuna or Chicken Salad**

2 cans of tuna (or chicken), drained  
1 cup Mayonnaise  
½ tsp Dry Mustard  
1 TBS Vinegar  
1 TBS Sugar  
¼ cup Celery, finely chopped  
¼ cup Onion, finely chopped

¼ cup Raisins, dried cranberries or grapes  
chopped  
¼ cup Pecans, chopped  
¼ cup Carrots, finely grated  
½ tsp Mrs. Dash Garlic and Herb  
¼ tsp Salt  
⅛ tsp Black Pepper

Mix, refrigerate and serve as sandwiches, on a bed of lettuce, or in a hollowed out tomato.

## **SALSAS, SAUCES, & STUFFINGS**

### **Becky's Corn & Bean Salsa**

1 can of beans (pinto, red, or black), drained  
1 can whole kernel corn, drained  
1 small onion, chopped, or 1 bunch of green onions chopped  
1 small bell pepper, chopped  
1-2 tomatoes, chopped  
1 small zucchini, chopped (optional)  
½ cup fresh cilantro, chopped fine (or ¼ cup dried)

½ cup fresh parsley, chopped fine (or ¼ cup dried)  
½ cup cider vinegar (or any other vinegar you have on hand)  
½ cup sugar (or equivalent sugar substitute)  
½ cup olive or other salad oil (optional)  
1 –2 small jalapeno peppers (optional)  
1 small can of chopped black olives, drained (optional)

Mix in a large bowl, cover, and refrigerate for at least 1 hour. Serve with tortilla chips, Mexican food, or just eat it plain like a vegetable salad.

### **Doug's Crown Royal BBQ Rib Sauce**

1/2 Onion, minced  
4 cloves garlic, minced  
3/4 cup Crown Royal Black  
1/2 teaspoon ground black pepper  
1/2 tablespoon salt  
2 cups ketchup  
1/4 cup tomato paste

1/3 cup cider vinegar  
2 tablespoons liquid smoke flavoring (optional)  
1.4 cup Worcestershire sauce  
1/2 cup packed brown sugar  
1/3 teaspoon hot pepper sauce, or to taste

In a large skillet over medium heat, combine the onion, garlic and Crown Royal Deluxe. Simmer for 10 minutes, or until onion is translucent. Mix in the ground black pepper, salt, ketchup, tomato paste, vinegar, liquid smoke, Worcestershire sauce, brown sugar, and hot pepper sauce. Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes.

### **Great Grandpa Hardwick's Barbeque Sauce**

2 TBS Worcestershire Sauce  
1 tsp black pepper  
½ to 1 cup catsup  
½ tsp salt  
1 onion, finely chopped  
1 TBS sugar

2 TBS butter  
¼ cup water  
¼ cup vinegar  
1 tsp dry mustard  
2 tsp paprika  
2 tsp tobacco sauce

Mix and simmer over medium heat for 10 minutes.

## Hope's Chinese Restaurant Style Sweet and Sour Sauce

2 cups vinegar	4 TBS cornstarch dissolved in
2 cups sugar	2 cups pineapple juice
8 TBS soy sauce	1 can chunk pineapple, drained
8 TBS sherry	1 bell pepper sliced
8 TBS tomato sauce or catsup	1 onion chopped

Combine vinegar, sugar, soy sauce, sherry, and tomato sauce in a saucepan. Bring to boiling point and stir in cornstarch and pineapple juice mixture. Add pineapple chunks, bell pepper, and onion. Stir constantly over low heat until thickened. Add your favorite cooked meat or meat substitute in bite-size chunks. Serve over rice. Makes about 4 ½ cups.

## Mango Salsa



2 mangoes, diced	1 TBS lime juice, freshly squeezed
½ small red onion, minced	2 TBS olive oil
2 TBS cilantro, finely chopped	Dash of salt
½ hot pepper, small, seeded, finely chopped	

Combine and refrigerate. Excellent addition to any fish or chicken dish.

## Savory Stuffing

5 cloves Garlic, minced	¼ cup Carrots, shredded
½ cup Butter	¼ cup Giblets, chopped (optional)
½ cup Celery, finely chopped	1 pkg Bread Stuffing
½ cup Onion, finely chopped	1 can of Broth (Chicken, Turkey or Vegetable)
¼ cup Pine Nuts, chopped	Salt
	Black Pepper

Sautee garlic, onion and celery in butter. Combine all ingredients and bake until done.

## SEAFOOD

### Blackened Fish

Spice mixture:

2 TBS paprika	1 ½ tsp. cayenne pepper
2 ½ TBS salt	1 tsp. whole thyme leaves
1 tsp. onion powder	2 tsp. lemon pepper
1 ½ tsp. garlic powder	1 ½ tsp. basil leaves

Blend and store spice mix in an airtight jar.

4 fillets, halved (3 lbs.)	¼ cup olive oil
½ stick butter	

Heat cast iron skillet for 10 minutes over very high heat. Melt butter in pan and mix in oil. Dredge fillets with spice mix and fry in very hot pan, just a few minutes on each side. Needs to be cooked outdoors or in a well ventilated room.

### Doug's Juicy Marinated Shrimp/Prawns

Balsamic vinegar w/ garlic	Cayenne pepper
Wok oil	Worcestershire sauce
Olive oil	1/2 can Budweiser

Blend ingredients and allow shrimp/prawns to marinate minimum of 2 hours. Grill and eat.

### Stuffed Salmon

1 box savory stuffing mix	1 small box of frozen spinach, thawed and drained
1 salmon fillet	½ small red onion
2 cloves garlic, finely minced	

Roll salmon with stuffing. Bake at 350°F until salmon turns opaque.

### Ceviche

1 lb. Fish Filets, skinless (grouper, flounder or snapper)	1 small jalapeño pepper, finely chopped
½ cup Lemon Juice, freshly squeezed	1 small ripe tomato, finely chopped
½ cup Lime Juice, freshly squeezed	1 small onion, finely chopped
	2 TBS Cilantro
	½ tsp salt

Cut filets into small pieces. Place fish and juice in a glass or stainless steel bowl. Refrigerate until fish turns opaque (6-8 hours). Drain and mix with remaining ingredients. Refrigerate until serving time. Serve with flour tortillas or roti bread.

## **SUBSTITUTIONS**

### **Imitation Eagle Brand Milk**

1 can evaporated milk  
4 cups sugar

1 cup instant milk  
¼ LB butter

Mix evaporated milk and sugar in a blender, adding instant milk slowly. Add butter and mix thoroughly. Refrigerate 24 hours. Makes enough for 3-4 cans of Eagle Brand® milk.

### **Mock Sour Cream**

1 cup cottage cheese  
2 TBS lemon juice  
3 TBS mayonnaise

½ cup buttermilk  
Zip in blender until smooth, can be made with non-fat products also

## **SWEETS**

### **Becky's Sugared Rye Cookies**

1 cup butter, softened  
1 cup sugar  
2 tsp. vanilla  
1 cup flour  
1 cup rye flour

1 tsp. soda  
1 tsp. salt  
1 tsp. grated orange peel  
¼ tsp. nutmeg  
Sugar

Preheat oven to 350°F. In a large bowl, combine first three ingredients; blend well. (Lightly spoon flour into measuring cup; level off.) Add flours, soda, salt, and orange peel; mix well. Form into 1-inch balls. Place 2 inches apart on ungreased cookie sheets. Flatten slightly with glass dipped in sugar. Bake 10 to 14 minutes until lightly golden brown. Makes 3 to 4 dozen cookies.

### **Cake Mix Cookies**

1 pkg. cake mix  
2 eggs

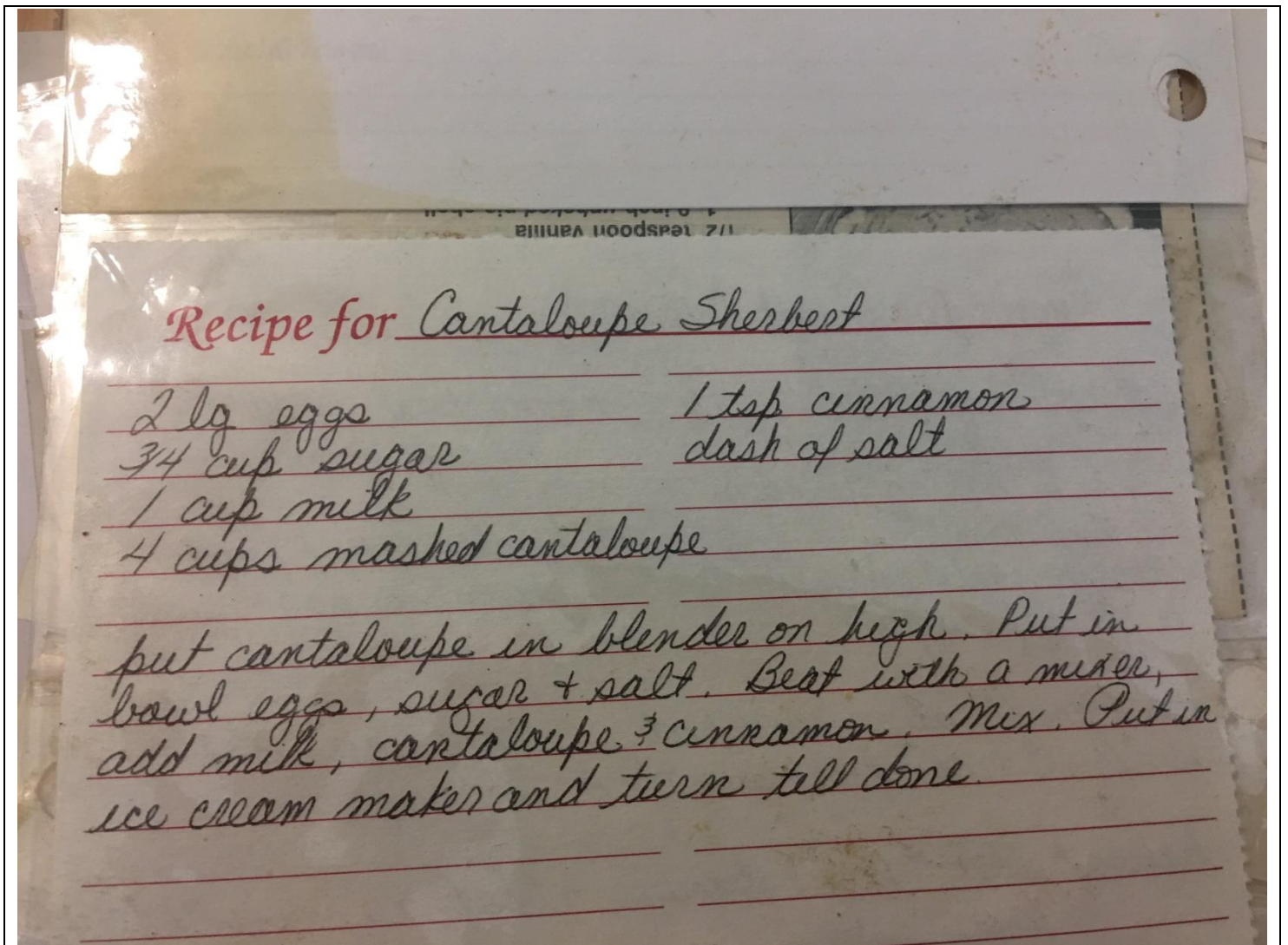
1 cup oil

Mix and roll into balls. Flatten and bake at 350° F until done.

Junior Girl Scout Troops in Oildale, California baked and shipped hundreds of dozens of these cookies along with socks, toothbrushes and other toiletries through the Red Cross to our local servicemen serving in Vietnam during the late 1960s.

## Canteloupe Sherbet

Another recipe from Mom's files:



2 eggs  
3/4 cup sugar  
1 cup milk

4 cups mashed cantaloupe  
1 tsp cinnamon  
Dash of salt

Place cantaloupe in the blender on high. In a mixing bowl, combine eggs, sugar, and salt. Add milk, cantaloupe, cinnamon and salt. Mix thoroughly. Place mixture in an ice cream freezer and churn until done.

## Chocolate Cherries

1 quart of fresh Dark Red Traverse City Cherries, pitted  
1 bottle of 360 Brand Double Chocolate Vodka

Place cherries in a wide mouth quart jar and cover with chocolate vodka. Place jar in the back of the fridge and let sit for a minimum of one month. Open and enjoy. (We have enjoyed cherries preserved like this after a couple of years in the fridge, they were still crunchy and wonderful.

## Crisco Crust

2 cups flour, sifted or fluffed with a fork  
1 tsp salt  
½ cup butter or Crisco  
3 TBS water, chilled

Mix flour salt and butter until you get uniform pea-sized clumps. Add water slowly until right consistency to roll out. (Changes in weather will change the amount of water needed. ) Roll out dough and place in pie pan or make small circles for filled fried pies and pasties.

## Ester's Lemon Buttermilk Pie

Cream: 1 ¼ cup sugar  
1 ½ TBS butter

Stir in: 1 ½ cup buttermilk  
Pinch of salt

Fold in: 4 beaten (fluffy) egg yolks  
½ cup flour

Add: juice of 2 lemons and  
Grated rinds of both lemons

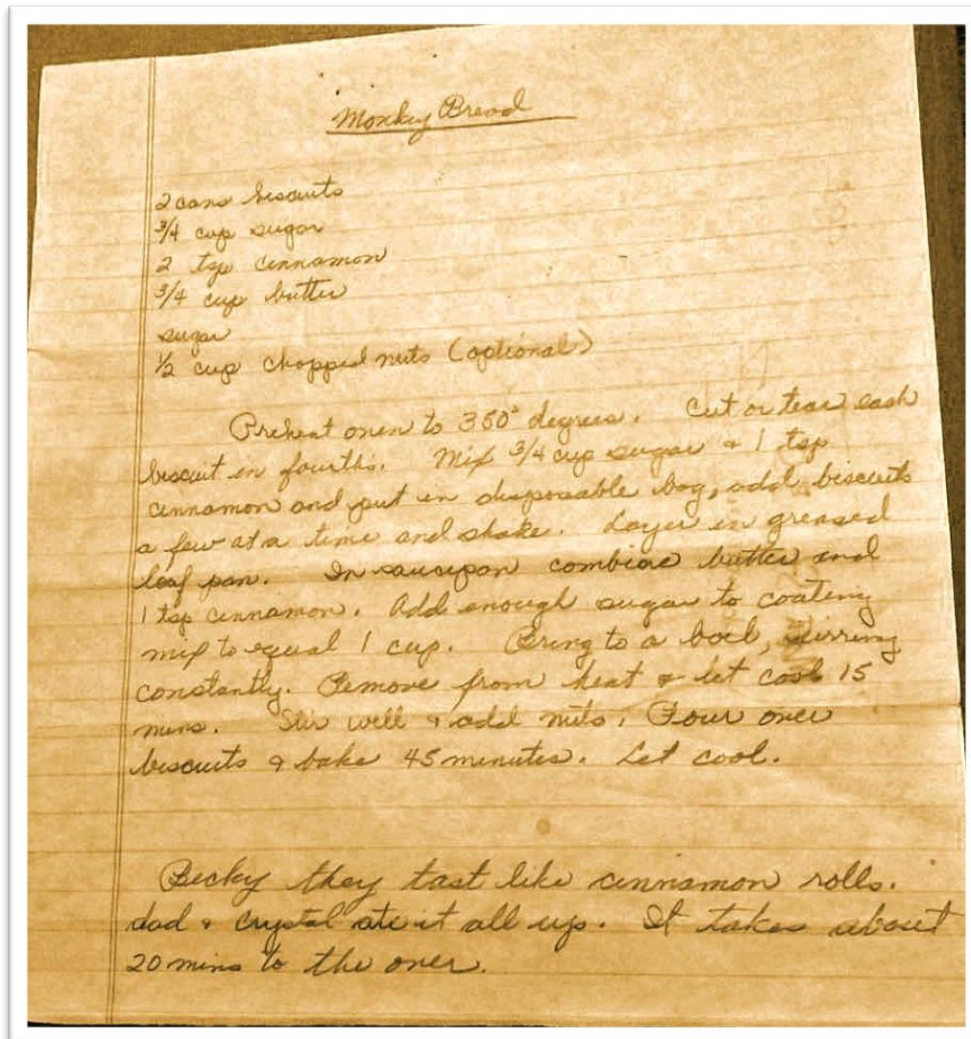
Mix and cook over a double boiler, stirring constantly. After 1 minute reduce to a low flame and cook like a custard. When thickened, pour into a baked 10 inch pie shell and let cool. Top with meringue:

4 egg whites  
¼ tsp. cream of tartar  
Pinch of salt  
5 TBS sugar  
½ tsp. vanilla

Place meringue topped pie in a 325° oven and bake 15 minutes or until golden brown.



## Mom's Monkey Bread



2 cans biscuits  
3/4 cup sugar  
2 tsp cinnamon  
3/4 cup butter  
sugar  
1/2 cup chopped nuts [optional]

Preheat oven to 350°F. Cut or tear each biscuit into fourths. Mix 3/4 cup sugar and 1 tsp cinnamon and place in a disposable bag. Add biscuits a few at a time to the bag and shake. Coat coated biscuit pieces in a greased loaf pan. In a saucepan, combine butter and cinnamon, then add enough sugar to mix to make 1 cup. Bring to a boil, stirring constantly. Remove pan from heat and let cool 15 minutes. Stir well and add nuts. Pour over biscuits and bake 45 minutes. Let cool.



## Rum Balls

Sift together

- 1 cup confectioner's sugar
- 2 TBS unsweetened cocoa powder

Whisk together in a small bowl until well mixed

- ¼ cup dark rum
- 2 TBS light corn syrup

Stir into the cocoa mixture and set aside. Combine

- 2 ½ cups vanilla wafer crumbs
- 1 cup coarsely chopped pecans

Stir into cocoa mixture. Roll the mixture into balls between you palms. Roll in:

- ½ cup confectioner's sugar

Place in fluted candy cups. Store between layers of wax paper in an airtight container at room temperature for up to 3 weeks.

## VEGGIES

### Doug's Stuffed Jalapenos

18 large jalapenos, hollowed and cored  
1 pkg cream cheese, softened to room temperature

4 oz. blue cheese, crumbled  
4 slices bacon, cooked and crumbled  
2 TBS chives, chopped

Mix cheeses, bacon bits and chives. Stuff mixture into peppers and grill until peppers begin to soften, cheese is melted and they begin to brown.

### Garlic Potatoes

4 potatoes cut into ½ inch cubes  
½ small onion, diced  
2-3 cloves of garlic, minced  
1 TBS butter

2 TBS olive oil  
1 tsp Mrs. Dash Garlic & Herb Seasoning  
½ tsp salt

Mix well and place ingredients in a microwavable casserole dish with a tight fitting lid. Cook on high for 15 minutes or until potatoes are done.

## **Plantain Spiders: *Inspired by Ann Vanderhoof's An Embarrassment of Mangoes***

2 large plantains, coarsely grated (1 green, 1 semi-ripe)  
2 TBS ginger, freshly grated

2 TBS garlic, minced  
Olive oil  
Salt

Coarsely grate plantains. Add ginger and garlic. Fry in a shallow pan with a small amount of olive oil until brown on both sides. Drain on a paper towel and salt to taste.

## **Roasted Garlic on the Grill**

1 Elephant Garlic, whole

Olive Oil

Remove any plastic and loose dried skins. Place garlic in a small amount of olive oil and let set for a few hours. Grill slowly until pods are a light golden brown. The cloves will easily slide out of the husks.

## **Stuffed Chayote or Christophene Squash:**

2-3 large Chayote Squash  
1 TBS olive oil  
1 TBS butter  
1 onion, finely chopped  
2 cloves of garlic, minced  
½ hot pepper

1 ½ tsp thyme, freshly chopped  
1 cup sharp cheddar cheese, grated  
¼ cup Parmesan cheese, grated  
2 TBS breadcrumbs  
Salt & Pepper to taste.

Cut squash in half lengthwise, remove seed and cover in plastic wrap. Microwave for 5-10 minutes or until tender. Cool and scoop out squash, and chop soft flesh, leaving shell intact. Heat butter and oil in a frying pan. Sautee onion, garlic and pepper. Sprinkle with thyme and stir into squash. Add cheeses and bread crumbs. Mix well. Bake at 375° F for 20 minutes until lightly browned or wrap in foil and cook on grill until done. *Inspired by Ann Vanderhoof's An Embarrassment of Mangoes.*

## **Veggies on the Grill**

We use a variety of vegetables on the grill in a wire grilling basket. You can use one or a blend of the following:

Asparagus  
Brussel sprouts, halved  
Carrots, sliced  
Egg Plant, sliced  
Garlic, whole cloves peeled  
Green beans  
Snap Peas

Onions, wedged  
Peppers (Bell and Hot), sliced  
Potatoes, small red quartered or pre-cooked  
Squash, sliced  
Olive Oil

Add spices to compliment the rest of your dinner (i.e. Rosemary and Basil for Italian dinners)—be creative. Place veggies in a bowl and mix with oil and spices, let set a few minutes before grilling.