

Summer @ UAF

CAFE 2010

with

June
Ulz

and

Marsha
Munsell



Welcome!

Herein you will find the recipes from the CAFE 2010 evening classes and a little bit more.

Mexican soul food (Gloria Fernandez), Philippine cuisine (Betsy Engle), German pastries (Angela Dirks-Eicken), zucchini and chicken in all forms and variations (Marsha Munsell), a touch of the gourmet (Jeanne Yoder), and Alaskan berries front and center (Roxie Dinstel)—all brought to you through the extraordinary coordination of June Ulz.

Late in 2009 June was diagnosed with pancreatic cancer. Like every other obstacle that life put in her path, she faced it straight on, moving forward and making the most of every day. She resolved early on that she was going to make it through the summer and she viewed the classes as a gift that gave her the reason she needed to keep going. With the help of her two daughters, Kim and Traci, June pulled it off one more time.

Humbly we dedicate this cookbook to the multi-talented, ever smiling, courageous, outrageously funny and loving June who passed away on September 2, 2010. She lives on in her many kindnesses and in the minds and hearts of those who cherish her memory.



from the kitchen of



Coq au Vin

From *The Seattle Classic Cookbook*. Serves 8 to 10.

Presented by June Ulz and Jeanne Yoder.

3 chickens, 3 lbs each, cut into parts	1¼ lbs fresh button mushrooms
½ cup butter	1½ Tbsp lemon juice
¼ cup brandy	4 slices extra-thick bacon
3¼ cups dry red wine	1 lb sm onions, simmered until tender, drained
1 Tbsp salt	2 tsps sugar
¼ tsp nutmeg	⅓ cup cornstarch
½ tsp rosemary	⅓ cup water
1 bay leaf	1 7 oz jar green olives w/pimentos, drained
1 Tbsp powdered chicken stock base	
3 cloves garlic, minced	

Brown chicken pieces, a few at a time, in ¼ cup butter, turning to brown on all sides. Warm brandy slightly; ignite 1 tablespoon and pour, flaming, over the chicken. Pour on remaining brandy and let flame on chicken. Pour in wine and loosen the browned drippings. Transfer chicken and liquid to a large casserole with a lid and add salt, nutmeg, rosemary, bay leaf, stock base, and garlic. Cover and simmer gently for 45 minutes or until chicken is barely tender. Remove from heat.

Break off mushroom stems, slice, and sauté with caps in remaining butter and lemon juice for a few minutes. Transfer mushrooms and juices to the chicken.

Preheat oven to 350 degrees.

Finely chop the bacon, sauté until crisp, remove from pan and drain. Pour off all but 2 tablespoons of bacon drippings, add onion to the pan, and sprinkle with sugar. Heat onions, stirring gently until lightly browned, and add to the chicken

Blend cornstarch with water to make a paste. Drain the wine and juice from chicken into a saucepan and heat to boil. Stir in cornstarch paste and cook until thickened, stirring constantly. Pour over chicken, add olives, and sprinkle with bacon. (At this point, chicken may be cooled and refrigerated for finishing later.) Cover and bake for 30 minutes, or, if the chicken was refrigerated, bake 1 hour 15 minutes.

from the kitchen of



French Onion Tart

From *The New York Times International Cookbook*. Should be served very hot as an appetizer. Serves 4 to 6. Presented by June Ulz and Jeanne Yoder. (We have opted to use a *Bon Appetit* (2004) crust recipe, not the one you will find in *The New York Times International Cookbook*.)

Easy Tart Crust:

2 cups all-purpose flour
1 tsp course kosher salt
 $\frac{3}{4}$ cup ($1\frac{1}{2}$ sticks) chilled unsalted
butter, cut into $\frac{1}{2}$ -in cubes
3 Tbsp (or more) ice water
2 Tbsp chilled whipping cream

Onion Filling:

2 Bermuda onions, finely chopped
 $\frac{2}{3}$ cup butter
2 Tbsp all-purpose flour
3 eggs
 $\frac{3}{4}$ cup cream
 $\frac{1}{2}$ cup milk
Salt and freshly ground pepper
Nutmeg

Blend flour and salt in a processor. Add butter; using on/off turns, cut in until mixture resembles coarse meal. Add 3 tablespoons water and the cream. Process just until moist clumps form, adding more ice water by teaspoonfuls if dough is dry.

Gather dough into ball and flatten into disk. Wrap in plastic; chill 1 hour.

Can be made two days ahead. Keep chilled and soften slightly at room temperature before rolling out.

Preheat the oven to 450 degrees.

When ready to use the pastry, turn onto a floured board and knead or pat lightly into a round shape. Place in a 10-in pie pan and press out with fingertips to line the pan (no rolling necessary). Flute the edges as usual and prick the bottom with a fork to avoid air bubbles while cooking. Bake 10 mins. Cool slightly before pouring in the onion filling.

To prepare the onion filling, sauté the onions in butter until transparent. Cool.

Preheat oven to 375 degrees. Add the flour, eggs, cream, and milk to onions and mix well. Season with salt, pepper, and nutmeg to taste.

Pour the mixture into the prepared pie shell and bake 25 to 30 minutes.

from the kitchen of



Cherries Jubilee

From *The New York Times International Cookbook*. Makes 6 servings.

Presented by June Ulz and Jeanne Yoder.

1½ pounds pitted cherries, poached*

1 Tbsp cornstarch

½ cup Cognac

French Vanilla Ice Cream

Drain the cherries and reserve one cup of the juice.

Combine the cornstarch with the juice, a little at a time, and simmer three minutes, stirring constantly. Add the cherries, Warm the Cognac slightly and pour it into the cherries.

Immediately ignite with a match. Spoon the flaming cherry mixture over the ice cream and serve.

*Note: To poach cherries, combine 1 cup sugar, 2 cups water, and 1/8 tsp. salt in a saucepan. Bring to a boil, then add the cherries. Reduce the heat and simmer until tender.

from the kitchen of



Buttermilk Roasted Chicken

From *Bon Appetit – Too Busy to Cook*. Serves 4.
Presented by Marsha Munsell and June Ulz.

- 1 4 lb whole chicken
- 1 quart buttermilk
- garlic
- salt and pepper
- fresh herbs

Remove giblets from chicken. Place chicken in heavy large plastic bag. Pour buttermilk into bag and seal the bag. Turn to coat chicken. Refrigerate 1–2 days turning occasionally.

Position rack in lowest $\frac{1}{3}$ of oven and preheat oven to 400 degrees.

Place rack on baking sheet. Remove chicken from buttermilk marinade and place on rack breast side up. Season with salt and pepper and put fresh herbs and garlic in cavity.

Roast until juices from thigh run clear when pierced with small knife, covering loosely toward the end if browning too quickly, approximately 1 hour. Let chicken stand 10 minutes before serving.

from the kitchen of



Soy-Lemon Chicken

From *Bon Appetit – Too Busy to Cook*. Serves 6.
Presented by Marsha Munsell and June Ulz.

6 chicken breast halves
½ cup soy sauce
½ cup fresh lemon juice
1 Tbsp oriental sesame oil
Toasted sesame seeds
Thinly sliced green onions

Place chicken skin side up in a 9x13-in baking dish. Pour soy sauce and lemon juice over the chicken. Drizzle chicken with oriental sesame oil. Marinate chicken in refrigerator 1 to 2 hours.

Preheat oven to 350 degrees.

Cover chicken and bake 35 minutes. Uncover and continue baking until chicken is cooked through, about 15 minutes longer. Transfer to platter; garnish with sesame seeds and green onions.

from the kitchen of



Chicken Fettuccine Alfredo

Presented by Marsha Munsell and June Ulz.

12 oz pre-cooked Fettuccine	1½ cups whipping cream
¼ cup butter	⅓ cup Romano cheese (freshly grated)
2 cloves minced garlic (or more, to taste)	⅓ to ½ cup Parmesan cheese (freshly grated)
¼ tsp cracked fresh pepper	½ tsp salt
8 oz cooked chicken breast meat, diced into bite-sized pieces	parsley
¾ cup sour cream	

Heat butter, garlic, and pepper in a large pan. Add chicken and cook until meat is warm. Add cream and sour cream and blend well.

Reduce heat and add cheeses. Blend well.

Stir in cooked pasta when cheeses have melted. Garnish with parsley.

This is also great with sliced mushrooms, sliced zucchini and/or chopped broccoli that has been steamed to a crisp-tender.

from the kitchen of



Thai Chicken Noodle Salad

Serves 6. Presented by Marsha Munsell and June Ulz.

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| 1 rotisserie chicken (2½ lbs) | 1 Tbsp sugar |
| 4 cups water | ¾ tsp salt |
| 2 packages (3 oz each) ramen noodles | ¼ tsp cayenne |
| ¾ cup reduced-fat creamy peanut butter
at room temp | 6 scallions, trimmed, thinly sliced |
| ¾ cup light coconut milk | 1 small seedless cucumber, pared,
halved lengthwise, cut into ¼-in slices |
| ¼ cup lime juice | |
| ¼ cup chopped fresh cilantro | |

Discard skin from rotisserie chicken. Remove meat; cut into strips. In a medium-size saucepan, bring water to a boil. Break each package of noodles into 4 (save seasoning packet for future use or discard). Add ramen noodles to boiling water. Remove from heat; let stand, covered, for 5 minutes. Drain noodles and rinse with cold water.

Meanwhile, in a large bowl, whisk together peanut butter, coconut milk, lime juice, cilantro, sugar, salt, and cayenne until smooth. Add chicken, scallions, and cucumber to peanut butter mixture. Add noodles and toss to combine.

Can be served immediately or chilled and served cold.

from the kitchen of



Citrus Chicken Salad

Serves 4–6. Presented by Marsha Munsell and June Ulz.

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| 2 boneless skinless chicken breasts,
cut into ¼-in strips or roasted chicken
meat, diced | 3 Tbsp orange juice concentrate, thawed |
| 2 Tbsp oil | 1 Tbsp vinegar |
| ½ cup cheese, grated | ¼ tsp salt and pepper, or to taste |
| 3 cups lettuce, torn or chopped | |
| ½ cup green onions, sliced | |
| ½ cup green pepper, chopped | |

Sauté chicken in oil until done; cool in the refrigerator. As chicken cools, grate the cheese and chop the lettuce, green onions, and green pepper.

Combine chicken, lettuce, green onion, green pepper, and cheese in a large bowl. Mix oil, orange juice, salt, pepper, and vinegar. Pour over salad; toss lightly.

from the kitchen of



Red Salsa

Presented by Gloria Fernandez.*

- ½–1 fresh jalapeno
- 2–3 cups canned whole tomatoes
- ½ cup fresh cilantro (stems and leaves)
- ¼ cup coarsely chopped onion
- ½–1 tsp cumin
- garlic salt to taste

Add ingredients into a blender and pulse until coarsely chopped. Taste and adjust as desired.

*Please note: Gloria is very much an intuitive cook who learned to cook in the Mexican kitchens of her mother and grandmother. She does not use measuring tools but cooks by “feel” and taste. All of the quantities in these recipes are only suggestions.

from the kitchen of



Green Salsa

Presented by Gloria Fernandez.*

1 whole jalapeno

½ bunch cilantro

4 cloves garlic

4 cups any kind of lettuce or a mix

9 med green tomatoes (can be frozen
from previous year) OR use tomatillos

¾ bunch green onions

⅓–½ cup water

⅓–½ cup whipping cream or sour
cream

black pepper to taste

kosher salt or sea salt to taste

Place all ingredients in a blender. Pulse until coarsely chopped or the consistency you desire. Adjust seasonings to taste.

Enjoy with chips.

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from the kitchen of



Spanish Rice

Presented by Gloria Fernandez.*

1–2 cloves fresh garlic, chopped
½ onion, finely diced
3 cups long grain white rice
2–3 Tbsp oil (peanut preferred)
2 Tbsp chicken boullion powder
2 cups puréed tomatoes
3 cups water
1 8 oz can tomato sauce

2 cups frozen corn (optional)
6 whole sprigs cilantro

Sauté garlic, onion, and rice in peanut oil until rice becomes transparent. Do not brown. Add remaining ingredients, cover, and cook over low heat until liquid is absorbed.

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from the kitchen of



Tilapia Fish Tacos

Presented by Gloria Fernandez.*

Tapatio medium hot sauce

2 limes

3 lbs tilapia

2 eggs

2–3 cups panko (Japanese bread
crumbs)

12–15 corn tortillas

½ small head cabbage

Green Salsa (see recipe on pg. 11)

oil

seasonings to taste

Cover the bottom of a 9x13 baking pan with a thin layer of Tapatio Medium Hot Sauce. Juice the limes and mix with sauce. Marinate tilapia for 1 ½ hours (or overnight).

Shred cabbage and set aside.

Put panko in a shallow pan. Season with favorite mixed seasoning such as Nature Seasoning (parsley, garlic, onion, salt, etc).

In a separate bowl beat the eggs. Remove the fish pieces individually from the marinade and dip in the beaten eggs and then the panko. Fry in a shallow pan with oil over medium high heat until cooked through. Place on a tray.

To soften the corn tortillas, dip in hot oil, drain and set aside. Place a piece of fried breaded fish in a warm tortilla and fold in half. Place in a frying pan with about a quarter inch of hot oil and fry until the tortilla is crisp. Remove from the oil and serve with shredded cabbage and green salsa.

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from the kitchen of



Schwarzwaelder Kirschtorte (Black Forest Torte)

Presented by Angela Dirks-Eicken.

Cake:

5 eggs
½ cup cornstarch
¾ cup flour
¼ cup dutch cocoa
¾ cup sugar

Filling & whipped topping:

1 quart whipping cream
1 envelope gelatin
¼ cup sugar
1 jar sour cherries
¼ cup cornstarch
1–2 oz Kirschwasser (optional)*
dark candy-coating chocolate

Preheat oven to 350 degrees.

Grease and flour a round cake pan.

Mix eggs and beat over hot water bath until white and fluffy. Then beat until room temperature. Mix dry cake ingredients and add to beaten eggs. Work quickly with a spatula. Pour into prepared pan. Bake for 30 minutes. Remove from oven and cool for ten minutes before turning out onto a rack to cool.

Pour off one cup of cherry juice from the jar of sour cherries. Heat the juice with the cornstarch until thickened. Add cherries to the thickened juice. Set aside to cool.

Prepare the gelatin as directed. Begin whipping the cream and gradually add in the sugar and prepared gelatin. Add Kirschwasser to taste (optional). Whip until stiff peaks form.

Cut the cake twice and fill layers with cooled cherries and whipped cream as you assemble the cake. When all layers are in place, cover the cake with whipped cream. Melt the dark chocolate and spread in a thin layer on a clean smooth surface. Cool, then scrape off to form chocolate flakes for decorating the cake. Sprinkle on the top and sides of the cake. Finish decorating with piped rosettes of whipped cream. Decorate with cherries.

*Note: Kirschwasser is a cherry liqueur and may also be added to the cake batter to taste.

from the kitchen of



Frankfurter Kranz

Presented by Angela Dirks-Eicken.

4 eggs	Krokant (or chopped nuts)
2 cups sugar	red currant jelly
1 cup flour	Grand Marnier
$\frac{2}{3}$ cups cornstarch	cocktail cherries
1 tsp baking powder	
1 tsp lemon rind	
1½ packages vanilla pudding, prepared	
3 sticks butter	

Preheat oven to 350 degrees.

Carefully separate egg whites from yolks. Beat the egg whites until foamy. Then add sugar slowly while beating. When stiff add yolks. Mix other dry ingredients and add to egg mixture. Fill into a bundt cake pan and bake for 30 minutes. Cool completely.

Prepare the vanilla pudding according to directions. Beat the butter until light and fluffy, then add the pudding, beating until smooth and satiny.

Cut the cake twice to make three layers. Spread the bottom layer with jelly, then add second layer. Spritz with Grand Marnier and then spread with butter cream. Add top layer and cover the whole cake with butter cream. Cover with Krokant (or chopped nuts) and decorate with rosettes of butter cream and cocktail cherries.

from the kitchen of



Dresdner Eierschecke

Presented by Angela Dirks-Eicken.

¾ cup sugar	1 egg
1 ⅓ cups flour	1 package vanilla pudding (prepared)
⅓ cup butter	2 sticks butter
1 egg yolk	4 egg whites
milk if needed	
1 pint sour cream*	
lemon juice*	
1 package vanilla pudding (unprepared)	

Preheat oven to 380 degrees.

Mix together the sugar, flour, butter, egg yolk and milk as need to make a soft dough. Spread the dough into the bottom of a spring form pan.

Prepare second package of vanilla pudding according to the directions. Add butter to the warm pudding. Beat four egg whites until stiff. Fold pudding mixture into beaten egg whites. Set aside.

Combine the sour cream, unprepared vanilla pudding mix, lemon juice and the egg. Pour over the dough in the baking pan and bake for 10 minutes.

Remove from oven and add the prepared vanilla pudding/butter/egg whites mixture to the baking pan. Reduce heat to 350 degrees and return the pan to the oven to bake for 50 minutes.

*Note: The recipe calls for sour cream and lemon juice, which is a substitution for quark. Quark is a soured-milk, fresh cheese commonly available in Europe. It is similar to Greek yogurt or sour cream, but the texture is richer than sour cream or yogurt and it has a milder flavor than yogurt. It can be eaten straight, as a spread on bread, for dessert, and in baking. You can find recipes on the web to make your own quark.

from the kitchen of



Stuffed Zucchini Boats

Presented by Marsha Munsell.

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| 1 lb Italian sausage | 1 egg, beaten |
| 1 lg onion, chopped | 1 tsp salt |
| 1 cup bread crumbs | ½ tsp dried thyme |
| 1 10 oz package frozen chopped
spinach, thawed and squeezed dry | 6 med zucchini |
| ½ cup minced fresh parsley | 1 cup water |
| ½ cup tomato sauce | |
| ¼ cup shredded Parmesan cheese | |

In a large skillet, cook sausage and onion over medium heat until meat is no longer pink; drain. Stir in bread crumbs, spinach, parsley, tomato sauce, Parmesan cheese, egg, salt, and thyme; set aside.

Cut each zucchini in half lengthwise. Scoop out seeds, leaving a ¼ inch shell. Spoon about 6 tablespoons sausage mixture into each zucchini half. Place in two ungreased 13x9x2 baking dishes. Pour ½ cup water into each dish. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 10 minutes longer or until zucchini is tender.

from the kitchen of



Sesame Parmesan Zucchini

Presented by Marsha Munsell.

- 1 med zucchini, quartered and cut into
½-in slices
- 2 Tbsp olive oil
- ¼ tsp sesame oil
- 2 tsp sesame seeds
- 2 Tbsp Parmesan cheese
- ¼ tsp cayenne pepper
- ½ tsp garlic salt

Preheat the oven to 400 degrees

In a large bowl, toss the zucchini with olive oil, sesame oil, sesame seeds, Parmesan cheese, cayenne pepper, and garlic salt. Spread in a single layer on a baking sheet. Bake 20 minutes until lightly browned.

from the kitchen of



Mexican Vegetables

Serves 6. Presented by Marsha Munsell.

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|-----------------------------------------|---------------------------------|
| 1 onion | dash red pepper |
| 2 cloves garlic, minced | salt and pepper to taste |
| 1 Tbsp vegetable or olive oil | Monterey jack cheese (optional) |
| 1 zucchini | |
| 1½ cups corn | |
| 1 15 oz can diced tomatoes with chilies | |
| ¼ tsp chili powder | |
| ½ tsp cumin | |

Cook onion and garlic in oil until soft. Slice zucchini and add to onions with remaining ingredients. Cover and cook over low heat for about 15 minutes. Top with Monterey jack cheese if desired and serve.

from the kitchen of



Zucchini with Pesto

From *The Seattle Classic Cookbook Jr. League*. Serves 8.

Presented by Marsha Munsell.

6 med zucchini

(half green, half yellow for fun)

2 Tbsp olive oil

¼ tsp salt

¼ tsp pepper

1½ tsp minced garlic

½ cup olive oil

½ cup freshly grated Parmesan cheese

Pesto:

1½ cups fresh basil leaves

½ cup parsley

½ cup pine nuts, walnuts, or cashews

To prepare the pesto, combine all ingredients except cheese in a food processor or blender. Blend at high speed until smooth, stopping the machine every few seconds to push the herbs down with a rubber spatula. Pesto should be thin enough to run off the spatula easily. Add the cheese at the end, pulsing to combine. Pesto can be made ahead of time and refrigerated (or even frozen) until needed.

Cut the zucchini into 2-in julienne strips. Sauté zucchini with 2 tablespoons olive oil in a large frying pan, stirring gently. When zucchini is crisp-tender, add half the pesto to the pan and toss to coat. Heat thoroughly. Add more pesto if needed. Serve immediately.

from the kitchen of



Quick Zucchini Relish

Presented by Marsha Munsell.

- 3 cups grated zucchini
- 1/3 cup chopped fresh cilantro
- 1/4 cup fresh lime juice
- 3 Tbsp vegetable oil
- 1 tsp salt
- 1/2 tsp white sugar

In a large mixing bowl, mix together grated zucchini, cilantro, lime juice, oil, salt, and sugar. Pack into a jar or re-sealable container and refrigerate overnight before serving.

Keep refrigerated and use within 7-10 days.

from the kitchen of



Zucchini Bean Salad

Presented by Marsha Munsell.

3 sm zucchini, diced

¾ cup chopped green pepper

½ cup chopped onion

1 15.5 oz can kidney beans,
rinsed and drained

¼ cup olive oil

3 Tbsp red wine or tarragon vinegar

1½ tsp garlic salt

¼ tsp pepper

In a bowl, combine all ingredients. Cover and refrigerate at least 4 hours, stirring occasionally.

from the kitchen of



Blueberry Slump

Presented by Roxie Rodgers Dinstel.

4 cups blueberries

1¾ cups sugar

4 Tbsp cornstarch

1 tsp nutmeg

½ tsp cinnamon

½ cup butter

½ cup milk

1½ cups flour

1½ tsp baking powder

¼ tsp salt

cream

Bring the berries, 1½ cups sugar, cornstarch, and spices slowly to a boil. While the berry mixture is heating, make the batter.

Begin by creaming the butter with the remaining ¼ cup sugar, then add milk and blend thoroughly. Mix together the flour, baking powder, and salt. Stir into the butter mixture. Drop batter by spoonfuls over the boiling blueberry mixture. Cover and cook for 10 minutes.

Serve hot with cream.

from the kitchen of



Apple Raspberry Muffins

Yields 12 muffins. Presented by Roxie Rodgers Dinstel.

2 tsp baking powder
½ tsp salt
½ cup sugar
1 egg
1 cup milk
¼ cup vegetable oil
1½ cups sifted flour
½ tsp cinnamon

1 cup raw, grated apples
¾ cup raspberries

Preheat oven to 425 degrees.

Lightly oil muffin pans. Measure and sift flour, baking powder, salt, and sugar into bowl. In another bowl, beat egg and combine with milk and oil. Pour liquid ingredients into dry ingredients and mix until just moistened (about 15 strokes). Batter should be lumpy. Fold in grated apple, raspberries, and cinnamon.

Fill muffin cups $\frac{2}{3}$ full. Bake for 25 minutes. Immediately remove from pan and cool on a wire rack.

from the kitchen of



Raspberry Freezer Jam

Yields approximately 6 cups. Presented by Roxie Rodgers Dinstel.

- 2 cups crushed raspberries
- 4 cups sugar
- 2 Tbsp lemon juice
- 3 oz liquid pectin

Combine fruit and sugar in bowl and mix for 3 minutes. Set aside for 10 minutes, stirring occasionally. Put liquid pectin in small bowl and stir in lemon juice. Stir pectin mixture into fruit mixture. Stir constantly for 3 minutes.

Fill freezer containers to within $\frac{1}{2}$ inch from top. Wipe off rim of container and quickly cover with lids. Let stand at room temperature for 24 hours, then place in freezer.

After opening, store in refrigerator.

from the kitchen of



Highbush Cranberry Apple Butter

Yields 8 cups. Presented by Roxie Rodgers Dinstel.

- 2 quartsighbush cranberries
- 1 cup water
- 4 cups applesauce
- 6 cups sugar
- 1 tsp cinnamon
- ½ tsp cloves
- ½ tsp salt
- 1 lemon, grated rind and juice

Prepare jar lids.

Boil berries and water together until berries pop and are soft. Put through a sieve or food mill to remove seeds. Reheat and add the applesauce, sugar, cinnamon, cloves, and salt. Simmer until thick.

Remove from heat and add the lemon juice and grated rind. Spoon into hot jars, leaving ¼ inch headspace. Wipe jar rims and add prepared two-piece lids. Process for 15 minutes in boiling water canner.

from the kitchen of



Highbush Cranberry Catsup

Yields 8 cups. Presented by Roxie Rodgers Dinstel.

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| 12 cupsighbush cranberries | 1 Tbsp celery salt |
| 1 cup water | 1 Tbsp salt |
| 3 cups onions, finely chopped | 1 Tbsp cinnamon |
| 2 cups vinegar | |
| 4 cups sugar | |
| 1 tsp pepper | |
| 1 Tbsp ground cloves | |
| 1 Tbsp allspice | |

Prepare jar lids.

Cook the cranberries in the water until soft, then put through a food mill or a sieve to remove seeds. Add the onions, vinegar, sugar, cloves, allspice, celery salt, salt, and pepper. Boil until mixture thickens and reaches the proper consistency. Immediately pour into hot jars, leaving $\frac{1}{4}$ inch headspace. Wipe jar rims and add prepared two-piece lids. Process for 10 minutes in boiling water canner. Serve with poultry, meat, or in baked beans.

from the kitchen of



Raspberry Crumb Cake

Presented by Roxie Rodgers Dinstel.

1½ cups flour
1 Tbsp baking powder
½ tsp salt
¾ cup sugar
¼ cup margarine, melted
2 Tbsp vanilla
2 eggs
2 cups raspberries
½ cup lite sour cream

Crumb topping:

¾ cup brown sugar
½ cup margarine or butter
¾ cup flour

Preheat oven to 350 degrees.

Combine flour, baking powder, salt, and sugar. Add the melted margarine, vanilla, and eggs. Mix until well combined. Fold in the raspberries and sour cream. Pour the batter into a lightly oiled 8x8 baking pan. Let stand for ten minutes at room temperature while you mix together with a fork the ingredients for the crumb topping. Sprinkle the topping over the batter. Bake for 30 minutes.

from the kitchen of



Blueberry Crisp

Presented by Roxie Rodgers Dinstel.

Filling:

½ cup brown sugar
3 Tbsp cornstarch
¾ tsp salt
1½ tsp cinnamon
3 cups blueberries

Topping:

¼ cup margarine
¾ cup flour
½ cup brown sugar
1 tsp cinnamon
½ cup rolled oats

Combine all filling ingredients in a saucepan and cook until fruit is tender. Pour in an 8- or 9-inch square pan.

For the topping, combine flour, sugar, baking powder, cinnamon, and rolled oats. Cut in margarine until mixture is crumbly. Sprinkle topping over the fruit. Bake at 350 for 30 minutes or until golden brown.

from the kitchen of



Alaska Blueberry Pie

Presented by Roxie Rodgers Dinstel.

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| Pastry for a single crust, 9-in pie, baked | 1 Tbsp grated lemon rind |
| 1 cup sugar | 1½–2 cups sweetened whipped cream |
| 2 Tbsp cornstarch (3 if using frozen berries) | |
| ⅔ cup cold water | |
| 2 cups blueberries | |
| 1 Tbsp butter or margarine | |
| 1 Tbsp lemon juice | |

Combine sugar, cornstarch, water, ½ cup blueberries, butter, lemon juice, and grated lemon rind in saucepan. Cook until mixture begins to thicken. Continue cooking for 3 minutes. Remove mixture from heat and fold in remaining blueberries. Set aside to cool.

When ready to serve, spread sweetened whipped cream or prepared topping on the bottom of the cooked pie shell. Spoon the blueberry mixture over the cream, carefully leaving the cream uncovered around the edge.

from the kitchen of



Blueberry Lemon Cake

Presented by Roxie Rodgers Dinstel.

1 package lemon cake mix
8 oz plain yogurt or dairy sour cream
1 tsp grated lemon rind
4 eggs
1 cup blueberries
1 Tbsp flour
powdered sugar
sweetened whipped cream

Preheat oven to 350 degrees.

Combine dry cake mix, yogurt or sour cream, grated lemon rind, and eggs; blend with an electric mixer, 1 minute at medium speed, scraping sides of bowl occasionally. Roll blueberries in flour; carefully fold blueberries into batter. Pour batter into a lightly oiled and floured 10-inch bundt or tube pan.

Bake for 35–45 minutes until top springs back when touched lightly in center. Cool cake 15 minutes before removing from pan. Sprinkle with powdered sugar. Serve with a blueberry sauce and, if desired, whipped cream.

from the kitchen of



Blueberry Lemon Sorbet

Serves 6. Presented by Roxie Rodgers Dinstel.

- 1 envelope unflavored gelatin
- 2 cups frozen blueberries
- 2 cups ice cubes
- 1 6 oz can frozen lemonade concentrate,
thawed
- ¼ cup granulated sugar

Sprinkle gelatin over lemonade concentrate; stir. Place in microwave for 45 seconds. Stir until completely dissolved. In blender, whirl blueberries, sugar, and gelatin mixture until smooth; add ice cubes and blend until smooth.

Serve immediately as a soft serve or freeze until firm for sorbet.

from the kitchen of



Lingonberry Nut Bread

Presented by Roxie Rodgers Dinstel.

2 cups all-purpose flour

1 cup sugar

1½ tsp baking powder

½ tsp baking soda

1 tsp salt

1–2 cups lingonberries

¼ cup shortening

¾ cup orange juice

1 Tbsp grated orange peel

1 egg

½ cup nuts

Preheat oven to 350 degrees.

Sift together flour, sugar, baking powder, baking soda, and salt. Cut shortening into dry ingredients until the mixture resembles coarse cornmeal.

In another bowl, combine orange juice and grated peel with well-beaten egg.

Pour the mixture into dry ingredients. Mix just enough to moisten. Carefully fold in chopped nuts and lingonberries. Spoon into a lightly greased 9x5x4 loaf pan. Spread corners and sides slightly higher than the center.

Bake for about an hour. If frozen berries are used, it takes longer to bake. Bake until the crust is golden brown and a toothpick inserted comes out clean. Remove from the pan and store overnight for easy slicing. Freezes well.

from the kitchen of



Buko (Young Coconut) Pie

Presented by Betsy Engle.

Never Fail Pie Crust:

Dry Ingredients:

3 cups all-purpose flour

1½ cups shortening

1 tsp salt

Mix together and cut in shortening until it is in small pieces.

Wet Ingredients:

5 Tbsp water

1 Tbsp vinegar

1 beaten egg

Mix wet ingredients together until well blended. Add to dry ingredients. Do not overwork.

Filling:

3½ cups buko (young coconut)

½ cup white sugar

½ cup evaporated milk

¼ cup cornstarch

¼ cup cheese, grated

Preheat oven to 450 degrees for the crust.

This pie has a bottom and top crust.

Divide the crust dough into 2 or 4 equal parts depending on the size of your pie pan. Roll the dough out to a uniform thickness and carefully place pastry into pie pan. Prick bottom and sides thoroughly with a fork. Bake for 12-15 minutes until golden brown.

Reduce oven to 400 degrees.

For the filling, combine all ingredients except cheese and cook over low heat. Continue stirring until thick. Pour mixture into pastry-lined pie pan. Top filling with the second crust. Seal edge all around with a fork. Bake at 400 degrees until top crust turns golden brown. Sprinkle with grated cheese when you remove it from the oven. Bake for an additional 5 minutes. Serves 8.

from the kitchen of



Chicken Adobo Filipino Dish

Presented by Betsy Engle.

- 1 spring chicken cut into serving sizes
- ½ cup low sodium soy sauce
- ⅓ cup vinegar
- 1 head fresh garlic
- 8–10 peppercorns
- 1 small bay leaf
- ⅓ cup sherry, optional

Mix all ingredients in a pot. Marinate for about 5 minutes. Bring to a slow boil and cook covered until the meat is almost cooked. Do not stir. When meat is almost cooked, remove the cover and stir. Continue the slow boil until the meat is tender. Serve hot with rice.

from the kitchen of



Pancit Canton

Presented by Betsy Engle.

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|------------------------------------|---------------------------------------|
| 1 cup julienne sliced carrots | 1 cup peeled shrimp |
| 1 cup diced celery | 2 cloves crushed garlic |
| 2 cups julienne sliced cabbage | 1 medium onion diced |
| 1 cup Chinese peas | 2 Tbsp soy sauce |
| 4 green onions | 2 Tbsp oil |
| 2 hard boiled eggs | 1 pkg Pancit Canton (Chinese) noodles |
| 1 lemon, cut into wedges | ½ cup water |
| 1 lb. cubed pork or chicken breast | |

In a wok or a large skillet, saute onion and garlic in oil.

Add cubed pork or chicken and shrimp. Cook until done (about 10 minutes.)

Add all the vegetables (except the green onions) and cook for three minutes. (Don't overcook the vegetables as they should be crisp.) Add ½ cup water and the soy sauce. Add noodles and stir until the noodles are tender (do not overcook). Place in a large serving dish and garnish with sliced green onions, sliced hard boiled eggs, and lemon wedges.

from the kitchen of



Turon

From www.asiarecipe.com/phidesserts.html. Presented by Betsy Engle.

Ripe bananas, peeled and cut in half lengthwise
Brown sugar
3 cups cooking oil
Lumpia wrappers (egg roll wrappers)
½ cup langka (jackfruit) preserves (optional)

Roll banana in sugar. Wrap banana (and langka if you have it) in lumpia wrapper just like you would a lumpia (see below). Fry in hot oil until golden and crispy.

How to roll a lumpia:

Place lumpia on a cutting board or hard surface.

Place filling near one corner of the lumpia laying it in diagonally. Try to leave at least 1½ inch of the wrapper showing on both sides beyond the filling. Grab the corner nearest the filling and fold it over the filling. Roll up and when you reach the middle of the lumpia wrapper fold in the sides. Continue to roll tightly to keep the filling inside. When you reach the end, use a little water to seal the edge. While making the other rolls keep the rolls already made well covered to keep them moist.

from the kitchen of



Ginataan

From www.asiarecipe.com/phidesserts.html. Presented by Betsy Engle.

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|---------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1 package (14–16 oz) of glutinous rice (sweet rice) flour | 1 package (13 oz) sago pearls (starch from the sago palm pith, similar to tapioca) |
| 6 saba (Philippine cooking banana or use plantain) sliced crosswise | 2 medium size camote (sweet potato), peeled and cubed |
| 1 can coconut milk | 4 medium size gabi (taro root) cubed |
| 1 can ripe langka (jackfruit), frozen will do | 5 cups of water |
| 6 pandan leaves* (1 tsp vanilla will substitute) | ½ cup sugar (or fluid from canned fruit) |

Combine the rice flour with one cup of water and form into small balls.

Place four cups of water in a casserole and bring to a boil. Then add sago pearls, sweet potato, taro and other root crops you may have. Cook for five minutes and then add the banana, jackfruit, and rice balls. Continue to cook over moderate heat until the rice balls float to the surface.

*Pandan leaves (*Pandanus ororotissimus*) or screwpine is native to South and Southeast Asia. The fresh green leaves are used for their roselike, almondy, milky sweet, vanilla-like flavor. The leaves can be bruised or boiled to release their flavor. It is also available as a bright green extract.

from the kitchen of



Fabulous Filipino Fruit Salad Recipe I

Presented by Betsy Engle.

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|-----------------------------------------------------|--------------------------------------------------------------------------------|
| 1 10 oz jar of maraschino cherries
without stems | ½ 12 oz jar sugar palm fruit (kaong*) |
| 3 30 oz cans fruit cocktail
(or 1 #10 can) | ½ 12 oz jar pineapple gel (nata de pina)
and/or coconut gel (nata de coco)* |
| 1 20 oz can pineapple chunks | 1 8 oz package cream cheese, room
temperature |
| 1 15 oz can mandarin orange segments | ½ 14 oz can sweetened condensed milk |
| ½ 12 oz jar of coconut sport
(macapuno*) | ½ 12 oz jar or can of jackfruit (langka)*
in syrup |

Drain and rinse the cherries, drain all fruits except the jackfruit. Set aside.

Blend the jackfruit and its liquid in a food processor until smooth. Add the cream cheese and sweetened condensed milk, process until smooth.

Transfer the jackfruit/dairy mixture into a large mixing bowl. Gently stir in the rest of the drained fruits. Mix until all the fruit is coated in the creamy white mixture. Chill for several hours or overnight. Serve cold. Refrigerate leftovers.

Variations:

For a sweeter fruit salad, use the whole can of sweetened condensed milk.

Neuchatel cheese or Nestle Table Cream (one to two 8 oz cans) may be substituted for the cream cheese to reduce the fat.

Amounts of fruit can be varied according to preferences and availability.

Fresh fruits such as diced apples, sliced bananas, or halved grapes may be added as well.

*Can be found at most Filipino or Asian grocery stores.

from the kitchen of



Filipino Fruit Salad II

Presented by Betsy Engle.

There are numerous variations when it comes to making fruit salad Filipino-style, but this "buko" fruit salad stands out. Buko is a Filipino word for young or green coconut and is a main ingredient of Filipino sweets and desserts. Along with other ingredients, this recipe uses shredded coconut meat and chewy translucent coconut cubes known as nata de coco. The result is a tasty treat that is easy to prepare.

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|-----------------------------------------------------|------------------------------------------|
| 1 large can of regular fruit cocktail | 1 can of sweetened condensed milk |
| 1 large can of tropical fruit cocktail | 2 cans of Nestle cream |
| 1 package of shredded "Buko" (young coconut strips) | Cheddar cheese cut into cubes (optional) |
| 2 bottles of nata de coco (clear coconut cubes) | |

Drain the syrup from your fruit cocktails, shredded coconuts and bottles of nata de coco. You can dry them by mixing them all together in a strainer and leaving them there for a few minutes to drain.

Place the drained fruit cocktails, shredded coconut and nata de coco in a large mixing bowl and add the condensed milk. Mix well.

Add the Nestle cream and then if you choose, the cubed cheddar cheese. Mix them all together until everything is evenly blended.

Place the bowl in the fridge and chill for 30 minutes to an hour. Serve and enjoy!

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