

The Doherty's Cookbook

From our house to yours



Limited edition

100



**“One cannot
love well, sleep
if one has not**

think well,
ep well,
t dined well.”

— Virginia Woolf

Introduction

There are many things that contribute to living well. Good food is but one of them. But it's near the top in my estimation. From my first cooking experiences as a farm teenager in Oregon, I have continued an appreciation for the best and healthiest foods.

But there are limits. As I think back over my years in the kitchen, I realize that I have gravitated to the simplest recipes, those that highlight one or two basic items, and those that depend on very few items including herbs and spices to bring a dish to perfection. I also limit most of my cooking to the use of ingredients that are normally stocked in my kitchen, or readily available in nearby grocery stores. When I make an exception to this, my menu must wait until I can find a rare item or a substitute. For example, it is hard to find dry curd cottage cheese in the stores that I use so when I do come upon it, Jello and Dry Cottage Cheese Salad will certainly be with the next meal! Most of the recipes herein are simple and will use only ingredients that will not cause you heartache or frustration induced baldness when you shop.

Every family has a food tradition. It could be a very limited one that depends of the myriad of prepackaged and prepared foods available combined with the vast nearby fast food outlets. Or for those of us that delight in tossing food around, banging pans, and steaming pots of the stove, it could be the product of hours in the kitchen working with both tradition and experimentation.

Tradition has an extraordinary impact. It is the use of generations of recipes from parents, grandparents, and culture. Experimentation is in the use of recipes from modern cookbooks and newspaper or magazine offerings. I don't eschew such recipes, but find myself

counting the ingredients and wondering what items I can leave out or substitute. I wonder whether my family will like this recipe. I have no inclination to cook things that no one at my table will eat.

On the issue of tradition, I am farm-raised in an Irish-American tradition and grew to be most grateful for potatoes at every meal, meat cooked to a fare-thee-well, and garden produce in season. My wife brought to our union a wealth of East European food tradition from her family's Volga-German background. Shortly after our marriage, I began accumulating East European recipe books from which I found several recipes that complemented my own food traditions and thus is the bulk of this book.

I want to tell you stories, as bottles of Root Beer exploding in the storeroom, cherry pies baked as Christmas Gifts in which the sugar was forgotten, a large holiday gathering at which the house electricity blew out – dinner only saved by electric cords strung from the neighbor. But I'll do that when you and I get together. In the mean-time, using any recipe in this book will involve a first time. It may go well or not. But these are family tested offerings. Don't give up. Stay with it and make adjustments as you think are appropriate.

A few words now on legacy cooking. Food tradition is one of the legacies that are passed from generation to generation. Among others are old pieces of furniture and if one is lucky, some written family history and genealogical scraps. Many of the recipes included here are fragments of our past. We have appended notes and stories to recipes with family significance and hope that you enjoy them.

–Roger & Eileen Doherty

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Chapter
one

Breakfast

Cinnamon Rolls

"This recipe, passed from Bernita Kinderknecht to Eileen, is a classic, and loved by all members of our household. It has been the basis of years of holiday gifts and most loved by the kids and grandkids as a warm reminder of home." –Shewit

Yield: 3 - 4 dozen rolls

	3 Tbsp	yeast
	¾ cups	lukewarm water
	1 Tbsp	sugar
	3 cups	warm milk
	¾ cups	sugar
	1½ Tbsp	salt
	¾ cups	shortening
	8 cups	flour

Yeast mixture: Dissolve yeast, water and 1 tbsp sugar until foamy. Set aside.

Put all ingredients except flour in bowl. Add yeast mixture. Add 8 cups of flour (or more) to make a stiff dough. Knead very well. Let rise (about 2 hours).

Separate dough in half. Roll dough until about ¼ inch thick. Spread lightly with shortening. Sprinkle with sugar and cinnamon. Roll into a cylinder (like a jelly roll) about 3 inches in diameter. Cut roll into ¾ inch sections. Place into two 9x13" inch cake pans which have been buttered. Put light coat of brown sugar on the bottom. Let rise about one hour in the pan. Bake at 350°F for 15 minutes. Rolls will be lightly brown.

Cream Icing: Mix 2 cups cream and ¼ cup sugar.

Pour cream mixture on top of lightly baked cinnamon rolls. Bake for an additional 10 minutes. Remove from oven when golden brown. Turn rolls over onto a flat cookie sheet to allow brown sugar and butter to drip through rolls while still warm. Eat hot or cold.

Excellent when reheated in the microwave for 30 seconds.



French Toast

"This is another "little of this, little of that" recipe that always comes out right. Even Eugene at seven, could make this one." –Roger

Yield: 12 slices

	6	eggs
	12	slices of bread
	1 tsp	vanilla
	Dash	Salt & pepper
	¼ cup	milk
	½ tsp	nutmeg

Mix ingredients together until smooth.
Dip bread into egg mixture, coating well.
Place bread in a greased frying pan.
Cook each side about 1 minute or until golden brown.

Waffles

"This is an heirloom recipe from the Blackhorse Dohertys. It was used when I was a boy and for a couple of generations, back when waffles were made on the stovetop in a cast iron mold, now seen only in antique shops." –Roger

Yield: 12 waffles

	2 cups	flour
	1 Tbsp	sugar
	4 tsp	baking powder
	1 tsp	salt
	3	eggs, separated
	2 cups	milk
	7 tsp	melted shortening

Sift dry ingredients and beat egg yolks.
Add milk and ~~shortening~~ to beaten yolks.

Add mixture to dry ingredients. Beat egg ~~white~~ until stiff but not dry. Add to mixture. Bake on ~~on~~ waffle iron.



Pancakes

"I marvel as I watch Eileen throw together this recipe from her mother without measuring." –Roger

Yield: 20 pancakes

	2 ½ cups	flour
	2 Tbsp	baking powder
	3	eggs
	1 tsp	salt
	1 Tbsp	sugar
	2 cups	milk

Mix flour, baking powder, salt and sugar. Add eggs and milk to mixture until pretty thin and easy to spoon into greased frying pan. Use 2 Tbsp of pancake batter for 3 inch pancake. Cook on each side until brown.



Chapter
two

Breads



Zucchini Bread

"We've tried many zucchini bread recipes over the years, but our favorite is this one from Roger's co-worker, Evelyn SanAntonio, from about 1976." —Eileen

Yield: 2 loaves

	3	eggs, beaten
	3 cups	flour
	2 cups	zucchini, grated
	2 cups	sugar
	1 cup	cooking oil
	½ cup	chopped nuts/pecans
	2 tsp	vanilla
	1 tsp	soda
	1 tsp	salt
	1 tsp	cinnamon
	½ tsp	baking powder

Beat eggs in a bowl. Add oil, sugar, grated zucchini and vanilla. Cream together.

In a separate bowl, sift and measure out flour, then sift together flour, soda, baking powder, salt and cinnamon.

Add sifted ingredients to creamed mixture and mix until thoroughly blended. Add chopped nuts.

Bake in 2 greased and floured loaf pans at 350° F for one hour.

Irish Soda Bread

"We got this recipe from a volunteer from Eileen's office. Jane Joyce from Oregon, who shared this family recipe passed to her from her own Irish grandmother in March 1999. It's now part of the Doherty recipe repertoire." —Roger

Yield: 1 loaf

	4 ½ cups	flour
	4 tsp	baking powder
	½ tsp	baking soda
	1 tsp	salt
	3 Tbsp	sugar
	1 Tbsp	caraway seed
	1 cup	raisins or currants
	2 cups	buttermilk*

**can be substituted with powdered buttermilk*

Preheat oven to 350° F and grease and flour a 9x13 inch cake pan (or any similar metal baking pan)

Mix 4 cups of flour with baking powder, baking soda, salt, sugar and seeds. Stir in currants making sure they are dispersed. Add buttermilk and mix with a fork to form a dough. Sprinkle board with some of the flour and knead until smooth (not too long).

Make a smooth round or squared loaf and put it in the cake pan or cast iron skillet. With a sharp blade, make a ½ -inch deep cut across the top of the loaf.

Bake for 1 hour or until browned and sounds hollow when thumped. Place on wire rack to cool. Brush with butter and sprinkle with sugar if you'd like. Can be cut along cross marks and cubed in quarters.

Serve with butter, margarine or sugar.

Cranberry Nut Bread

"This is a classic back-of-the package recipe, and a good one at that!"—Roger

Yield: 1 loaf

	2 cups	flour
	1 cup	sugar
	1 ½ tsp	baking powder
	1 tsp	salt
	½ tsp	baking soda
	¾ cup	orange juice
	2 Tbsp	shortening
	1 Tbsp	grated orange peel
	1	egg, well beaten
	½ cup	chopped nuts
	1 ½ cup	cranberries <i>fresh or frozen, coarsely chopped</i>

Preheat oven to 350° F. Grease a 9x5 inch loaf pan. Mix together flour, sugar, baking powder, salt and baking soda in a medium mixing bowl. Stir in orange juice, shortening, orange peel and egg. Mix until well blended. Stir in cranberries and nuts.

Spread evenly in loaf pan. Bake for 55 minutes or until wooden toothpick inserted in the center comes out clean. Cool on rack for 15 minutes. Remove from pan; cool completely. Wrap and store overnight.



Quick Pumpkin Bread

"This is another Irma Rombauer recipe. Her Joy of Cooking is always our go-to resource when we are looking for a basic recipe. There are a gazillion pumpkin bread recipes out there, but this one is really good."—Roger & Eileen

Yield: 4 loaves

	1 ¾ cup	sifted flour
	¼ tsp	baking powder
	1 tsp	baking soda
	1 tsp	salt
	½ tsp	cinnamon
	¼ tsp	ground cloves
	1 ½ cup	sugar
	½ cup	vegetable shortening
	2	eggs
	½ tsp	vanilla
	1 cup	pumpkin
	½ cup	water or milk
	½ cup	pecans, chopped
	½ cup	zante currants

Sift together flour, baking powder, baking soda, salt, cinnamon and ground cloves.

In a large bowl, beat until light and fluffy, sugar, vegetable shortening, eggs and vanilla.

Add in cooked or canned pumpkin.

Add dry ingredients alternately with water or milk.

Fold in chopped pecans and zante currants.

Put batter in 4 small greased pans (5.5x3x2 inch). Bake about 36 to 40 minutes in 350° F oven.

Apple Muffins

"One year we had a bumper crop of apples. I went online for some ideas. Somehow I found my way into a newsletter for an upstate New York State legislator which featured this recipe. It's real easy and I use it often."—Roger

Yield: 24 muffins

	2 cups	flour
	1 stick	butter
	1 tsp	baking powder
	½ cup	granulated sugar
	1 tsp	baking soda
	½ cup	brown sugar
	¼ tsp	salt
	1	egg
	1 tsp	cinnamon
	1 cup	sour milk or buttermilk*
	¼-½ cup	dried currants
	2 cups	apples, chopped

*If you use powdered buttermilk, add 4 Tbsp powder to dry ingredients, and alternately, 1 cup of water.

Soften the dried currants in the microwave with a drop of water for 12 seconds.

Preheat oven to 450° F; grease and flour 24 muffin cups.

Mix flour, baking powder, baking soda, cinnamon, and salt.

Cream butter, granulated sugar and ¼ cup of brown sugar. Beat until fluffy. Add egg and mix.

Stir in buttermilk gently (over-mixing may cause curdling). Stir in dry ingredients and fold in apples and currants.

Fill 24 muffin cups. Sprinkle remaining ¼ cup of brown sugar on top.

Bake for 10 minutes; turn heat down to 400° F; bake additional 12-13 minutes.



Chapter
three

Pies



Pumpkin Chiffon Pie

"One of my favorite memories of holidays at Blackhorse is this pie recipe. There are other versions, but this one from my mother is the best!" –Roger

Yield: 2, 9-inch pies

	2	9-inch pie crusts
	1 Tbsp	gelatin
	¼ cup	cold water
	1 ½ cup	pumpkin fresh/canned
	3	eggs, separated
	2 Tbsp	sugar
	½ tsp	salt
	1 tsp	cinnamon
	½ tsp	ginger
	¼ tsp	allspice
	1 cup	brown sugar
	1 Tbsp	grated orange rind
	½ cup	whipping cream

Prepare two 9-inch pie crusts. Soften gelatin in cold water.

Combine pumpkin, brown sugar, egg yolk, cinnamon, salt, ginger and allspice on top of a double boiler. Cook over hot, not boiling, water until thickened, stirring constantly. Add softened gelatin to mixture - stir until dissolved. Remove from hot water. Chill until pie begins to thicken.

Beat egg whites until stiff, but not dry, beating in sugar slowly. Fold into cooled pumpkin mixture. Add orange. Whip cream and fold into pumpkin mixture. Pour into baked shell. Chill. Top with additional whipped cream.

Best made the evening before serving.

Grandma Eileen's Apple Pie

"This is my family recipe. I have never seen another one quite like it. It will always be my favorite, and I hope it becomes one of your favorites as well!" —Eileen

Yield: 1, 9-inch pie

	1	9-inch pie crust
	½ cup	unsalted butter
	3 Tbsp	all-purpose flour
	½ cup	white sugar
	½ cup	packed brown sugar
	¼ cup	water
	8	Granny Smith apples

Melt butter in a saucepan. Stir in flour to form a paste. Add white sugar, brown sugar and water; bring to a boil. Reduce temperature, and simmer 5 minutes. Meanwhile, place the bottom crust in your pan. Fill with apples (peeled, cored and sliced), mounded slightly. Cover with a latticework crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.

Bake 15 minutes at 425° F. Reduce the temperature to 350° F, and continue baking for 35 to 45 minutes.

Cherry Pie

"This item was one of a very few fruit-based recipes that appeared regularly on the Kinderknecht table in Graham County, Kansas. It was a favorite of Eugene Kinderknecht (1921 – 1992) and is served frequently by his daughter, Eileen Kinderknecht Doherty." —Roger

Yield: 1, 9-inch pie

	1	9-inch pie crust
	3 cups	red cherries
	¾ cup	sugar
	¼ tsp	salt
	3 Tbsp	cornstarch
	½ tsp	cinnamon
	¼ cup	water

Put sugar, salt, cornstarch and water into saucepan. Stir, cook until it begins to boil rapidly. Add cherries (may add more for sour cherries). Continue cooking gently until ~~the desired thickness.~~ Remove from heat. Add cinnamon. Pour cherry pie mixture into pie crust. Make a top crust using a lattice pattern.

Bake at 350° F for 45 to 50 minutes.

Pie Crust

"There are dozens of pie crust recipes, but this recipe from Verna Horton via Bernita Kinderknecht sure make a great pie at the Doherty household. I've perfected it for high altitude. Lower altitudes may need less baking time so keep an eye on it in the oven." —Eileen

Yield: 2, 9-inch pie crusts

	1	9-inch pie crust pan
	¾ cup	melted butter
	½ cup	warm water
	2 cup	flour
	Dash	salt

Melt butter. Add flour, salt and warm water. Mix. Dough will be sticky. Knead in lots of flour until no longer sticky but don't knead too long. Cover with flour and begin to roll, with short rolls, flipping often until 1/16-inch thin. Bake pie shells 15 minutes at 350° F or put fruit mixture in unbaked pie shell and bake according to fruit pie instructions.

Pineapple Pie

"When I was very small, my mother made a great pineapple pie from a recipe she obtained from her grandmother. For years, I was unable to find the recipe, until I ~~saw this almost identical recipe in an advertisement for Furr's Cafeterias,~~" —Roger

Yield: 1, 9-inch pies

	1, 9-inch	graham cracker crust
	3 cups	miniature marshmallows
	20 oz	crushed pineapple, drained
	1 tsp	vanilla
	¼ tsp	salt
	1 Cup	chilled whipping cream

Reserve ½ cup pineapple syrup; heat with marshmallows over medium heat just until marshmallows melt; stir constantly. Remove from heat; add in vanilla and salt. Chill until thickened.

Beat cream until stiff. Blend in marshmallow mixture. Reserve 1/3 cup of pineapple; fold remaining pineapple into marshmallow/cream mixture; garnish with reserved pineapple. Chill 3 hours to set.

Chapter
four

Puddings

Lemon Sponge Pudding

"This recipe is from a Gourmet Magazine article of Irish recipes, about fifteen years ago. It has become a household favorite." –Roger

Yield: 6 - 8 servings

	3	eggs
	½ stick	butter
	¾ cup	sugar
	⅓ cup	lemon juice
	⅓ cup	flour
	1 ½ cup	milk
	¼ tsp	salt
	1 Tbsp	grated lemon rind
	Dash	powdered sugar
	Pinch	cream of tartar

Cream butter and sugar. Beat in egg yolks, one at a time. Add lemon juice, rind, flour and salt. Add milk in a stream.

In another bowl, beat egg whites with cream of tartar and salt until stiff. Stir ¼ of whites into lemon mixture, and fold in remainder. Pour into buttered 1 ½ quart glass soufflé dish. Set in deep pan with water halfway up dish side.

Bake 350° F for 50 minutes. Dust with powdered sugar.

Rice Custard Pudding

"When I lived in New York City, it seemed that every corner restaurant offered this great version of rice pudding. This recipe is from one of James Beard's Cookbooks." –Roger

Yield: 15 servings

	2 ½ cups	cooked rice
	2 cups	rich milk
	½ cup	currants
	5	eggs, beaten
	1 tsp	vanilla
	1 cup	sugar
	Pinch	salt

Mix rice, ½ cup of sugar, currants and vanilla. Beat the eggs; add the milk, remaining ½ cup of sugar, and salt. Add the rice and currant mixture to the milk and eggs.

Pour into buttered baking dish (9½ x 12-inch). Bake at 350° F for 45 to 50 minutes, until set. Remove. Sprinkle with nutmeg.
Serve with cream (or milk).

Chapter
five

Cakes



Banana Cake

"This recipe was in a Cooking Light magazine about twenty years ago. It was really their full page picture that caught my eye. But trying and then keeping the recipe was a really good investment." –Roger

Yield: 1 double layer, 9-inch cake

-  **2 cup** flour
-  **1 tsp** baking powder
-  **¾ tsp** baking soda
-  **½ tsp** salt
-  **1 ½ cups** granulated sugar
-  **⅓ cup** vegetable oil
-  **1 ¼ tsp** vanilla
-  **3** large eggs
-  **1 cup** mashed ripe bananas
-  **½ cup** buttermilk* / sour milk
-  **2-3 Tbsp** finely chopped pecans (optional)

Pre-heat oven to 350° F. Grease and flour sides of two round 9-inch cake pans. Line bottom with waxed paper or parchment paper.

Combine flour, baking powder, soda, and salt. Stir well or sift. Mix sugar, oil, vanilla, and eggs. Blend at medium speed. Add and blend bananas. Add flour and buttermilk alternately. Add finely chopped pecans if desired.

Bake at 350° F for 35 minutes. Cool and frost with Jerry Doherty's Frosting.

**If you use powdered buttermilk, add 2 Tbsp powder with dry ingredients, and then ½ cup water.*

Lemon Sauce Cake

"This sauce is from a Watkins Cookbook that I grew up with. I think we mostly used it on gingerbread, but it can be used on many other deserts as well." –Roger

Yield: 1 ½ cups

	½ cup	sugar
	2 Tbsp	butter
	½ tsp	salt
	1 Tbsp	cornstarch
	1 Tbsp	grated lemon rind
	1 cup	boiling water
	3 Tbsp	lemon juice

Combine water and cornstarch; dissolve in boiling water. Cook slowly, stirring constantly, until thickened and clear. Remove from heat and add remaining ingredients.

Serve hot or cold on cakes and puddings.

Rhubarb Coffee Cake

"We grow and love rhubarb! This recipe, a contribution from Anne Doherty as a wedding gift to Doherty recipes, has been a favorite for twenty years." –Roger

Yield: 15 servings

	½ cup	margarine
	2 cups	flour
	1 cup	sour milk / buttermilk
	2 cups	rhubarb, chopped
	1 ½ cup	sugar
	1 tsp	tsp soda
	1	egg
	½ tsp	salt
	1 tsp	vanilla

Cream margarine and sugar. Add egg and beat well. Sift flour, soda and salt and add alternatively with sour milk. Fold in vanilla and floured rhubarb. Pour into greased and floured 9x13-inch pan. Adjust flour for elevation, higher elevation is usually adjusted by adding 1-2 Tbsp of flour.

Topping: Mix ½ cup sugar with 1 tsp cinnamon and ¼ cup butter. Crumble over top. Bake at 350° F for 35 minutes.

Carrot Cake

"I don't know where my mother got this recipe, but we have enjoyed it. I always think that carrot cake is enhanced by some chopped pecans." –Roger

Yield: 15 servings

	2 cups	sugar (minus 6 Tbsp)
	1 tsp	salt
	4	eggs
	2 cups	flour
	1 cup	oil
	3 cups	grated carrots
	2 tsp	soda
	2 tsp	cinnamon
	½ cup	pecans (optional)

Combine dry ingredients. Add oil, eggs, (1 at a time). Beat. Add carrots. Add pecans if desired. Beat until smooth. Bake in two 9-inch round cake pan (greased and floured) at 375° F for 35 minutes.

Jerry Doherty's Frosting

"My mother, God rest her peacefully, passed this recipe on to me many years ago, and I rarely us another. This one works for every cake. My only comment here is don't let this one off easy. Whip the devil out of it." –Roger

Yield: enough for 9-inch cake.

	5 Tbsp	flour
	1 cup	milk
	1 cup	butter
	1 cup	sugar
	1 tsp	vanilla

Heat flour and milk over medium heat, stirring constantly, until thick. Cool to room temperature - not warm. Cream together soft butter, sugar, and vanilla. Add flour/milk mixture to butter/sugar mixture and beat with electric beater until like whipped cream. When you think it is ready, beat it a little more! Frosts a two layer cake.

This is a butter product – don't store in a warm place or in direct sun. Do not use substitutions for butter such as shortning or margarine.





Applesauce Cake

"This is another Nonie Pointer masterpiece. If a loaf cake is too much, bake in two 9" round cake pans and freeze one for later use. Frosting is not needed for this rich cake! Dust lightly with powdered sugar." –Roger

Yield: 15 servings

	½ cup	shortening
	1 ½ cup	applesauce
	½ tsp	allspice
	½ cup	water
	1 ½ tsp	salt
	2 cups	sugar
	2 ½ cups	flour
	¾ tsp	cinnamon
	½ cup	chopped walnuts
	2	eggs
	1 ½ tsp	soda
	½ tsp	cloves
	1 cup	raisins

Cream shortening and sugar. Add eggs. Cream well. Add applesauce. Sift flour, soda, salt, allspice, cinnamon, and cloves and add to mixture. Add water. Stir nuts and raisins (can substitute with pecans and currants).

Bake in a greased and floured 9x13-inch pan at 350° F for 40-60 minutes.

Chapter
six

Cookies



Heart Cookies

"This recipe was brought from Russian by Anna Kinderknecht, Eileen's Great Grandmother, and is widely used by the family today." –Roger

Yield: about 3 ½ dozen

	2 cups	rich (country) cream*
	1 cup	sugar
	¼ tsp	soda
	1 tsp	baking powder
	1 tsp	fresh ground cinnamon
	1 tsp	vanilla
	4-4½ cups	flour
	2	eggs

**the richer the cream, the better the cookies*

Mix first six ingredients in large bowl. Work in flour well. Divide dough into 3 parts and knead well until dough is smooth. Flatten dough and wrap in wax paper and refrigerate overnight. Roll out dough to about ¼" thick, using pastry wheel, cut dough into 1" wide stripes 4" long, cut through center leaving about ½" uncut, turn stripes in opposite directions shaping into a heart. Brush with well beaten egg yolk (use whole and one yolk).

Bake in 350°F oven for 8 to 10 minutes. Should be golden brown. After they are well cooled, store in air tight container. These can be baked several days ahead as flavor improves.

Note: The dough and cut out cookies must be kept in refrigerator until ready to put in oven. The richness of the heavy cream makes the dough spread at room temperature.

Peanut Butter Cookies

"One of the hundreds of peanut butter cookie recipes, we have settled in on this one from the Joy of Cooking as our favorite." —Eileen

Yield: 4 dozen

	½ cup	butter/shortening
	1 cup	peanut butter
	½ tsp	salt
	1-1½ cup	flour
	1	egg
	½ cup	brown sugar
	½ tsp	baking soda
	½ cup	butter
	½ cup	sugar
	½ tsp	vanilla

Beat butter until soft. Blend in sugars until creamy. Beat in egg, peanut butter, salt, soda and vanilla. Sift flour. **Measure** and add to mixture. Roll dough into small balls. On greased cookie sheet, press flat. Bake at 375° F for 10 to 12 minutes.



Canadian Oatmeal Drop Cookies

"I searched for years for the perfect coffee dunking cookie, and finally found it in The Countryman's cookbook (1946)" –Roger

Yield: 3 dozen

	1 cup	butter, softened
	5 Tbsp	cream
	1 tsp	cinnamon
	¾ cup	raisins (or currants)
	1 cup	sugar
	¾ tsp	soda
	1¾ cup	flour
	¾ cup	chopped pecans

	2	beaten eggs
	½ tsp	salt
	2 ¼ cups	oatmeal

After the mixture is stirred together, drop by heating teaspoonfuls on buttered pans and bake at 350° F for about 12 to 15 minutes.

Fruit Cookies

"This heritage recipe is from Mary Knoll, Eileen's grandmother." –Roger

Yield: 3 dozen

	2 cups	sugar
	5 cups	flour
	2 tsp	vanilla
	1 small jar	maraschino cherries
	3	eggs
	1 tsp	soda
	1 Tbsp	syrup
	2 cups	shortening
	1 Tbsp	salt
	1 cup	chopped nuts

Cream sugar with shortening. Add soda, salt, syrup and eggs. Mix well. Add remaining ingredients one at a time and mix thoroughly with hands into rolls. Wrap in waxed paper. Store in refrigerator until ready to use. Cut into ¼ inch cookies when ready to use. Bake on greased cookie sheet at 350° F for 12 to 15 minutes.

The cookies will keep for weeks before or after baking.





Ultimate Chocolate Chip Cookies

"This is a staple. I found this recipe online in 2015. It was a fun activity for the kids I was private tutoring in Spain and it ended in a delicious treat for the whole family. It became a go-to-goodie at home and the sea salt on top is the best."—Shewit

Yield: 2 dozen

	2 ¼ cups	flour
	1 tsp	baking soda
	½ tsp	salt
	1 cup	butter, softened
	¾ cup	granulated sugar
	¾ cup	packed brown sugar
	1	egg
	1 tsp	vanilla
	1 cup	chopped dark chocolate
	½ cup	chopped white chocolate
	2 Tbsp	sea salt

Pre-heat oven to 375°F. In small bowl, mix flour, baking soda and salt; set aside.

In large bowl, beat softened butter and sugars with electric mixer on medium speed, or mix with spoon about 1 minute or until fluffy, scraping side of bowl occasionally

Beat in egg and vanilla until smooth. Stir in flour mixture just until blended (dough will be stiff). Stir in dark chocolate and white chocolate chips.

Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart. Bake 8 to 10 minutes or until light brown (centers will be soft). Sprinkle with sea salt.

Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. Store covered in airtight container.

Chapter
seven

Sauces



Spaghetti Sauce

"In my single days, I needed a good tomato sauce recipe so I asked a coworker to give me her Italian mother's. We have used it for 20 years, and it is especially good for using up all of the end-of-season harvest." —Roger

Yield: 8 cups

	7-8	fresh tomatoes, peeled
	6 oz can	tomato paste
	8 oz can	tomato sauce
	1/3 cup	olive oil
	1/4 tsp	oregano
	1 tsp	parsley
	1 clove	garlic, diced

Mix all ingredients and cook slowly for 3-4 hours over very, very low heat. Use a heat deflector to avoid burning the sauce to the bottom of the pan. Stir occasionally. Can be frozen for future use.

White Clam Sauce

"About ten years ago, Eileen and I tasted clam sauce in an otherwise unremarkable restaurant meal. It's a good occasional replacement for the harsher tomato sauce. Eileen adapted this thick and creamy sauce. A delight over spaghetti." –Roger

Yield: 2 cups

	1 can	chopped clams
	1 Tbsp	olive oil
	Dash	garlic salt
	1 pint	cream
	1 Tbsp	fresh parsley
	1 Tbsp	flour

Heat clams, olive oil, garlic salt and parsley to a boil. Lower heat. Thicken cream with flour in a bowl. Add cream mixture to clam mixture pouring slowly and mixing constantly. Heat mixture but do not boil. Add salt and pepper to taste.

Oven BBQ Sauce

"Looking for a pungent, but not bitter taste, the ketchup gives this sauce a sweet and sour taste." –Eileen

Yield: 1 ½ cups

	½ cup	ketchup
	1 Tbsp	Worcestershire sauce
	1 Tbsp	brown sugar
	2 Tbsp	lemon juice
	1 Tbsp	vinegar
	1	medium onion, diced
	½ cup	water
	½ tsp	salt

Combine all ingredients. Pour over meat and simmer until meat is tender. (NOTE: bake sauce with meat in oven) Can use on chicken or pork ribs. Pork is best, as fat mixes with sauce and improves texture and flavor, though we cut off almost all of the visible fat. May be used twice or more. Can use with beef ribs in second or third cooking.

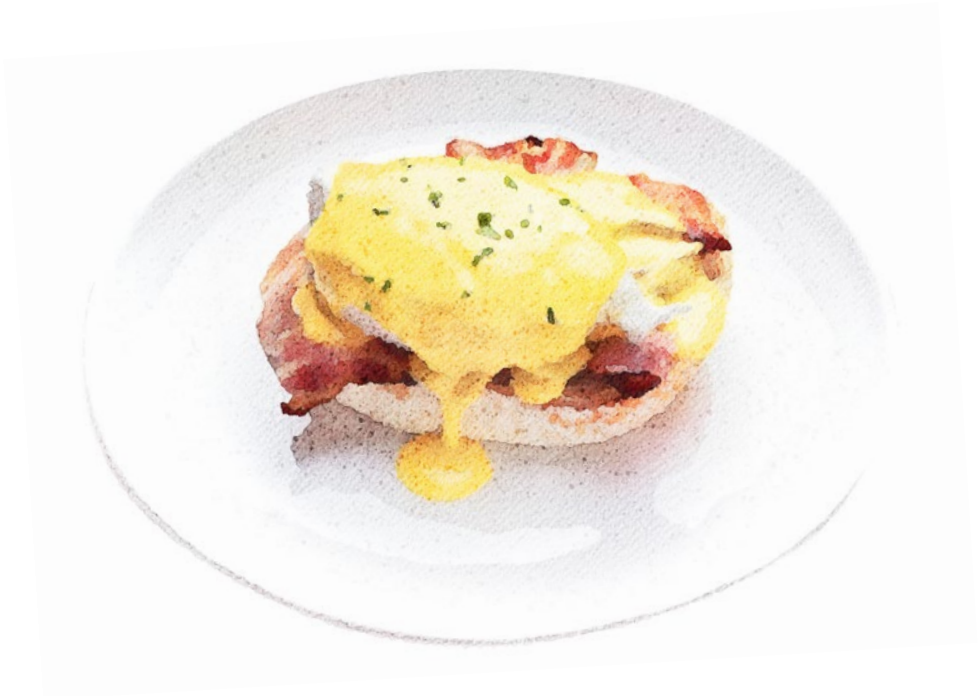
Blender Hollandaise

"This easy recipe, from the Joy of Cooking cookbook is almost as good as stovetop Hollandaise. Tastes great on eggs benedict or asparagus."—Eileen

Yield: 1 cup

	3	egg yolks
	2 Tbsp	lemon juice
	½ cup	butter
	½ tsp	salt
	Pinch	cayenne

Put egg yolks, lemon juice, cayenne and salt in blender. Heat butter to a bubbling stage. Cover the blender container and turn motor on "high". After 3 seconds, remove the lid and pour the butter over the eggs in a steady stream. By the time the butter is poured in--about 30 seconds--the sauce should be finished. If not, blend on "High" about 5 seconds longer. ~~Serve at once or keep warm by immersing blender container in warm water. This sauce may also be frozen and reconstituted over hot water.~~



Chapter
eight

Soups



Zuppa Toscana

"This is a copycat recipe of the Olive Garden favorite. If kale is not available or to your liking, use cabbage or another green vegetable. This soup is hearty enough to make a full meal." –Roger

Yield: 4 servings

	1 lb	ground Italian sausage
	1 ½ tsp	crushed red peppers
	1	white onion, diced
	4 tsp	bacon pieces
	2 tsp	garlic purée
	10 cups	water
	5 cubes	chicken bouillon
	1 cup	heavy cream
	1 lb	potatoes, sliced
	¼	of a bunch of kale

Sauté sausage and pepper in a large pot. Drain excess fat. Remove and refrigerate while you prepare other ingredients.

In same pan, sauté bacon, onions, garlic over medium low heat – about 15 minutes or until onions are soft.

Add bouillon and water to pot. Heat to boil. Add potatoes and cook until soft, about 30 minutes. Add cream and heat, do not boil.

Stir in sausage and kale. Heat through and serve.

Tomato Soup

"Lots of garden fresh tomatoes resulted in us looking for a recipe that would call for them. Testing lots of recipes, we borrowed the ingredients from those we liked to create this unique flavor." –Eileen

Yield: 4 servings

	2 ½ cup	fresh/frozen tomatoes
	2 cup	milk
	1	onion, thinly sliced
	¾ cup	minute rice
	2 Tbsp	flour
	1 Tbsp	sugar
	Pinch	garlic salt
	Dash	salt and pepper

Cook minute rice per instructions. Heat milk in saucepan. Put remaining ingredients (except salt) in blender. Cover and process at "liquify" until smooth. Remove cover and pour hot milk into mixture while blending. Reheat overflow soup (with minute rice) and serve immediately. Add salt to taste (if you add salt prior to heating milk, the milk will curdle).

Hearty Vegetable Soup

"An old recipe of my cousin Minnie Schmidt. Minnie is my dad's oldest first cousin." –Eileen

Yield: 6 servings

	2	soup bones with meat
	2	bay leaves
	1 tsp	salt
	10 cups	water
	2 cups	carrots, diced
	2 cups	potatoes, diced
	2 cups	celery, sliced
	½ cup	peas
	2 cups	canned diced tomatoes

Boil the soup bones, bay leaves and salt in 10 cups of water for two hours. Remove meat from bone and cut up into fine pieces and save.

Simmer the celery, potatoes, carrots, peas and tomatoes until tender. ~~Add back meat and season~~ with salt.



Eggplant Soup

"Growing eggplant in the garden forced us to find something to do with it. Adding "cream" to a harsh tasting food like eggplant makes it very smooth. This recipe is from a Romanian cookbook." –Roger

Yield: 4 servings

	2	medium eggplants
	1 cup	thick cream
	1/3 cup	beef broth
	1/2 lb	mushrooms, sliced
	1/3 cup	butter
	Pinch	parsley for garnish
	Dash	salt and pepper

Dice eggplant into 1/4 inch to 1/2 inch cubes. Melt butter in large saucepan and simmer eggplant and mushrooms for 10 minutes. Add broth and simmer until eggplant is tender, about 15 minutes.

Add salt and pepper to taste. Add cream and heat, but do not bring to boil. Garnish with parsley.

Potato Soup

"In our pursuit to create a rich, creamy taste rather than a thin soup, we borrowed our favorite ingredients from several recipes to make this one." –Eileen

Yield: 6 servings

	7-8	medium potatoes
	2-3 slices	bacon
	1/2	medium onion
	1 1/2 cup	cream or milk
	1 Tbsp	caraway seed
	Pinch	salt and pepper

Boil diced potatoes and onions in water until done. Add cream or milk. Sprinkle with caraway seed, pepper and bacon chunks. Reheat to boil over low heat. Add salt to heated mixture to avoid curdling cream (or milk).

Also tasty without bacon, if you are looking for a healthier option.

Dumpling Soup

with green beans & potatoes

"On the Eugene Kinderknecht farm, the dumplings are made in the knebble style, using flour, egg, water, and salt. This is an unleavened dumpling" –Eileen

Yield: 6 - 8 servings

	4 cups	green beans
	1	potato finely diced
	1 cup	onion, chopped
	3 quarts	water
	2 cups	cooked meat
	Pinch	salt and pepper
	1 cup	beef bouillon/broth
	¼ cup	butter
	½ cup	heavy cream

Knebble

	2	eggs well beaten
	¼ tsp	salt
	1/2	Flour

Cook beans, meat, and potatoes in water until tender. Add salt, pepper and broth. Sauté onion in butter and set aside.

Knebble: Mix eggs, flour and salt. Add water, a tablespoon at a time until stiffer than bread dough. Spoon out dumplings the size of a dime or quarter into hot soup. When dumplings raise to the top, reduce heat and cook for 2 more minutes. Remove from heat, add onions, butter and cream.

Lemon Soup

"Helen Windholz and Bernita Kinderknecht came to Denver for a visit in the 90's and we took them to a Greek restaurant for dinner. Helen thought the "lemon soup" was the best. Roger went to the library and found this simple recipe which we have used since." –Eileen

Yield: 4 - 6 servings

	4 cups	chicken bouillon/broth
	½	lemon's juice
	½ cup	uncooked rice
	3	eggs

Heat bouillon in saucepan. Add rice. Cover and simmer until rice is tender (about 25 minutes). Beat eggs and lemon juice; add ½ cup of hot bouillon/broth, a tablespoon at a time, stirring constantly. Then stir this mixture into remaining hot soup. Salt and pepper to taste, serve immediately.

Ukrainian Borshch

"I learned this recipe during my Peace Corps stint in Ukraine 2012-15, until we were evacuated out due to conflict. Boorsch is at once hearty, homey and rustic and I have a special place in my heart for the pot of borsch simmering away on the stove at all hours of the day and night. Even if it's not necessarily to an American's taste to have it for breakfast at 6am." 2—Eugene

Yield: 6 - 8 servings

	1	chicken leg on bone
	2	medium tomatoes, whole
	1	beet, peeled & grated
	1	carrot, peeled & grated
	1	medium onion, chopped
	2 Tbsp	sunflower oil
	¼ tsp	salt
	¼ tsp	pepper
	1 - 2	peppers, chopped
	2 - 3	potatoes, peeled & cubed
	1 Tbsp	tomato paste
	1	bouillon cube
	3 cups	cabbage, thinly sliced
	1 Tbsp	fresh dill, chopped
	1 Tbsp	fresh parsley, chopped
	1 handful	white beans, pre-soaked overnight

If the beet is hard (fall or winter), boil for 45 minutes to 1 hour the evening before (until medium-soft).

In large soup pot with 6-8 cups cold water, bring chicken leg to boil. Wash tomatoes and add to boiling water, whole. Boil 15 minutes then remove tomatoes and chicken. Clean chicken off bone and set aside for later use.

Meanwhile, peel and grate soft beet. Fry the grated beet, carrot, and onion in oil for 5 minutes. Season with salt and pepper, add sliced green pepper and sauté 5 minutes more. Add potatoes to chicken stock (with bone), as well as a handful of soaked white beans. Simmer 5 minutes (until potatoes are softened but keep form) and then add fried mixture, bouillon, tomato paste, tomatoes (already boiled) and chicken pieces to the pot.

Simmer 15 more minutes and then add sliced cabbage, parsley, and dill. Simmer 10 more minutes, and serve.

Chapter
nine

Veggie dishes



Tortilla de Patatas

"This dish became one of my favorite foods while living in Spain. This is a classic, Spanish recipe. You'll find it in almost every bar across the country. It's perfect for breakfast, appetizer or savory snack." —Shewit

Yield: 4 servings

 **2 pounds** gold potatoes
 **½ quart** extra virgin olive oil
 **Pinch** salt

 **10** large eggs*
 **1** large yellow onion, diced

**or 8 if they are farm eggs*

Peel the potatoes and cut into ½ inch irregular squares and triangles.

In a deep frying pan, add the extra virgin olive oil. Add enough so potatoes will be fully immersed. Fry the potatoes until the borders begin to look crisp and toasted. Then remove potatoes and drain or remove as much oil from the potatoes as possible.

Dice onion and in a separate small pan, cook until browned.

In a large bowl, whisk eggs. Add potatoes, onions, salt to taste and mix well together. This is a good time to taste test for salt.

Put an 8-inch frying pan on the highest heat with a drop of oil. Once the pan is heated pour your potato mix in. Let cook for 30 seconds to 1 minute max. Place a platter over your frying pan, you'll need it to flip the tortilla. Flip your tortilla on to the platter and let the uncooked side slide into the frying pan for another 30 seconds to 1 minute.

Remove from heat, slide on to your platter and serve! The inside should have a gooey/creamy consistency.

**Pro-tip: save your extra virgin olive oil for future use.*

Red Cabbage Savoy

"I don't remember where I got this recipe, but I have been preparing red cabbage this way since 1972, when I lived in Eugene, Oregon." –Roger

Yield: 8 - 10 servings

	4-6 cups	red cabbage, shredded
	3 Tbsp	bacon fat
	2 Tbsp	sugar
	2	onions, sliced
	½ cup	water
	½ cup	vinegar
	2 tsp	salt

Heat fat in sauce, add onions, and cook for ten minutes until soft and lightly browned. Add remaining ingredients. Cover, cook 20-25 minutes until cabbage is tender.

Potato Salad

"This has always been my favorite potato salad recipe. It can be extended to infinity for dozens or hundreds of people. You can mix it with your hands if they're clean and the thought does not disgust you. You have to adjust these ingredients to taste." –Roger

Yield: 15 - 20 servings

	6 - 8	potatoes
	2 Tbsp	salt
	¼ cup	dill pickles
	2 Tbsp	dill pickle juice
	4 - 6	eggs, boiled
	½ - ¾ cup	mayonnaise
	1 Tbsp	mustard
	¼ cup	onions
	Pinch	paprika

Boil potatoes. Boil eggs. Dice potatoes and eggs. Dice onions and pickles and add to potatoes and eggs. Add mustard, salt, dill pickle juice and mayonnaise. Mix thoroughly. Sprinkle with paprika.

You can substitute 6 cups of boiled macaroni for potatoes, as well.

Cranberry Salad

"A must with Thanksgiving turkey. it beats canned cranberry sauce." –Roger

Yield: 6 servings

	1 quart	raw cranberries
	2 cups	diced apples, peeled
	1 ½ cup	sugar
	½ cup	orange juice
	2 Tbsp	gelatin
	1 cup	nuts or pecans, finely chopped

Grind cranberries in food processor. Add sugar. Mix. Let stand 15 min stirring occasionally. ~~Soften gelatin in orange juice for 5 min stirring until dissolved. Combine gelatin mixture with the cranberries. Add finely chopped apples and nuts. Refrigerate until set.~~

Green Bean Casserole

"Every cook has used this back-of-the-can recipe, but I believe that's one of the best sources of good recipes. Excellent with home grown beans right from the garden." –Roger

Yield: 6 servings

	4 cup	cooked green beans
	1 can	cream of mushroom soup
	1 ½ cup	french fried onion
	½ cup	milk
	1 tsp	soy sauce
	1	bay leaf
	Pinch	pepper

Cook green beans with bay leaf, salt and pepper (extra beans can be frozen). Mix soup, milk, soy sauce, pepper, beans and ⅔ cup fried onions in 1 ½ quart casserole dish. Bake at 350° F for 25 minutes. Stir, sprinkle remaining ½ cup onions over mixture and bake 5 minutes more.

Nudelin

~~"NEEDS PREAMBLE"~~ BY WHOO
~~LOREM IPSUM~~

Yield: 8-10 servings



12

large egg yolks



1 ½ cups

sifted flour

Put yolks in a bowl and gradually mix in the flour to form a dough. Knead the dough until it is stiff and rubbery in consistency. Then knead 10 minutes longer. At this point, if you have a noodle maker, follow the directions.

Roll out on a floured surface (can make two 10-12" circles or one 22-24" circle). The rolled dough dry 45-60 minutes, then turn the circles over and dry another 30-45 minutes. The dough must be dry enough so that it won't stick together when rolled up but no so dry as to become brittle and break. When dry enough, roll the dough up fairly tight.

You are now ready to cut the noodles. Place the roll on a cutting board and use a very sharp knife. Cut the noodles in 1/16" strips, or to width that you prefer.

After noodles are cut (by hand or in the machine), lift them up and shake them well so they will dry. Then put them in a large bowl uncovered, and let them dry another hour or so at room temperature. They should be dry enough so they won't stick together, like when store bought.

They keep well in the refrigerator for a few days. However, if you don't plan to use them within that time, freeze them. When ready to use, cook them in salted water until tender. They usually require little more cooking time that the noodles you buy in the store.

Save the egg whites for angel food cake.

Knebel

~~"NEEDS PREAMBLE" — BY WHO??~~

Yield: 6-10 servings

	2 - 3	potatoes, diced
	2 Tbsp	2 Tbsp salt
	3 cups	cups flour
	2	eggs
	1 cup	<u>cup milk</u>
	½ tsp	tsp salt
	¼ tsp	baking powder

Boil diced potatoes in water with 2 tablespoons of salt.

Dumplings: mix flour, salt, ~~and baking powder together;~~ add eggs ~~and milk~~ to make a stiff dough. Drop by the teaspoonful into boiling water with the potatoes. Boil about 8-10 minutes, then drain water, ~~and put in dish or fry in hot oil in a skillet.~~ If you don't want to fry them, heat ¾ cup cream and pour over dumplings and potatoes. Top the dish with smeltz.

Smeltz: bread cubes browned in lard (or butter) ~~with some onion.~~

Stewed Tomatoes

"This recipe was cribbed from Irma Rombauer's Joy of Cooking, but is firmly adjusted with alterations to my taste." —Roger & Eileen

Yield: 4-6 servings

	2 ½ cups	canned tomatoes*
	1 tsp	minced onion
	½ cup	celery, chopped
	¼ tsp	ground cloves
	¾ tsp	salt
	¾ tsp	paprika
	2 tsp	brown sugar
	1 tsp	mixed Italian herbs
	1 Tbsp	butter, optional

Heat tomatoes 10 minutes in heavy pan, low heat. Add onion, ~~celery (can be substituted with ¼ - ½ tsp celery seed),~~ ~~cloves.~~ Stir to keep from scorching. Add seasonings — salt, paprika, sugar, Italian herbs, butter. Serve hot.

*or 6 large fresh ones

Caraway Carrots

“Also known as Karotten mit Kummel. Shortly after Eileen and I were married, we thought it would be a wonderful idea to serve this dish to Alex and Olivia Dinges. It was a disaster, as Alex hadn’t eaten carrots for fifty years.” –Roger

Yield: 4 - 6 servings

	1 lb	carrots
	1 Tbsp	vinegar
	4 slices	bacon
	Dash	salt and pepper
	1 tsp	caraway seeds
	1 Tbsp	butter

Peel, slice carrots. Steam or boil until tender. ~~Grill~~ bacon until crisp. Cut into small pieces.

For the sauce, stir in butter, vinegar, caraway seeds with bacon fat. Make very hot.

Mix bacon and carrots, and pour sauce over them. Serve. (You can eliminate bacon for a low fat diet).

Bavarian Sauerkraut

"This kraut has the salt brine washed away and is a favorite in our family." –Eileen

Yield: 8 - 10 servings

	2 lbs	prepared sauerkraut
	1 Tbsp	sugar
	2 Tbsp	butter
	½ Tbsp	caraway seed
	2 slices	bacon, diced
	½ cup	white wine (or beer)
	1	onion, diced
	1 cup	beef bouillon

Rinse kraut, drain. Cook onion and bacon in butter until onion is soft (may skip butter). Add kraut, caraway, sugar. Cover, simmer for 30 minutes. Add bouillon and wine. Simmer another 30 minutes, to taste.

Cucumber Salad

"XXXXXX NEEDS PREAMBLE"—XXX

Yield: 2 - 4 servings

	1 cup	sour cream
	Tbsp	salt
	1 Tbsp	vinegar
	1	small onion, sliced
	2	large cucumbers, peeled and sliced

Put cucumbers in a bowl and sprinkle with salt. Let set 2 hours. Drain liquid. Add sour cream, vinegar, and onion.

Kase Maultaschen

"A holiday favorite. It warms the hands from the cold outdoors, even though we always serve it without the rum, and the heart as one thinks of Christmas, even though it is served cold. Perfectly delightful."—Eileen

Yield: 4-6 servings

	2 cups	flour
	2	eggs, slightly beaten
	½ tsp	salt
	4 Tbsp	milk or water
	12 oz	dry curd cottage cheese
	½ tsp	cinnamon*
	¼ cup	butter
	½ cup	cream, sweet or sour
	1-2 slices	bread

*or ¼ tsp allspice

Mix flour, eggs, salt and milk to make a smooth dough, moist but not too sticky. On floured board, roll rather thin. Cut 4-inch squares and place a heaping teaspoon of the filling in the center of each square. Bring corners of each square together to a point and pinch the edges together (like a pyramid shaped pocket). Drop the pocket into boiling, salted water, and boil until the dough is done. Remove from the water and drain.

Pour cream over the maultasch.

Smeltz: Take 1-2 slices bread, cut into 1-inch squares, fry in butter until toast. Pour toasted bread and butter on top of creamed maultasch.

Potato Hash

"This is a recipe that I picked up about 50 years ago by watching other cooks. It can be used as a side dish or entrée for any meal. I usually serve it with extra ketchup, although that is not to everyone's taste." –Roger

Yield: 6-8 servings

	1 lbs	cooked & ground meat*
	2 lbs	peeled potatoes
	Dash	salt & pepper
	To taste	italian seasoning
	As needed	milk
	Dash	ketchup

**roast or what have you*

Grease a metal or glass baking pan large enough to accommodate your meat/potato mixture. Preheat oven to 350° F. Grind the leftover meat using food processor and transfer to large bowl. Repeat with raw potatoes. You may use washed unpeeled potatoes, but remove eyes and black spots as necessary. Add to meat, and season to taste. Mix well and add milk a little at a time until your mixture feels like it will hold together when transferred to the baking pan.

Shape into a loaf by hand and place in center of your pan. Flatten and shape until your loaf covers most of the pan. Do not spread edge to edge.

Leave a ½ -1 inch space between your loaf and the pan edge. Pat the edges with a spoon or fork. If you wish, drip a stream of ketchup on the top of the loaf. Place a tented sheet of aluminum foil on top of the pan and bake for about 60 minutes. If your bulk is skint, adjust to less cooking time.

Salmorejo

"This a classic summer Spanish dish, best enjoyed on warm days followed by a siesta. I discovered this cold soup during my first summer in Madrid and have enjoyed making it for friends who visit. It conserves well in the fridge and the toppings make it easy to adapt for different tastes in one table." –Shewit

Yield: 4 servings

	½ cup	extra virgin olive oil
	2 lbs	ripe pear tomatoes,
	1	large baguette
	1 clove	garlic
	½ Tbsp	salt

Toppings:

	3	eggs, boiled
	½	green pepper
	½	yellow onion
	½ cup	prosciutto

Clean and peel tomatoes. For ease of peeling, remove stem, slice a cross into the bottom of each tomato and add to boiling water for 1 minute. Remove and drop into cold water, peel will remove easily.

Cut tomatoes into quarters and liquify in a blender. Cut bread into small pieces and add to the liquid tomato. Let sit for 10 minutes.

Peel garlic and add to tomato and bread mix. Add olive oil and salt. Blend all together until smooth and taste test for salt. Consistency should be a thick soup. Add bread to thicken or oil/water to thin. Refrigerate for 1-2 hours, until cold.

To serve, pour into a bowl, drizzle olive oil on top.

Toppings: dice eggs, onion, green pepper and prosciutto of choice and sprinkle on top as desired.



Chapter
ten

Meat dishes



Salmon Patties

"This is a back of the pan recipe which I like to use about once a month. The canned salmon is easy to keep in the pantry and always there for a last minute meal. I usually double the recipe as these fellows are really good the next day, cold or hot. I also make pretty little patties as they hold together better that way." —Roger

Yield: 24 - 30 patties

	2 cans	salmon*
	1 cup	breadcrumbs
	½ cup	onion, finely chopped
	3 Tbsp	mayonnaise
	3	eggs, beaten
	2 tsp	lemon juice
	1 Tbsp	parsley, chopped
	¼ tsp	garlic salt
	1-2 Tbsp	vegetable oil

Drain, flake, and bone salmon in bowl. Combine with all but oil. Mix well. Heat oil in skillet. Shape into 3-inch patties and cook until browned on both sides.

*Can be fresh, 14-15 oz

Sausage and Apple Stuffing

"This is the optional duck stuffing and adds a sweet and savory flavor to your duck." –Roger

Yield: Stuffing for 1 bird

	1/2 lb	italian sausage
	4 - 5	crisp, medium apples
	1/4 cup	beef bouillon
	1/4 cup	beer
	1/4 tsp	nutmeg
	1 Tbsp	sugar
	1/4 tsp	sage
	1/4 tsp	salt

Sauté sausage, lightly brown. Drain and crush in mixing bowl. Peel quarter, core apples. Cut quarters into 2-3 lengthwise segments. Sauté, in hot sausage fat. Lightly brown until tender, but retain shape. Place on platter and sprinkle with seasonings. Pour fat from skillet. Add beer and bouillon to skillet. Boil until reduced to 2-3 Tbsp. Pour over sausages. mix when cool. Use stuffing for duck.

~~Roast~~ Beef Brisket

"Another St Patrick's Day favorite, corned beef is best when tender and warm. The secret is in preparing the meat." –Roger

Yield: 8 - 12 servings

	3x8 inch	corned beef
	cut	

Buy corned beef cuts that are about 3 x 8-inch if possible. The more of a rectangle, the better. Cut off all of the excess fat. Score the remaining fat about four or five times to allow the fat to drain through the meat while cooking. Rinse off all of the brine from the package. Put meat rack in baking dish- Place corned beef on baking rack with the fat side up. Add enough water to cover rack. Cover and bake for about 90 minutes. Serve warm. If you need to re-heat, add water to baking dish and bake about 30 minutes.

Bierocks

"XXXXX JLorem ipsum dolor" –BY WHOOO ???

Lorem ipsu

Yield: ????

	1 lb	hamburger
	1 cup	onion, chopped
	6 cups	shredded cabbage
	1 tsp	salt

Roll bread dough thin and cut into 4 inch squares. Brown meat in 1 tsp oil. Add onion, cabbage and salt. Simmer 30 minutes. Cool until lukewarm. Put about 3 tablespoons onto each dough square. Bring the corners together at the top and pinch edges securely. Place on baking sheet, brush with oil, turn upside down, and let rise for 1 hour. Bake at 350° F for 30 minutes or until brown.



Roast Duck

"About 20 years ago, I developed this thing for duck. Must have tried a dozen different recipes. But I think I finally mastered it. You can use any sauce or seasoning you want. The secret to great duck is the initial preparation and cooking." –Roger

Yield: 6 - 8 servings

	5-6 lb	duck*
	½ tsp	salt
	¼ tsp	pepper

*thaw thoroughly if not fresh

Preheat oven to 450° F. Prick skin all over (lots of times to let the fat escape during roasting-the more holes the better to keep the duck from tasting greasy).

Trim all the visible fat from the duck (the secret to keeping the duck from tasting too greasy). Season the inside with salt and pepper. Dry thoroughly. Stuff (we usually use the apple and sausage dressing recipe in this book).

Roasting time is 20 minutes per pound. Add another 20-30 minutes to total if the bird is stuffed.

Place the duck on one side in a roasting pan in the middle of the oven. Reduce heat to 425°F. Brown for 20 minutes. Turn duck on other side and brown for another 20 minutes. Remove fat from pan bottom with bulb baster. Reduce heat to 350°F. Turn duck on back.

Regulate heat so duck always makes working noises, but fat is not burning. Remove fat occasionally with baster. ~~Basting is not necessary.~~



Pork Chops

with sour cream and caper sauce

"Schweinfilets mit Saurer Rahme - this is another recipe from some German cookbook or other that we liked and have added to our collection." — ~~WHO???~~

Yield: 4 servings

	4	pork chops
	½ cup	sour cream
	2 Tbsp	flour
	½ cup	chicken stock
	2 Tbsp	drippings
	1 Tbsp	capers
	2 Tbsp	butter
	1 Tbsp	ketchup
	½ tsp	salt

Cook pork chops with butter in 300-325° F oven for one hour or until done. Take drippings from chops. In saucepan, add flour and salt, and stir until smooth. Add stock, then cream, catsup, and capers.

Do not overheat! Sauce must not reach boiling point. Pour over pork chops and serve with noodles seasoned with poppy seed.

Gulaskies

*NEEDS PREAMBLE
XXXX by RXXXX*

Yield: 12-14 Gulaskies

	1 head	cabbage
	1 cup	rice
	1 lb	ground beef
	½ lb	ground pork
	¼ cup	onions, chopped
	½ tsp	salt
	3 cups	rinsed sauerkraut

Combine rice, beef, pork, onions, salt, and Accent; mix well. Separate cabbages leaves and steam 3 minutes or until limp. Drain cabbage, spoon and meat onto leaves. Roll them, turning ends under and place in a large kettle. Cover the rolls with sauerkraut, add water and simmer for one hour.

Meat & Potato Hash

"Back when I was a single man in Eugene Oregon, I used to use fruit wine instead of milk to bind this loaf. That gave it a pleasant nutty flavor. I have also made it with unpeeled potatoes. Just as good. The meat I used this morning is roast brisket."—Roger

Yield: 8 - 10 servings

	4 cups	russet potatoes
	2 cups	sweet onion
	2 cups	cooked meat
	¼ cup	milk
	1 tsp	pepper, or to taste
	1 tsp	salt, or to taste
	To taste	mixed Italian seasonings

Use the metal chopping blade of your food processor. If you don't have access to a processor, a sharp knife and good cutting board will do. For these proportions, use about 4 large peeled baking russets, a medium to large sweet onion, and up to 2 lbs of cooked meat.

This is an odds and ends recipe. You can use leftover roast, steak, pork, brisket, or what have you. I have even used leftover hamburger patties or meat loaf. Adjust proportions to whatever you have on hand. Add another potato if needed. Mix all together in a large mixing bowl, adding milk last. The milk is a binder to help hold the loaf together. Add a little at a time until you think you have enough.

Pour into the center of a greased 8 x 13 inch baking pan and smooth the top. You should have about a 1 ½ inch high loaf. Use a large spoon to pull the raw loaf away from the sides of your baking pan or dish, so that it doesn't stick and burn in cooking. Top with a thin back and forth stream of ketchup. Cover with foil. Bake at 350F for 1 ¼ to 1 ½ hours. Serve hot, with ketchup on the side. Usually a breakfast dish.



Sage and Bread Dressing

"All of us in Blackhorse grew up with this recipe. I remember as a boy watching my mother put this stuff together and thinking that I would never like or eat such a disgusting concoction! But it grew on me, and now we make it just like my mother did. This recipe requires clean hands, and it can only be prepared with your hands."—Roger

Yield: Stuffs ~15lb turkey

	1 bird's	giblets from the organs
	3	chicken bouillon cubes
	2 ½ quarts	water
	1	onion, diced
	2 loaves	bread
	½ tsp	pepper
	2	stalks celery, diced
	2	eggs
	2 tsp	sage
	2 Tbsp	butter
	1 Tbsp	salt

Combine giblets and the chicken bouillon cubes in 2 ½ quarts of water in pressure cooker. Cook under 15 lbs pressure for 20-30 minutes. Cool and chop.

Sauté onion and celery in butter. Dip bread in juice from giblets. Squeeze out excess juice and put into bowl. Add eggs, salt, pepper and sage. De-bone giblets and chop into small pieces. Mix with bread mixture. Stuff bird. Put excess in greased bowl and bake.

Hamburger & Cheese Casserole

"This recipe comes indirectly from Olivia Dinges, some 10 to 15 years ago. We multiply this rich recipe for large groups." –Eileen

Yield: 15 servings

	1 lb	ground beef
	8 oz	cream cheese
	1 tsp	sugar
	¼ cup	green pepper, diced
	¼ cup	mozzarella cheese
	1 cup	creamy cottage cheese
	1 cup	tomato sauce
	½ cup	onion, sliced
	¼ tsp	garlic salt
	4 cups	uncooked noodles
	½ cup	onion, chopped
	¼ cup	sour cream
	¾ tsp	salt
	¼ tsp	pepper
	¼ cup	black olives

Brown meat and onion. Add tomato sauce, olives, sugar, salt, garlic salt, and pepper. Remove from heat. Cook noodles. Drain.

Combine cottage cheese, cream cheese, sour cream, onion, and green pepper.

In a baking dish, layer half of the noodles and then half of the meat. Add the cheese mixture. Layer remaining noodles and meat.

Sprinkle grated mozzarella cheese on top. Bake at 350° F for 30 minutes.



Swedish Meatballs in Gravy

"XXXXX JOY OF COOKING" –BY WHOOO ???

*Lorem ipsumd
a completar*

Yield: 24 meatballs

	1½ slices	bread		1 tsp	salt
	2 lb	ground beef		½ tsp	grated lemon rind
	¼ cups	minced onion		1 tsp	Worcestershire sauce
	1 Tbsp	butter		1 Tbsp	capers
	2	eggs, beaten		1 tsp	lemon juice
	3 Tbsp	parsley, chopped		5 cups	bouillon
	¼ tsp	paprika		½ cup	flour
				½ cup	cold water

Soak bread in water to cover; squeeze dry, add to meat.

Sauté onion in butter, add to meat. Add all but last three ingredients. Mix. Shape into small balls; drop meatballs into boiling hot bouillon. Cover.

Simmer for 15 minutes. Remove meatballs.

Blend flour and cold water to a smooth paste, add to bouillon, stirring constantly. Cook, stirring, until thickened. Return meatballs to gravy. Reheat.



Baked Chicken with Cream and Onions

"This easy and quick main dish is a late addition to our favorites. You can use either white or dark meat, or both, and vary the spices to what you have in your pantry. The simple process of adding thick cream to the pan juices at the end makes a rich gravy without thickening."—Roger

Yield: 15 servings

-  **1 ¼ lb** chicken*
-  **Dash** olive oil
-  **½ cup** onion, sliced or diced
-  **1 cup** chicken/bouillon broth
-  **¼ cup** cream
-  **Pinch** garlic salt
-  **To taste** italian seasoning
-  **To taste** lemon pepper

Fry ~~breasts~~ in oil, 10 minutes or until browned both sides.

Place in baking pan. Add onions. Season with garlic salt, Italian seasoning, and lemon pepper.

Top with ~~cream and~~ broth. Bake 50 minutes in 350° F.

*or up to 8 breasts, or what will fit in your pan

Pot Roast Beef & Gravy

"This recipe was served regularly at Volga-German weddings in the 20th century in Kansas. It is hearty and rich, and usually served over a bed of homemade noodles. Use it for any special occasion or family gathering." –Roger

Yield: 15-20 servings

	3 lbs	chuck roast
	1	onion, thickly sliced
	2 tsp	pickling spice
	3 cups	water
	1	bay leaf

Bring the drippings (about 1 quart) from the roast to a boil in a kettle.

Mix 2 tablespoons of cornstarch with about ¼ cup of water. Mix until smooth. Add ½ cup of drippings to the mixture and stir (this will help to keep the gravy from getting lumpy).

Pour the cornstarch mixture into the pan with the drippings. Stir constantly and bring to a boil. Serve immediately with potatoes and roast beef.

Gravy:

Bring the drippings (about 1 quart) from the roast to a boil in a kettle. Mix 2 tablespoons of cornstarch with about ¼ cup of water. Mix until smooth.

Add ½ cup of drippings to the mixture and stir (this will help to keep the gravy from getting lumpy).

Pour the cornstarch mixture into the pan with the drippings. Stir constantly and bring to a boil.

Serve immediately with potatoes and roast beef.

Beef Stroganoff

"After our marriage, I really dug into the Volga German food of Eileen's ancestry. I found a few cookbooks produced by local church or other groups, but not major cookbooks at that time. I began to collect east European cookbooks, mostly from used book stores, to expand our gastronomic universe. This particular stroganoff recipe was ~~one~~ find." –Roger

Yield: 6 servings

	2 lb	beef sirloin
	1 cup	beef bouillon
	½ lb	fresh mushrooms
	Pinch	sugar
	1 Tbsp	prepared mustard
	1	medium onion
	1 cup	sour cream
	Pinch	salt, pepper to taste
	5 Tbsp	butter
	2 tsp	flour
	3 Tbsp	tomato paste

Remove fat, cut meat crosswise into strips ½ inch ~~thick, 2 inches long~~. Heat butter in skillet, add meat and brown quickly. Remove meat from skillet. Sauté onion in drippings. Add mushrooms and more butter if needed, and sauté 4 minutes. Stir in tomato paste* and mustard. Add bouillon, sugar, salt and pepper. Bring to boil.

Lower heat and cook slowly, covered, for 10 minutes. Add meat and cook 5 minutes longer. Combine flour and sour cream and add to meat mixture. Leave on stove for 3-5 minutes over low heat.

*Omit sugar, if ketchup is substituted for tomato paste.

Can use 1 to 1 ½ lbs of hamburger if you do not have beef sirloin.

Ham Loaf

"Soon after I move to Denver (1974), a luncheon hosted by a group of retired ladies served this ham loaf. Neither Eileen nor I had eaten much ham in our past other than a ham steak at breakfast or baked ham at Easter. We were meat and potatoes people. This recipe came from Ethlyn Christensen (1901 – 1993), who was raised in Laramie, Wyoming. Her father was a "green grocer" in the early 20th century." –Roger

Yield: 8 servings

	1 lb	ham, ground
	1 ½ lbs	ground pork
	2	eggs, well beaten
	1 cup	milk
	1 cup	oatmeal/cracker crumbs
	¼ tsp	pepper
	¼ tsp	salt
	⅓ cup	brown sugar
	½ cup	water
	2 Tbsp	vinegar
	1 Tbsp	prepared mustard

Ground the ham. Put ham and pork in bowl. Add other ingredients and mix. Shape into loaf with small indentation on top of loaf to pour sauce. Arrange in pan and bake 2 hours at 350F. During baking, baste frequently (about every 15 to 20 minutes) with sauce from ingredients above.



Chapter
eleven

Pickled



Pickled Beets

"This recipe was wheedled (yes, wheedled!) out of an old lady in Eugene, Oregon when I worked there about 1974. She claimed it was a secret recipe used by her mother in South Dakota in the early 20th century. I had to promise never to share it. But I lied. Use any amount of small or cubed beets that you have, and after boiling and peeling them return to the pan, make enough syrup to barely cover the beets, using the 1-1-1 proportions." –Roger

Yield: 1 jar



???

Beets



Equal parts

Water, sugar & vinegar

Cook the amount of beets you want to put up. Small beets from your crisp thinning are great. Cool, slip skins, and set aside. If you used large beets, dice to < 1" size. Make a syrup of the three ingredients above - enough to barely cover the cooked beets. Reheat beets in syrup for about 10 minutes. Pack in sterile jars. Can be refrigerated for about 1 year.

Bread & Butter Pickle Slices

"This world class recipe comes from sunset Magazine, mid-70s. Ethlyn Christensen and I had many discussions at that time about which pickles rate premium. This one does." –Roger

Yield: 5 pints

	3 ½ lbs (8)	cucumbers
	1 tsp	celery seed
	2 cups	vinegar
	1 tsp	salt
	1 cup	water
	1 ½ Tbsp	pickling spices
	2 ½ cups	sugar
	1 Tbsp	mustard seed

Cut cucumbers in ¼" slices, set aside. In 5 quart pan combine remaining ingredients. Bring to boil, stirring to dissolve. Add slices to syrup. Return to boil, stirring gently. Boil 1 ½ minutes. Ladle the liquid and cucumber slices into containers. Cool. Refrigerate.

Fresh Crock Pickles

"This generic process of preserving cucumbers was used by Eileen's grandmother, Mary Knoll in St. Peter, Kansas. Fresh Crock Pickles would be served out of the crock and brine for several days or possibly weeks by a family. They were not "put up" in jars for long term preservation." –Roger

Yield: 4-6 pickles

	5 quart	water
	¾ cup	vinegar
	10 - 12	4-6 inch cucumbers
	2 Tbsp	pickling spices
	4-6 stalks	dill
	1 clove	garlic

In a 3-gallon crock, pack cucumbers, dill, garlic, and pickling spices. Bring water, vinegar and canning salt to a boil. Pour over cucumbers and spices. Pour over cucumbers and spices (pour enough brine on the pickles to completely cover them). Weight down with a plate and jar. Ready to serve in 3-4 days.

Can also be done with whole watermelon.

Dill Pickles

"My mother said she got this recipe from my cousin, Dick Applegate." —Roger

Yield: 1 quart jar

	1 quart	cider vinegar
	4-6	cucumbers
	1/8 tsp	alum
	2 Tbsp	pickling spices
	3 quarts	boiling water
	4 cloves	garlic
	1 cup	salt
	1	dill

Wash cucumbers, pack upright in clean sterilized jars. Add a head of dill, 4 cloves of garlic and 1/8 tsp alum in each jar. Bring vinegar, water, and salt to a vigorous boil. Add spices. Pour over cucumbers. Fill brine to top of jar. Hotpack ~~and sterilize~~.



Chapter
twelve

Miscellaneous



Eggnog

"A holiday favorite. It warms the hands from the cold outdoors, even though we always serve it without the rum, and the heart as one thinks of Christmas, even though it is served cold. Perfectly delightful!"—Eileen

Yield: 6 cups (without rum)

	4	eggs
	½ cup	sugar
	1 cup	heavy cream
	1 quart	milk
	½ cup	sugar
	1 cup	rum (optional)
	2 tsp	vanilla
	¼ tsp	salt

In small bowl beat eggs, sugar and salt until combined. In a medium saucepan, heat milk until hot. Remove from heat. Add about 1 cup of milk to egg mixture, stirring constantly. ~~Pour over medium heat, stirring constantly, until mixture leaves a path when a finger is drawn across the back of a metal spoon, about 5 minutes. Do not boil. Stir in vanilla. Refrigerate until cold, about 2 hours.~~

Before serving (up to 1 hour) beat cream until soft peaks form. Fold into egg-milk mixture. Stir in rum, if desired. Refrigerate. Just before serving, pour into a punch bowl or pitcher. Sprinkle with nutmeg.



Spiced Pecans

"This recipe was given to us forty years ago by our friends Dwight and Doris Oliver. We make it almost every year at holiday time. The original recipe called for walnut halves, but my preference is pecans." –Roger & Eileen

Yield: 2 ½ cups

	2 ½ cups	pecan halves
	1 cup	sugar
	½ cup	water
	1 tsp	cinnamon
	½ tsp	salt
	1 ½ tsp	vanilla

Heat nuts in 375° oven for 5 minutes. Stir once.

Butter sides of heavy 2 quart saucepan. Mix sugar, water, cinnamon, and salt in pan.

Heat, stirring until sugar dissolves and mixture boils. Cook without stirring to soft boil stage (236°). Use your thermometer – don't guess. Remove. Beat by hand one minute – until it begins to get creamy. Add vanilla and nuts. Drop on greased cookie sheet or on a sheet of parchment paper by spoonfuls. Break up the nuts when hard.

Caramel Popcorns

"This recipe is a gift to mankind from Birdine Tullis, once a Home Extension Agent for Morrow County, Oregon. It was passed to my sister Becky, then to my brother Tony, and now is enjoyed by my family here in Denver." –Roger

Yield: 6 qt popcorn

	6 qt	popped popcorn*
	2 cups	light brown sugar
	½ cup	light corn syrup
	½ lb	butter
	¼ tsp	cream of tartar
	1 tsp	salt
	1 tsp	baking soda

**three batches using ⅓ cup popcorn*

Preheat oven to 250°F. Place popped corn in buttered roaster. Keep warm in oven.

In a heavy saucepan, combine all but soda. Bring to a boil over medium high heat, stirring constantly. Continue to stir and boil rapidly until mixture reaches 260°F (about 4 minutes). Remove from heat and quickly stir in baking soda. Pour mixture quickly over popcorn and mix. Bake at 200°F for one hour, stirring 2 or 3 times during baking. (Shorter cooking time makes the popcorn chewier). Turn out on waxed paper. Spread out and allow to cool completely. Break apart and store in airtight container.

** This recipe can be doubled.*

***Optional: 1 tsp vanilla and/or ½-1 cup chopped peanuts.*



“All my fav
foods in o

favorite
one place.”

— Roger Doherty



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