

TASTE

Of Soul



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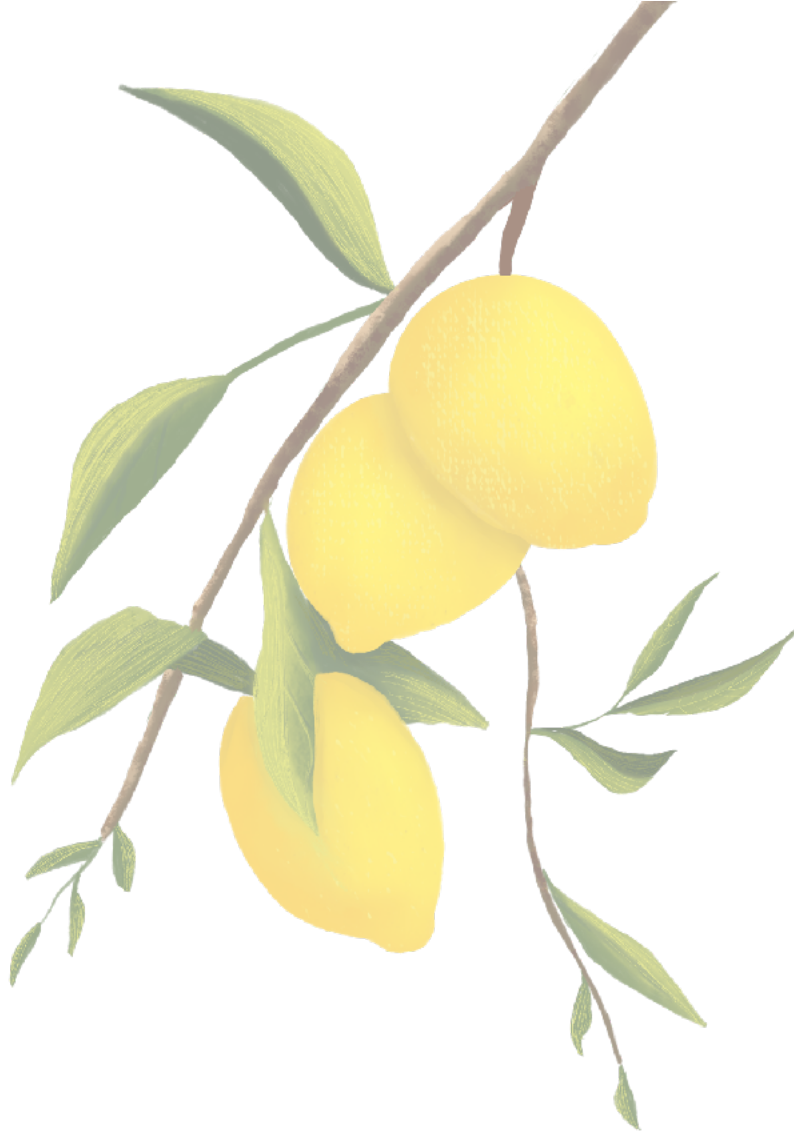


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Confectious Connections

I love this word “Confectious!” It means confectionary and infectious all bound-up in One. In other words, “this is so delicious, I must share!”

Within your hands rests a gathering of, not only recipes from around the world, but the Souls of those who have passed them along from their fathers, mothers, grandparents, aunts and uncles.

Within are also recipes crafted from personal intuition, resonating a fresh warmth within the lives of family and friends.

This is a unique book, and I know it is merely one of an infinite number contained within each of our own lives.

Within our diversity is unity, and these “feasting moments” become sweet, funny and forever shaping memories.

Enjoy your moments in the kitchen, on the boat, or anywhere you find your Soul connecting with Another. It is Here the expression that is food is birthed!





ABI

Oat Thou Hungry Cookie?!

Hi, I'm Abi and I am almost 11. My mom claimed this recipe as my own. Well... because I named it!

But it's really my dads, and he makes the best, from scratch, chocolatey gooey cookies, and this recipe is even **more** delicious because of the peanut-butter!

INGREDIENTS:

1 cup **Flour**, 3/4 cup **Oatmeal**, 1 cup **Brown Sugar**, 1/4 cup **Honey**, 1/3 tsp **Baking Soda**, 1/2 cup **Peanut-Butter**, 1/2 Tbsp **Cinnamon**, 1 1/2-2 cup **Chocolate Chips**, 1 Egg, 1/4 cup **Coffee**.

STEPS:

- Preheat oven to 350 degrees.
- In a large bowl mix Flour, Oatmeal, Brown Sugar and Baking Soda together.
- In separate bowl mix Honey, Peanut-Butter and Coffee together.
- Combine wet ingredients with dry ingredients. Mix well. Blend in Chocolate Chips.
- Make 3 inch balls (12 in all) place on cooking sheet and in the oven.
- Bake 10-12 minutes, allowing the cookie to remain gooey inside.
- Dip the warm cookie in a glass of milk...Abi's favorite!



SNACK PACK!

The gatherings of these snacks come to us from many imaginations! They are simple, quick in prep, and absolutely delicious. From healthy options, to the most subtly sweet goodies, I guarantee you will most definitely find ***something*** that will tantalizes your tastes!

COOL BASIL GUACAMOLE

If you're someone who won't naturally lean toward the taste of avocados, you'll find this dish surprisingly refreshing and delicious!

INGREDIENTS:

1 1/2 soft **Avocado**, 2 cloves of **Garlic**, 2 freshly chopped **Basil Leaves**, 1 Tbs (at least) **Coconut Oil**, 1-2 Tbs **Lime Juice**, fresh cracked **Salt** and **Pepper** to taste.

STEPS:

- Scoop out the Avocados, place in a bowl.
- With an electric blender, combine Avocados, Garlic cloves, Basil leaves, Coconut oil and Lime juice.
- Add Cracked Salt and Pepper to taste, blend till wondrously smooth!
- Serve as dip, filling or spread, and enjoy!

CHILLED TOMATO TREAT

When visiting my parents one afternoon, I walked into their kitchen while my dad was preparing a snack. He gave it to me and I was totally surprised by the pure and refreshing taste of it. The marrying of sweet and salty was beautiful!

INGREDIENTS:

1 large **Tomato, Salt & Pepper, Olive Oil**

STEPS:

- Slice a Tomato into round slices (as thick or thin as desired)
- Place on plate, drizzle Olive Oil upon Tomato slice.
- Add Salt and Pepper
- Now, enjoy!

GOOEY MINT BROWNIE BITES

I have always been a bite-size foodie, and treats are no different. I love, love me some delicious treats that won't make me sick to my stomach, aaannnd remind my taste buds of Christmas... mmm, mint.

INGREDIENTS:

Box of your favorite **Fudge Brownies**, bag of **Mint Chips**, **Cool-whip**, mini cupcake pan, mini cupcake liners.

STEPS:

- Because we're talkin fast and easy, buy a box of Fudge Brownies and follow the prep instructions on it. (You can always make from scratch :)
- Pre-heat your oven to the prescribed temp on your brownie box.
- Fill mini cupcake tray with liners.
- With a small spoon, scoop fudge brownie mix into cupcake liners, halfway. Set aside.
- Using a microwave safe glass bowl, dump in your mint chips.
- Place them in the microwave for 10-15 second increments. With every increment the chips melt, stir until completely smooth. **Every microwave is different, so watch closely.**
- Immediately, spoon a little bit of melted mint chips into the mini liners, on top of brownie mix. It will blend a little. Or use tooth pick to stir together gently.

- Both brownie mixture and mint chips will only fill the liner 3/4 of the way, leaving room for it to rise during baking.
- Bake at prescribed temp for 15-20 minutes. Check with a toothpick to see how far along it is. You'll want them a little gooey inside. Once out of the oven, they'll naturally bake a little more.
- Cool, remove liners, dollop cool whip and enjoy this bite-sized treat!

AVOCADO TOAST

There once was a small girl, she ate most every diverse thing in sight. She grew up a bit more, and nothing changed! This is one of her favorite snacks; be it breakfast, lunch or dinner time.

INGREDIENTS:

1 slice of **Sour Dough Bread**, 1/2 an **Avocado**, 1 hard boiled **Egg**, **Salt** and **Pepper**, **Garlic** and **Onion Powder**, **Lemon Juice**, **Red Pepper Flakes**.

STEPS:

- Toast the slice of Bread in a pan with butter on low to medium heat.
- Once toasted to your liking on both sides, remove from pan.
- Mash the halve of Avocado in a bowl, add Salt and Pepper.
- Place this mixture on your toast.
- New fun technique(!) Grade boiled Egg on top of Toast.
- Add a little bit of Lemon juice, then add Red Pepper Flakes, Garlic Powder, Onion Powder and more Salt and Pepper if desired.
- Enjoy this scrumptious snack any time!

NACHOS

What if “Nachos” could honor their creator, Ignacio Anaya, in its humble beginnings and still find a little room to expand?

INGREDIENTS:

1 bag of thick **Tortilla Chips**, diced or sliced **Jalapeños**, Mexican blend Tillamook **Shredded Cheese** (any brand works, but Tillamook is creamy!), 1lb **Hamburger Meat**, 16oz **Refried Beans**, **Taco Seasoning** 1/4 cup **Half & Half** (or sub Water), splash of **Vegetable Oil**.

STEPS:

- In a large skillet, over medium-high heat, add your Vegetable Oil allowing it to heat up. Once heated up, add your Hamburger Meat.
- Add Taco Seasoning to your liking, breaking Meat into crumbly pieces as it cooks.
- After about 8-10 minutes and cooked through, drain the fat grease and put Meat back in skillet.
- Add Refried Beans and Half & Half to your Meat and mix together well. (You can always use water instead of half&half).
- Reduce heat to low and allow Meat mixture to rest while you prepare chips!
- Pre-heat oven to 350 degrees.
- Take out a large baking sheet and place your chips on it, slightly overlapping.
- Place in oven for 5 minutes to create a more sturdy chip.
- **Now**, liberally spread Cheese ALL over, placing it back into the oven for another 5 minutes, or until Cheese melts.

My family is diverse in their tastes toward Nachos. Some love to lather **everything** on their cheesy Nachos; Another loves the heat, preferring the authentic/original Nacho; While others simply love Cheese alone.

- Soooo, before adding anything to the Cheese prepared Nachos, I have everyone plate-up, grabbing as many nachos as they'd like (making more if needed, it's so easy!)
- Cheese lovers are all set! They can dive in as is.
- The more traditional Nacho lover will simply add Jalapeños to their Nachos, and enjoy the simplicity of Ignacio Anaya's creation those many years ago.
- Now, for us Nacho lovers who move toward the iconic American Nacho, first set ablaze during a Texan baseball game in the 70's, you'll immediately add the Meat Mixture, Jalapeños, more cheese, and any little extras (sour cream being one important one!).

CEREAL MAYHEM!

For the parent who wants their kiddos to eat a healthier snack, but also finds it challenging when they are becoming finicky about tastes, this very simple concoction of cereal will help! It's even a yummy snack for us "Big Kids" on the go!

Note~Once you first purchase the Cereals you'll be set for a little while.

INGREDIENTS:

Air-tight large container, large mixing bowl, Reese's Puffs, Kix, Corn Flakes, Rice Chex, Honey Nut Cheerios

STEPS:

- Take your cereal out of all boxes. Cut off the top of the plastic for easier access with your measuring cup.
- Grab a large mixing bowl and measuring cup.
- Scoop 2 cups out of each Cereal bag, pour into mixing bowl.
- Using your hands, mix it all together.
- Pour or scoop your Cereal Mix into your air-tight container.

FROZEN GREENS

Have you ever tasted Frozen Blues? What?? Didn't you know... those are frozen blueberries! And not just your easy to grab frozen berry melody at the store, but fresh local, or from your own garden, plump blue berries that you freeze and eat right away. Just delicious!

Well, there is another fruit that I had never heard of folks eating frozen until a lady mentioned it at the store. Big crisp, green grapes! Yep, I never would've seen that comin.

But, when you buy healthy fat green grapes and freeze them, they are absolutely, without

a doubt, one of the most surprisingly refreshing snacks I have ever had. It's really indescribable, and a "you must taste for yourself to see" experience!

INGREDIENTS:

Large, healthy green grapes (Cotton Candy grapes are delicious!)

STEPS:

- Rinse, freeze, eat!!

PEANUT BUTTER TOAST WITH A SPIN

Peanut Butter toast is delicious in its own right, but with this added spin it becomes a special treat to satisfy the sweet tooth when there's no sweet around.

INGREDIENTS:

Dave's Killer Bread is killer!, mix of Cinnamon and Sugar, Butter, Peanut Butter

STEPS:

- Take your Cinnamon(1/3 measurement) and Sugar(2/3 measurement) and mix them very well together. Mix and mix, and mix again till they are one blend. (The amount is up to you, just keep the 1/3-2/3 ratio)
- Place bread in toaster (at whatever level you prefer your toast to be toasted)
- Once it pops up, place on plate and slather butter on both pieces, allowing it to melt nicely upon entire surface.
- Next, add a nice thin layer of your favorite peanut butter.
- Lastly, take your Cinnamon and Sugar mix and liberally (or conservatively if preferred) pour upon your peanut-buttery toast.
- Now, enjoy this little treat!

SHELL

Famous Matisin Guacamole

This is special to us because my hubby, JP, taught me how to make this around the time when we first married. Ever since, I have made it at almost all gatherings with friends and family. It has become popular between the groups in our lives as “Michelle’s famous

INGREDIENTS:

5 peeled **Avocados**, 1/4 cup diced Red **Onion**, 2 diced **Jalapeños** (Optional, more if desired), 1/3 cup finely chopped **Cilantro**, 2 diced **Tomatoes**, 2 **Limes** juiced, 1/2 tsp **Salt**.

STEPS:

- In a medium bowl, combine Onions, Jalapeños, and Cilantro. Press down with a ladle or spoon, extracting the juices.
- Add Avocados to mixture in bowl. Use potato masher to mash Avocados to desired consistency.
- Add Tomatoes, Lime Juice, and Salt to mixture. Mix well.
- Taste and add more Salt, Lime Juice, and Jalapeños as desired.
- Enjoy with tortilla chips!



Penne a la Vodka

JP and I made this together for a Valentine's Day candlelight dinner one year, and absolutely fell in love with what we had created! The memories we made with just the two of us that evening, will forever leave the sweetest taste in our Soul.



INGREDIENTS:

16 oz **Penne Pasta**, 1/2 cup **Heavy Cream**, 1/2 cup **Vodka** (Alcohol cooks out), 1 Tbsp crushed **Red Pepper**, 28 oz pureed San Marzano canned whole **Tomatoes** (Use any type of blender), 1/2 cup grated **Parmesan Cheese**, 1/2 cup loosely chopped **Parsley**, 3 minced **Garlic Cloves**, 1 diced **Shallot**, **Salt & Pepper** (To taste), 1 tsp **Oregano**, 2 Tbsp **Butter**, 2 Tbsp **Olive Oil**, 1 lb **Shrimp** (Optional).

STEPS:

- In a large, deep Sauté Pan, heat the Butter and Olive Oil over medium heat for 1-2 minutes.
- Add Shallots, Garlic, Crushed Pepper and cook for 1-2 minutes.
- Add Vodka and cook down for 2 minutes (This will cook out alcohol).
- Add Oregano, Sat & Pepper, and Heavy Cream to Pan. Mix.
- Simmer for 20 minutes on low, stirring occasionally.
- Cook Pasta in well-salted water with 8 minutes left on Sauce cook time.

- Transfer Pasta to Sauce with a hand held strainer, or spoon with holes, once the Pasta reaches Al Dente. (It's okay if some pasta water falls into the sauce, this will enhance the flavor of the dish).
- Mix in 1/2 of the Parmesan into the Dish.
- Add Shrimp and cook 2 minutes.
- Transfer to large serving bowl. Sprinkle remainder of Parmesan Cheese and Parsley on top. Enjoy!



LOLA

Lola's Chicken Adobo

Sweet “Lola” is a grandma to all, and a lover of food. Those two combined make for a very fun time with this woman! Lola shares with us a family recipe from her home Country, the Philippines.

Fun Fact: Due to their warm climate, Filipino natives developed various methods of preserving food. Adobo utilizes the acid in the vinegar and the salt content of soy sauce to produce an unfavorable environment for bacteria. Its yummy flavor and preserving qualities increased Adobo's popularity world wide!

INGREDIENTS:

Vegetable Oil, 6 **Chicken Thighs**, 1 Tbsp minced **Garlic**, 1 **Bayleaf**, 1 tsp **Black Peppercorns**, 1/4 cup **Soy Sauce**, 1/4 cup **Vinegar**, 1 cup **Water**, 1/4 tsp **Salt**, 1/4 tsp **Black Pepper**, 1/4 cup **Coconut Cream**

STEPS:

- Heat Oil in a large deep skillet and fry Chicken until lightly brown. Transfer Chicken on lined with paper towels until oil is absorbed.
- Mix all ingredients together in a bowl, except for the Coconut Cream.
- Drain oil from skillet and place the Chicken back into the skillet.

- Pour mixture onto the Chicken. Cook on High for 15 minutes and then on Medium for 30 minutes until tender.
- Pour Coconut Cream over chicken and stir. Serve over steamed rice and enjoy!



SHAYLA

Shayla's Fried Cabbage

INGREDIENTS:

Large **Cabbage**, 1/2 **Red Bell Pepper**, 1/2 **Green Bell Pepper**, 1/2 **Yellow Onion**, 1/2 Tbsp minced **Garlic**, 1/2 **Smoked Sausage**, **Olive Oil**.

STEPS:

- Chop up Cabbage, Onion and Bell Peppers.
- Place skillet on stove, Medium heat. Add 2Tbsp of Olive Oil.
- Add chopped up Onion and Bell Peppers. Sauté for 4 minutes.
- Add Sausage and minced Garlic, sauté. Allow Sausage to brown then remove mixture from skillet, placing in a bowl.
- Keep skillet on stove. Add 2 more Tbsp of Olive Oil, then add Cabbage to skillet. Sauté.
- Add to skillet the mixture that has been set aside. Tenderize entire mixture.
- Season to your liking!



Southern Baked Mac & Cheese

Shayla and her incredible family found themselves in Washington a few years ago. It was a crazy change for them, but one thing that did not change, was the southern food coursing through Shayla's veins.

May you enjoy the fierce flavors within her dishes, just as I have enjoyed the fierce and warm beauty of her Soul.



INGREDIENTS:

Elbow Noodles, Evaporated Milk, 2 Eggs, Shredded Gouda Cheese, Shredded Mixed 3 Cheese, 1 stick of Butter, and Sour Cream.

STEPS:

- Cook and Drain Egg Noodles. Place in Baking Pan.
- Preheat oven to 350 degrees
- Mix small can of Evaporated Milk with 2 Eggs. Pour over Egg Noodles.
- Season to your liking.
- Add 1 cup of Shredded Gouda Cheese, 2 cups of 3 Cheese Mix.
- Cut up stick of Butter and add to mixture. Add 2 Tbsp of Sour Cream.
- Mix all together and even out. Add extra cheese to top of Bake.
- Cook in oven for 45 minutes.

MANDY

Own Style Spaghetti

Most definitely of Italian origin (the woman not the spaghetti ;), quite a bit of personal likings, and a whole lot of intuition! Take a journey through this spaghetti adventure and see how you enjoy these flavors of love...

INGREDIENTS:

Hamburger(leaner the better), any **Red Sauce**(2x 24oz jar), **Half & Half**, **Italian Style Bread Crumbs**, **Garlic** and **Herb Seasoning**, grated **Parmesan Cheese**, 1tsp **Vanilla Extract**, **Cinnamon**, shredded **Parmesan Cheese**, **Angel Hair Pasta**.

STEPS:

- Begin by pouring two jars of Red Sauce into a large pot (You'll add the meat later on). Burner on medium/low.
- Add your Seasonings(season very well), grated and shredded Parmesan cheese, Vanilla, a few shakes of Cinnamon and a small handful of Bread Crumbs. Stir.
- Turn your burner to low, allowing the sauce to simmer while you cook your meat and noodles. Stir occasionally.
- In a medium skillet and on medium heat, cook your Hamburger Meat, breaking it up into bits and pieces. You'll stay with it the entire time it cooks through.
- After it cooks through completely, drain excess grease and return meat to pan.
- Turn burner to low.
- Add a few splashes of Half & Half, a liberal amount of grated Parmesan Cheese, a handful of Bread Crumbs, and season your meat with Garlic and Herb seasoning.

- Stir and stir. Then add Meat to your Sauce.
- Stir your Sauce, tasting if it needs more seasoning or cheese, or any other ingredient already added. I like a lot of cheese!
- Next, in a medium pot at high heat, boil water. (You can add oil to quicken the boiling process)
- Once the water begins to boil, add a box and a half of Angel Hair Noodles.
- These noodles will cook quickly, so be ready to drain, not leaving them.
- Once noodles have cooked, drain in strainer and add them to serving bowl.
- Add butter to cooked noodles, a little bit of sauce and mix it together. This keeps the noodles from sticking together while cooling.
- Pull out the bread and butter, steam some veggies and enjoy this yummy dinner!

~As an added option for the Spaghetti, you can always do a Spaghetti Bake.

- Following all directions above, combine sauce mix and noodles in a casserole dish.
- Over the entire surface spread a mixture of sharp cheddar and parmesan cheese.
- Then spread those yummy Italian Bread Crumbs over entire surface.
- Place in oven at 400 degrees for about 15-20 minutes and allow the mixture to form as one dish.
- Once cheese melts and bread crumbs have browned a bit, take Spaghetti Bake out and place on table.
- Enjoy this very filling and scrumptious meal!

*If you're a veggie lover, adding steamed broccoli (or veggies of your liking) to your sauce after all is cooked, is a yummy addition!

ALLEY

“Too good to be true!” Artichoke Dip

A few years back, a neighborhood friend made some of the most delicious snack-type dishes that could take over any meal, anytime! She was so gracious and shared with me the one recipe that stood out the most...Artichoke Jalapeño Dip. I've since altered it to my own taste, but the foundation remains the same, and boy do my taste buds thank me!

INGREDIENTS:

2 cans(24oz) of quarter **Artichoke Hearts**, 12oz tub of **Sour Cream**(Tillamook), 8oz **Whipped Cream Cheese**, 6oz tub of shaved **Parmesan Cheese**, small can(4oz) of diced **Jalapeños**, **Dill** (optional, though I personally don't add, I love it with just Jalapeños!)

STEPS:

- Open all cans and tubs, rinsing/tossing/recycling the seals and tops. (I prefer to clean as I go... makes eating right after that much more enjoyable!)
- Grab a fairly large bowl, dump in Artichoke Hearts (drain excess water and cut into pieces), Sour Cream and Cream Cheese. Mix together.
- Add Parmesan Cheese and Jalapeños to mixture, as much as is tasty to you and yours!
- As an option, add Dill to mixture, as much or little as you prefer.
- **Now**, here is where you have a couple options as to the outcome of your dish. Do you want it warm or chilled?
 - **If Warm**, turn oven to 325 degrees.
 - Place Artichoke Dip mix into a baking dish, baking for 35 minutes. I like to add a thin layer of Parmesan and Italian style bread crumbs before baking.

- **If Chilled**, do not put it in the oven! Take out the crackers, bread or veggies, and enjoy! (My family really enjoys it best chilled)

Grilled Parmesan Zucchini Pasta “Chilled or Baked”

There have been some pretty yummy dinners and deserts in my house, but alas, I never jot them down. Though my family always nudged me to do so, there was just something precious about creating in the moment and allowing the dish to fade with its sweet aroma...except for this one(!)...Grilled Parmesan Zucchini Pasta! What I love about this dish, is how it can swing either way; **chilled** or **baked**, and it is equally delicious. You decide for yourself, and enjoy!

INGREDIENTS:

1 **Zucchini**, 1 yellow **Squash**, **Butter**, 12-16oz **Rotini Pasta**, **Bacon Bits**, Costco **Rotisserie Chicken**(shredded), 10oz cherry **Tomatoes**(cut in halves), **Olive Oil**, **Parmesan Cheese** (graded, shredded & shaved), Italian style **Bread Crumbs**, **Balsamic Dressing** (I like Litehouse), **Garlic & Herb Blend** seasoning, crushed **Croutons** (for baking option). **Extra zucchini and yellow squash if you bake the dish.**

STEPS:

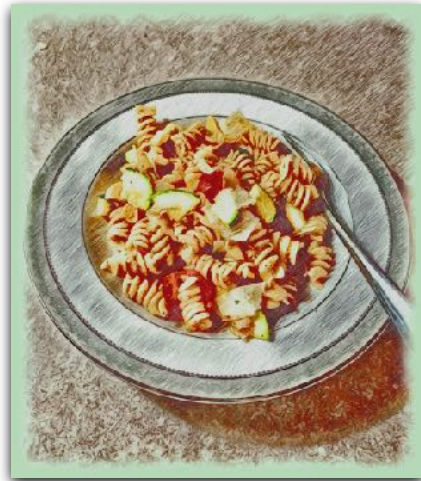
- Boil water, add a little oil to quicken heat-up time.
- Add Rotini, boil till tender. When noodles are tender drain them and place in the bowl you will serve with.
- Add a little oil to noodles, stir, then refrigerate. **(If this dish will be baked, do not refrigerate, and set noddles to the side)** Leave in fridge for at least 20 minutes, so they're nice and chilled.
- While noodles cool in fridge, take out your veggies.
 - Slice each of your Squashes. Then quarter the round slices. Place to the side in a bowl.

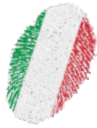
- Cut cherry Tomatoes in halves (I use a little less than half the container, but by preference, add as much as desired). Place in fridge.
- Take out large skillet. Place on stove at Medium heat. Add a good amount of Butter. Allow to melt, saturating entire surface.
- Add Seasoning, grated Parmesan Cheese and Bread Crumbs to melted butter. There should be a nice layer across the entire skillet...and smell yummy too!
- Dump in Squash, separating and flattening as best as possible. Add more grated Cheese, Bread Crumbs and Seasoning over all the Squash.
- Mix Squash throughout skillet, remaining with it, for Zucchini and Yellow Squash bakes through quickly. *Turn heat to Medium-Low, and you'll spend about 5 minutes turning and mixing.
- Once you're satisfied with the level of tenderness in your squashes (**if baking, you may want it more al dente**), scoop every bit back into the bowl.
- Now we'll mix everything together!
- To the Noodles, you'll **first** add at least half the bottle of Balsamic Dressing. Mix well.
- Next you'll toss in the baked Zucchini, Yellow Squash and Tomatoes.
- Then, you'll add about 3 oz of shredded Parmesan Cheese, a good amount of graded Parmesan Cheese, a small handful of breadcrumbs and a bit more seasoning. Mix well.
- Finally, you'll add as much Bacon Bits and Rotisserie Chicken as you'd like.
- Taste, add more dressing if desired.
- Finish with a handful of shaved Parmesan Cheese, and do you're final blending.
- Chill until dinner or party!
- This is a hearty dish, so a filled-to-the-top small bowl is a cozy companion to a lighter main dish, or side.

Did you think I forgot about the baked option?? Not at all!

- Once all is mixed together, just as above, place mixture in a baking dish and smooth it out nicely.
- From here, take your **extra** Squash sliced rounds, and place a layer of them over entire dish.

- Atop the Zucchini and Yellow Squash, liberally scatter grated Parmesan Cheese and shaved Parmesan Cheese over entire surface.
- Finally, to top it off, dust the surface with Crushed Croutons.
- Place in oven at 400 degrees, for 20 minutes, or until golden brown.
- Take out and enjoy as a fully-packed main dish!





KAREN

Pizzelle Cookie

Karen is a tenacious and tender Italian woman...and boy does she love to cook...aaaannnd...I love to eat it!

Karen shares with us three very special recipes passed along to her from her mother and grandmother, possibly even further...

This first recipe carries itself within her memory when she would visit her grandmother. Though her grandmother's recipes were more simple, Karen will never forget the joy and wonder in watching that Pizzelle Iron rest upon the burning stove, turning it at just the right moment. Then she would complete the process by eating the warm and scrumptious cookie!



INGREDIENTS:

1 lb **Butter**, 3 cups **Sugar**, 5 tsp **Baking Powder**, 8 **Eggs**, 6 1/2 cups **Flour**, 1 1/2 tsp **Anise Oil** or 4-5 tsp of light flavoring for taste, 1 tsp **Salt**, (Optional, add zest of orange or lemon).

STEPS:

- Beat together Eggs, Sugar, Salt and Anise Oil (or preferred flavoring).
- Stir in Flour and Baking Powder until smooth.
- Add Butter, mixing until smooth. The batter will be thick and soft.
- Heat **Pizzelle Iron**, greasing it as directed in Manufacturers Guide.

- Bake Pazelle according to instructions that came with your iron. In general, they should take between 45 seconds and 2 1/2 minutes to brown.
- Remove from Iron and cool on rack.
- Dust with Zest as desired, and enjoy this Italian treat!

Italian Biscotti

INGREDIENTS:

6 **Eggs**, 1 1/2 cup **Sugar**, 1/4 cup **Oil**, 1 tsp **Baking Powder**, 1 1/2 tsp **Anise Oil** (Or your preference of flavor), 1 cup chopped **Pecans**, 2 cups **Flour**.

STEPS:

- Mix all ingredients together, divide into two pans (I use 11x7 1/2).
- Bake at 300 degrees for 30-36 minutes.
- Cool and cut into slices.
- Then bake again at 325 degrees on both sides until brown.



Almond Tea

INGREDIENTS:

3 **Tea Bags** (I prefer strong black), 4 cups of **Water**, 1 cup of **Sugar**, 1/4 cup of **Lemon Juice**, 1/2 tsp of **Vanilla**, 1 tsp of **Almond Extract**.

STEPS:

- In 2 cups of boiling Water add 3 Tea Bags. Set aside for 10 minutes.
- In 1 quart pan add 4 cups of Water and your Sugar. Bring to a boil.
- Add the Tea that was set aside, also add the Lemon Juice.
- Stir in your Vanilla and Almond Extract.
- Friends, enjoy this yummy Tea together!



ROYCE

Chocolate Extravaganza Cookie

INGREDIENTS:

1 1/2 cup **Flour** sifted, 1 tsp **Baking Soda** (or 4 tsp Baking Powder), 1/2 tsp **Salt**, 1/2 cup salted softened **Butter**, 1/2 cup **Brown Sugar**, 6 Tbsp **Sugar**, 1 **Egg** (Or applesauce!), 1 Tbsp **Vanilla** Extract, 1 1/2-2 cups **Chocolate Chips**.

STEPS:

- Preheat oven to 350 degrees.
- Mix Flour (sifted), Baking Soda, and Salt together.
- In separate bowl, mix Butter, Brown Sugar, and Sugar together. Add Egg and Vanilla Extract.
- Add in Flour mixture, then add in Chocolate Chips. Mix everything together!
- Roll Golf-ball size dough, bake for 10-12 minutes. Enjoy warm and gooey!

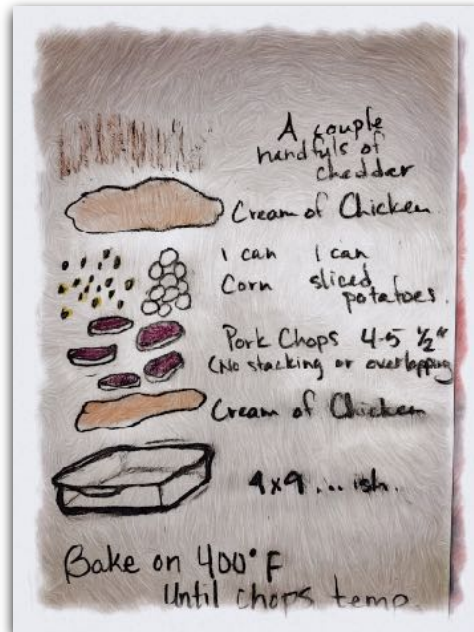


“On the Water” Soul Meal

I grew up on the water for much of my childhood and youth. The San Juan Islands were a place of adventure and play. Our boat, though a haven for many over night trips, had little space for the normal luxuries of cooking that our kitchen at home did. So we made due with canned goodies, sliced canned potatoes being one staple I'd hold fast to.

This recipe may highlight the tenderness of the pork chops or a blending of all the simple ingredients for Another, but for me, the star of the show would be the Canned Potatoes even though they seem the unlikely star. When I am eating Canned Potatoes, I return to a place of being nurtured, or a sense of peace while vacationing.

Enjoy the warmth and simplicity of a dish few have made, but to those who have eaten, it seems to always remain.



KARYN

Runza

This little sandwich found its origin in Germany around the 18th century and continued its trail of adaptation through the hands of an immigrant family, the Brening's. They would land in Nebraska of the USA, and that's not the only family who lived there...

This specific recipe is passed along to us from Karyn's great great grandmother who also lived in Nebraska....mmm, I wonder if these two families "Runza'd" together??



INGREDIENTS:

1 lb **Ground Beef**, 1 finely chopped **Onion**, minced **Garlic**, 1 can **Sour Kraut**, 1 package **Hot Roll Mix**(Pillsbury), **Salt & Pepper**, (Cheese).

STEPS:

- Prepare Hot Roll Mix as directed on box, allow it to rise.
- Preheat oven according to Hot Roll Mix instructions.
- Drain Sour Kraut very well.

- Finely chop up Onion.
- Brown Ground Beef with chopped Onion, minced Garlic, Salt & Pepper.
- Drain all excess fat and add Sour Kraut.
- Roll out prepared dough.
- Cut into squares, placing Beef Mix in the middle and wrap, pinching all sides together. (You can add shredded cheese if desired)
- Place on greased cookie sheet, bake as directed on Hot Roll Mix box.
- With about 3 minutes left, brush melted butter on top of rolls. Finish baking.
- Slice top of roll and place Pat of butter in roll as eating.



WALTER

Smash in the Pan

Walter grew up in Ethiopia, and from this rich Egyptian culture he grew to love its food, creating many of his own unique dishes. The oldest known Egyptian recipe was inscribed upon a tablet in the 1600's, and from there, ingredients circulated but recipes did not. Walter passed along much of his intimate Ethiopian recipes to his children and grandchildren.

Though he may no longer prepare his own dishes with his own hands, all of these memories and delicious meals are forever being experienced within his family...and *now*, this one has been gifted to Us.

INGREDIENTS:

Ground Beef, Potatoes, Pepper, Onion, Garlic, Salt & Pepper, Cumin, Curry, Cheyenne, Butter, small can **Tomato Paste, Rice.**

STEPS:

- Take the Ground Beef and mix it with the Onion, Garlic, Salt & Pepper, Cumin, Curry and Cheyenne.
- Smash this into the pan.
- Then, thinly slice your Pepper and Potatoes.
- Layer them upon the top of the smashed Ground Beef. First Peppers, then layer the Potatoes.
- In a small saucepan melt a cube of Butter and brown it a bit, then add a small can of Tomato Paste, mixing this with the same spices from above.
- Water it down a tad, then pour it over the potatoes.
- Bake in oven at 350-375 degrees until done.

- Baking time will vary from 45-60 minutes.
- Serve over rice, enjoy!





OLGA

Paska

It took me a long time to figure out what recipe I would like to share...with Easter coming up, I decided on a traditional Ukrainian Easter dish -**Paska**.

Paska, which means "Easter," is a Ukrainian Easter bread tradition that is also prominent in countries with Eastern Orthodox religious or cultural connections to the ancient Byzantine Empire.

In Ukraine on Holy Saturday (Easter Eve), it is tradition to fill your Easter basket (koshyk) with Easter eggs (pysanky), Easter bread (paska), sausage (kovbasa), butter, salt, and other ceremonial foods.

On Easter morning, the goods are blessed at the church, and everyone returns home to feast on the paska, eggs, cold meats, and other goods.

Paska can be found in most Ukrainian homes around Easter time, as well as markets throughout the country.

Modern paska usually has a white glaze made from sugar and egg and is sprinkled with colored wheat grains or poppy seeds.

However, in Ukraine, it is also a tradition to create dough ornaments - based on the theme of spring - for the paska.

It's also an old custom for the cook to whisper positive thoughts to the dough while working on it - this is meant to achieve the most delicious result.

INGREDIENTS:

Easter Bread Ingredients

- 4 **large eggs** (room temperature)
- 35 ml **water or milk** 35 ml = 2 tbsp+1 tsp
- 1 tsp **vanilla extract**
- 1/2 cups **granulated sugar**
- 2 1/2 cups **bread flour works best** (but all-purpose flour will work too) (350 g = about 2 1/2 scooped cups)
- 2 1/4 tsp **instant dry yeast** 1 packet = 2 1/4 tsp (use Platinum Yeast for best results)
- 3/4 cup **soft but cold temperature butter, cubed (3/4 cup = 12 tbsp)**
- 1 tsp **kosher salt** use 3/4 tsp if using table salt

Add-ins for Easter Bread - Paska (start this 30 minutes, up to a week ahead of time)

- 1 cup **dried and rehydrated in hot water or alcohol fruits** do this 30 minutes or several days ahead
- 3/4 cup **white chocolate chips**
- 1 tbsp **orange or lemon zest**

Egg yolk glaze (whisk together)

- 1 **egg yolk**
- 2 tsp **water**

Powdered Sugar Glaze

- 1.5 cup **powdered sugar**
- 1 **egg white (can be replaced with 1-2 tbsp milk)**



- 1 tsp **lemon juice** (can be replaced with milk or water, if you prefer no tang in the glaze)

Easter Bread Mold Choices (pick 1 of the choices below)

- 1 **Large Penetonne Mold** - (7.3"x 4.25")
- 3 **Medium - Small Panettone Mold** (3.5"x2.5")
- 12 **Small Panettone Mold** (2 3/4"x2")

Sprinkle Choices (Choose One)

- 1 tbsp **sprinkles** (most commonly used topping)
- 2 tbsp **White Chocolate Crispearls**

Pink Pearl Dust (edible) (use this to coat the White Chocolate Crispearls in)

INSTRUCTIONS:

How to rehydrate the dried fruits:

1. Pour enough rum or warm water over the dried fruits to keep them submerged and allow them to rehydrate for 1 hour, or up to 1 week in advance. Cover the bowl and refrigerate if doing this more than 1 hour in advance.

Then, drain the dried fruits and pat with paper towels to remove all moisture from the outside. Set aside or refrigerate.

How to make the dough for Paska

1. **Prep:** Grease a large bowl with oil or nonstick spray, set aside.

Measure and prep all of the ingredients. Weigh the ingredients for best results.

Check/proof your yeast if you're unsure if the yeast is still active, or if you're using active *dry* yeast instead of *instant dried* yeast.

2. **Combine:**

To a bowl of a stand mixer or a bread maker add the ingredients in the following order: 4 eggs, 1/2 cups of sugar, 1 tsp of vanilla, 2 tbsp + 1 tsp of milk or water, 2 1/2

cups flour, 2 1/4 tsp of yeast and give a quick stir with a spoon until it's chunky. Then fit the mixer with a dough hook and knead on low speed until it barely comes together.

3. **Knead:**

Then knead on medium-low speed for about 20 minutes (on a KitchenAid stand mixer - speed 3).

If using the bread machine it should be turned on to the 1.5 hour dough cycle for a 2 lb white bread loaf. The dough will be thick at this point, this is OK



Check for gluten development (windowpane test). To do this take a walnut-sized piece of dough, flatten it out, then slowly stretch it until you can make it very thin and almost translucent. If the dough tears instead of getting thin and transparent continue kneading until it gets to this stage. It might take more or less time depending on many factors. Go by the windowpane test and not the time.



4. **Add butter and salt:**

Next, add salt, and butter in halves and in small cubes; continue kneading until the butter is fully incorporated, about 15-20 minutes. You might have to break the dough into small chunks to make the incorporation with the butter easier. **DO NOT ADD ANY MORE FLOUR** - it's ok if the

dough is on the runny side. As you continue kneading it will hold shape better, but still should not be firm.

If mixing in the **bread maker**: add the butter when the bread maker beeps about 20 minutes into the cycle, which indicates that any additions can be made (in our case we are adding butter and salt).



Add add-ins:

1. Add 1 cup of re-hydrated, but well-drained or paper towel dried fruits, 1 tbsp orange zest, and 3/4 cup white chocolate chips into the dough. Knead until fully incorporated.
2. **Rise and chill: Transfer the dough to the greased bowl** and allow the dough to rise at room temperature for 1 hour or until the dough is almost doubled in size.
Tip: *To aid in proofing or rising of the dough preheat the oven to 250F for 2-3 minutes, then turn off the heat and place the bowl with the dough in the oven. Ensure that the oven is not hotter than 100F or the extreme heat will kill the yeast; Now allow the dough to rise.*
Then cover and chill for at least 4 hours or up to 2 days. Only skip the refrigeration if you are really tight on time. The prolonged fermentation aids in flavor and texture of the Easter bread.
3. **Remove from the fridge and shape.** Punch down the dough and shape it into a round ball by tucking edges of the dough all around under itself until the top looks nice and smooth.
Place inside the large 6 or 7-inch round and tall Panettone mold.
Or divide the dough between two 5-inch Panettone molds.

Easter breads, divide the dough between the 3 lined with parchment paper 32 oz cans with both ends removed.

Or divide between 9-12 small two inch round paper molds. The dough should fill the molds about halfway.

To use cans for mold: with a can opener, cut off the top and bottom . Line the cans with parchment paper and place on a parchment lined baking sheet, spacing them apart to promote even baking.



4. **Proof:** Allow the dough to proof until it is doubled in size. To create a warm environment repeat the trick with preheating the oven to 250F for 2-3 minutes, then turn it off and place the molds with the dough in there. The oven shouldn't be hotter than 100F. Once doubled in size, lightly brush the tops with whisked yolk.

How to bake the Easter Bread

1. Place in a preheated to 350F oven and bake until the inside registers 190F degrees and the tops are golden in color. If the dough browns too fast, loosely tent the top with foil.

Bake time: times are approximate as each oven is different

For the 6-7 inch round molds - 55-65 minutes.

For 5 inch molds - 40 minutes



For the 3.5-inch round molds - 35 minutes.

The 2-inch round molds will take about 20 minutes.

While the bread is baking/cooling, make the glaze and cover it with plastic wrap to prevent a film from forming. Remove the baked Easter Bread from the oven and allow to cool completely.

Again, while the bread is baking/cooling, make the powdered sugar glaze/ royal icing glaze.

How to make the powdered sugar glaze for the Paska bread:

Combine 1.5 cups powdered sugar, 1 egg and 1 tsp of lemon juice in a mixer and whip until the mixture is thick but still flows in slow, lava-like motion, about 5-7 min. You can take a spoonful and allow it to drizzle down the inside of the bowl, if it flows down slow, leaving a nice drizzle, you can stop whipping. If not, just continue whipping until it's proper consistency.



Lastly, cover with glaze by spreading some of the powdered sugar glaze on top with a spoon or spatula, or dipping the smaller paska bread tops into the glaze. Sprinkle the sprinkles on top, if desired.

Smachnogo!





ANGELIQUE

Sweet Kuegel

This incredible woman first discovered her roots in the Hebrew Nation not too long ago. This discovery, along with Angelique's desire to eat as purely as she saw best for herself, led her to this dish. Over time, it's been tweaked according to her tastes, and Angelique's tastes are pretty wonderful. Be blessed by a meal cultivated through a love found in her Family roots as you venture into this delicious sweet treat!

INGREDIENTS:

1/2 pound of whole Kosher **Egg Noodles**, 1/2 stick of melted **Butter**, 1 pound of **Ricotta**, 2 cups **Sour Cream**, 1/2 cup **Sugar**, 6 **Eggs**, 1 tsp **Ground Cinnamon**, touch of **Vanilla Extract**.

STEPS:

- Preheat oven to 375 degrees
- Boil Noodles in salted water for about 4 minutes. Strain Noodles in a large bowl.
- Combine Noodles with all remaining ingredients.
- Grease an approximately 9-by-13-inch baking dish, and pour mixture in.
- Bake until custard is set and top is golden brown, about 30-45 minutes.
- Hob anoe!

Side Note: Out of Poland the Jewish homemakers added raisons to their Kuegel. Not Angelique's favorite, but you never know if it'll be yours!



MIKE

Blackened Salmon

This dish is a no-kidding, deliciously simple, fish-dish! Haha!! Enjoy!

* **Prepare** a baking pan with aluminum foil



* **Place** fillet onto foil

* **Pat Dry** with paper towel



* **Cover** fish with Mayonnaise!!



* **Use** Johnny's Salad Elegance.



* **Apply** Salad Elegance liberally.



* **Second** from top rack, broil on High, be sure to turn on exhaust fan!



* **The Mayo** and seasoning will be blackened, but don't let that scare you, it's delicious!



* **Hot** and scrumptious, this dish won't disappoint! And if there are left overs, it makes for a great snack or sandwich the following day. Enjoy!



FISHING TID-BITS:

- * **Salmon** fishing is about the right time and tide movement, first. Generally, a couple of hours before and after tide changes is the best.
- * **Speed** is crucial for catching salmon.
- * **Change Speeds** and temp of bait movement causes more “hook ups” and more fish in boat.
- * **Speeding** up and slowing down every so often produces bites.
- * **When** trolling, try sweeping turns every so often as well.

SARAH

Lamb Roast

Here is a family worth eating with...

Their love for one another, the earth, food(!) and authentic, genuine living is enough to stir any Soul into the same!

Enjoy this meal as much as the hearts and hands that cultivated it, does xoxo



INGREDIENTS:

- A **Lamb Leg** or **Shoulder**, about 5 lbs. 1 or 2 **Onions**. 1 cup of **Broth** (Substitute water if you do not have broth)

SPICE BLEND:

- 1/2 Tbs **Curry Powder**, 1/2 Tbs **Baharat Blend**, 1/2 Tbs **Cumin**, 1/2 Tbs **Smoked Paprika**, 1/2 Tbs **Salt**.

OPTIONAL SPICES

- 1/2 tsp - 1/2 Tbs **Chili Powder, Garlic Powder, Coriander, Cardamon,** and / or **Tumeric** (Whatever sounds yummiest to you!)

STEPS:

- Pull Lamb Roast out of the fridge about 30 minutes before cooking, if possible. If not, no worries - it will be fine.
- Preheat oven to 425 degrees.
- Peel and cut Onion(s), place in the bottom of a Dutch Oven. Either thick discs or half discs.
- Cover with Broth.
- Remove Lamb from bag, pat dry with paper towels. Coat with Oils and rub Spice Blend on Lamb meat.
- Place in oven and set the time for 15 minutes.
- After 15 minutes lower the oven temperature to 225 degrees and cook for 4-6 hours, basting meat and onions every 30 to 60 minutes for best results. (But I have many times left the house while the Lamb cooked, not to come back til it was time to eat, and have been deeply satisfied).
- We love to serve on Naan Bread with home made Tzatziki (**tip:** use mint instead of dill in whatever Tzatziki recipe you follow and you will not be disappointed).
- Alternatively, you can serve over Baby Greens with Roasted Sweet Potatoes and Tzatziki.
- You can adjust cook time and temperature around your day to speed up or slow the process. Don't raise the temperature above 275 degrees for best results.
- The safe internal temperature for Lamb is 145 degrees. Although I personally never feel the need to check with this particular cooking method, you do you!

TAWANA

Granny's Old Fashion Meatloaf

Soul Food

When I was a little girl, I remember being in the kitchen with my mother and granny, asking them why they called it Soul food. They both looked at me and giggled. They said Soul food has no measurements, it has a lot of love and a touch of soul...and sometimes granny's toes!



INGREDIENTS:

Hamburger Meat, 1 big can of **Tomato Sauce**, **Sliced Cheese**, 1 **Bell Pepper**, half an **Onion**, minced **Garlic**, **Ritz Cracker** half a pack, **Beef Concentrated**, 3 **Eggs**.

STEPS:

- Chop Veggies.
- In a big bowl add Meat, crushed Crackers, 3 Eggs and 2 Tbs of Beef concentrated. Add chopped Veggies and 1/4 cup of Tomato Sauce.
- Mix all together and then form a ball.

- Put in oven at 350 degrees. Let cook for about 25 minutes.
- Once cooked, add sliced cheese on top, all over it. Then add the remainder of Tomato Sauce on top, covering the cheese.
- Cook again until cheese is melted.
- Then, eat up!



Yvonne's Shepard Pie



Thank you Yvonne, Rosie, Makeba, Laverne and Gina for the recipes I get to pass to my children.

INGREDIENTS:

Hamburger meat (seasoned with Lawyer Seasoning Salt, Pepper), **Yellow Potatoes** (boil first), **Sliced Cheese**, **Shredded Cheese**, **Bell Pepper**, half **Onion**, 1 stick **Celery**, **Sour Cream**, 3 Tbs minced **Garlic**, **Onion Powder**, 1/2 cup **Heavy Cream**, **Butter**.

STEPS:

- Boil Potatoes, then drain.
- Add Butter and Heavy Cream, Salt & Pepper, then blend well.
- Chop up Onion, Bell Pepper and Celery.
- In pan add veggies and meat. Cook and season to preferred taste
- Add Garlic.
- In a long glass pan, lay Meat down, then Sliced Cheese, then Potatoes.
- Repeat.
- Sprinkle Shredded Cheese on top.
- Put in oven until it melts, at 350 degrees.

Bebe's Mac & Cheese



INGREDIENTS:

Elbow Noodles, 1 cup **Shredded Cheese**, half block **Velveeta Cheese**, 3 **Eggs**, 1 stick of **Butter**, 1/2 cup **Heavy Cream**, 2/3 cup **Milk**, **Salt & Pepper**.

STEPS:

- Boil Noodles, leaving them slightly hard because it will go in the oven.

- Melt Butter, add Heavy Cream and Milk.
- Cut Velveeta in cubes and melt it. Add to Butter and Heavy Cream mixture.
- In a large bowl add Noodles, Eggs, Shredded Cheese, and Cheese Sauce mixture. Season well.
- Place in oven and bake at 350 degrees for 30 minutes.
- Enjoy!



Gina's Baked Beans

These recipes Tawana has shared with us are family recipes, passed along through out their generations. The Soul in these will be evident in the taste, but exercise your personal touch of “Soul” within each that has been prepared for us; they would have it no other way!



INGREDIENTS:

3 cans of **Bush Baked Beans Original**, 1 cup light **Brown Sugar**, 1/2 stick of **Butter**, **Green Onion** (use entire stock), small can diced **Green Chilies**, 1/4 cup **Sweet Baby Ray BBQ Sauce**, 3 big squeezes **Yellow Mustard**, 1/4 cup **Gourmet Sauce**, **Ground Beef**, 1/4 cup **Sweet Chili Sauce**.

STEPS:

- In a pan, add Ground Beef, Onion and cook.
- After Meat is cooked, add diced Chillies, Mustard, Gourmet Sauce, Butter, BBQ Sauce and Brown Sugar into pan.
- Mix well and pour mixture into deep dish metal tray.
- Uncovered, put in oven at 350 degrees.
- Once you see it start to bubble, take out. Cook time should be around 15 minutes.

Vern's Peach Supreme Cluster Pie



INGREDIENTS:

6 **Eggs**, 2 cups **Sugar**, 1 1/2 cups **Milk**, 1/2 stick **Butter**, 1 big can of **Peaches**, **Vanilla Wafers**, 2 Tbs **Vanilla**, 1 Tbs **Sour Cream**.

STEPS:

- On Medium heat, add Butter and Sugar.
- Slowly stir in Milk until it looks like cluster.
- Then add Eggs, one at a time. Make sure each Egg is mixed in well before adding more.
- Add Vanilla, Sour Cream and Peaches, allowing it to simmer on Low.
- Next, in a metal or glass tray, add cookies on the bottom and the sides.
- Then pour mixture in the pan with the cookies.
- Turn oven onto 350 degrees, baking until it starts to bubble up.
- Take out and allow to sit and cool for 15 minutes.



CAT

Banana Fritters

We were living in Nepal when my husband came home one day with a whole bunch of over 100 bananas. When they finally ripened, it was almost all at once. I needed to quickly figure out something to do with this many bananas. I was reminded of the scrumptious banana fritters I often ate in Singapore. A quick look around the kitchen led to the creation of this recipe using ingredients that I already had on hand.



INGREDIENTS:

6-8 **Bananas**, 1/4 cup + 1 Tbsp All-Purpose **Flour**, 1/4 cup **Cornstarch**, 1/4 tsp **Salt**, 1/3 tsp **Baking Soda**, 2 cups **Breadcrumbs** (Set aside 2 Tbsp), Splash of **Vanilla Essence**, Dash of **Cinnamon Powder**, 1 large **Egg**, 1/3 cup of **Cold Water**, **Vegetable Oil** for shallow frying, 2 Tbsp shredded **Coconut** (Optional), Ice Cream (Optional).

STEPS:

- Prep bananas by peeling them and slicing them in half. Then slice each section in half again, lengthwise this time.
- Heat skillet with oil at about 3/4 to 1 inch deep. 350-375 degrees.
- In medium mixing bowl, place ALL-Purpose Flour, Cornstarch, Salt, Cinnamon, 2 Tbsp of Breadcrumbs (Or shredded coconut) and stir to combine.
- In a measuring cup, mix together Cold Water and Baking Soda until dissolved. Pour into flour mixture. Mix together.
- Add the Egg and Vanilla Essence. Stir well until fully combined.
- Place Breadcrumbs on a separate plate and set next to batter mixture.
- Dip Banana pieces in batter, first. Then dredge them in the Breadcrumbs (Or shredded coconut).
- When oil is hot enough for frying (350-375 degrees), carefully place coated Bananas in the skillet. Fry approx. 1 minute on each side until batter puffs up slightly and turns golden brown. Remove from heat and drain on paper towel.
- Serve immediately while Banana Fritters are hot and crisp! Add a scoop of your favorite ice cream if you'd like.



Indian-Style Stir-Fried Vermicelli

Taken from my mom's recipe book, this is a family favorite that's great as a main dish or a snack. Make ahead and reheat whenever you need an instant meal.

INGREDIENTS:

400g **Rice Vermicelli** or mung bean vermicelli, 500g **Ground Beef** or Mutton, 250g of **Mustard Leaves** cut into bite-sized length, 1 large **Potato**, peeled and diced, 1 small **Garlic**, peeled and minced, 2 large **Eggs**, 3 Tbsp **Chili Powder** or Paste, 1 cup Water, 2 Tbsp light **Soy Sauce**, 2 Tbsp **Tomato Sauce**, 2 Tbsp **White Vinegar**, **Salt** to taste, Beansprouts (Optional).

STEPS:

- Soak Noodles in Cold Water for 20 minutes. Cut into bite-sized length using kitchen scissors, then drain the water.
- Meanwhile, heat a large skillet with Oil. Fry the Garlic till fragrant. Add Ground Beef and Potatoes with Chili Powder (Or Paste) and some Salt. Cook for approx. 10 minutes, stirring occasionally.
- Add Noodles and a cup of Water, continue cooking. When the water is reduced, stir in Mustard Leaves and Beansprouts.
- When water is fully absorbed, push Noodles to the side and crack Eggs into the skillet. Add a dash of light Soy Sauce and scramble the Eggs.
- Add remainder of light Soy Sauce and Tomato Sauce, mixing everything together.
- Remove from heat and add a splash of White Vinegar and more Salt as desired. Serve hot!

ANGIE

Bubby's Chicken and Mushroom Crepes

The story behind these magical crepes is kind of a love story in the making. I had just gone thru a painful divorce and was living on my own for the first time in my life. I was in the throws of healing, just trying to figure out who I was and who I wanted to be without all the drama.

I had put together a band about a year prior and we had done a summer music festival and won a song writing contest. The prize for the contest was that we got to go down to a studio in Portland and record the song and have it produced and released for free. The owner of the record label loved our sound so much and believed in our music ministry's mission that he offered us a record deal.

So we got to work spending hours and hours writing and recording our songs which required spending a lot of time with one of the dudes in the band. Long story short, we fell in love and became each other's favorite person in the world. One of our favorite things to do together is eat food. Well, luckily for him I LOVE to cook. And I've been told I'm pretty good at it.

But it's more than that for me. It's my love language. I love feeding people and making a little piece of heaven come down for the moments sharing a meal together. I am new to this 'Healthy relationship' thing but he and I have shared some incredible times just talking over a meal and being together. Amazing how God can heal our hearts over good food and good conversation.

So, when I learned how his absolute favorite meal was chicken and mushroom crepes I had to learn how to make them of course!!

Right around this time was when the world came to a halt and we were in a pandemic! So what perfect timing that I decided to also go and break my ankle and was given weeks to not leave my apartment, laying around, cooking and healing! Blessings in disguise. I had a lot of time on my hands and I cooked crepes for about 2 weeks straight. So, here's what you will need to make magical and somewhat healthy crepes!

(I use particular ingredients for health reasons, but you can certainly substitute for regular options)

CREPE BATTER INGREDIENTS:

(you'll want to make this an hour before you cook them, so they can rest in fridge for a while.)
8 Organic pastured raised **Eggs**, 2 cups **WHOLE** organic grass fed **Milk**, 2 cups Organic Bob's Red Mill whole wheat **Flour**, 4 Tbs melted Kerrygold grass fed **Irish Butter** (salted), couple squirts of raw **Honey**.

STEPS:

- Blend all ingredients for **15 seconds**, scraping the sides as needed, and blend just long enough to incorporate all ingredients.
- Don't over mix.
- Place in fridge to rest

FILLING INGREDIENTS: **Chicken Thighs**, diced **Mushrooms**, **Butter**, **Salt & Pepper**.

STEPS:

- I like to use organic boneless Chicken Thighs, but you can use breast or tenders if preferred.
- Cut 8 or so Thighs up into bite sized pieces.
- Sauté in a pan until cooked, season with Salt & Pepper. Set aside
- In same pan, with melted Butter, sauté about 3 cups of diced Mushrooms of your choice (I like cremini or button mushrooms).
- Cook until all liquid has evaporated.
- Season with Salt & Pepper.
- Combine with Chicken. Set aside.

SWISS CHEESE ROUX INGREDIENTS: 8 Tbs **Butter**, 3 Tbs **Flour**, quart **Whole Milk**, **Chicken Soup** base, **Shredded Swiss Cheese** (4-5 cups, some for sauce, some to sprinkle on top at end), Ground **Nutmeg**.

STEPS:

- In a pot melt 8 Tbs of Butter
- Whisk in 3 Tbs of Flour long enough, on medium heat, until you start to smell a nuttiness within the Roux, and a golden color.
- Pour in. Quart sized container of Organic Whole Milk, a little bit at a time, stirring constantly, allowing it to thicken.
- Add 3 cups of Shredded Swiss Cheese until fully melted.
- Add about a tsp of Knorr Chicken Soup Base. It's the BEST product EVER, and you should definitely use some for all your recipes! But you can use any chicken paste bouillon you have.
- Add a heaping tsp of ground Nutmeg and stir.

NOW TO MAKE THOSE CREPES!

STEPS:

- I use a big square electric skillet, but you can use a crepe maker, just make sure they are a quarter inch thick.
- Get the skillet **Hot**, melt butter in it and pour in about a 1/2 cup of **Crepe Batter**.
- Pick up your skillet and rotate it around so the Batter spreads through out the whole pan and is evenly distributed.
- Allow to cook until you begin to see the glossiness disappear on top.
- Take a knife or spatula and cut evenly down the center.
- Now, flip each side and allow to cook another 30 seconds.
- Remove from skillet, repeating these steps until all batter is used up. This should get you 8 Crepes.
- Layer them in between Parchment Paper.
- Set your oven to **Broil**.
- Get out a big cookie sheet, and one by one **Lay Out** your Crepes.
- Put a little Chicken and Mushroom mixture in the center.

- Now, dollop a couple small scoops of Cheese Sauce over the Chicken.
- Fold over each side so it is closed, flipping it so the layers are underneath.
- Ladle Roux Sauce over the top of Crepe and sprinkle with Shredded Swiss Cheese.
- Sprinkle Nutmeg over the cheese.
- Make as many as you'd like, keeping them close to one another on the cookie sheet.
- Put on rack in the oven, close to the top grill. Allow them to warm up, melting the cheese on top until it's golden and crispy and starts to bubble.
- You'll probably have left-overs like I always do, so enjoy turning these Crepes into a desert for after dinner with Nutella and Bananas! Top with whipped cream, chocolate sauce and pecan pralines...Heaven on Earth!

I think these Crepes are why Bubby fell in love with me!



Molasses Buttercream Sammys

These are soooo good, it should be illegal!

COOKIE BATTER INGREDIENTS: 1.5 cups **Kerrygold Irish Butter** (salted) and softened, 2 cups of packed dark **Brown Sugar**, 2 **Eggs**, 1/2 cup **Dark Molasses**.
STIR ALL TOGETHER UNTIL SMOOTH AND CREAMY

MORE INGREDIENTS: 1 tsp **Salt**, 2 Tbs **Baking Soda**, 2 tsp **Cinnamon**, 3 tsp ground **Ginger**, 1 tsp ground **Cloves**.
ADD ALL THESE INGREDIENTS TO YOUR BATTER, STIR

ONNNNEEEE MORE INGREDIENT: THEN add cup by cup, **Organic Whole Wheat Flour**, 5 cups in total.
PUT BATTER IN FRIDGE OVER NIGHT, OR AT LEAST 2 HOURS

BUTTERCREAM INGREDIENTS: 1 cup softened **Kerrygold Irish Butter** (salted), 4 cups **Powdered Sugar**, **Pure Vanilla**.
BLEND WITH ELECTRIC MIXER UNTIL CRUMBLY LOOKING

MORE INGREDIENTS: Tbs or splash of Milk
ADD TO BUTTERCREAM MIXTURE AND BLEND

You should have a creamy whipped frosting!

STEPS:

- Preheat oven to 325 degrees
- I use a 1/3 measuring cup for each cookie.
- Roll in a ball, then roll in **Pure Cane Turbinado Sugar**
- Bake for 13-14 minutes. You'll want to see the tops just starting to show breaks.
- When you see the tops slightly showing lines, take them out and let them cool for a bit before putting on cooling racks. Wanna keep them chewy!
- Once cookies have cooled completely, generously spread some frosting in-between 2 cookies.

I like to wrap them individually in saran wrap and give them away as Christmas gifts. These have been talked about, quite a bit, in my friends circles the last few years. They might just make you famous!



CHARIS

Coconut Pudding

Wow, what can I say about this girl...

While visiting from Singapore, we met and traveled to a conference together, and it was an unforgettable day. After the conference we sat in a bistro and went deeper still. Charis burned with a desire to understand the ways of God. Her honesty and authenticity were evident. Her uniqueness and extreme joy in dance and beauty was a gift! Whatever this woman creates, we must take notice of and receive! Enjoy her meal, as I have enjoyed her company, dancing, creating and bold living.

INGREDIENTS:

400ml **Coconut Milk**, 250ml **Full Cream Milk**, 250ml **Water**, 100g **White Sugar**, 40g **Gelatin**, 1 **Container**, 1 **Pot**.

STEPS:

- In a Pot, dissolve Gelatin in Water. Stir and allow to rest for a minute.
- Add Coconut Milk, Milk and Sugar while stirring the contents.
- Heat Pot over Medium fire, continue to stir until Gelatin has fully dissolved.
- Oil Container, pour content in.
- Keep in fridge for 3 hours or till Coconut Pudding is firm. Enjoy!



JODY

Helen's Potato Salad

As in other Southern-Soul recipes, this one is no different in its measurements...there aren't many! Helen's Potato Salad, cultivated and passed on to her grand-babes, offers a few simple ingredients while providing us the freedom to choose how much or little of each we will use, taking this recipe to a level of personal comfort in taste for our own families and gatherings.

INGREDIENTS:

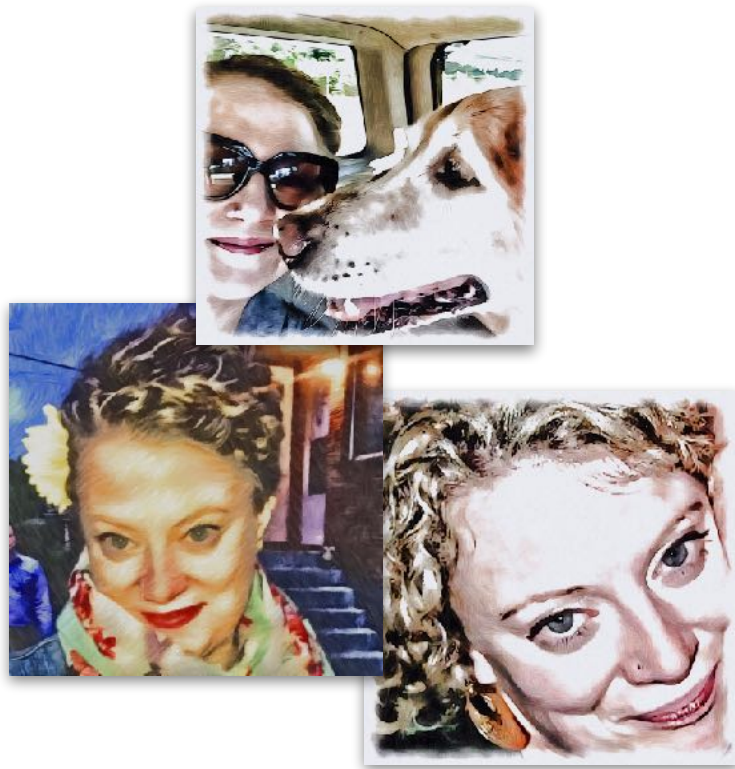
Potatoes, Eggs, Butter(melted), 1-2 tsp **Mustard, Mayonnaise, Salt & Pepper, Lettuce, Paprika.**

STEPS:

- Boil new Potatoes in skins, adding Salt to boiling water until just cooked through. Check with fork (Salad will be mushy if Russet Potatoes are used or if Potatoes are over cooked). Drain and cool in refrigerator until cool enough to peel and dice.
- Boil Eggs and refrigerate until ready to put salad together. Save one Egg to slice for garnish.
- Slice Egg Whites and add to diced Potatoes. Set yolks aside in separate small bowl. Drizzle a little melted butter (not margarine) on Potato and Egg White mixture (Use approx. 4 Tbs for a salad for six people). Toss and drizzle, Toss and drizzle. Coat most of the Potatoes slightly avoiding a greasy mixture.
- Mash Egg Yolks with a fork. Add approx. 1-2 tsp of regular prepared Mustard and mix well. Add real Mayonnaise to this mixture and gently toss with Potatoes. Add more Mayonnaise as

desired. Taste and add Salt a little at a time, and just a little Pepper. This Potato Salad needs a lot of Salt, but be sure and taste with each addition to avoid over salting.

- Garnish with last boiled Egg, sliced, Lettuce and Paprika.
- Refrigerate. Don't leave out for a long period of time.
- Enjoy



Uncle B's Marinade Sauce

As Marinades go, it seems Uncle Brians' is one that we can't do without.

In this last year, Brian passed into Light and left with us writings, presence and some delicious workings of his own Hand and Heart; this Marinade being one of them.

May you enjoy the taste of smokey mystery and pure simplicity found in these flavors, just as Brian carried the same within himself. This Humanity and Family will eternally treasure your presence, Brian xoxo

INGREDIENTS:

Olive Oil, Soy Sauce, Basil (lots of it), a few drops of **Liquid Smoke, Garlic Powder.**

STEPS:

- Mix all ingredients together, Olive Oil and Soy Sauce of equal amounts.
- Lather as much as desired and enjoy!





PRISCILLA

LOMO SALTADO

To say that Priscilla is one of the most heart felt people I know, would not be an exaggeration. I have seen how no matter what she is going through, she is always ready to care for another, taking the time to acknowledge another...inspiring another...it's flippin brilliant!

- Papa Amarilla - 5 (unidades)
- Sal y Pimienta - Al gusto
- Aceite Vegetal - 6 (cucharadas)
- Ajo Picado Finamente - 1 (cucharada)
- Arroz Lavado - 2 (tazas)
- Choclo Desgranado - 1 (unidad)
- Mantequilla - 1 (cucharada)
- Lomo Fino, Huachalomo o cadera - 250 (gramos)
- Cebolla Roja en Gajos - 1 (unidad)
- Ají Amarillo en tiras - 1 (unidad)
- Salsa de Soya Clara - 4 (claro)



En una olla, agregar 5 papas amarillas cortadas en cuartos, agregar 1/2 taza agua, 1/2 cucharadita de sal. Tapar y cocinar por 6 minutos. (PARA LAS PAPAS FRITAS)

En una olla agregar 3 cucharadas aceite, 1 cucharada ajo picado finamente (sofreír por 3 minutos).

Agregar 2 tazas de arroz lavado a la olla, mezclar, agregar 2 cuartos de taza, un choclo desgranado, sal al gusto, tapar y cocinar por 20 minutos. Si gustas puedes agregar una cucharada de mantequilla. Reservar y mantener caliente.

En una tabla de pizarra cortar 250 gramos de lomo fino, cortar en tiras y luego en cubos, agregar sal y pimienta al gusto.

En una sartén pre-calentada por 3 minutos a fuego alto agregar 3 cucharadas de aceite, agregar cubos de lomo fino (en porciones pequeñas). Sellar a fuego alto por 1 minuto. Empujar y tirar de la sartén hasta que empiece a flamear. Reservar lomo salteado.

En una sartén agregar 1 cebolla roja en gajos, 1 ají amarillo cortado en tiras, sellar a fuego alto por 1 minuto y saltear. Reservar vegetales salteados junto a uno tomate cortado en gajos.

En un recipiente agregar 4 cucharadas de salsa de soya clara, 3 cucharadas de salsa de ostión, 2 cucharadas de vinagre blanco o tinto, 1/4 de taza de agua. Integrar y reservar.

Agregar salsa de lomo saltado a la sartén, reducir hasta punto de salsa y luego agregar lomo salteado e integrar.

Agregar vegetales, cebolla china en bastones al gusto, saltear y agregar culantro picado finamente al gusto. Saltear y servir caliente.

Freír papas precocidas en abundante aceite, hasta que queden doraditas. Servir junto al arroz graneado y lomo saltado.

LOMO SALTADO

(Translated into English)

- Yellow Potato - 5 (units)
- Salt & Pepper - To taste
- Vegetable Oil - 6 (spoons)
- Finely Chopped Garlic - 1 (tablespoon)
- Washed Rice - 2 (cups)
- Shelled Corn - 1 (unit)
- Butter - 1 (tablespoon)
- Lomo Fino, (lean beef) - 250 (grams)
- Red Onion - slices - 1 (unit)
- Yellow Chili In Strips - 1 (unit)
- Salsa de Soya Clara e - 4 (clear)

In a pot, add 5 yellow potatoes cut into quarters, add 1/2 cup water, 1/2 tsp of Salt. Cover and cook for 6 minutes. (FOR FRENCH FRIES)

In a pot add 3 Tbs oil, 1 Tbs finely chopped garlic (sauté for 3 minutes).

Add 2 cups of Washed Rice to the pot, mix, add 2 quarters of a cup, a Shelled Corn, salt to taste, cover and cook for 20 minutes. If you like you can add a Tbs of Butter. Reserve and keep warm.

On a chopping board cut 250 grams of fine Loin, cut into strips and then into cubes, add Salt and Pepper to taste.

In a pan pre-heated for 3 minutes over high heat add 3 Tbs of oil, add cubes of fine loin (in small portions). Seal over high heat for 1 minute. Push and pull the pan until it starts to flame.

In a pan add 1 Red Onion in segments, 1 Yellow Chili cut into strips, seal over high heat for 1 minute and sauté. Reserve sautéed vegetables next to a tomato cut into segments.

In a bowl add 4 Tbs of clear soy sauce, 3 Tbs of oyster sauce, 2 Tbs of white or red vinegar, 1/4 cup of water.

Add sautéed loin sauce to the pan, reduce to the point of sauce and then add sautéed loin and mix

Add vegetables, Chinese onion in sticks to taste, sauté and add finely chopped cilantro to taste. Sauté and serve hot.

Fry precooked potatoes in plenty of oil, until they are browned. Serve next to the rice and lomo saltado.



ARROZ CON POLLO

- Pollo - 1/2 (unidad)
- Aceite - 2 (cucharadas)
- Cebolla Roja - 1 (unidad mediana)
- Ajo - 1 (diente)
- Pasta de Aji Amarillo - 2 (cucharadas)
- Culantro Licuado - 1/2 (taza)
- Cerveza Negra - 1/2 (taza)
- Zanahoria - 1 (unidad pequeña)
- Pimiento - 1 (unidad)
- Choclo - 1/2 (unidad)
- Arvejas - 1 (taza)
- Caldo de Pollo o Agua - 2 (tazas)
- Arroz - 2 (tazas)
- Sal y Pimienta - (al gusto)



Salpimentar y dorar por ambos lados las piezas de pollo en una olla con 3 cucharadas de aceite a fuego alto.

Reservar las piezas de pollo y en el mismo aceite dorar 1 cebolla mediana. (retirar exceso de grasa de ser necesario)

Agregar 1 diente de ajo picado y tres cucharadas de aji amarillo, aderezar a fuego lento durante 10 minutos.

Agregar 1/2 taza de culantro molido, aderezar durante 3 minutos más.

Agregar 1/2 taza de cerveza negra, cocinar a fuego alto hasta que se evapore el alcohol.

Agregar 2 tazas de caldo de pollo. (El caldo de pollo lo puedes preparar con huesos de pollo en agua hirviendo)

Corregir sal y reincorporar las piezas de pollo, tapar y cocinar durante 20 minutos (pasado este tiempo tienes dos opciones: si te gusta el pollo bien cocido puedes dejarlas ahí y continuar con la preparación, pero si te gusta el pollo jugoso y no tan cocido, resérvalas hasta que el arroz esté graneado)

Agregar 1 choclo desgranado, 1 zanahoria pequeña picada en cubos, 1/2 de pimiento cortado en cubos y 1/2 taza de arvejas, agregar sal hasta que quede un poco salado porque el arroz absorberá la sal y por último 2 tazas de arroz.

Esperar a que rompa hervor, bajar el fuego al mínimo y mantener tapado durante 20 minutos.

Pasado este tiempo puedes reincorporar las piezas de pollo para que se mantengan tibias.

Servir con sarsa criolla y tiras de pimiento asado.



ARROZ CON POLLO

(Rice with Chicken~Translated into English)

- Chicken - 1/2 (unit)
- Oil - 2 (Tbs)
- Red Onion - 1 (medium unit)
- Garlic - 1 (clove)
- Yellow Chili Paste - 2 (tablespoons)
- Liquefied Cilantro - 1/2 (cup)
- Dark Beer - 1/2 (cup)
- Carrot - 1 (small unit)
- Pepper - 1 (unit)

- Corn - 1/2 (unit)
- Peas - 1 (cup)
- Chicken or Water Broth - 2 (cups)
- Rice - 2 (cups)
- Salt and Pepper - (to taste)

Season and brown on both sides the Chicken pieces in a pot with 3 Tbs of oil over high heat.

Reserve the Chicken pieces and in the same oil brown 1 medium Onion. (remove excess fat if necessary)

Add 1 clove of chopped Garlic and three Tbs of Yellow Pepper, simmer for 10 minutes.

Add 1/2 cup of blended Cilantro, season for 3 more minutes.

Add 1/2 cup of Dark Beer, cook over high heat until the alcohol evaporates.

Add 2 cups of Chicken Broth. (Chicken broth can be prepared with chicken bones in boiling water)

Correct salt and reincorporate the Chicken pieces, cover and cook for 20 minutes (after this time you have two options: if you like the well-cooked Chicken you can leave them there and continue with the preparation, but if you like the juicy Chicken and not so cooked, reserve them until the rice is grained)

Add 1 Corn, 1 small Carrot chopped into cubes, 1/2 of Pepper cut into cubes and 1 cup of pPas, add Salt until it is a little salty because the rice will absorb the salt and finally 2 cups of Rice.

Wait for it to boil, lower the heat to a minimum and keep it covered for 20 minutes. **After** this time you can reincorporate the chicken pieces so that they remain warm.

Serve with salsa criolla and roasted pepper strips.

PATACONNES Y SALSAS

- Cocona - 1 (unidad)
- Ají Charapita - 6 (unidades)
- Sachaculantro o Culantro - (al gusto)
- Cebolla Roja Picada - 4 (unidades)
- Sal y Pimienta - (al gusto)
- Limón - 2 (unidades)
- Tomate Fresco - 1 (unidad)
- Rocoto en cubitos - 2 (cucharadas)
- Aceite Vegetal o de Oliva - (al gusto)
- Plátano Bellaco Verde - 3 (unidades)

Para la Salsa de Cocona:

Retiramos la piel de la cocona, luego la cortamos en cubos, con todo y semillas, reservamos en un bowl la cocona picada.

Retiramos los tallos de los ajíes charapita, los presionamos contra la tabla de picar con el cuchillo y procedemos a cortar finamente.

Integramos el ají charapita picado al bowl con la cocona picada, agregamos sachaculantro o culantro picado, cebolla, sal, pimienta al gusto y exprimimos 2 limones, integramos todo y reservamos la salsa de cocona.

Para la Salsa Chalaquita:

Agregamos 1/4 de taza de cebolla roja picada en un recipiente, agregamos 2 cucharadas de tomates en cubos, 2 cucharadas de rocoto en cubos, 1 cucharada de culantro picado.

Agregamos sal y pimienta al gusto, exprimimos 2 limones y como toque final le agregamos aceite vegetal o de oliva al gusto e integramos la salsa chalaquita.

Para los Patacones de Plátano:

En una tabla de picar cortamos los extremos de los 3 plátanos bellacos verdes, retiramos la cáscara y cortamos en rodajas gruesas.

En una olla con abundante aceite y a temperatura media freímos las rodajas por 5 minutos.

Retiramos las rodajas fritas de plátano y las ponemos sobre un papel para que absorba el aceite. Presionamos las rodajas fritas de plátano con un rodillo y procedemos a volver a freírlas hasta que queden crujientes, agregamos como toque final sal al gusto y servimos



PATACONNES Y SALSAS

(Translated into English)

- Cocona - 1 (unit)
- Ají Charapita - 6 (units)
- Sachaculantro or Cilantro - (to taste)
- Chopped Red Onion - 4 (units)
- Salt and Pepper - (to taste)
- Lemon - 4 (units)
- Fresh Tomato - 1 (unit)
- Diced rocoto - 2 (Tbs)
- Vegetable or Olive Oil - (to taste)
- Bellaco Verde Banana - 3 (units)

For Cocona Sauce:

Remove the skin from the Cocona, then cut it into cubes, with everything and seeds, reserve in a bowl the chopped Cocona.

Remove the stems of the Charapita Peppers, press them against the chopping board with the knife and proceed to cut finely.

Integrate the chopped Charapita Pepper to the bowl with the chopped Cocona, add Sachaculantro or regular Cilantro, Onion, Salt & Pepper to taste and squeeze 2 Lemons, mix everything and reserve the Cocona sauce.

For Chalaquita Sauce:

Add 1/4 cup of chopped Red Onion in a bowl, add 2 Tbs of diced tomatoes, 2 Tbs of cubed Rocoto, 1 Tbs of chopped Coriander.

Add Salt & Pepper to taste, squeeze 2 Lemons and as a final touch add Vegetable or Olive Oil to taste and integrate the Chalaquita sauce.

For Banana Patacones:

On a chopping board cut the ends of the 3 green Bellaco Bananas, remove the peel and cut into thick slices.

In a pot with plenty of oil and at medium temperature fry the slices for 5 minutes.

Remove the fried banana slices and put them on a paper to absorb the oil.

Press the fried banana slices with a roller and proceed to fry them again until they are crispy, add salt to taste as a final touch and serve



CHICHA MORADA

- Agua - 2 (litros)
- Maíz Morado - 500 (gramos)
- Piña Golden - 1 (unidad)
- Manzana Israel - 3 (unidades)
- Clavo de Olor - 1 (cucharada)
- Canela - 5 (ramitas)
- Hojas de Higo - 2 (unidades)
- Limón - 3 (unidades)



En una olla con dos litros de agua, agregar 500 g. de maíz morado desgranado, junto a las corontas trozadas.

Agregar la cáscara de una piña golden, 2 manzanas cortadas en cuartos, 1 cucharada de clavo de olor, 5 ramitas de canela

Si deseas darle un sabor especial puedes agregar 2 hojas de higo y 1 membrillo cortado a la mitad.

Cubrir, cocinar durante 45 minutos a fuego medio.

Tamizar, agregar más agua a la olla y hervir durante 45 minutos.

Añadir azúcar o edulcorante al gusto, disolver. Dejar enfriar y refrigerar. (Esta bebida puede durar hasta 4 días refrigerada, siempre y cuando no le pongas limón)

Servir con hielo, agregar limón al gusto, decorar con manzana y/o piña picada en cubos.

CHICHA MORADA

(Translated into English)

- Water - 2 (liters)
- Purple Corn - 500 (grams)
- Golden Pineapple - 1 (unit)
- Apple Israel - 3 (units)
- Cloves - 1 (tablespoon)
- Cinnamon - 5 (twigs)
- Fig Leaves - 2 (units)
- Lemon - 3 (units)

In a pot with two liters of Water, add 500 g. of shelled Purple Corn, next to the chopped crowns.

Add the peel of a Golden Pineapple, 2 Apples cut into quarters, 1 Tbs of Cloves, 5 sprigs of Cinnamon

If you want to give it a special flavor you can add 2 Fig Leaves and 1 cut in half.

Cover, cook for 45 minutes over medium heat.

Sift, add more water to the pot and boil for 45 minutes.

Add sugar or sweetener to taste, dissolve. Let cool and refrigerate. (This drink can last up to 4 days refrigerated, as long as you do not put in lemon)

Serve with ice, add Lemon to taste, garnish with Apple and / or Pineapple chopped into cubes.

GRANDMOTHER GOODNESS

Mexican Wedding Cookies (Russian Tea cakes)

A Grandma's cookies are not easily forgotten, neither are the memories that these moments carry. Enjoy one of the sweetest woman's cookies that I've ever known. MaryKay welcomed and cared for me as though I had never been adopted in, but birthed of. She is forever with me. Love you
Grandma xoxo

INGREDIENTS:

1 cup chopped **Walnuts** (toasted), 1/2 lb **Butter** (2 sticks), 1/4 tsp **Salt**, 1/2 cup **Powder Sugar**, 2 tsp **Vanilla**, 2 cups **Flour**, (an extra 1/3 cup **Powder Sugar** to roll cookie in, once baked).

STEPS:

- At 350 degrees, place chopped Walnuts into oven for 5-8 minutes.
- Mix together Toasted Walnuts, Butter, Salt, Powder Sugar and Vanilla.
- Add Flour to mixture.
- Form 1 inch balls, placing on baking sheet.
- Bake in oven at 350 degrees, for 12-15 minutes.
- Roll each cookie in Powder Sugar.
- Enjoy!

FOR FATHERS EVERYWHERE

Father's Day Banana Bread

When momma is busy taking care of all the kids, and the holiday has many plans to play out, the father is left to his own devices in the kitchen...this Father found ingredients laying around and went to it! You will love this rendition of Banana Bread, especially on Father's Day from which it was created...

INGREDIENTS:

2 7-7/8" long, very ripe **Bananas** peeled (about 1 1/4 to 1 1/2 cup mashed), 1/3 cup **Butter** (unsalted or salted) melted, 1/2 tsp **Baking Soda**, 1 pinch of **Salt**, 1/4 cup **White Sugar**, 1/2 cup **Brown Sugar**, 1 large brown **Egg** (beaten), 1 tsp **Almond Extract**, 1 1/2 cups all-purpose **Flour**, 1 tsp **Cinnamon**.

STEPS:

- Preheat oven to 350 degrees and butter an 8x4-inch loaf pan
- In a mixing bowl, mash the ripe Bananas with a fork. Stir the melted Butter into the mashed Bananas until completely smooth.
- Mix in the Baking Soda and Salt. Stir in the Sugar, beaten Egg and Almond Extract.
- Mix in the Flour.
- Pour batter into your prepared loaf pan.
- Bake for 55 minutes in total, tenting the loaf with foil for the last 15 minutes of the 55 minutes. (The edges of the glass will almost become caramelized...)
- Remove from oven and let cool in the pan for a few minutes, then remove from the pan and allow to cool completely before serving.
- This bread warm with melted butter is delicious...enjoy!

Veggie Delight!

For a Father who loves his Harley, loves his daughters and loves his tattoos, this Father also loves his veggies! So much so, that he has taken to exploring this vast world of fresh vegetables and robust seasonings.

This Veggie dish is one that you can create as a delicious side or use as a Veggie Taco Filling...either way, you won't be disappointed!

INGREDIENTS:

1/6th **Onion** (shredded), 2 **Garlic Cloves**, 1/2 **Sweet Potato**, 1 cup **Broccoli** (diced), 4 small **Sweet Peppers**, 1/2 **Zucchini**, **Coconut Oil**, **Sea Salt**.

Optional: Tortilla, Hummus, Cheddar Cheese.

STEPS:

- Prep all Veggies. Wash, peel, cut and dice.
- Place cast iron pan (regular pan will suffice) upon burner at medium heat.
- Add Coconut Oil.
- Add Veggies, seasoning with Sea Salt as desired.
- Stay with your Veggies until grilled to your liking.
- Enjoy this delicious Veggie Delight!

Optional: Warm Tortilla, lather humus, add veggies and top with cheese!

LIZ

Chicken Casserole

This final recipe is a recipe I know very well...you see, Liz is my mom. And our household is a house of food mayhem!

Guaranteed, if a turkey isn't sliding across the floor on Thanksgiving, or a dozen grand-kids aren't overtaking all floors with dramatics and sticky candy (did I mention the cackling laughter & spilt coffee from this mom and her two daughters?!...), we can ALWAYS expect something of food-tastic nature to turn the tides of any family gathering.

And one dish that pulls-no-punches, is our mom's delicious **Chicken Casserole**. The simplicity and warmth of this dish resonates a Peace in the tummy and Soul in which few dishes in our family do...even amidst our food chaos and shenanigans (**my mom would say**)!



INGREDIENTS:

Canned **Chicken** or Tuna (or fresh), 1 can of **Cream of Mushroom** soup, 1 can of **Cream of Chicken** soup. A container of **Half & Half**. Shredded **Sharp Cheddar Cheese**, **Potato Chips** (Lays brand is good!). **Wide Egg Noodles**. **Salad Elegance** for seasoning.

The amount of each is dependent upon the consistency you would personally prefer.

STEPS:

- Take Chicken or Tuna, shred into a bowl. Add can of Cream of Chicken, add 3/4 can of Cream of Mushroom, then add almost full can of half & half to mixture. Fold and mix completely.
- Boil noodles until nearly complete. Drain and add to mixture. Mix.
- Add Salad Elegance, as much as desired. (Safeway carries this).
- Preheat oven to 325 degrees.
- Get a large Glass Casserole Dish, rectangle shape, pour mixture evenly into dish.
- Spread Shredded Cheese evenly on top of mixture, not too thick.
- Take Lays Potato Chips (or chip of your preference) and crunch them up in hands. Sprinkle over entire casserole.
- Cover Chicken/Tuna Casserole with Aluminum Foil and place in oven for 45 minutes.
- After 45 minutes, take out and remove Aluminum Foil. Place back in oven for 15-20 minutes, making sure cheese is melted.
- Enjoy!

Benediction for the Soul

As a river moves imperceptibly down a mountain side, always to reach the sea, so does the Soul who is drawn into Life. Into Belonging.

Food, in its diverse variety, can be so much more than carbs, proteins, or nutrients for a physical form...

There seems to be a place to sit in stillness when no one else is around, honoring what we hold in our hands, finding something of wonder...Then cultivating it through imagination and anticipation!

And then there are those moments where few or many surround, and something of love, of Soul, is tasted.

The very nature of food can be a grounds for gratitude, experimentation and intimacy with those we desire relationship with. Food can produce in us divine energies that bring us into a fellowship or a connecting that we wouldn't have otherwise known.

All of these "recipes" gifted are sweet and delicious, but it truly is the Image of Soul and Love behind them that stir us to live in the same.

Bake, cook, feast, and let us be grateful, together!

CONTRIBUTIONS

To everyone of you who have honored me in sharing a fractal of yourself ... thank you. It feels never enough to say “thank you,” but with a sincerity found only in Life, I do thank you.

Abi~ Your joy and wonder is in *everything* you set your heart to. Astounding. You encourage me, and I am grateful to be your mommy xoxo

Shell~ Your attention to detail, seeking for excellence and absolute tenderness toward everyone moves me more than I could express. Oh ya, you’re also ridiculously funny!! Goof-ball 😊

Lola~ I knew you as Lola before ever knowing you had another name! And you live “Lola” very well. Charming, thoughtful and the grandma that loves to have fun! Keep dancing, Lola... continue cooking, always xoxo

Shayla~ What a treasure to know you and ALL your boys! Though we may not see one another for seasons to come, I will always be impacted by your presence and live as such. Love you girl.

Alley~ Wow, how much can two people experience together even though distinctly apart! Your relationship is unique to me, and if I could present one painting that would reveal what/who you are, it would be a white canvas. There is no end to your wonder, perfectly seen, held and created. I adore you, Alley. Paint...forever paint xoxo

Karen~ A fiery Italian woman, you are! Exceptionally vibrant and full of life; full of Love. My gift for you would be always with you, to laugh and dream together. To eat together! Thank you for sharing yourself with me xoxo

Royce~ You are so special to me. A diamond that has been cut from a rock, this rock being just as beautiful in its own right; a vessel of birthing. Persevere always, and I thank you.

Karyn~ Many years we have ventured together, and I trust that many more will be explored. Time and space will never keep us from one another, and we will always find ourselves intersecting upon each one's path. Always together. I love you.

Olga~ My goodness, can you cook/bake!! And that love and intentional passion is seen in your life by how you live. Though I may not see you often, my Spirit does and I love you, Olga.

Angélique~ I have so enjoyed and treasured your thoughtfulness toward all of us. Every child, birthday, holiday, moment of slowing to consider your own family and what is best in your heart... all of it. Through your personal challenges and fresh hope, you have shown me how very special you are.

Mike~ Growing up eating your Blackened Salmon and every other creation you were always working on in the kitchen, made for quite a library of food memories! I deeply appreciate you, dad. You have awoken more in me than almost anyone I could name. How your express mercy toward everyone is quite wondrous. I love you xoxo

Sarah~ Oh my goodness, I see your countenance now and just feel the warmth of You! You are bright and unique, and so beautifully tender. Your fixed gaze in Life is incredible, and those little babes of yours are exceptionally blessed to have been birthed of you. Love you, sweet Sarah.

Tawana~ Ohhh, girl! You are a world within worlds, and where ever you are there is no short of life; this perfect balance of stillness and chaos. You are my sister and dear friend. Never, ever limit who and what you are.

Cat~ I chuckle dreaming of all the people you have touched, places you have been, moments you have embraced. And while I hear many stories, it's the affection of your Soul that brings all of these a weight that is worthy of honor. You are precious, Cat.

Angie~ I am so so grateful for you. The precision of your cooking, the entrepreneurial spirit that rests upon you, and your love for Jesus :) Thank you for believing that anything is possible.

Charis~ What can I say?? The uniqueness of your longings and creating are unmatched, as I have seen. There will never be another You, and boy is this Life grateful for that. Live it up sweet friend! Every moment, eyes forward, heart ablaze xoxo

Jody~ I have, for as long as I can remember, been moved by your deep desire for justice, tenderness toward all your nieces and nephews and the decisions you have made by conviction alone, no matter what anyone thought. You are courageous and I value who you are. May every adventure awaken you that much more!

Priscilla~ Your laughter is contagious and you are an outrageously fun person! Kind, caring... and I see how deeply you love your boys, all of them. I know that much is opening up for you within these years to come...exciting, Priscilla! I love you.

Grandmother Goodness~ This grandmother is no longer physically in the earth, but she has left an imprint that only the eyes of Love can see. We honor you and treasure your life, excited for the More that is right here!

Liz~ A true King does not lead the precession but covers ALL and carries through, behind ALL. It is only fitting, for so many reasons, that your recipe...**You**, would be the transitioning piece in this book. There is no end, never will be, but only the most impactful moments of transition. Subtle, Intentional, and most Humble. This is you, mom.

May you know that death can not keep you, and how Life will always expand within you; the canvas for this is infinite. You are honored amongst ALL who peer into these pages, and all those intertwined within your destiny. Your mother, father, the saints of old; The men, women and children who graze the tablet of your heart, forever transformed by this. By You.

I honor you Mom, Liz. All of Heaven does. This book is for you xoxo

