

# A Taste of Soul

Around the World

Everflow

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everflow@everflow.world

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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 very 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 II. 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:

I cup Flour, 3/4 cup Oatmeal, I cup Brown Sugar, 1/4 cup Honey, 1/3 tsp Baking Soda, 1/2 cup Peanut-Butter, 1/2 Tbsp Cinnamon, 11/2-2 cup Chocolate Chips, I Egg, 1/4 cup Coffee.

- 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 doesn't naturally lean toward the taste of avocados, you'll find this dish surprisingly refreshing and delicious!

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

- · 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: I 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 IO-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. Blend a little with toothpick.
- 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: I slice of Sour Dough Bread, 1/2 an Avocado, I 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: I bag of thick **Tortilla Chips**, diced or sliced **Jalapeños**, Mexican blend Tillamook **Shredded Cheese** (any brand works, but Tillamook is creamy!), Ilb **Hamburger Meat**, 16oz **Refried Beans**, **Taco Seasoning**, 1/4 cup **Half & Half** (or sub Water), splash of **Vegetable Oil**.

- In a large skillet, over <u>medium-high</u> 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 <u>back</u> 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, Raisons
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. Add as many raisons as desired.
- · 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, air dry, 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.

- Take your Cinnamon(I/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 total amount is up to you, just keep the I/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 or paper towel and slather butter on both pieces, allowing it to melt nicely upon entire surface. Then Peanut-Butter.
- Lastly, take your Cinnamon and Sugar mix and liberally (or conservatively if preferred) pour upon your peanut-buttery toast.
- · You can take your toast over your sink and shake extra mix that didn't absorb into butter, off.
- · Now, enjoy your 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 "Michelles's famous guacamole." However, JP really deserves much of the credit!

### 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**.

- 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).

- · In a large, deep Sauté Pan, heat the Butter and Olive Oil over medium heat for I-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 in 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, I Tosp minced Garlic, I Bayleaf, I tsp Black Peppercorns, I/4 cup Soy Sauce, I/4 cup Vinegar, I cup Water, I/4 tsp Salt, I/4 tsp Black Pepper, I/4 cup Coconut Cream

- Heat Oil in a large deep skillet and fry Chicken until lightly brown. Transfer Chicken onto 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.

- · 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 there was one thing that did not change. The southern food that coursed 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.

- · 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 I 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.

