

May 4th, 2024

CONFECTIONOUS CONNECTIONS!

A TASTE OF SOUL; AROUND THE WORLD

THIS FOODTASTIC BOOK IDEA WOKE UP INSIDE OF ME WHILE IN THE KITCHEN WITH MY LITTLE MAN!

WHILE HE GATHERED A BUNCH OF INGREDIENTS UNPARALLELED WITH ONE ANOTHER, I SAW THE FORMULATION OF A BOOK CONTAINING MANY RECIPES FROM FRIENDS AND FAMILY ALL OVER THE WORLD. BUT IT WASN'T THE RECIPES ALONE THAT WOULD BE THE SHINNING STAR OF THE SHOW, IT WAS THE SOUL MOMENTS THAT WOULD BE THE GLUE FOR ALL RECIPES THEREIN.

SO I SET OFF AND PUT TOGETHER THIS BOOK! TASTE OF SOUL; AROUND THE WORLD IS JUST ONE OF A MANY THAT WILL FIND US READY FOR OUR NEXT FOOD ADVENTURE.

ENJOY THESE RECIPES AND MAY THEY SPARK CREATIVITY, WONDER AND FUN FOR YOU AND YOURS!

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 dad's, 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!

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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.

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.

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The oldest known Egyptian recipe was inscribed upon a tablet in the 1600's, and from there, ingredients circulated but recipes did not(or so I've read;).

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!

Let us treasure our feasting moments together, and be brave and just go for it!

Your Friend, Mandy ✨