

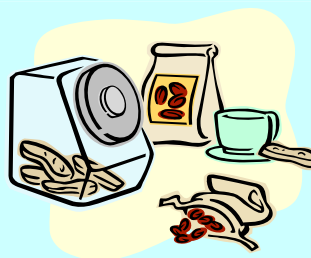
MASTER FOOD PRESERVERS

2005 POT LUCK CHRISTMAS LUNCHEON RECIPES

Every year the El Dorado County Master Food Preservers has a Christmas Pot Luck Luncheon. The following are recipes for some of the delicious dishes served at the 2005 Christmas Pot Luck.

Biscotti Chocolata

- 1 cup whole natural almonds, toasted
- 1-3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup unsweetened cocoa
- 1 cup sugar
- 2 tablespoons instant espresso or coffee granules
- 4 ounces bittersweet chocolate, chopped
- 3 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- Vegetable cooking spray
- 5 (1-ounce) squares semisweet chocolate
- 1 teaspoon shortening



- * Chop almonds in food processor until coarsely chopped. Set aside.
- * Mix flour and next six ingredients.
- * Beat eggs and flavorings at medium speed with an electric mixer until thick and pale; gradually add flour mixture, beating until at low speed (mixture will be stiff).
- * Stir in almonds
- * Place dough on a lightly floured surface, and divide in half. Lightly flour hands, and shape each portion into a 12-inch log; place logs on a cookie sheet coated with cooking spray.
- * Bake at 300 degrees for 50 minutes; cool on wire racks.
- * Using a serrated knife carefully cut each log crosswise into 1/2-inch slices. Place on cookie sheets, and bake at 300 degrees for 40 minutes, turning slices over after 15 minutes.
- * Cool on wire racks.
- * Melt semisweet chocolate and shortening in a heavy saucepan over low heat, stirring until smooth; spread on top of biscotti. Cool.

Yield 3 1/2 dozen



Spent Grain Beer Bread

Blend well, then pour into bread maker

- 1 1/2 teaspoon Yeast
- 1 cup fat free milk and 3 tblsp. Butter heated in the microwave for 40 seconds (1 cup regular milk). Milk temperature not to exceed 115 degrees
- 3 Tablespoons Honey

Layer on Top:

- 4 cups bread flour
- 1 cup spent grain
- 1 1/2 teaspoon Table salt (we use unprocessed sea salt)

Use the whole grain or whole-wheat cycle.

- * The bread will be lighter if you allow it to sit for 40 minutes before the first kneading, let it go through the first kneading, then stop the machine. Start it over again with a 40 minute wait before the first kneading, but let the machine continue with the rest of the cycle this time.
- * Because the spent grains have different amounts of liquid in them, check the dough during the first kneading cycle. Add more flour if too wet and more milk if too dry.
- * Once the dough is mixed, it should have the elastic texture that other bread has.

From Marilyn Reineman



CRY BABIES

These cookies, according to legend, originated on the Plantations in Virginia where they were fed to crying babies to keep them quiet. They were President James Monroe's (1817-1825) favorite cookies.

- 1/2 Cup Sugar
- 1/2 cup molasses
- 1/2 cup butter (1 stick)
- 1 egg, slightly beaten
- 1 1/2 teaspoon ginger
- 1/4 teaspoon salt
- 3/8 cup boiling water
- 1 1/2 teaspoon baking soda
- About 2 cups flour



- * Preheat oven to 375 degrees F.
 - * In a large bowl, mix together sugar, molasses, and butter.
 - * Add egg, ginger, salt, boiling water, and baking soda. Mix together thoroughly.
 - * Stir in flour, just enough to make a somewhat stiff batter.
 - * Drop by teaspoon onto a greased cookie sheet leaving at least 2-inches apart to allow the babies to spread.
 - * Bake for 10 minutes or until a touch of your finger leaves no mark. Cool on a rack.
- Yield 3 dozen Cry Babies.

From: Conrad Tracy

Janie's Tortilla Rolls

- 1 pkg. (8 oz.) cream cheese, softened
- 1 cup sour cream
- 1 4-oz. can chopped green chilies, drained
- 1 4-oz. can chopped ripe olives, drained
- 1 cup shredded cheddar or mix of cheddar & Monterey Jack or Parmesan
- ¼ cup chopped red onion
- 1 jar chopped & drained artichoke hearts
(other options such as chopped red or green peppers)
- 1 pkg. (10-count) flour tortillas

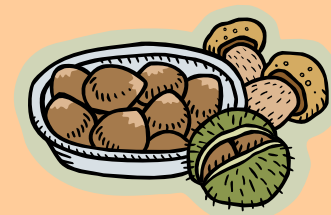


- * Combine cream cheese & sour cream in food processor.
- * Remove from food processor to bowl and stir in chilies, olives, cheese, red onion, artie hearts & whatever else you elect to add!! (You can mix the cream cheese & sour cream by hand, of course, but using the food processor is much easier and makes for a better texture).
- * Place a "heap" of the mixture on a tortilla; spread it slightly. Roll the tortilla tightly. The mixture will likely spread out beyond the edges of the tortilla; take a spoon and eat the excess!!! Repeat until you run out of tortillas and/or spread!!
- * Place the rolled tortillas in a pan, with the seam side down; cover with plastic wrap, foil or the container's lid. Place in refrigerator. These must "set" for several hours/overnight so the filling firms.
- * After they are firm, use either a very sharp knife or a sharp scissors to cut the tortillas, ¼" or ½", whichever you prefer. You'll probably want to eat the "ends" as they don't look nice!!! Arrange on a tray, and serve!! Or, cut, & cover with plastic wrap until the party begins!

Use any filling you like; smoked salmon/cream cheese/sour cream/red onion is great, as is ham/cream cheese/sour cream/pickle relish/honey mustard!! All must "set" until firm. If using ham or smoked salmon, process it in food processor with cream cheese/sour cream. Then add other ingredients.

Southern Spiced Pecans

- ¼ cup butter
- 1 1/2 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 3 cups pecan halves
- 2 Tablespoon sugar
- 1 teaspoon salt



- * Melt butter; add cumin and cayenne pepper. Stir one minute.
- * Remove from heat.
- * Add pecans; stir in sugar and salt until well coated. Spread single layer in greased baking pan.
- * Bake at 300 degrees for 25 - 30 minutes until lightly browned. Cool. Store in an airtight container.

Yield: 3 cups -- From: Dena Johnson - 2004 Master Food Preserver Graduate

Christmas Tree Decoration Cookies

At Christmas time my ancestors from Bellville, Illinois decorated their Christmas tree with cookies that they decorated and with other ornaments they hand made. When I was a child my mother would bake several batches of these cookies, and my parents had Christmas Cookie decorating parties. The cookies are a lot of fun to decorate and they add a very personal touch to your Christmas tree.

- ½ cup lard (use stick or canned Crisco)
- 1 cup sugar
- 1 cup molasses ("Grandmothers dark")
- 1 cup hot water
- 1 teaspoon soda (scant, as cookies must not rise too much)
- 1 teaspoon salt
- 1+ teaspoon cinnamon
- 1+ teaspoon cloves
- 1+ Tablespoon ginger (powdered)
- Flour enough to make a stiff dough



- * Melt the Crisco
- * Put soda in the hot water and stir
- * Pour soda and water over the molasses and sugar. After the reaction with the sugar and molasses stops, add the melted Crisco.
- * Add flour to make a quite stiff dough.
- * Roll out to about ¼ to 3/8 of an inch thick and cut into shapes using cookie cutters
- * Bake at 350 degrees for about 15 minutes and then cool on racks.
- * Wait until the cookie cool before you ice them

Icing:

2-3 egg whites, slightly beaten
Powdered sugar
Food coloring

Mix the egg whites with the powdered sugar until it is mixed well and of icing consistency. Add food color to desired hues.

Use tooth picks dipped in the colored icing to decorate your cookies.

We would put a blob of white icing on the back with a strip of ¼ " ribbon as hangers. The finished cookies last for years and can be used for more than one season.

Bob Maerdian

CHEESE STRAWS

- 1 lb. New York state cheese
- 2 cups flour
- 1 stick ($\frac{1}{4}$ lb.) butter
- 1 teaspoon salt
- $\frac{1}{2}$ - 1 teaspoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon Cayenne pepper (red pepper)

- * Grate cheese
- * Cream butter
- * Add flour with salt and pepper sifted in.
- * Press through a cookie press (use a fairly small outlet) using a small "star" shape. Make the straws about 2" long.
- * Bake at 325-350 degrees for 15 minutes. (The length of time is determined by the size of the straws.)
- * Can be packaged in layers with wax paper between each layer—DO NOT close the container air tight! The cookies will keep for several days without refrigeration.

SPRITZ COOKIES

- 1 cup butter or margarine
- 2 $\frac{1}{2}$ cups flour
- $\frac{3}{4}$ cup sugar
- 1 egg or 3 egg yolks
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon almond extract (or your favorite flavoring)
- 1 $\frac{1}{8}$ teaspoon mace.



- * Cream butter
- * Add sugar gradually to creamed butter
- * Add eggs, unbeaten, to mixture
- * Sift flour, baking powder, & salt.
- * Add to the mixture
- * Add your flavorings.
- * Put in a cookie gun and make the cookies onto a cookie sheet.
- * Bake at 400 degrees until cookies are slightly brown—do not overcook! (About 10-12 minutes)

Col. Frank "Bill" R. Maerdian

NO BAKE OATMEAL COOKIES

- | | |
|---------------------------------|---------------------------------------|
| 2 cups white sugar | $\frac{1}{4}$ lb. butter or margarine |
| $\frac{1}{2}$ cups milk | 3 $\frac{1}{2}$ cups oatmeal |
| 4 Tablespoons cocoa | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup peanut butter | $\frac{1}{4}$ teaspoon salt |

- * In a saucepan, mix the sugar, cocoa and margarine—bring to a boil and then simmer for a few seconds.
- * Remove from heat and add the peanut butter and vanilla and mix well.
- * Add the oats and mix until the oats are completely covered.
- * Return to the stove over very low heat, stirring constantly for 2 minutes.
- * Drop from a teaspoon onto wax paper and let set until firm.

– Evelyn Ritscher

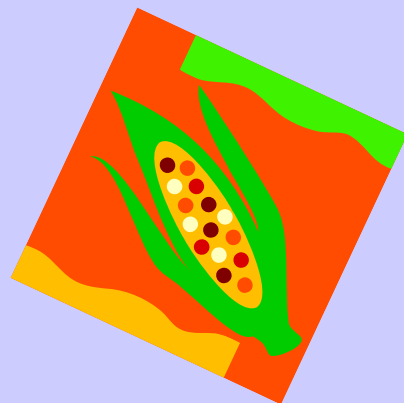
MEXICAN CORN CHOWDER

- 2 Tablespoons butter
- 1 large onion, chopped
- 2 – 3 Garlic cloves
- 2 Tablespoons flour
- 2 12 oz. cans of whole kernel corn, undrained
- 1 1/3 cups chicken stock
- 1/4 cup chopped fresh parsley
- 2 cups Half-and-Half
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon dried oregano
- 1-2 Jalapeno Chilies, seeded & finely chopped (optional)
- Condiments
- Shredded Cheddar and Jack cheese
- 1-2 Seeded and diced tomato
- 1 diced avocado
- Fried and crumbled bacon
- Cooked & julienned chicken breast

- * Melt butter in a large saucepan and sauté the onion and garlic until the onion is soft and translucent – about 3 to 5 minutes.
- * Blend in the flour and cook until bubbly.
- * Remove from the heat.
- * Blend in half the corn, the chicken stock and the parsley.
- * Pour the mixture into a blender or food processor and process until just blended. The mixture should not be smooth.
- * Return the mixture to the pan, add the Half-and-Half, remaining corn, salt, pepper and oregano.
- * Bring to a boil over medium heat
- * Add the chilies, reduce the heat, and simmer for 5 minutes, stirring to prevent scorching.
- * Serve with assorted condiments to taste

Serves 4-6

From: Jane Alexander



KARATHOPETA

(Walnut Honey Cake or Greek Nut Cake)

- 1 cup sugar
- 2 cups Bisquick
- 1 cup course ground walnuts
- ½ cup melted butter
- ½ cup vegetable oil
- 1 ½ teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon soda
- ¼ teaspoon salt
- 4 whole eggs, beaten
- 1 cup milk



- * Put all ingredients in a large bowl and mix well together.
- * Bake in a square 12" x 12" by 2" deep pan for 45 minutes at 350 degrees. (Do not oil the pan)
- * When cake is done, let it cool, and then turn out of the pan and let cool completely.
- * When cool, cover with the syrup.

Syrup:

- 1 cup sugar
- 1 cups water
- 6 whole cloves
- Grated rind from 1 lemon

- * Boil at low temperature until the sauce is slightly thickened.
- * Remove cloves and pour the boiling sauce over the cooled cake
- * Cut the cake diagonally into diamond shapes (optional)

German Chocolate Coconut Bars



- 1 Package (18.25 oz.) German Chocolate Cake Mix
- 1/3 cup butter or margarine, softened
- 1 large egg, slightly beaten
- 1 can (14 oz.) Nestlé® Carnation® Sweetened Condensed Milk
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/3 cups flaked sweetened coconut, divided
- 1 cup chopped pecans
- 1 cup (6 oz.) Nestle® Toll House® Swirled Real Semi-Sweet & White Chocolate Morsels, divided

- * Preheat oven to 350 degrees
- * Pour cake mix into large bowl, cut in butter and lightly beaten egg with a pastry blender or two knives until mixture is crumbly.
- * Press onto bottom of ungreased 13 x 9 inch baking pan.
- * Combine the sweetened condensed milk, egg and vanilla extract in medium bowl
- * Beat until well combined.
- * Stir in 1 cup coconut, nuts and ½ cup morsels.
- * Spread mixture evenly over the base.
- * Sprinkle with remaining coconut and morsels (lightly press down morsels).
- * Bake for 30 to 32 minutes or until the center is almost set. (Center will firm when cool.)
- * Cool in the pan on a wire rack
- * Cut into bars.

Lizette Dalquie

Thanks to all the Master Food Preservers for sharing their delicious recipes.